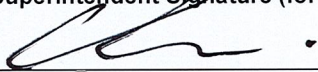
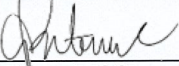




Board/Authority Authorized Course Framework Template

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):	Superintendent Signature (for School Districts only): 
Board/Authority Approval Date:	Board/Authority Chair Signature: 
Course Name: Hockey 11	Grade Level of Course: 11
Number of Course Credits: 4	Number of Hours of Instruction: 120

Board/Authority Prerequisite(s): PHE 10

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 11 is designed to enable student athletes with a minimal hockey playing background a course focused on hockey skills within the regular school timetable. Participants will develop their hockey skills, fitness, training knowledge and nutritional knowledge under the guidance of a qualified teacher and hockey skills coach. Instruction will take place during on-ice sessions, off-ice training sessions, and in a classroom setting. The technical curriculum for the course is based on the curriculum model developed in partnership with Hockey Canada.

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

The Hockey 11 course reinforces the positive impact physical activity has on one’s physical and mental health.

Hockey 11 will promote physical literacy, team play, sportsmanship, and positive/safe lifestyle choices.

Classes will also get specialized instruction in training practices and fitness and utilize a smaller ice surface to develop small-sided hockey skills at our local Total Ice facility.

Goals and Rationale:

Rationale

Hockey 11 is offered to diversify the athletic choices provided to the students of Lake City Secondary School. The course goal is to enhance a student’s confidence and self-esteem with individual hockey skills, and to link athletics to academics. The class is open to players of all genders who have a passion for the game. The opportunity to participate in this class increases a student’s enjoyment of school in general. Many students have never experienced or have never had the opportunity to play organized hockey. This class allows beginners to experience the game in an affordable and non-threatening environment with minimal costs compared to minor hockey.

School District 27 is challenged by winter conditions that limit outside activities and put a strain on indoor gym activities. The Hockey 11 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 allows the teacher to reinforce acceptable behavior and care of a public facility.

Goals:

- Students will develop an understanding of basic techniques in order to develop balance, speed, agility, and quickness.
- Students will learn basic skills of puck control, shooting and passing.
- Students will develop an understanding of basic offensive and defensive hockey strategy.
- Students will identify the physical attributes required for effective hockey skill development and execution.
- Students will demonstrate that they are a cooperative and responsible member of the class.

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 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 11. 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

Technical and tactical skills promote lifelong participation

Positive sport culture will enhance communication, leadership, teamwork, fair play and contribute to personal growth

Sport specific training can help develop an appreciation for physical activity as part of a healthy lifestyle

Improving overall fitness will support athletic development and help set future training goals

Healthy choices influence, and are influenced by our physical, emotional, and mental well-being

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 skills Develop and refine individual and team tactical skills Apply training techniques to enable them to achieve individual goals <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 ways to overcome potential barriers that affect participation in hockey and other activities Investigate strategies for managing mental aspects of the game <p>Healthy Lifestyle:</p> <ul style="list-style-type: none"> Explain how participation in hockey and other physical activities will enhance and maintain a healthy lifestyle Explore and describe the important relationships between regular physical activity, mental well-being, and overall health Analyze and explain the effects that nutrition, fitness, and physical activity have on body systems before, during, and after exercise <p>Social and Cultural Connections:</p>	<p>Students are expected to know the following:</p> <ul style="list-style-type: none"> Technical and tactical hockey skills How to participate, communicate and demonstrate leadership in practice and game situations How to train to develop core strength, agility, balance, coordination, aerobic and anaerobic strength Goal setting techniques to improve overall fitness Motivational techniques related to preparation for specific hockey situations Injury/illness prevention How physiology can be affected by psychoactive substances and affect performance How a healthy lifestyle increases performance in sport 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 Proper technique for movement skills specifically for hockey

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|--|--|
| <ul style="list-style-type: none">• Develop skills for maintaining healthy relationships and responding to interpersonal conflict• Demonstrate safety, fair play, and leadership in hockey and other activities | |
|--|--|

Big Ideas – Elaborations

Technical skills:

- Power skating: forward, backward, start, stop, cross-over.
- Stick handling: 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.
- Shooting: wrist shot, snapshot, backhand shot, slap shot, wrist shot from knees.
- Checking: stick checking, angling, balance.
- Goaltending: basic stance, butterfly, shuffle steps, t-pushes, stick saves, glove saves, passing, telescoping, playing angles, stacking pads, lateral movement into new positions, poke check.

Tactical skills:

- One vs. one, two vs. one, two vs. two, three vs. two, offensive play, defensive play, regrouping entries, communication, checking, goaltending, etc.

Personal growth:

- How to be a leader in your environment, cooperation with others in group settings, communicating effectively and having mutual respect for others around you will help to build a positive community around you.

Healthy lifestyle:

- Living a life with proper nutrition, sleep, exercise, and hydration.
- Setting goals to achieve health and fitness goals.

Curricular Competencies – Elaborations

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

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

Training program: individualized to maximize outcomes, monitored, utilizing various exercise – core strength, agility, balance and coordination exercises, utilize relaxation techniques, effective warm-ups, 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.

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.

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

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

Recommended Instructional Components:

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

Recommended Assessment Components:

- Self-assessment
- Peer assessment
- Performance/skill assessment
- Oral presentations
- 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.