



Hockey Grade 9 Skills Development (SK)				
Outcome	1 – Little Evidence With help, I understand parts of the simpler ideas and do a few of the simpler skills.	2 – Partial Evidence I understand the simpler ideas and can do the simpler skills. I am working on the more complex ideas and skills.	3 – Sufficient Evidence I understand the more complex ideas and can master the complex skills that are taught in class. <b>I achieve the outcome.</b>	4- Extensive Evidence I have a deep understanding of the complex ideas, and I can use the skills I have learned in situations that were not taught in class.
<b>HSK 9.1 Core Strength</b>  <b>I can investigate and apply safe and effective strategies for development the strength of core muscles and joint muscles.</b>	<ul style="list-style-type: none"> <li>• <b>With extensive guidance,</b> I can create <b>OR</b> implement workout routines that focus on the development and maintenance of core strength.</li> </ul>	<ul style="list-style-type: none"> <li>• I can create <b>OR</b> implement workout routines that focus on the development and maintenance of core strength.</li> </ul>	<ul style="list-style-type: none"> <li>• I can create <b>AND</b> implement workout routines that focus on the development and maintenance of core strength.</li> </ul>	<ul style="list-style-type: none"> <li>• I can create <b>AND</b> implement <b>consistently and independently challenging</b> workout routines that focus on the development and maintenance of core strength.</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>With extensive guidance,</b> I can incorporate <b>some</b> equipment and technology into <b>simple</b> workout routines that focus on the development of core strength.</li> </ul>	<ul style="list-style-type: none"> <li>• I can incorporate <b>some</b> equipment and technology into <b>simple</b> workout routines that focus on the development of core strength.</li> </ul>	<ul style="list-style-type: none"> <li>• I can incorporate <b>some</b> equipment and technology into <b>age appropriate workout routines</b> that focus on the development of core strength.</li> </ul>	<ul style="list-style-type: none"> <li>• I can incorporate <b>a variety of</b> equipment and technology into <b>challenging</b> workout routines that focus on the development of core strength.</li> </ul>
Comments				



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<b>HSK 9.2</b>  <b>I can implement a personal plan for improving a skill-related component of hockey (skating, passing, shooting, puckhandling) that I have chosen.</b>	<ul style="list-style-type: none"> <li>• <b>With extensive guidance</b>, I can design <b>OR</b> implement a plan to improve <b>one</b> skill-related component of hockey I have chosen.</li> </ul>	<ul style="list-style-type: none"> <li>• I can design <b>OR</b> implement a plan to improve <b>one</b> skill-related component of hockey I have chosen.</li> </ul>	<ul style="list-style-type: none"> <li>• I can design <b>AND</b> implement a <b>detailed</b> plan to improve <b>one</b> skill-related component of hockey I have chosen.</li> </ul>	<ul style="list-style-type: none"> <li>• I can design <b>AND</b> implement a <b>detailed</b> and <b>challenging</b> plan to improve <b>a few</b> skill-related components of hockey I have chosen.</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>With extensive guidance</b>, I can critique personal plans to determine what worked well and what did not work well according to <b>some</b> of the class criteria.</li> </ul>	<ul style="list-style-type: none"> <li>• I can critique personal plans to determine what worked well and what did not work well according to <b>some</b> of the class criteria.</li> </ul>	<ul style="list-style-type: none"> <li>• I can <b>critique personal plans</b> to determine what worked well and what did not work well <b>according to</b> class criteria.</li> </ul>	<ul style="list-style-type: none"> <li>• I can <b>independently</b> critique personal plans to determine what worked well and what did not work well according <b>and make the necessary revisions.</b></li> </ul>
	<ul style="list-style-type: none"> <li>• <b>With extensive guidance</b>, I can draw <b>a few</b> conclusions about my strengths and weaknesses in skill related components of hockey through participation in skillful movement activities.</li> </ul>	<ul style="list-style-type: none"> <li>• I can draw <b>a few</b> conclusions about my strengths and weaknesses in skill related components of hockey through participation in skillful movement activities.</li> </ul>	<ul style="list-style-type: none"> <li>• I can draw <b>several</b> conclusions about my strengths and weaknesses in skill related components of hockey through participation in skillful movement activities.</li> </ul>	<ul style="list-style-type: none"> <li>• I can draw <b>many profound and insightful conclusions</b> about my strengths and weaknesses in skill related components of hockey through participation in skillful movement activities.</li> </ul>



