

5th Grade PE

****This is a substitute for online work.**

You are not required to do both**

If you have access, please log into Google Classroom and complete work there.

Part 1 – Exercises and Activity Log to be filled out and returned.

Part 2 – Information and Facts regarding a specific sport. Worksheets to be completed and filled out.

Example Worksheet

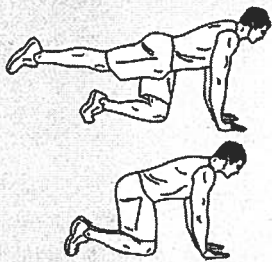
(Use this as a template to track your activity)

You may use activities from the sheets provided or research other exercises for cardio, upper body, lower body, and core strength.

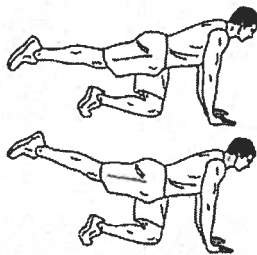
Day	Activity (Quick Description)	Time (min)	Type (What did it work?)
Monday	Pushups and Crunches	10 min	Upper Body and Core
	Walking	30 min	Cardio and Legs
	Housework	20 min	Upper Body
	Total:	60 min	
Tuesday			
Wednesday			

LOWERBODY TENDON STRENGTH

DAREBEE WORKOUT @ darebee.com



20sec leg extensions

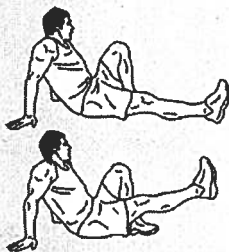


20sec raised leg swings



20sec hold

+ change sides and repeat the sequence



20sec leg raises

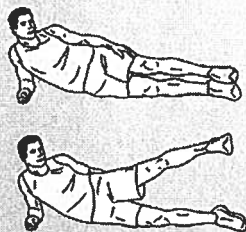


20sec raised leg circles

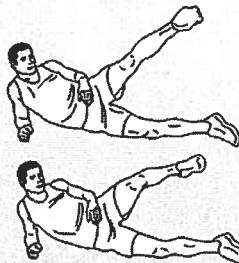


20sec hold

+ change sides and repeat the sequence



20sec side leg raises



20sec raised leg kicks



20sec hold

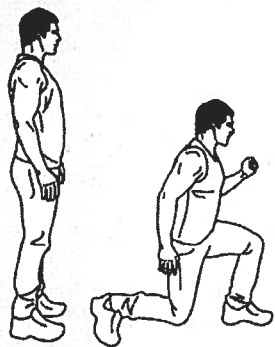
+ change sides and repeat the sequence

Lower Body Works

DAREBEE WORKOUT

© darebee.com

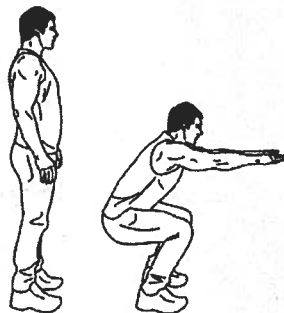
repeat 3 times | 1 minute rest



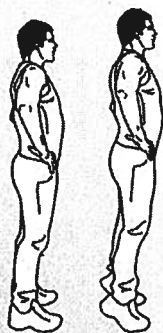
10 forward lunges



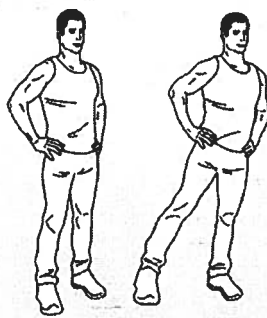
10 calf raises



10 squats



10 calf raises



40 side leg raises



10 calf raises

LOWER BODY

Body Weight Exercises

AIR SQUAT

Quadriceps, Gluteus Maximus, Hamstrings

Stand with your feet shoulder-width apart and toes pointing out slightly. Slightly push your hips back and down until you reach a comfortable depth (90°). Inhale, then keep a slight arch in your back throughout. Exhale as you return to standing.

Starting 90° Squat Deep Squat

SUMO SQUAT

Quadriceps, Gluteus Maximus, Hamstrings, Hip Adductors

Take a very wide stance, toes pointing out, and cross hands over chest. Slightly sit back by pushing the hips out back, and squat until the thighs are parallel to the floor. At the bottom, focus on keeping your torso upright. Push back up to standing.

Starting Squatting Rising

COSSACK SQUAT

Quadriceps, Hip Adductors, Hip Abductors, Gluteus Maximus

From standing, step out with one leg, knee slightly pointed out. Lower yourself as deep as you can on that leg, keeping your torso upright. Your extended leg should be straight, and the heel to be above and toes pointed inward. Reverse the motion to push yourself back up to the start position.

Starting Squatting Rising

STATIC CHAIR POSE

Quadriceps, Gluteus Maximus, Hamstrings, Triceps, Erector Spinae

From standing, sit back on your heels with your feet flat on the floor. Keep your back and neck in neutral alignment. Do not let your knees go forward of your feet. Push up against the floor with your hands for one minute.

Starting Holding

TUCK JUMP

Quadriceps, Gluteus Maximus, Hamstrings, Gastrocnemius, Hip Flexors

From standing, tuck your knees by pulling them up toward your chest. When you jump, push your feet back to the floor. When you land, push your feet back to the starting position.

