

HOCKEY HOOKY



LESSON PLAN

 **VS** *Pats*

TUESDAY, FEBRUARY 8, 2022
11:00 AM



GEOGRAPHY

LEARN ABOUT THE



Go to the link <http://whl.ca/whl-teams-directory> and use the information to do the following activity.

1) How many teams are located in Alberta, Saskatchewan, British Columbia and the United States?

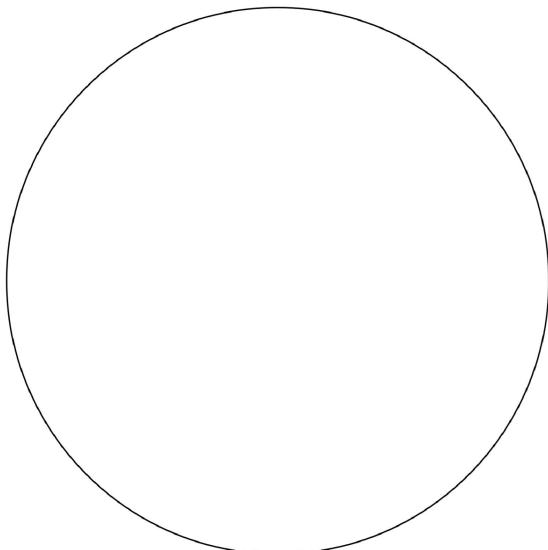
katchewan, Manitoba

- Alberta _____
- Saskatchewan _____
- Manitoba _____
- British Columbia _____
- United States _____

WHL TEAM LIST

Edmonton Oil Kings	Regina Pats
Vancouver Giants	Prince George Cougars
Calgary Hitmen	Saskatoon Blades
Victoria Royals	Portland Winterhawks
Brandon Wheat Kings	Spokane Chiefs
Lethbridge Hurricanes	Everett Silvertips
Winnipeg ICE	Swift Current Broncos
Moose Jaw Warriors	Seattle Thunderbirds
Kamloops Blazers	Medicine Hat Tigers
Prince Albert Raiders	Tri-City Americans
Kelowna Rockets	Red Deer Rebels

2) Create a pie chart using information above to identify how many teams are located in each province or state:



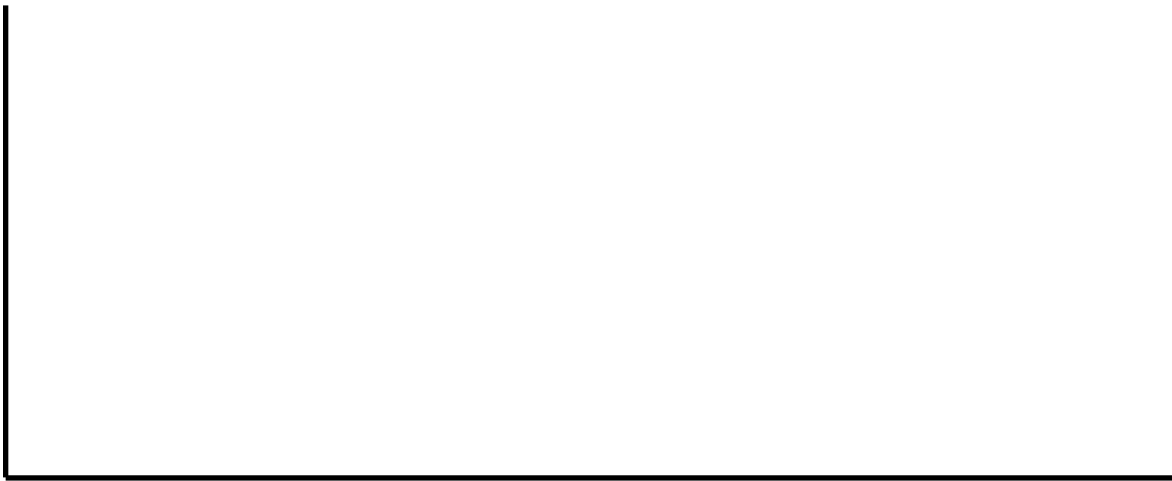
ate a chart the information to identify many are located in each province or

GEOGRAPHY

LEARN ABOUT THE



3) Choose five of the teams in the WHL and create a double bar graph showing the wins and losses for each of your selected teams. Create a legend to show which bar is for wins and which is for losses:



4) Based on the team names, rank your five favourite teams in order of preference. In a short paragraph, explain why you selected the name choice of your favourite team.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Paragraph:

HEALTH AND LIFE SKILLS

NUTRITION

Healthy snacks have at least one serving from two of the food groups in Canada’s Food Guide. A snack needs to include protein, fat and carbohydrate to be the most nutritious.

