



Board/Authority Authorized Course Framework Template

School District/Independent School Authority Name: SD 27 Cariboo Chilcotin	School District/Independent School Authority Number (e.g. SD43, Authority #432):
Developed by: Terry Duff	Date Developed: December, 2023
School Name: Lake City Secondary	Principal's Name: Curt Levens
Superintendent Approval Date (for School Districts only): February 20, 2024	Superintendent Signature (for School Districts only):
Board/Authority Approval Date: February 20, 2024	Board/Authority Chair Signature:
Course Name: Hockey 12	Grade Level of Course: 12
Number of Course Credits: 4	Number of Hours of Instruction: 120

Board/Authority Prerequisite(s): PHE 10 or Hockey 11

Special Training, Facilities or Equipment Required:

- **Special training:** Hockey Canada Coaching Certification, First Aid Certification
- **Facilities:** Cariboo Memorial Complex, Total Ice Training Facility, and school gymnasium/classroom
- **Equipment Required:** school bus to transport students, truck, and trailer to transport hockey gear. During on-ice sessions, students are required to wear complete hockey gear as per Hockey Canada guidelines. During off-ice training sessions, students are required to wear full PE strip.

Course Synopsis:

Hockey 12 is designed to further develop hockey skills and participation at the intermediate, or advanced level. In class, assessment of a variety of hockey skills will be used to determine appropriate delivery model ranging from intermediate to advanced level of proficiency. On ice instruction will include individual skills, game rules, etiquette, and focus on team play, and responsibility as a team member.

On ice instruction will be augmented with in class theory sessions consisting of hockey systems, nutrition, social responsibility and future hockey career pathways. A variety of dry land activities are incorporated to improve strength, conditioning, balance, and team play which are fundamental in hockey and in developing a “whole athlete”.

The Hockey 12 course reinforces the positive impact physical activity has on one’s physical and mental health.

Classes will stay up to date with current training practices and fitness with sessions at the first-class facility Total Ice available with elite level trainers and instructors. This will incorporate, yoga, cross fit training as well as skating treadmill sessions.

Goals and Rationale:

Rationale

The rationale of Hockey 12 is to provide an opportunity for students to participate in hockey and further develop confidence and skill so they can continue to play hockey after they graduate. This class allows all students to experience the game in an affordable and non-threatening environment. The expense of minor hockey precludes many students from playing hockey. Hockey 12 is also designed for students who have other outside of school time commitments to enjoy and continue to learn the individual and team skills in a controlled school setting. This course also provides the opportunity for the more proficient hockey player to develop their skills that stress goal setting, sportsmanship, integrity, and commitment.

School District 27 is challenged by winter conditions that limit outside activities and put a strain on indoor gym activities. The Hockey 12 class off-site location alleviates pressure from schools and effectively utilizes the City/School District 27 joint use agreement. The student use of a community facility provides the opportunity to show the development of acceptable behaviour, and care of a public facility.

Students in Hockey 12 will gain knowledge in a variety of areas: Goal setting; individual skill development; sports nutrition; character building; mental training; social responsibility; team play; cross-training, and life skills.

Goals:

- Students will demonstrate skating, stick handling, shooting and passing skills
- Students will deepen their knowledge of complex offensive and defensive strategies
- Students will learn the benefits of physical activity and healthy lifestyles
- Students will demonstrate leadership, sportsmanship and a sense of fair play
- Students will examine different career pathways in hockey

Indigenous Worldviews and Perspectives

Declaration of First People's Principles of Learning:

- Learning is embedded in memory, history, and story.
- Learning hockey skills involves reciprocal relationships as there is learning from others as well as teaching others.
- Learning is holistic, reflexive, reflective, experiential, and relational.
- Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors.
- Learning involves patience and time.
- Playing hockey requires the exploration of one's identity, philosophy, and ethics through sportsmanship and fairplay.

The First People's Principles of Learning are inherent in the aspects included in Hockey 10. Hockey and sports in general are inseparable from connectedness and relationships; specifically:

- Community involvement by connecting with the local Aboriginal community.
- The power of story by inviting knowledge keepers and local Indigenous hockey players to share their hockey stories.
- Experiential learning.
- Flexibility
- Leadership
- A positive learner-centered approach
- Hockey supports the development of self in support of connecting with others.

Local Indigenous Connections

The community of Williams Lake along with surrounding communities have a long history of Indigenous successes in hockey. Many indigenous players have found success playing on a variety of different teams and leagues. Inviting local guest speakers in to share their stories will help inspire students to follow their dreams and continue to play hockey now and into the future.

BIG IDEAS

Strategic, technical, and tactical skills promote lifelong participation and game understanding

Hockey skill development can increase **leadership and community involvement** and increase our chances of being **active** throughout our lives

Self-**motivation** and physical activity are important parts of overall **health and well-being**

Implementing proper **training and nutrition** programs can help us reach our health and fitness goals.

Personal choices influence our **health and fitness goals**.