Starting Jumping Landing

JUMPING SQUAT

Quadriceps, Gluteus Maximus, Hamstrings

From standing, lower your arms back and your feet into a squat position to hold the muscles. In one motion, swing your arms forward and up as you explosively jump straight up. When you land, lower your feet back into the squat position to complete one rep.

Starting Squatting Jumping

PISTOL SQUAT

Quadriceps, Gluteus Maximus, Hamstrings, Hip Adductors

Shift your weight onto one foot and lift the other off the floor. Bring the standing leg straight out in front, as you squat with the other leg. Push off the bottom, reaching out to touch the floor. Stand up to standing. **NOTE: Very Challenging**

Starting Squatting Rising

LUNGE

Quadriceps, Gluteus Maximus, Hamstrings

Stand with your feet at your sides. Take a large step forward with one leg, and push the back knee toward the floor. Push off the front foot and push back up to standing. Repeat with the other leg.

Starting Squatting Rising

REVERSE LUNGE

Quadriceps, Gluteus Maximus, Hamstrings

From standing, step a big step backward with one foot. Once it has correctly landed, lower the back knee toward the floor. Push off the front foot and push back up to standing. Repeat with the other leg.

Starting Squatting Rising

SPLIT SQUAT

Quadriceps, Gluteus Maximus, Hamstrings

Start with feet spaced wide apart, and in front of the other foot. Push the front foot forward and down to the floor and back foot forward and down to the floor. Push back up to the starting position and repeat.

Starting Squatting Rising

CURTSEY SQUAT

Quadriceps, Gluteus Maximus, Hamstrings, Hip Adductors

Stand with hands on hips, feet hip distance apart. Take a big step forward with one foot, lifting it up and sliding it to the side. Lower the back knee toward the floor, pushing just before it touches and your feet back up to standing. Repeat with the other leg.

Starting Squatting Rising

SKATER SQUAT

Quadriceps, Gluteus Maximus, Hamstrings, Hip Adductors

From standing, lift one foot off the floor as you lean forward, landing the standing foot with the other foot. Push off the front foot and push back up to standing. Repeat with the other leg.

Starting Squatting Rising

SIDE LUNGE

Quadriceps, Gluteus Maximus, Hamstrings, Hip Adductors

Stand with feet at your sides, take a step to the side with one foot. Bend both the knee of the stepping leg and push your weight over your feet as you lower your hip. Push off the bottom, then push yourself back to standing.

Starting Squatting Rising

DONKEY KICK

Gluteus Maximus, Hamstrings, Vastus Medialis

Get on all fours with your hands directly under hips and hands under shoulders. Lift one leg off the floor, keeping the knee at a 90 degree bend. Push your foot back toward the ceiling. Push back down and repeat.

Starting Squatting Rising

CALF RAISES

Gastrocnemius, Soleus

Stand on a step, with your heels hanging off the edge. Stand on a flat surface. Lift your heels as high as you can by pushing through the balls of your feet. Hold briefly, then come back down. If you are standing on a step, be sure to step up to the level of the step to increase range of motion. Repeat.

Starting Squatting Rising

ONE LEGGED BALANCE

Hamstrings, Gluteus Maximus, Erector Spinae, Quadriceps, Gastrocnemius, Hip Adductors

Keeping both feet on the floor, lift one foot off the floor. Stand on the other foot. Push off the front foot and push back up to standing. Repeat with the other leg.

Starting Squatting Rising

STEP UPS

Quadriceps, Gluteus Maximus, Hamstrings, Gastrocnemius, Soleus

Place a step, block or bench, about the height of your knee, on the ground surface. Push through your feet to sit on the bench. As you stand up, lift the other foot, and push it up to the bench. Carefully step back down and repeat with the other leg.

Starting Squatting Rising

SIDE LYING LEG LIFT

Gluteus Medius

Lie on your side, so the body is straight through the shoulders, hips and knees. Push your feet up to the ceiling. Lift your upper leg as high as you can, keeping it straight and toes slightly pointed upward. In a slow and controlled fashion, lower the leg.

Starting Squatting Rising

ADDUCTOR LEG RAISE

Hip Adductors, Gastrocnemius

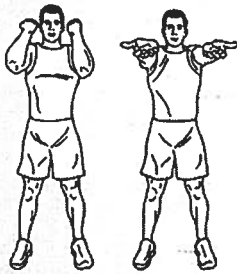
Lie on your side with one leg straight and the other leg bent. Place the foot flat on the floor and in front of the bottom knee. Push the bottom leg as high as you can. Push the foot up and down. Repeat.

