

STEM
sports[®]

science • technology
engineering • math • sports

Multi-Sport Net Edition Module 1.0

Skating in the Zone

GRADES 3rd – 5th



Module
1.0

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 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?

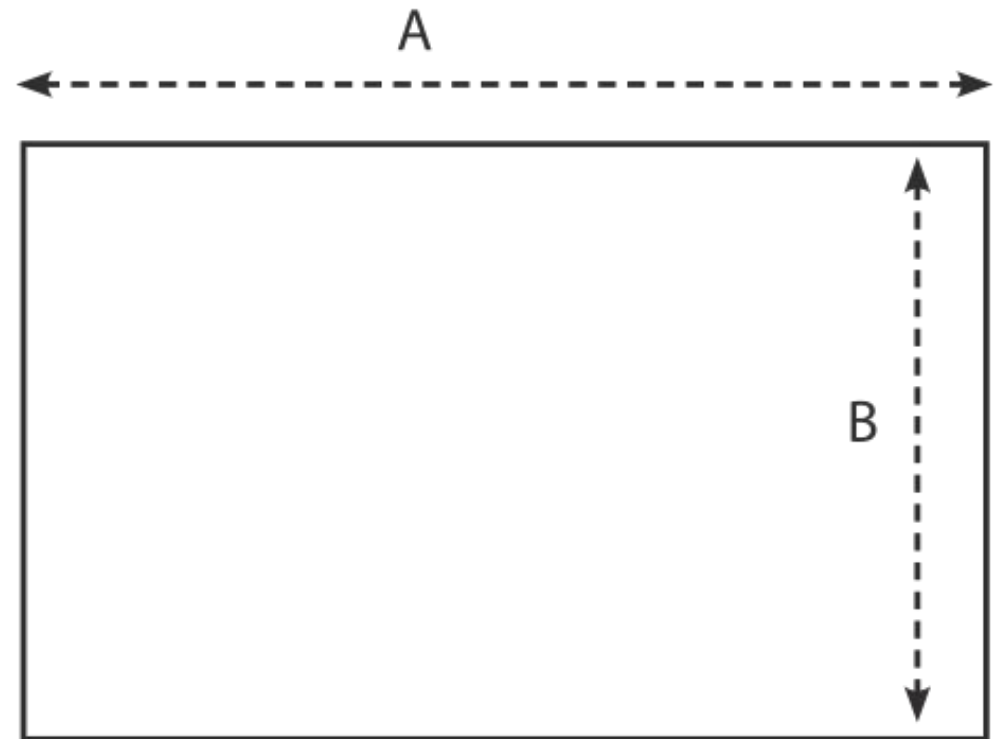


Explore

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

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

Evaluate

Use the [worksheet](#) as a guide, and 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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