

ESJH
Gr 9 Curling Class

2020-2021

Teacher: Mr. Murphy

Introduction:

- ❖ This is a **full-credit**, Grade 9 course.
- ❖ The course will take place in both a classroom setting and at the **curling rink**.
- ❖ About **50 hrs** of the 110 hours is scheduled ice-time.
- ❖ Our **first ice-time** session is planned for the beginning of October.
- ❖ Students **do not** need any curling experience or specialized equipment to take this course.

Goals/Content:

- **General:**
 - Learn to curl and have enough scheduled ice-time to make the course fun and affective.
 - Develop 'soft skills' such as positive peer interaction, teamwork, sportsmanship and problem solving, all beneficial on and off the ice.
- **Physical Skills:** Delivery, sweeping, turns, shot-making.
- **Knowledge:** Terminology, rules, scoring, strategy, etiquette, equipment.
- **Teamwork:** Communication, reading ice, different positions and their responsibilities.
- **Fitness:** Nutrition, safety, healthy lifestyles.
- **Ice-Making:** Methods of ice-making, and the equipment used in preparing a curling sheet.

Equipment:

- Provided:

- Curling Broom
- Slider

- Required:

- Regular shoes appropriate for Phys Ed. (or Curling shoes)
- Track-pants or sweats for ice-time sessions.

General Info:

- Since the school has to pay for ice-time at the Club, **there is a fee for this course.** The fee for 2020-2021 is \$85.00.
- This is, in part, an 'off-campus' course, as such students are reminded that they must be on their best behaviour throughout the year, but especially when we are at the Club for ice-time sessions.
- **COLD WEATHER RULE-** The general rule about walking to the club is that, if it is warm enough for school to be happening, it is warm enough to walk to the club for class. Dress accordingly!
- Students tend to really enjoy this class, it is different, fun, and in a unique setting. I encourage anyone that wants to hear about the course first-hand, to ask a student that took it in 2019-2020, or earlier.
- Space is limited in this course, so, if you are interested, get your selection into the school ASAP.