Starting Squatting Rising

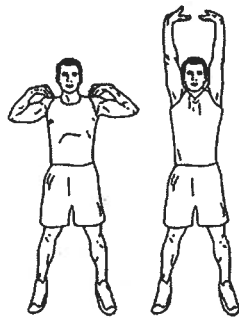
upperbody works

DAREBEE WORKOUT @ darebee.com

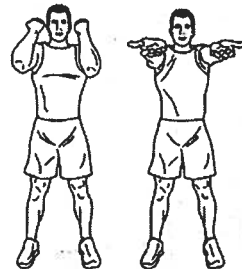
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



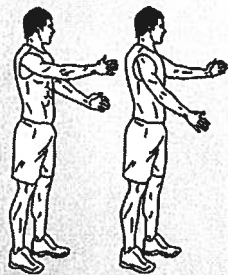
20 bicep extensions



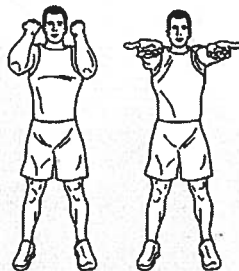
20 standing shoulder taps



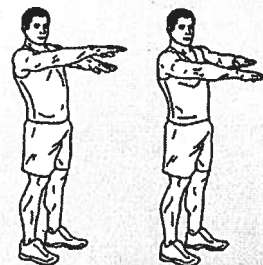
20 bicep extensions



20 scissors chops



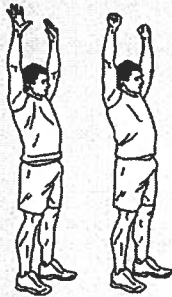
20 bicep extensions



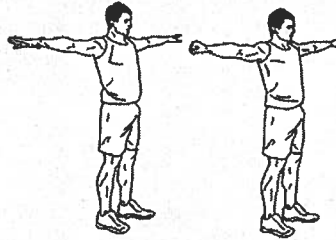
20 arm scissors

UPPERBODY TENDON STRENGTH

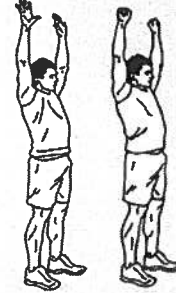
DAREBEE WORKOUT @ darebee.com



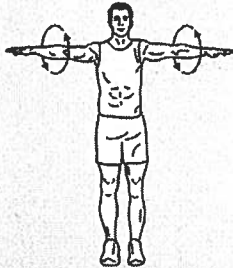
30sec clench/unclench
overhead



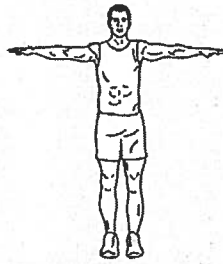
60sec clench / unclench
arms raised to the side



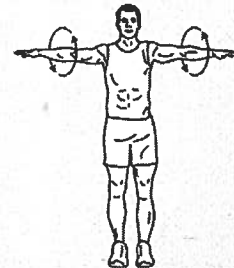
30sec clench/unclench
overhead



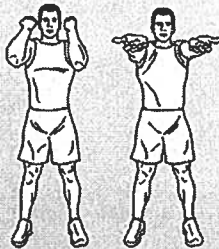
30sec raised arm circles



60sec hold



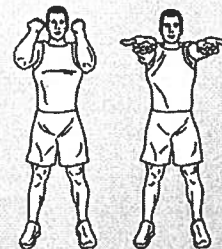
30sec raised arm circles



30sec bicep extensions



60sec hold



30sec bicep extensions

UPPER BODY

Body Weight Exercises

PUSH UPS

KNEELING PUSH UP

PERFORMERS: Weight, Torso, Ankle Dorsal, Thoracic Anterior, Sacral Posterior, Cervical & Cervical Oblique

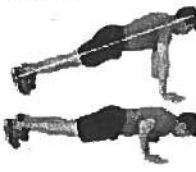
Start in the upper position with your hands under your shoulders and knees on the floor. Lower your body by bending your elbows. Push up to return to the starting position.



STANDARD PUSH UP

PERFORMERS: Weight, Torso, Ankle Dorsal, Thoracic Anterior, Sacral Posterior, Cervical & Cervical Oblique

Start in the upper position with your hands under your shoulders and feet on the floor. Lower your body by bending your elbows. Push up to return to the starting position.



ALTERNATE HAND POSITIONS

Standard



Diamond



Yoga



INCLINE PUSH UP

PERFORMERS: Weight, Torso, Ankle Dorsal, Thoracic Anterior, Sacral Posterior, Cervical & Cervical Oblique

Place hands on a chair or bench. Lower your body by bending your elbows. Push up to return to the starting position.



SHOULDER TAP

PERFORMERS: Weight, Torso, Ankle Dorsal, Thoracic Anterior, Sacral Posterior, Cervical & Cervical Oblique

Start in the Standard Push Up position and lower your body. Tap your right shoulder with your left hand, then your left shoulder with your right hand.



SCORPION

PERFORMERS: Weight, Torso, Ankle Dorsal, Thoracic Anterior, Sacral Posterior, Cervical & Cervical Oblique

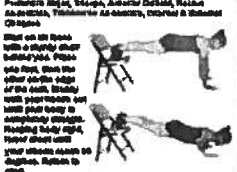
Start in a Standard Push Up position. As you lower your body, lift one leg and arch your back.



DECLINE PUSH UP

PERFORMERS: Weight, Torso, Ankle Dorsal, Thoracic Anterior, Sacral Posterior, Cervical & Cervical Oblique

Place hands on a chair or bench. Lower your body by bending your elbows. Push up to return to the starting position.



CLAPPING PUSH UP

PERFORMERS: Weight, Torso, Ankle Dorsal, Thoracic Anterior, Sacral Posterior, Cervical & Cervical Oblique

Start in the Standard Push Up position and lower your body. Clap your hands together as you push up.



