

Locally Developed Course Outline

Hockey-Ringette Plus 7-8-9 (2023)



Submitted:

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Course Description:

Hockey - Ringette Plus 7-8-9 serves as a valuable addition to the existing Physical Education & Wellness curriculum, promoting the advancement of skating skills, hockey or ringette abilities, personal fitness, and conditioning. This program places emphasis on cultivating respectful sportsmanship, fair and inclusive play, as well as fostering an understanding of the rules for hockey, ringette, and adaptive ice activities such as sledge hockey. Participants will have the opportunity to enhance their on-ice and off-ice skills by receiving guidance from experienced and knowledgeable staff members. Moreover, this program aims to foster strong relationships and camaraderie among all participants, irrespective of their community team affiliation, ability, or skill level.

The outcomes of this course incorporate the competencies and Alberta Education's [Ministerial Order on Student Learning \(#028/2020\)](#), as well as supporting *students in gaining the knowledge and skills needed to form the foundations for successful and fulfilling lives, and to make meaningful contributions to their communities and the world.* ([Alberta Education Guide to Education May 2023](#)).

- Critical Thinking
- Problem Solving
- Managing Information
- Creativity and Innovation
- Communication Collaboration
- Cultural and Global Citizenship
- Personal Growth and Well-Being

Student Need:

Hockey - Ringette Plus 7-8-9 offers students a valuable opportunity to engage in a high-interest sport-focused activity during regular school hours, fostering skill development, collaboration, and goal setting. This program is specifically designed to enhance student accessibility to on-ice sports within a non-contact and inclusive environment. Hockey-Ringette Plus prioritizes individual skill development and introduces basic game play, ensuring that all students can experience on-ice sports as part of their recreational activities and personal growth.

By implementing this course, schools can effectively address students' needs in sports and recreation. The program provides an additional avenue for students to engage in daily physical activity, potentially contributing to the development of lifelong healthy activity levels and a sustained interest in recreational pursuits. This approach aligns with the principles outlined in Canada's Long-Term Development in Sport and Physical Activity, guiding students towards a well-rounded and active lifestyle.

Scope and Sequence (Learner Outcomes):

The goals of this course are:

A. Skating and On-Ice Skills

- Students will improve their skating through a comprehensive set of lessons dealing with skill development.
- Students will learn techniques and strategies for improving their play on the ice.
- Students will learn techniques for personal fitness and conditioning.

B. Respectful Sport Conduct and Team Play

- Students will identify and demonstrate respectful sport conduct.
- Students will develop strategies to work effectively as part of a team.
- Students will learn the rules required for fair play, and participate in the various roles of player, coach, and referee.

C. Personal Growth

- Students will experience skating and on-ice game play as part of an active and healthy lifestyle.
- Students will have the opportunity to develop and maintain personal fitness.
- Students will develop and reflect on personal goals that allow them to reach their full potential.

Guiding Questions (General Outcomes):

1. How can students develop basic skating and technical skills to gain an appreciation of on-ice sports?
2. How can an understanding of team roles and responsibilities contribute to positive interactions with peers?
3. How can goal setting allow students to strive for both competitive and personal excellence?

Learning Outcomes (Specific Outcomes):

How can students develop skating and technical skills to gain an appreciation of on-ice sports?	7	8	9
Demonstrate improvement in individual skating skills	✓	✓	✓
Demonstrate improvement in stationary and moving puck/ring skills	✓	✓	✓
Demonstrate improvement in stationary and moving passing skills	✓	✓	✓
Improve speed and accuracy in shooting skills	✓	✓	✓
Demonstrate proficiency and improvement in offensive tactics	✓	✓	✓
Demonstrate proficiency and improvement in defensive tactics	✓	✓	✓

How can an understanding of team roles and responsibilities contribute to positive interactions with peers?	7	8	9
Identify and demonstrate the rules of game play without body contact	✓	✓	✓
Recognize, perform, and adapt to various roles within the game (<i>defense, offense, goalie, team captain, coach, and officials</i>)	✓	✓	✓
Research and perform basic game play strategies	✓	✓	✓
Research and create systems for game play		✓	✓
Research and participate in recreational and adaptive sports programs	✓	✓	✓
Demonstrate and execute etiquette and general rules promoting respectful sport conduct	✓	✓	✓

