

Pool Noodle Hockey

Ages 7-12 · 20-30 min · Two teams

Learning intention

This experience supports children to become strong in their physical wellbeing and to build resilience and agency within a team.

You'll need

- Pool noodles as sticks
- A soft ball or rolled-up cloth
- Markers for goals

How to do it

1. Each player gets a pool noodle to use as a hockey stick.
2. Teams use the noodles to push the ball toward the opposing goal.
3. Soft equipment keeps contact gentle, so it works well in a hall or undercover area.
4. Set a rule that sticks stay below knee height to keep everyone safe.

Framework links

MTOP

- **3.2** Children and young people become strong in their physical learning and wellbeing
- **1.2** Children and young people develop their autonomy, interdependence, resilience and agency

NQS

- **2.2.1** Supervision - At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

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