

GYM RINGETTE: TIPS FOR TEACHING DIFFERENT AGE GROUPS



Different age groups of participants will need to be taught the game of Gym Ringette, its basic rules, as well as its basic skills in different ways and on different timelines. There are important factors to keep in mind when planning for all ages.

Ages 5 & Under (Kindergarten) :

- Children are still learning by singing and using repetition and enjoy imaginative games - keep this in mind in teaching style and activity selection.
- It is common to instruct children who do not have the strongest language skills at this age - be concise and deliberate in your instruction.
- Choose phrases that are simple and can be repeated - demonstrate what you are explaining using actions in addition to verbally.
- Children this age respond to characters and big personalities so being animated will help you hold the group's attention and ensure that your program is fun.
- It will take this age group longer to learn basic ringette rules and skills. Keep this in mind when creating lesson plans.

Ages 6-8 (Grades 1 to 3) :

- Children of this age are exploring the world through growing independence, and still love imaginative games.
- Give them opportunities to learn fundamental skills like balance and coordination through group games that are fun and imaginative.
- Set challenges they can achieve so they gain confidence in their bodies and their abilities.

Ages 9-10 (Grades 4 to 5) :

- At this age participants tend to be fairly competitive and want to come first and are further solidifying their independence while navigating the rest of the world.
- This is a great time to introduce games to children that have a competitive edge and give every child a chance to shine while practicing good teamwork (ex. relay race).
- Setting challenges that may take some practice to achieve is a great way to allow children to gain confidence in their abilities.

Ages 11-13 (Grades 6 to 7) :

- Emotions run high at this age. Most children are highly social and enjoy the social aspects of learning.
- Creating activities where participants can learn skills in small groups where they can make connections with their peers and compete will be ideal for this age group.
- Older children of this age group benefit more from complex activities. Once participants know the basic rules and skills it may be beneficial to jump into gameplay as soon as possible to keep children engaged and interested.



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