How can goal setting allow students to strive for both competitive and personal excellence?	7	8	9
Develop and perform fitness and conditioning routines	✓	✓	✓
Develop and perform warm up and cool down routines	✓	✓	✓
Implement and evaluate a plan that demonstrates athletic leadership and respectful and inclusive sport conduct	✓	✓	✓

Facilities or Equipment

Facilities / Equipment

Access to regulation ice surfaces

CSA approved hockey helmet and sport specific cage

CSA approved equipment as required by Hockey Canada and Ringette Canada.

Learning and Teaching Resources

****Learning and Teaching resources for Hockey-Ringette Plus may be chosen at the discretion of the school principal, however, it must align with provincial and federal guidelines.**

- Government of Canada – [Developing Our Athletes](#)
- [Hockey Canada](#)
 - Hockey Canada Rule Book - [Hockey Canada Officiating Downloads | Rule Book and Case Book](#)
- [Hockey Alberta](#)
 - [Hockey Alberta Coaching Resources | Hockey Alberta](#)
- [Ringette Canada](#)
 - Ringette Canada Rule Book - [Ringette Canada - Home \(officiatingringette.ca\)](#)
 - Ringette Long-Term Athlete Development (LTAD): <https://www.ringette.ca/our-sport/long-term-ringette-development/>
- [Ringette Alberta](#)
- Paralympic Sports Association: [Paralympic Sports Association | Adaptive Sports \(parasportsab.com\)](#)
- [Hockey Plus Teacher Resources.docx](#)

Assessment Standards

Assessment practices will follow board policies ([Administrative Procedure 360: Learning Assessment](#)).

Suggested Categories and Weightings for Hockey-Ringette Plus:

- Skills – 20%
- Respectful Sport Conduct – 40%
- Personal Growth – 40%

Sensitive or Controversial Content

No sensitive or controversial content.

Issue Management Strategy

Health and Safety

The on-ice activities in Hockey-Ringette Plus are classified as **moderate risk**:

“Activities with a limited potential for serious injury. Instruction by qualified instructors, adequate supervision, the use of protective and safety equipment such as helmets, life jackets, etc., and a careful review of the rules and safety guidelines will help to ensure a safe environment. If the program is part of a field trip or an off-site athletic activity, signed parental consent forms must be on file before students can participate. Alberta Safety Guidelines must be followed.”

Risk Management Strategy

The delivery of this course will conform to the following Administrative Procedures (These procedures are found on Staff Connect under Division Documents, and then under Procedures):

[Administrative Procedure 260: Field Trips](#)

[Administrative Procedure 160: Health and Safety](#)

[Safety Guidelines for Alberta Schools](#)

EIPS: [Appendix 260-A: Risk Classification](#)

Teacher Qualifications: A skilled teacher who is experienced with hockey/ringette will teach the course along with the help of assistants; or a skilled, professional hockey/ringette coach experienced with school-based hockey/ringette instruction will provide on-ice instruction under the direction of a certificated teacher. The teacher will assist with instruction as needed. The teacher must have current first aid certification.

Statement of Overlap with Existing Programs

Physical Education 7-8-9

- Outcome A: Skills
- Outcome B: Benefits of Health
- Outcome C: Cooperation

Health 7-8-9

- Healthy Choices

CTF: Recreational Fitness 7-8-9

Reasoning For LDC

Hockey-Ringette Plus offers students the opportunity to engage in activities that will benefit their overall health and gain an understanding of a team-based sport. It allows students to focus on the fundamentals of hockey and ringette and take that knowledge into their high school and adult life. Recreational Fitness focusses on being fit for life, but Hockey-Ringette Plus focuses on using hockey and ringette skills to make connections.

School Authority Monitoring and Evaluation

The school's principal will ensure that the outcomes of this course are being met. Teachers will ensure that they are meeting the guidelines under which the course was intended. Instructional Supports will regularly review this Locally Developed Course.