SPIDERMAN PUSH UP

PERFORMERS: Weight, Torso, Ankle Dorsal, Thoracic Anterior, Sacral Posterior, Cervical & Cervical Oblique

Start in a Standard Push Up position. As you lower your body, bring your feet up to the sides of your hands.



PUSH UP WALK OUT

PERFORMERS: Weight, Torso, Ankle Dorsal, Thoracic Anterior, Sacral Posterior, Cervical & Cervical Oblique

Start in the Standard Push Up position. As you lower your body, walk your hands out to the sides.



HOVER PUSH UP

PERFORMERS: Weight, Torso, Ankle Dorsal, Thoracic Anterior, Sacral Posterior, Cervical & Cervical Oblique

Start in the Standard Push Up position. Lower your body and hover for a few seconds before pushing up.



SHOULDER PRESS

PERFORMERS: Weight, Torso, Ankle Dorsal, Thoracic Anterior, Sacral Posterior, Cervical & Cervical Oblique

Start in a Standard Push Up position. Press your hands up over your head.



PULL UPS (HAND)

PERFORMERS: Weight, Torso, Ankle Dorsal, Thoracic Anterior, Sacral Posterior, Cervical & Cervical Oblique

Grab a bar or ring. Pull your body up until your chin is over the bar.



CHIN UPS

PERFORMERS: Weight, Torso, Ankle Dorsal, Thoracic Anterior, Sacral Posterior, Cervical & Cervical Oblique

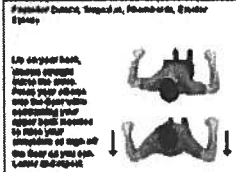
Grab a bar or ring. Pull your body up until your chin is over the bar.



SUPINE PUSH UP

PERFORMERS: Weight, Torso, Ankle Dorsal, Thoracic Anterior, Sacral Posterior, Cervical & Cervical Oblique

Lie on your back. Push your hands up over your head.



TRICEP DIPS (BENT LEGS)

PERFORMERS: Weight, Torso, Ankle Dorsal, Thoracic Anterior, Sacral Posterior, Cervical & Cervical Oblique

Place hands on a chair or bench. Lower your body by bending your elbows.



TRICEP DIPS (STRAIGHT LEGS)

PERFORMERS: Weight, Torso, Ankle Dorsal, Thoracic Anterior, Sacral Posterior, Cervical & Cervical Oblique

Place hands on a chair or bench. Lower your body by bending your elbows.



TRICEP DIPS (RAISED LEG)

PERFORMERS: Weight, Torso, Ankle Dorsal, Thoracic Anterior, Sacral Posterior, Cervical & Cervical Oblique

Place hands on a chair or bench. Lower your body by bending your elbows.



For the most accurate information, visit our website at www.productivefitness.com. © 2010 Productive Fitness, Inc. All rights reserved.



Safety Rules: Always use proper form and technique. Stop if you feel any pain. Do not overexert yourself.

www.productivefitness.com

© PRODUCTIVE FITNESS 199, 200, 2010. Made in Canada.

DIGITAL DOWNLOAD

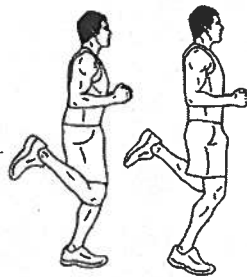
2-minute cardio

DAREBEE WORKOUT @ darebee.com

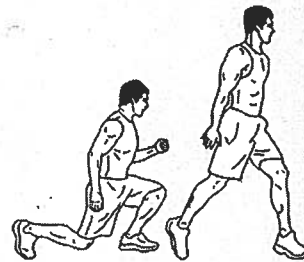
20 seconds each exercise | no rest between exercises