Athletes need to plan their meals and snacks to ensure that their bodies have the proper nutrition they need to play at their best everyday.

Create three different snacks using the chart below:

Fruits & Vegetables (carbohydrates)	Grain Products (carbohydrates)	Milk & Alternatives (proteins, fats)	Meats & Alternatives (proteins, fats)
Fresh fruit	Whole grain crackers or rice cakes	White or chocolate milk	Meat (chicken, ham, turkey, beef)
Raw vegetables	Whole grain breads, bagels or English muffin	Cheese	Hummus or bean spread
Dried fruit	Whole grain pita, flat bread or tortilla	Yogurt	Canned light tuna
Canned fruit cups	Whole grain cereal	Fortified soy beverage	Eggs
Fruit sauce (apple sauce)	Whole grain chapatti, naan or roti	Pudding	Nuts, sunflower seeds, pumpkin seeds

SNACK 1:

SNACK 2:

SNACK 3:

HEALTH AND LIFE SKILLS

COMMUNITY SERVICE

What is community service?

Community service is volunteering your time to help those in your community without being paid. It can be something that is done once, or something that is done over and over again. Athletes regularly take part in community service. They know that giving back to their community when they can is very important!

Place an X beside each action below that shows community service:

<input type="checkbox"/>	Donating clothes	<input type="checkbox"/>	Washing your hands	<input type="checkbox"/>	Making treats for an old age home
<input type="checkbox"/>	Collecting food for a food bank	<input type="checkbox"/>	Packing a lunch for school	<input type="checkbox"/>	Watching an Oil Kings game
<input type="checkbox"/>	Tutoring a friend in math	<input type="checkbox"/>	Picking up litter at the park	<input type="checkbox"/>	Donating food to an animal shelter
<input type="checkbox"/>	Donating books to a classroom	<input type="checkbox"/>	Doing your homework	<input type="checkbox"/>	Riding your bike to the park

In what ways can you serve your community?

PHYSICAL EDUCATION

HOCKEY 101

POWER PLAYS AND PENALTY KILLS

A team is on the power play when one team has more players on the ice than the other team because a player is serving a penalty. The team with fewer players is on the penalty kill.

OFFSIDE

A team is offside when any member of the team crosses over the opposing team's blue line before the puck. The position of the player's skates — and not their stick — determines if they are offside. If both skates are over the blue line before the puck, the player is offside. If they have only one skate over the blue line and the other remains on it, they are onside.

PENALTIES

Penalties are classified into three categories: minor, major and misconduct. For a minor penalty, players serve two minutes in the penalty box. If the other team scores during the power play, the penalty is over before time expires. For a major penalty, players serve five minutes in the penalty box and cannot leave until the time expires, even if the other team scores a goal. Misconduct penalties vary in length.

SHOT ON GOAL

A shot on goal is a shot that will enter the goal if it is not stopped by the goaltender. A shot on goal must result in either a save or a goal.

ICING THE PUCK

Icing is when a player on his team's side of red centre line shoots the puck all the way down the ice and it crosses the red goal line at any point (other than the net). Icing the puck is not allowed when teams are at equal strength or on the power play. Icing the puck is allowed if the team is on a penalty kill.



MATHEMATICS

OIL KINGS STATISTICS

Using the statistics found on the Oil Kings website (http://oilkings.ca/stats/team_players/270/228), answer the following questions for the 2019-20 season:

- 1) Name the Oil Kings player who has played the most games _____
- 2) Name the Oil Kings player who has played the least games _____
- 3) Name the Oil Kings player who has the most goals _____
- 4) Name the Oil Kings player who has the most assists _____
- 5) Name the Oil Kings player who has the most shots _____

Using the statistics, create a bar graph in the space below using the number of goals scored on the Y (vertical) axis and the player's name on the X (horizontal) axis. Label your axis. Once you have completed the bar graph, answer the following question.

