

Name: _____

Skating in the Zone

GRADES 3-5

Explore

Measure the Neutral Zone and Defensive/Offensive zone; do not include the area behind the goal line.

Zones	Length (feet)	Width (feet)
Defensive/Offensive Zone		
Neutral Zone		

Elaborate

Record the time it took to skate around each zone. Then use your dimensions from *Explore* to calculate the total time, distance, and area skated.

Neutral Zone	Time	How far did you skate? (perimeter)	How much area of the ice did you cover? (area)
Attempt 1			
Attempt 2			
Attempt 3			
Total			

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Evaluate

Record the time it took to skate around each zone. Then use your dimensions from *Explore* to calculate the total time, distance, and area skated.

Defensive/ Offensive Zone	Time	How far did you skate? (perimeter)	How much area of the ice did you cover? (area)
Attempt 1			
Attempt 2			
Attempt 3			
Total			

Use your totals from both zones to calculate the total time, distance, and area skated.

Zones	Time	How far did you skate? (perimeter)	How much area of the ice did you cover? (area)
Neutral Zone Total			
Defensive/ Offensive Zone Total			
Total			

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Extend

As a group, calculate your total time, distance, and area skated.

Both Zones	Time	How far did you skate? (perimeter)	How much area of the ice did you cover? (area)
Student 1 Total			
Student 2 Total			
Student 3 Total			
Student 4 Total			
Team Total			