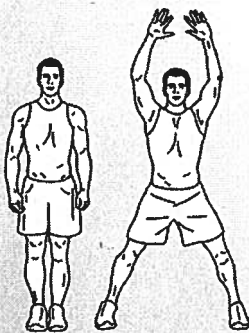
1. high knees



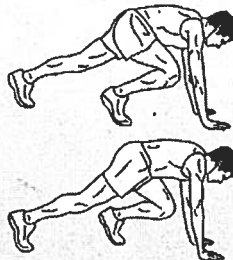
2. butt kicks



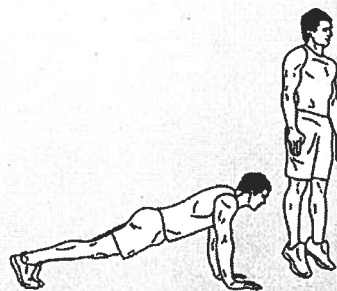
3. jumping lunges



4. jumping jacks



5. climbers

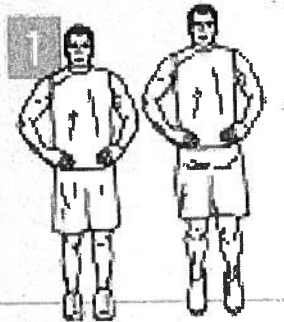


6. basic burpees

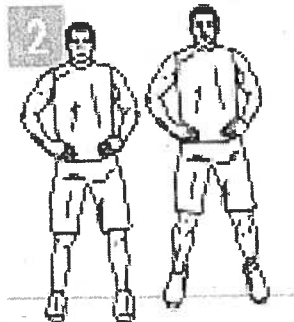
cardio jump workout

Repeat 3 times | up to 2min rest between sets

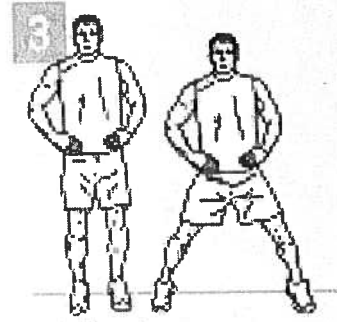
@ neilarey.com



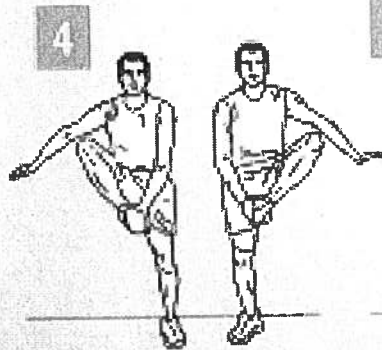
10 jump on a spot



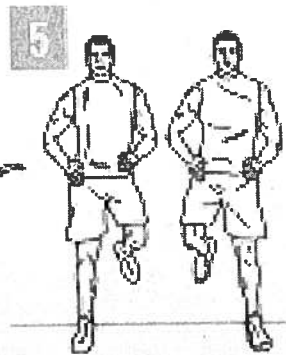
10 wide leg jumps



10 half star jumps



10 toe tap jumps



10 side-to-side
single leg jumps



10 side-to-side jumps

www.nhs.uk

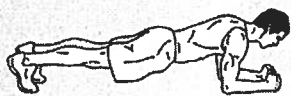
NHS

choices

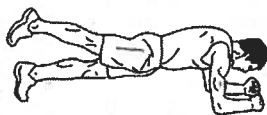
core builder

DAREBEE WORKOUT © darebee.com

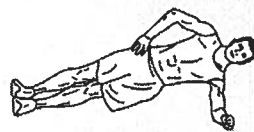
Switch sides on the fly, halfway through the exercise.



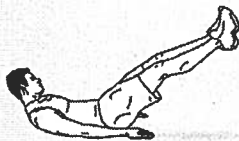
20sec elbow plank



40sec raised leg plank



40sec side plank



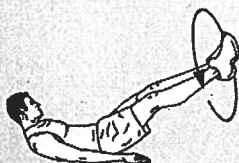
20sec raised leg hold



20sec leg raises



20sec slow kicks



20sec raised leg circles



20sec side-to-side tilts

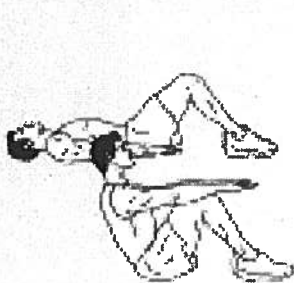


40sec side leg raises

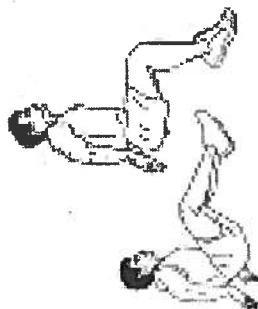
code of abs

DAREBEE WORKOUT @ darebee.com

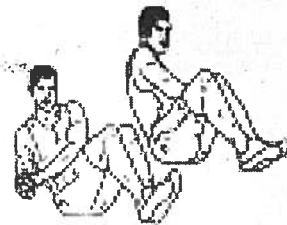
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



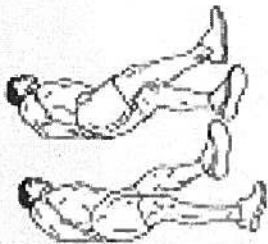
10 sit-ups



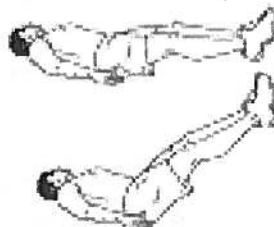
10 reverse crunches



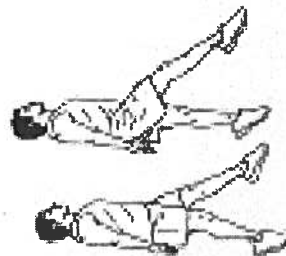
10 sitting twists



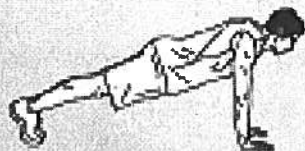
8 scissors



8 leg raises



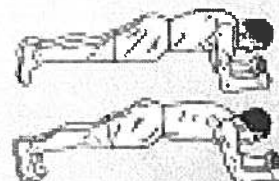
20 flutter kicks



30sec plank



30sec elbow plank



8 body saw

PHYSICAL EDUCATION LEARNING PACKET # 19

ICE HOCKEY

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

Ice hockey is a physically demanding sport that often seems brutal and violent from the spectator's point of view. In fact, ice hockey is often referred to as a combination of blood, sweat and beauty. The game demands athletes who are in top physical condition and can maintain nonstop motion at high speed.