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	<ul style="list-style-type: none"><li>• <b>With extensive guidance</b>, I can perform <b>a few</b> identified complex skills <b>progressing toward</b> a level of automation.</li></ul>	<ul style="list-style-type: none"><li>• I can perform <b>a few</b> identified complex skills <b>progressing toward</b> a level of automation.</li></ul>	<ul style="list-style-type: none"><li>• I can perform <b>many</b> identified complex skills <b>approaching a level of automation.</b></li></ul>	<ul style="list-style-type: none"><li>• I can perform identified complex skills <b>at a level of automation.</b></li></ul>
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<p><b>HSK 9.3</b></p> <p><b>I can design and implement plans to use effective tactics and strategies to enhance performance and enjoyment in each of the following:</b></p> <p><b>*warm up</b> <b>*skill building</b> <b>*small game.</b></p>	<ul style="list-style-type: none"> <li>I need frequent reminders to be <b>occasionally</b> fully engaged in a variety of game situations to practice the application of tactics, strategies, rules and skills of play.</li> </ul>	<ul style="list-style-type: none"> <li>I am <b>occasionally</b> fully engaged in a variety of game situations to practice the application of tactics, strategies, rules and skills of play.</li> </ul>	<ul style="list-style-type: none"> <li>I am <b>frequently</b> fully engaged in a variety of game situations to practice the application of tactics, strategies, rules and skills of play.</li> </ul>	<ul style="list-style-type: none"> <li>I am <b>consistently and independently</b> fully engaged in a variety of game situations to practice the application of tactics, strategies, rules and skills of play.</li> </ul>
	<ul style="list-style-type: none"> <li><b>With help</b>, I can <b>design</b> a plan to enhance performance and enjoyment in hockey that considers tactical and strategic options (e.g. warm-up, skill-related activity, game).</li> </ul>	<ul style="list-style-type: none"> <li>I can <b>design</b> a plan to enhance performance and enjoyment in hockey that considers tactical and strategic options (e.g. warm-up, skill-related activity, game).</li> </ul>	<ul style="list-style-type: none"> <li>I can <b>implement</b> a plan to enhance performance and enjoyment in hockey that considers tactical and strategic options (e.g. warm-up, skill-related activity, game).</li> </ul>	<ul style="list-style-type: none"> <li>I can <b>obtain feedback</b> on a plan to enhance performance and enjoyment in hockey, and <b>modify</b> the plan in accordance with the feedback.</li> </ul>
	<ul style="list-style-type: none"> <li>I can apply appropriately <b>a few of</b> rules of hockey.</li> </ul>	<ul style="list-style-type: none"> <li>I can apply appropriately <b>most of</b> the rules of hockey.</li> </ul>	<ul style="list-style-type: none"> <li>I can apply appropriately <b>all</b> the rules of hockey.</li> </ul>	<ul style="list-style-type: none"> <li>If I break any rules of hockey, it is for a clear and strategic purpose that I can explain.</li> </ul>
	<ul style="list-style-type: none"> <li>I can apply appropriately <b>a few of the</b> skills of hockey.</li> </ul>	<ul style="list-style-type: none"> <li>I can apply appropriately <b>several of the</b> skills of hockey.</li> </ul>	<ul style="list-style-type: none"> <li>I can apply appropriately <b>many of the</b> skills of hockey.</li> </ul>	<ul style="list-style-type: none"> <li>I can apply appropriately <b>a wide variety the</b> skills of hockey.</li> </ul>



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