



Hockey

School District/Independent School Authority Name: School District 47	School District/Independent School Authority Number:
Developed by: Jodi Mastrodonato	Date Developed: June 2021
School Name: Brooks Secondary School	Principal's Name: Bill Rounis
Superintendent Approval Date (for School Districts only):	Superintendent Signature (for School Districts only):
Board/Authority Approval Date: 09/22/2021	Board/Authority Chair Signature:
Course Name: YLRA 10A, 11A, 12A (Hockey 10, 11, 12)	Grade Level of Course: 10, 11, 12
Number of Course Credits: 4 each	Number of Hours of Instruction: 120 each

Board/Authority Prerequisite(s):

N/A

Special Training, Facilities or Equipment Required:

Special Training: NCCP Coaching Certification, Hockey Canada Skills Development Coach, CATT certified, RIS certification, Certified Fitness instruction.

Other resources: Video, stopwatches, pylons, rebounders, targets, whiteboards, Slideboards, weights, Supplementary training equipment like Yoga mats, elastics, boxes, floorball sticks, off ice training balls, nets (mini and regulation), soft boards etc.

Facilities: Recreation Complex (Hap Parker) Ice during on-ice training sessions as well as the Fitness Center.

Equipment Required: During on-ice sessions, each student is required to wear complete protective hockey gear as outlined by Hockey Canada and follow safety protocols established by PRMHA and the Powell River Rec. Facility and the city.

Course Synopsis:

This course provides hockey players access to additional training and knowledge beyond local minor hockey association activities. The program is athlete centered and available to both male/female participants of varied ages and skill levels. Participants will develop hockey skills, leadership skills, training and safety knowledge, nutritional information, including health and wellness. Participants will also have opportunities to work in leadership roles including peer teaching and instruction, as well as have mentoring from a variety of skilled coaches. Instruction will take place during on-ice sessions, off-ice sessions, and in classroom settings. On-ice curriculum focuses on enhancing individual technical skill development and situational play including offensive and defensive play. Off-ice curriculum focuses on body coordination, skill development, fitness training, recovery methods, injury prevention and rehabilitation as well as overall well-being.

Goals and Rationale:

The program's long-term goal is to develop educated citizens who have the knowledge, skills, and understandings they need to be safe, active, and healthy citizens throughout their lives. Focusing on both physical education and health education, this program promotes all aspects of well-being and is intended to enhance students' enjoyment in a sport that will keep them physically engaged and help maintain a healthy, positive lifestyle beyond graduation.

Aboriginal Worldviews and Perspectives:

This program complements First Peoples perspectives and worldviews and recognizes the importance of balancing all components of well-being to maintain a healthy and safe way of life. The First Peoples Principles of Learning lend themselves well to the Physical and Health Education curriculum as they promote experiential and reflexive learning, as well as self-advocacy and positive self-identity in learners. They also promote the well-being of the self, family, and community, all of which are key elements of the Physical and Health Education curriculum.

The [First Peoples Principles of Learning](#) have been affirmed within First Peoples societies to guide the teaching and learning of provincial curricula. Because these principles of learning represent an attempt to identify common elements in the varied teaching and learning approaches that prevail within particular First Peoples societies, it must be recognized that they do not capture the full reality of the approach used in any single First Peoples society.

BIG IDEAS

Physical activity is an important part of overall health and well-being

Finding enjoyable recreational activities can motivate people to participate more regularly in physical activity.

Following proper training guidelines and techniques can help us reach our health and fitness goals.

Safety and injury prevention practices allow lifelong participation in physical activities and is essential component of a healthy lifestyle.

Advocating for the health and well-being of others connects us to our community and leads us to making healthy choices both mentally and physically.