HISTORY OF THE GAME

Ice hockey originated in Canada in the 19th century. The first formal game was played in Kingston, Ontario in 1855. McGill University started playing ice hockey in the 1870s. W. L. Robertson, a student at McGill, wrote the first set of rules for ice hockey. Canada's Governor General, Lord Stanley of Preston, offered a trophy to the winner of the 1893 ice hockey games. This was the origin of the now-famed Stanley Cup.

Ice hockey was first played in the U. S. in 1893 at Johns Hopkins and Yale universities, respectively. The Boston Bruins was America's first NHL hockey team. Ice hockey achieved Olympic Games status in 1922.

Through the years, ice hockey has spawned numerous trophies, including the following:

NHL TROPHIES AND AWARDS

Art Ross Trophy: First awarded in 1947, this award goes to the National Hockey League player who leads the league in scoring points at the end of the regular hockey season.

Bill Masterson Trophy: An award given to the player who participates in at least 50 games and best demonstrates the qualities of perseverance, sportsmanship and dedication.

Calder Trophy: An annual award given to the player who becomes the most proficient in his/her first year of competition.

James Norris Trophy: A \$1,500 award which goes to the defense player demonstrating the best all-around ability during the season.

Lady Byng Memorial Trophy: First presented in 1925, this award goes to the player who has exhibited a high standard of playing ability along with good sportsmanship and "gentlemanly" (or presumably, "ladylike") conduct.

Lester Patrick Trophy: An award which can be presented to a coach, a referee or a player for outstanding service to hockey in the United States.

Stanley Cup: A prestigious annual award given to the team winning the National Hockey League's final playoffs.

Vezina Trophy: An award given in honor of Canadian George Vezina to the year's top goaltender.

HOW THE GAME IS PLAYED

Ice hockey requires players to be in outstanding condition, both mentally and physically. Upper body strength is important in hockey. The player's hands and arms **MUST** move quickly in order to pass and shoot well. A feel for "precision passing" is essential for passing while skating fast.

A well-developed lower body is necessary for ice hockey players. A strong lower back and legs are musts for balance and skating performance.

BASIC CONCEPTS

The object of ice hockey, simply put, is for one team to score points by hitting the puck into the opposition's goal cage. In order to score, the puck must go across the goal line, a two-inch red line placed between the goalposts. The goals are located at each end of

the ice rink. The puck, which is made of black rubber and weighs six ounces, can move up to 100 miles an hour. The hockey stick, which is used to push the puck, is made of wood. For professional-level games, the hockey stick cannot exceed 55 inches in length.

The ice rink is divided into three sections: two end zones and a center zone. The zone line, or blue line, is placed 60 feet from each goal across the width of the rink. The red line, or center line, is placed exactly in the middle of the rink, between the two blue lines. The area between the blue lines is called the neutral zone.

The ice rink also contains nine face-off circles. The face-off spot is used to restart play after it has been stopped. One player from each team face each other in an attempt to hit the puck to another team member. The largest face-off circle is in the neutral zone and is 30 feet in diameter.

ICE HOCKEY RULES

The game is divided into three play periods of twenty minutes each. Eighteen to twenty players make up a team, including up to four forward lines, three pairs of defensemen and two goalkeepers ("goalies").

Ice hockey is unique among team sports because a player can be replaced at any time during the game. Changing players "on the fly" can sometimes cause problems, however. A team can end up receiving a penalty if it has too many players on the ice at any time.

Two of the most important rules in hockey concern offside and icing. Each of these situations can stop play and cause a face-off.

Offside can occur in two different ways: (1) if a puck does not precede the player into the attack zone, or the area between the blue line and the opposite team's goal and (2) if a puck crosses over any two lines on the ice as a pass from one player to another.

Icing occurs when a team shoots a puck from between the red center line and its own goal all the way to the other team's end of the rink. If the puck passes the other team's red line and is touched by the opposition team, "icing the puck" is ruled. A face-off then occurs nearest to the goalie of the team that iced the puck.

THE POSITIONS

The **goalkeeper** or “goalie” has to keep the puck from entering his/her team’s goal cage. The goalie has to be a versatile player in order to field every type of shot. Also, he or she must keep an eye on the puck at all times. This can be especially difficult if there is a group of players in front of the goal cage. The most difficult areas to defend are the top and bottom corners.

The goalie can block with any part of his/her equipment and may grab the puck with the glove. The goalie is the only player allowed to do so. Goalies wear extra padding and special safety equipment during play.

The **defensemen** are the two players situated on either side of the goalie. They are there to assist him or her.

The three **forwards** start the game by lining up near the center of the rink. They are considered the team’s offense. Actually, one of the forwards is called “a center” while the other two are called “the left winger” and “the right winger.”

The three forwards are responsible for moving into the offensive zone and scoring goals. While concentrating on the offense, they also check and guard the opposition. The two types of checking are back checking (done in the defensive zone) and forechecking (done in the offensive zone).

PENALTIES

The two-minute minor penalty is one of the most common penalties in ice hockey. It is given for holding, tripping, charging, elbowing, hooking and/or general interference. A player who engages in any one of these types of behavior is pulled off the ice by the referee and is made to sit in the penalty box.