- 9) Using the bar graph you just created, which player has the most goals? _____

Riley Sawchuk

Josh Williams

Carter Souch

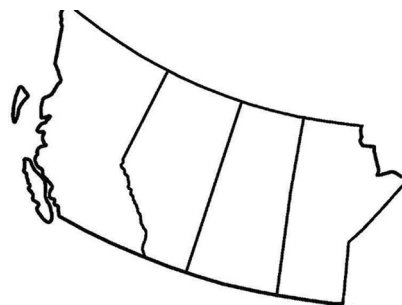
Liam Keeler

MATHEMATICS

TRAVEL SCHEDULE

Below is an example of an Oil Kings road trip to five locations:

- Edmonton to Red Deer
- Red Deer to Medicine Hat
- Medicine Hat to Swift Current
- Swift Current to Regina
- Regina to Prince Albert
- Prince Albert to Edmonton



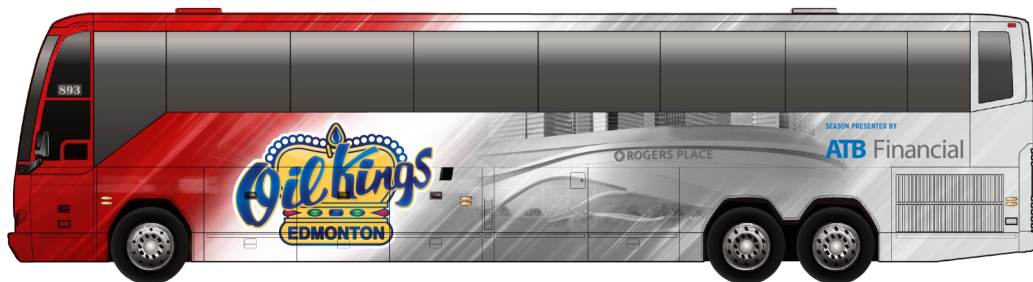
Using the road trip schedule above, please answer the following questions:

- 1) In total, how many kilometers were travelled? _____

- 2) Which trip is the longest distance travelled? _____

- 3) Which trip is the shortest distance travelled? _____

- 4) How many cities have you visited from this road trip? Which cities? _____



SOCIAL STUDIES

EDMONTON

Using the team roster and hometown of each player, write the number of players who live in

#	Forwards	Hometown
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11	Dylan Guenther	Edmonton, AB
12	John Szabo	Lethbridge, AB
14	Josh Williams	Langley, BC
15	Cole Miller	Edmonton, AB
20	Dawson Seitz	Medicine Hat, AB
21	Jake Neighbours	Airdrie, AB
23	Jalen Luypen	Kelowna, BC
25	Brendan Kuny	Ardrossan, AB
39	Shea Van Olm	Calgary, AB
41	Tyler Horstmann	Richmond, BC
42	Justin Sourdif	Surrey, BC
43	Jaxsen Wiebe	Moose Jaw, SK
44	Carter Souch	Edmonton, AB
77	Jakub Demek	Kosice, Slovakia

#	Defencemen	Hometown
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2	Carter Kowalyk	St. Albert, AB
4	Kaiden Guhle	Sherwood Park, AB
5	Simon Kubicek	Jindrichuv Hradec, Czechia
6	Luke Prokop	Edmonton, AB
7	Ethan Peters	Moose Jaw, SK
8	Braeden Wynne	Coquitlam, BC
9	Carson Golder	Smithers, BC
24	Logan Dowhaniuk	Sherwood Park, AB

#	Goalies	Hometown
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30	Kolby Hay	Monte Creek, BC
33	Sebastian Cossa	Fort McMurray, AB



SOCIAL STUDIES

EDMONTON OIL KINGS GEOGRAPHY



- 1) Colour in the provinces on the map and label it with the number of players that are from each province.
- 2) How many players are from the Edmonton and the surrounding areas? _____
- 3) How many players are from outside Alberta? _____
- 4) How many players are from Alberta, Saskatchewan, British Columbia and Manitoba? _____
- 6) Which players are from outside of Canada? _____
- 7) Which of the players are from a capital city? _____
- 8) Which player lives the closest to the Pacific Ocean? _____

SCIENCE

HOCKEY SCIENCE

Use these fun facts to answer the questions below!



Goalie masks are made out of kevlar, the same material used in bulletproof vests for police officers.