Learning Standards

Curricular Competencies	Content
<p>Students are expected to do the following:</p> <p>Skill Development:</p> <ul style="list-style-type: none"> • Develop and refine individual technical and individual tactical skills • Develop and refine team tactical skills • Implement strategies of team tactical skills • Analyze offensive and defensive strategies • Apply training techniques to enable athletes to achieve individual goals • Create and lead a dry land training session and/or an on-ice practice session <p>Physical Conditioning and Mental Preparation:</p> <ul style="list-style-type: none"> • Create and analyze a training program that will improve personal fitness • Investigate strategies for managing mental aspects of the game <p>Healthy Lifestyle:</p> <ul style="list-style-type: none"> • Analyze the importance of personal fitness and nutrition • Create and practice personal nutritional plans for performance and lifestyle • Monitor and report on personal eating and hydration habits • Describe the relationship between physical activities, mental well-being, and overall health 	<p>Students are expected to know the following:</p> <ul style="list-style-type: none"> • Technical and tactical hockey skills • Offensive, defensive, power play and penalty killing systems • Practice and game preparation techniques • Leadership qualities that contribute to community • Benefits of physical activities for health and mental well-being • Potential short and long-term consequences of health decisions, including those involving physical activity, healthy eating, and sleep routines • Strategies to monitor and adjust physical exertion levels • Relationships between specific exercises and muscle development • Proper training techniques for movement skills specifically to hockey • Different types of physical activities, including individual, dual, and group activities • Strategies for goal-setting and motivation for self and others • Coaching and other hockey-related careers

Social and Cultural Connections:

- Demonstrate personal growth through competition that fosters teamwork, sportsmanship, **leadership**, cooperation, communication skills and community
- Recognize and reflect on different perspectives in coaching and training in the development of personal growth
- Explain how developing competencies in hockey can increase confidence and foster **lifelong participation** in hockey and other activities

- Self-officiate stressing fairness and rules
- The relation between proper **nutrition**, hydration, rest and recovery performance

Big Ideas – Elaborations

Technical skills:

- Power skating: forward, backward, start, stop, cross-over and more edge work for transitional play.
- Stickhandling: dribble, 360 control, control with extended reach, back-board play, pull-in, push-out, backhand pull, pull and push, pull and pivot.
- Passing: forehand, backhand, forehand saucer, cushion receiving, catch receiving, receive with skates in front and more team passing drills.
- Shooting: wrist shot, snapshot, backhand shot, slap shot, wrist shot and shooting with deception.
- Checking: stick checking, angling and containment drills related to specific positions.
- Goaltending: continue to refine stance, butterfly, shuffle steps, t-pushes, stick saves, glove saves, passing, telescoping, playing angles, lateral movement into new positions, stick checks.
- Use video technology to monitor skill improvement.
- Offensive skills: line drives, turn-backs/delays, communication, fore checking, protecting and controlling the puck (cycles), game behind the net, attacking on the rush 3v1, 3v2, pulling and pushing the blue line, heel-to-heel wrap around, creating separation and timing, read and react, supporting the puck.
- Defensive skills: gap control, keeping the defensive side, angling skills 1 vs. 1, layering 2 vs. 2, shot blocking, controlling the opponent's stick, controlling passing lanes.

Tactical skills:

- One vs. one, two vs. one, two vs. two, three vs. two, offensive play, defensive play, regrouping entries, communication, checking, goaltending, etc.
- Multiple players executing offensive play, defensive play, regrouping, entries, communication, checking, goaltending, etc.
- Power play and penalty-killing systems.
- Small ice or three vs. three tactics.

Personal growth:

- Cooperation with others in group settings, communicating effectively and mutual respect for self, others and the environment.
- How to build a positive community around you.
- How to be a leader on and off the ice.
- Motivational strategies: how can you keep yourself and others motivated.

Healthy lifestyle:

- The importance of off-ice training for injury prevention and strength development.
- Understand nutrition (7 steps to nutritional power for hockey players), and hydration related to performance.
- Pre-game preparation and post-game recovery techniques.

Curricular Competencies – Elaborations

Skill Development: Use timed drills to measure and track development in skating, shooting, and puck-handling skills.

Training techniques: On ice and off ice isometrics, plyometric, aerobic, anaerobic, and strength training.

Training program: individualized to maximize outcomes, monitored, utilizing various exercises – core strength, agility, balance, and coordination exercises, utilize relaxation techniques, effective warmups, personal motivational techniques, understand the relation between stress and performance.

Mental aspects: motivation, mental toughness, character development, teamwork, sportsmanship, leadership, accountability, overcoming nervousness, apprehension, self-doubt.

Personal growth: how to become a leader in hockey and community; lifelong love of activity and sports.

Potential barriers: time required to achieve results, physical abilities, equipment, use of facilities.

Content – Elaborations

Technical and tactical skills: using Canada hockey techniques and training.

Leadership qualities: chances to lead practices and training, examples of leaders in and outside of hockey.

Goal setting strategies: SMART (Specific, Measurable, Achievable, Relevant, Time-bound).

Motivational techniques: input, why, how, recognition, relationships, modelling.

Coaching and training opportunities: work with younger hockey players as role models/coaches.

Career options: learn about other career paths other than playing (coach, trainer, scout, equipment, etc.).

Recommended Instructional Components:

- Direct instruction
- Demonstrations
- Modelling
- Simulations
- Skill training videos
- Performance analysis
- Experiential
- Game play

Recommended Assessment Components:

- Self-assessment
- Peer assessment
- Performance assessment
- Skill development
- Quizzes and exams (practical and theory)

Learning Resources:

Hockey Canada Skills Academy Curriculum Manual

Hockey skills videos

Drill and Gameplay Resources

Additional Information:

Shared bus costs with the existing Hockey Academy program and Aquatics program will allow for significant cost savings of travel to/from the Cariboo Memorial Complex Arena.

An academy / course fee of \$200 would be required by each student to offset facilities use at Total Ice Arena Complex for the course and bus transportation.