A major penalty involves serving up to five minutes in the penalty box. It occurs when a player fights with or injures an opponent. Ten minutes in the penalty box is recommended for players who are combative with the game’s officials, especially if they use abusive language. Players are sometimes expelled from the game if they join a fight in progress.

The goalie is exempt from serving penalties. If a goalie commits an act punishable by penalty, another team member will serve that penalty instead of the goalie.

PENALTY SHOT

A shot awarded to a player who has the puck and is about to shoot but is tripped or fouled from behind.

SHORT HANDED

A condition that exists when a team must play with one less player because of a penalty.

SLAP SHOT

A hard stroke in which the stick hits the ice behind the puck and causes the puck to leave the ice.

SLASHING

An illegal move in which a player swings the stick at an opponent.

WRIST SHOT

A pass which is not as fast as the slap shot but still forces the puck to skim over the ice with great speed.

EQUIPMENT AND CLOTHING

Basic equipment includes a puck, a stick, a goalcage, sturdy iceskates and a variety of protective gear such as gloves, helmets, face guards, shin guards, and other padding. Some players wear safety goggles, especially if they ordinarily wear glasses.

Uniforms include insulated sweatshirt-like or sweater-like upper garments worn under team colors and numbers, insulated undergarments and shorts that fit over insulated pants and legwear.

HOCKEY NOTES AND NEWS

Ice hockey in the United States is played under the auspices of the National Hockey league. Each year, the NHL oversees the Stanley Cup Playoffs, which are the backbone of NHL hockey. Like the NFL, the NHL has two conferences, with an elimination process that leads to the Stanley Cup.

In 1995, the Stanley Cup Playoffs proceeded as follows:

Eastern conference

Semifinals

New York Rangers 4
Quebec 2

Philadelphia 4
Buffalo 1

Pittsburgh 4
Washington 3

New Jersey 4
Boston 1

Conference Final

Philadelphia 4
New York Rangers 0

The Stanley Cup

New Jersey 4
Detroit 0

NHL awards were:

Award

Hart Trophy

Calder Trophy (top rookie)

Vezina Trophy (top goaltender)

Norris Trophy (top defenseman)

Lady Byng Trophy (for gentlemanly play)

Selke Trophy (top defensive forward)

Adams Award (top coach)

Jennings Trophy (goaltender on club
allowing fewest points)

Conn Smythe Trophy (playoff MVP)

Western conference

Semifinals

Detroit 4
Dallas 1

San Jose 4
Calgary 3

Vancouver 4
St. Louis 3

Chicago 4
Toronto 0

Conference final

Detroit 4
Chicago 1

Player and Team Winner

Eric Lindros, Philadelphia

Peter Forsberg, Quebec

Dominick Hasek, Buffalo

Paul Coffey, Detroit

Ron Francis, Pittsburgh

Ron Francis, Pittsburgh

Marc Crawford, Quebec

Ed Belfour, Chicago

Claude Lemieux, New Jersey

Ice hockey is also an Olympic sport. At the February 1994 Winter Games in Lillehammer, the final hockey results were:

Gold	Sweden
Silver	Canada
Bronze	Finland

5. Describe the puck.

6. What are the face-off circles used for?

7. What is the neutral zone and how is it used?

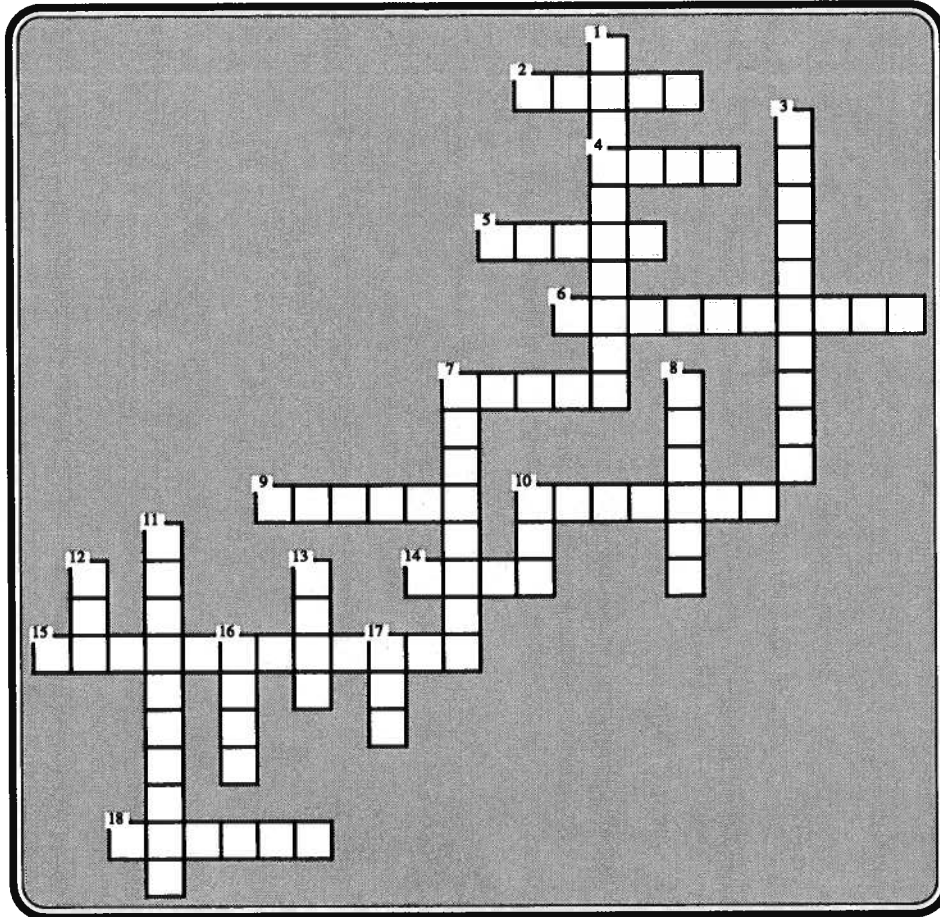
8. How many periods of play make up a game of ice hockey?

