



High School Hockey Academy- Course Outline

P.E. – Hockey (Grade 9-12)



Assessment Overview

The MEI Hockey Academy intends to provide high performance training and Christian values-based character development to athletes. As a program we have set up a program that will help players improve on and off the ice but in order for that to happen each player must take advantage of the daily opportunity put in front of them. The grading system is to help motivate players to take advantage of each day. Lastly, the grades earned by each student will imputed onto the term report cards to represent the student’s participation/effort, skill/technique & Classroom Theory on and off the ice. This 4 credit program follows the B.C. P.E. Curriculum as outlined in the overviews.

Weekly Schedule – Second Semester (Jan – June)

Hockey Academy will meet during Period 4 each day. Please WhatsApp Mr.Hay if you will be absent from class. Only players with a parent e-mail, text or phone call will be “excused”. All other missing students will get a 0/4 daily mark.

Monday (Day 1)	Tuesday (Day 2)	Wednesday (Day 3)	Thursday (Day 4)	Friday (Rotating)
Bus Leaves MEI 1:30 No Returns Bus	Bus Leaves MEI 12:10 Bus Returns to MEI 1:20	Bus Leaves MEI 10:05am Bus Returns to MEI 12 Noon	Arrive at Bolt Fitness 8:30am Bus Returns to MEI 10:00am	See Schedule
On Ice 2:00-3:00pm @ Summit Center	Dryland 12:15-1:15pm @ Bolt Fitness / Skatemill	On Ice 10:30-11:30am @ Summit Center	Dryland 8:45-9:45am @ Bolt Fitness / SkateMill	Below

Friday (Day 1)	Friday (Day 2)	Friday (Day 3)	Friday (Day 4)
Classroom (THEORY) 1:30-2:45 pm	Classroom (THEORY) 12:10-1:25 pm	Classroom 9:50-11:30am	Classroom (THEORY) 8:35-9:45am
<ul style="list-style-type: none"> Attendance FCA22 – devotions Social & Mental Health Ed Healthy Choices Mental Health Psychology Goal Setting Nutrition Video Analysis Leadership / Service Guest Speakers 	<ul style="list-style-type: none"> Attendance FCA22 – devotions Social & Mental Health Ed Healthy Choices Mental Health Psychology Goal Setting Nutrition Video Analysis Leadership/service Guest Speakers 	All players go to Senior Chapel at 9:50-10:20am. Post Chapel all players go to Classroom for attendance 10:25-11:30am <ul style="list-style-type: none"> FCA22 - devotions Homework Help 	<ul style="list-style-type: none"> Attendance FCA22 – devotions Social & Mental Health Ed Healthy Choices Mental Health Psychology Goal Setting Nutrition Video Analysis Leadership / service Guest Speakers

Assessment Rubric – Report cards are based on assignments, testing and daily marks

Below Standards 1 out of 4 - 25% F	Working Towards Standards 2 out of 4 - 50% C-	Meeting Standards 3 out of 4 - 75% B	Exceeding Standards 4 out of 4 - 100% A+
Not prepared for class Does not participate Un-excused Absent Interferes with others success Missing MEI Jersey,socks, shirt No attempt to improve Treats it like a joke Argues / Whines Unsportsmanlike **Will be asked to leave class.	Partially prepared for class Late to bus / class Inconsistent participation Goes through motions Missing MEI Jersey,socks, shirt Satisfactory understanding skills Co-operates at times Shows some enthusiasm Sportsmanlike when supervised *Will be put on probation	Fully Prepared for class Willing to participate activities Usually works hard Shows Skill improvement Demonstrates understanding Consistent performance Has all uniforms most of time Very co-operative with others Sportsmanlike most of time Often enthusiastic & Positive	Always prepared for class Always 100% effort Always on task / focused Always pushing to improve Always in MEI gear Always shows understanding Always enthusiastic/positive Always willing to help/serve Always show sportsmanship Always great attitude

Course Evaluation:

Dryland Assessment / Training	40% of final mark
Hockey specific Training (on-ice)	40% of final mark
Theory classwork / projects	20% of final mark

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