

**STEM**  
*sports*<sup>®</sup>

science • technology  
engineering • math • sports

## **STEM Hockey**

### Module 7.0

## Skating in the Zone

**GRADES 3<sup>rd</sup> – 5<sup>th</sup>**



# Module 7.0

GRADES  
**3-5**

## What Do You Need?

### Supplies Provided

[Worksheets](#), Floor Hockey Sticks,  
Floor Hockey Pucks, Digital  
Stopwatches, and Tape Measures

### Materials Needed

Pencils  
*Rink Option: Ice Skates*





## Test Your Knowledge

Have your students take this lesson's assessment prior to engaging by visiting:

<https://stemsports.com/assessments/>.

If you have limited digital capability, please email [Info@STEMSports.com](mailto:Info@STEMSports.com) to access the Assessment & Key.



## Fun Fact

The average NHL player can skate up to 5 miles throughout a 60-minute hockey game, including all starts and stops.

# Engage

How big do you think  
the neutral zone is?

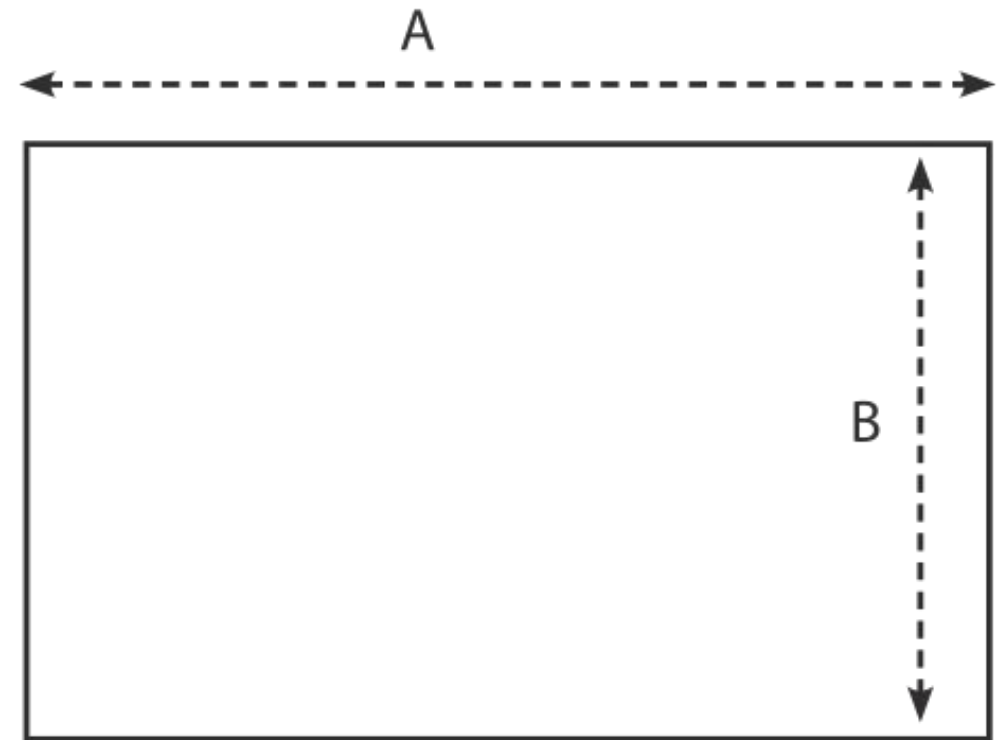


# Explore

Split students into groups and measure the defensive/offensive and neutral zone.

# Explain

## Define Key Terms: Perimeter and Area



$$\text{Area} = A * B$$

$$\text{Perimeter} = 2(A+B)$$

## Elaborate

Using the [worksheet](#) as a guide, record how long it takes you to skate around the neutral zone while stick-handling.



# Evaluate

Using the [worksheet](#) as a guide, record how long it takes you to skate around the offensive/defensive zone while stick-handling.



## What Did You Learn?

Have your students retake this lesson's assessment to effectively evaluate their comprehension by visiting:

<https://stemsports.com/assessments/>.

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**Extend**

## **Challenge Yourself!**

As a group, determine how far  
and how fast you skated.



# What is your Dream Job?

## STEM Jobs in Sports

- Gameday Statistician
- Health and Fitness Coach
- High School Geometry Teacher and Head Hockey Coach
- Team Nutritionist
- Speed Skating Trainer



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