9. What two situations can stop play and cause a face-off in ice hockey?

10. Name the positions on a ice hockey team.

Name: _____ Date: _____

Physical Education 19 Crossword



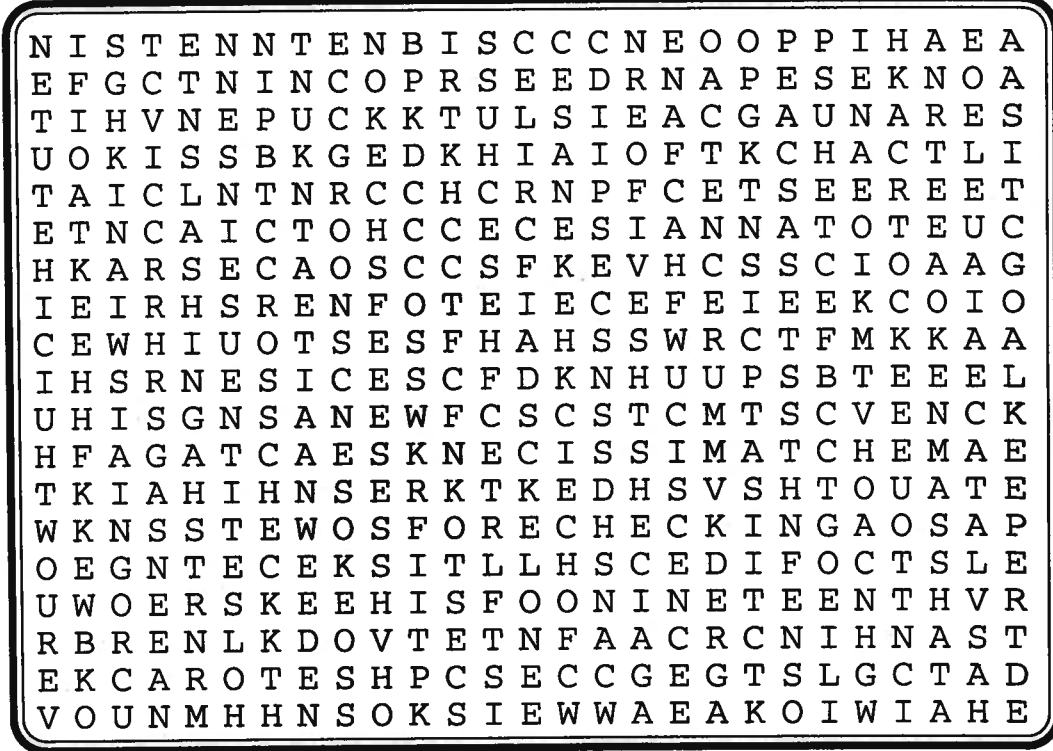
Across:

2. Number of sections in an ice hockey rink
4. This shot causes the puck to leave the ice
5. This penalty prevents a player from finishing the game
6. These players play closest to their own goal
7. The main tool of the hockey player
9. The first US NHL team
10. What happens when the player crosses the blue line before the puck
14. Number of minutes for a major penalty
15. A type of checking
18. Zone between each team's blue line and goal line

Down:

1. This check involves the stick
3. This player guards the cage
7. When a player swings a stick at an opponent
8. Passing the puck to a teammate who scores the goal
10. Number of center zones
11. Century in which Canadians invented ice hockey
12. Number of end zones
13. To score, one needs to get this into the goal
16. If one carries the stick above the shoulders the ref might call a _____ stick-ing penalty
17. Hockey is played on it

Name: _____ Date: _____



Use the clues below to discover words in the above puzzle. Circle the words.

1. Zone between each team's blue line and goal line
2. This player guards the cage
3. Number of center zones
4. What happens when the player crosses the blue line before the puck
5. A type of checking
6. When a player swings a stick at an opponent
7. The main tool of the hockey player
8. If one carries the stick above the shoulders the ref might call a _____ sticking penalty
9. Century in which Canadians invented ice hockey
10. This shot causes the puck to leave the ice
11. To score, one needs to get this into the goal
12. Passing the puck to a teammate who scores the goal
13. Number of sections in an ice hockey rink
14. These players play closest to their own goal
15. This check involves the stick
16. Number of end zones
17. Number of minutes for a major penalty
18. Hockey is played on it
19. The first US NHL team
20. This penalty prevents a player from finishing the game