Learning Standards

Curricular Competencies	Content
<p><i>Students are expected to do the following:</i></p> <p>Health and well-being</p> <ul style="list-style-type: none"> • Students will learn recovery techniques. • Students will learn fitness techniques and practices applicable to them. • Students will learn about the components of fitness. • Students will learn coping methods and strategies when faced with adversity or other challenges. <p>Safety</p> <p>Students will practice and follow all safety routines and measures as outlined by Hockey Canada, teacher or coach instruction as well as outlines by the facility.</p> <p>Students will learn fitness techniques and will practice and implement them.</p> <p>Participation</p> <p>Students will participate to the best of their ability and will be cooperative, mindful and respectful of others including coaches, teachers and other facilitators.</p> <p>Leadership</p> <p>Students will engage in peer instruction of skills and drills and will create some plans and activities.</p>	<p><i>Students are expected to know the following by the end:</i></p> <ul style="list-style-type: none"> -Defensive zone coverage -Zone Entries -Rush Attack -Faceoff plays both defensive and offensive -Penalty Kill -Power Play -Situational plays like Dump and Chase -Neutral zone play -Systems -Stick Handling -Passing -Shooting -Checking -Gap control -Creating Space -1v1, 2v2, 3v3 and odd man attacks and defense -Creating of time and space -Creation of drills/skills/plans -Learn basic fitness and weight room training and components of fitness -Learn time management -Learn Communication skills -Learn leadership skills -Learn a variety of player skills both on and off the ice

Students will be given opportunities for leadership roles with PRMHA programs like First Shift and Development sessions. They can use their volunteer hours towards Graduation requirements.

- Learn nutritional info and basic training skills
- learn to be good citizens and good teammates
- Learning to be coachable
- Learn the technical components of each skill/fundamental
- Learn a variety of skating techniques, a variety of shooting techniques as well as passing techniques
- learn about excellence, passion and drive and accountability
- Health and wellness and Nutrition
- Cross sport training
- Floorball/Ball Hookey/Floor Hockey and small area games
- Impact of drugs and alcohol and vaping
- The Next Level-Which route should I take?
- Hockey DB-Building a hockey Resume/Player Profile.
- Self-Analysis-Individual, game play, goals
- Current events and hockey-the spotlight-trends-social media and its positive and negative impact.
- Old time hockey-the future of hockey-past present and now.
- Sports injuries-prevention and rehabilitation-return to sport
- Networking-relationships
- Off ice training/on ice training
- Introduction to fitness components and working out-training
- Training the brain for Success-some readings/articles
- Hockey movies-discussions
- habits of highly effective and successful people

Big Ideas – Elaborations

Grade 10-Introductions to all basics including on and off the ice, in the weightroom/training/game play/analysis/fitness/theory

Grade 11-continue developing skills/enhancing game play/refining skills.

Grade 12-leadership and honing all skills learned previous. Coaching opportunities and peer leadership opportunities.

Curricular Competencies – Elaborations

Content – Elaborations

Recommended Instructional Components:

Recommended Assessment Components: Ensure alignment with the [Principles of Quality Assessment](#)

- Proficiency Scale for most formative and summative assessments
- Individual Self-Assessments
- Individual Skills and progress reports
- On ice Skills testing
- Fitness testing and evaluations to show areas of improvement and areas needing development
- On-going daily feedback
- Video analysis and feedback and instruction
- Participants will receive regular feedback on participation and effort

Learning Resources: Community Resources-Strength and Fitness Training, Yoga, Recovery and Rehabilitation. Hockey Canada Resources-age and skill development geared to participant’s abilities. Video instruction and analysis. A variety of approved online resources for skill development and situational play. Graphic organizers for drills/session planning and fitness tracking. Certified coaching.

Additional Information:

Participants will be engaged in both on ice and off ice instruction as related to hockey and enhancing their overall fitness, skill development and overall health and well-being. They will be expected to follow all safety protocols and participate to their best of their abilities while striving to improve in all areas. They will receive enhanced instruction in all areas. They are expected to attend regularly. Students must wear all safety gear associated with on ice and off ice training. Students should be prepared and provide a labelled water bottle as well as have fitness gear readily available. If a student is injured, they will be provided with supplementary activities geared towards a safe return to play. At the conclusion of the term, students will be integrated back into their respective Active Living class at Brooks Secondary to complete the term.