Hockey sticks used to be made out of wood, but today most sticks are made from materials such as carbon-graphite. These materials generally weigh less than a wooden stick.



The temperature of the ice during an Oil Kings game is -5° Celsius. Water has a freezing point of 0° Celsius.

Pucks are made of rubber, because natural rubber is a very elastic substance. Rubber is combined with other materials to give a puck its strength. Before a hockey game and in-between periods, pucks are frozen to make them bounce less.



1) What temperature is the ice during a hockey game?

2) What happens with pucks during a game to make them bounce less?

3) Police officers wear bulletproof vests made from kevlar. What piece of hockey equipment is also made from kevlar?

4) What kind of materials are most hockey sticks made of today?

SCIENCE

MASCOT ANATOMY

ABDOMEN

CALF

HEART

QUADRICEPS

BICEPS

DELTOID

PECTORAL

TRICEPS

- 1** This muscle pumps blood and delivers oxygen to the rest of the body
- 2** Located in the upper arm. Main function is to rotate the forearm and flex the elbow
- 3** Located on the back of the arm. Main function is extension of elbow
- 4** Provides movement and support to the trunk and assist in the breathing process
- 5** Strongest and leanest muscle
- 6** Major muscle on the back part of a leg
- 7** Commonly known as shoulder muscle
- 8** Makes up the bulk of the chest muscles



LANGUAGE ARTS

THE FIVE W'S

After the Hockey Hooky game, describe your field trip with the Edmonton Oil Kings. Fill in each row with details that answer the question.

WHAT HAPPENED?

WHO WAS THERE?

WHY DID IT HAPPEN?

WHEN DID IT HAPPEN?

WHERE DID IT HAPPEN?

LANGUAGE ARTS

MAD LIBS

Read the definitions of a noun, verb and adjective. Then fill out the lines below with the parts of the speech. On the next page, fill it the blanks in the order you chose below.

Read the paragraph when you are finished to see how it turned out!

NOUN: a word that refers to a person, place or thing. Examples are 'teacher', 'dog' and 'school'.

VERB: a word that describes an action. Examples are 'run', 'look' and 'smile'.

ADJECTIVE: a word that describes a noun. Examples are 'blue', 'small' and 'fast'.

HOCKEY HOOKY FIELD TRIP

Noun (thing): _____

Noun (thing): _____

Verb: _____

Noun: _____

Adjective: _____

Noun (thing): _____

Verb: _____

Adjective: _____

LANGUAGE ARTS

MAD LIBS HOCKEY HOOKY FIELD TRIP

In a few weeks, my class is going on a field trip for Hockey Hooky! We are taking a ^{Noun (thing)}_____ to get there. I hope on the way there we see a ^{Noun (thing)}_____! At the arena, we will watch the game and see the ^{Verb}_____ players _____ ^{Noun} on the ice. Louie the Lion is the Oil Kings mascot. If I could be a mascot, I would be a ^{Adjective} _____ ^{Noun (thing)}. Louie ^{Verb} throws t-shirts into the crowd, but I would throw ^{Adjective} _____



LANGUAGE ARTS

OIL KINGS WORD SEARCH

Look for the Oil Kings words in the word search below!

R	C	J	S	M	W	O	F	P	M	M	W	V	X	N
D	O	K	C	E	F	S	O	K	W	K	Q	L	V	M
W	N	G	R	M	T	W	S	G	N	I	K	L	I	O
P	I	C	E	O	E	A	C	E	H	W	O	S	H	O
H	E	H	T	R	W	C	K	C	C	T	V	S	D	J
D	N	N	P	I	S	M	T	S	A	N	V	E	X	D
Z	Y	L	A	A	P	P	A	O	O	I	B	D	R	Z
P	A	Q	E	L	V	Q	L	E	C	N	W	A	E	A
Y	A	L	F	C	T	R	B	A	T	K	W	D	M	M
S	A	I	M	U	P	Y	S	J	C	R	H	G	I	B
P	O	J	P	P	Z	X	K	V	O	E	O	Q	T	O
D	E	F	E	N	S	E	Y	F	K	A	Q	B	R	N
I	L	O	U	I	E	T	H	E	L	I	O	N	E	I
Y	E	S	R	E	J	I	S	I	M	Q	J	B	V	B
C	M	M	V	W	C	F	E	K	G	D	X	C	O	F

