



**#InspireChallengeEngage**

Urban Hockey is a fast moving, exciting playground sport which is helping children of all ages to engage with PE. Based on the game of ice hockey, participants learn to stickhandle, pass and shoot like the professionals. This exciting sport can be played by anyone irrespective of age or ability and has been used by many local schools to support their PE lessons. It has been developed to teach youngsters the basic and fundamental skills of hockey.

Urban Hockey's motto is "Be Part Of The Game!" is key as to why we have engaged so many people. We have children of many different abilities competing against each other and really enjoying this sport. Urban Hockey has been really successful engaging girls and children that don't normally access team sports or engage in team competitions. The game assists with raising confidence and self-esteem - it's great to see them punch the air with pride when they score a goal.

Urban Hockey has been identified by Nick Robb, the Ellis Guilford School Sport Manager as the "perfect invasion game" for schools. Nick said "Urban Hockey is a very strategic game with many transferable skills including passing and receiving, dodging opponents, spatial awareness and speed and agility to name but a few. Children get a real confidence boost when trying a new sport and Urban Hockey really does create a level playing field.

The Urban Hockey programme provides schools with an innovative and exciting new sport that I know will inspire even more young people to continue their involvement in sport."

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