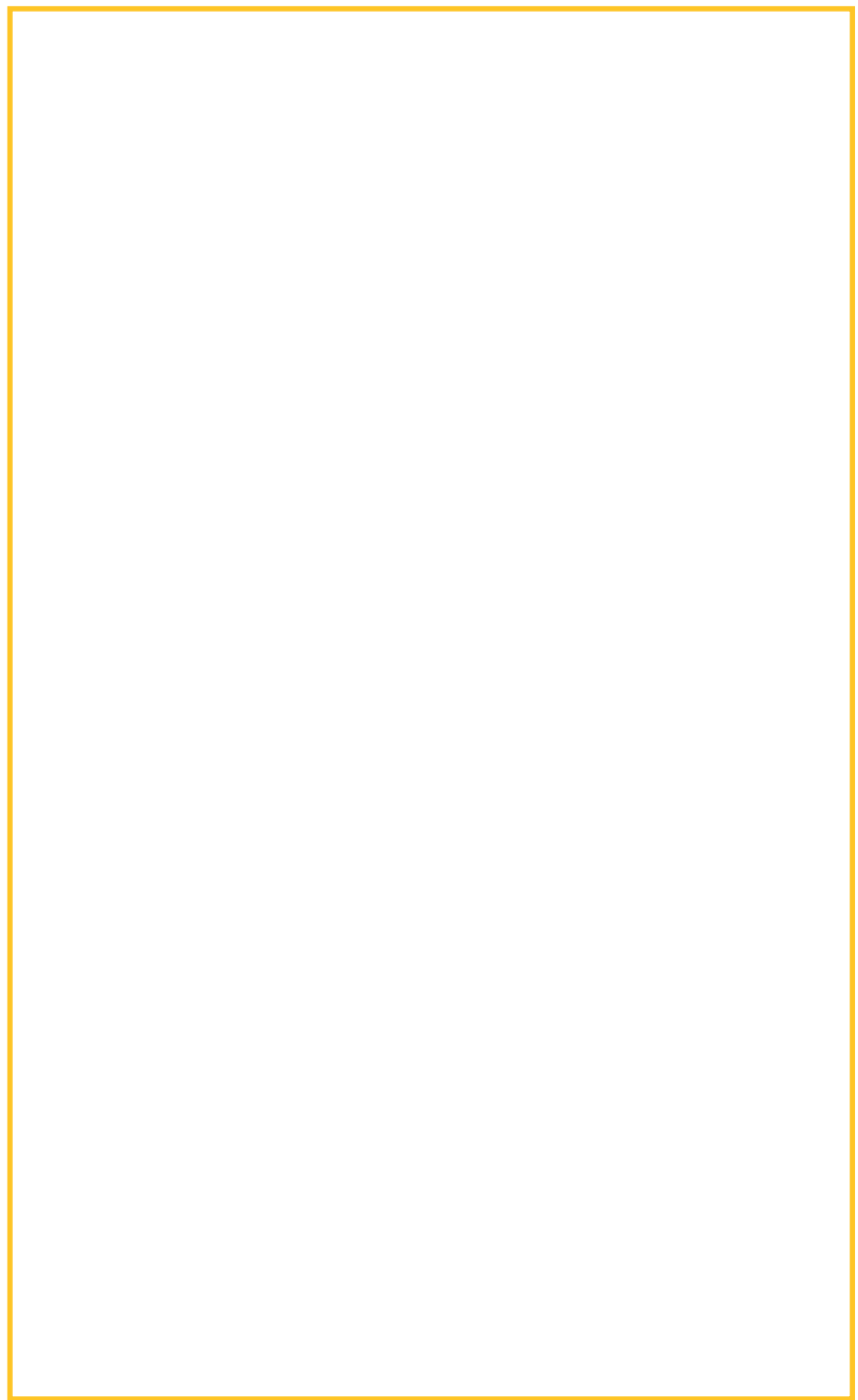
WORD BANK

- | | | |
|---------|----------------|--------------|
| COACH | LOUIE THE LION | POWER PLAY |
| DEFENSE | MEMORIAL CUP | ROGERS PLACE |
| FORWARD | OIL KINGS | SKATES |
| GOALIE | OVERTIME | TEAMWORK |
| JERSEY | PENALTY | ZAMBONI |

FINE ARTS

OIL KINGS DRAWINGS

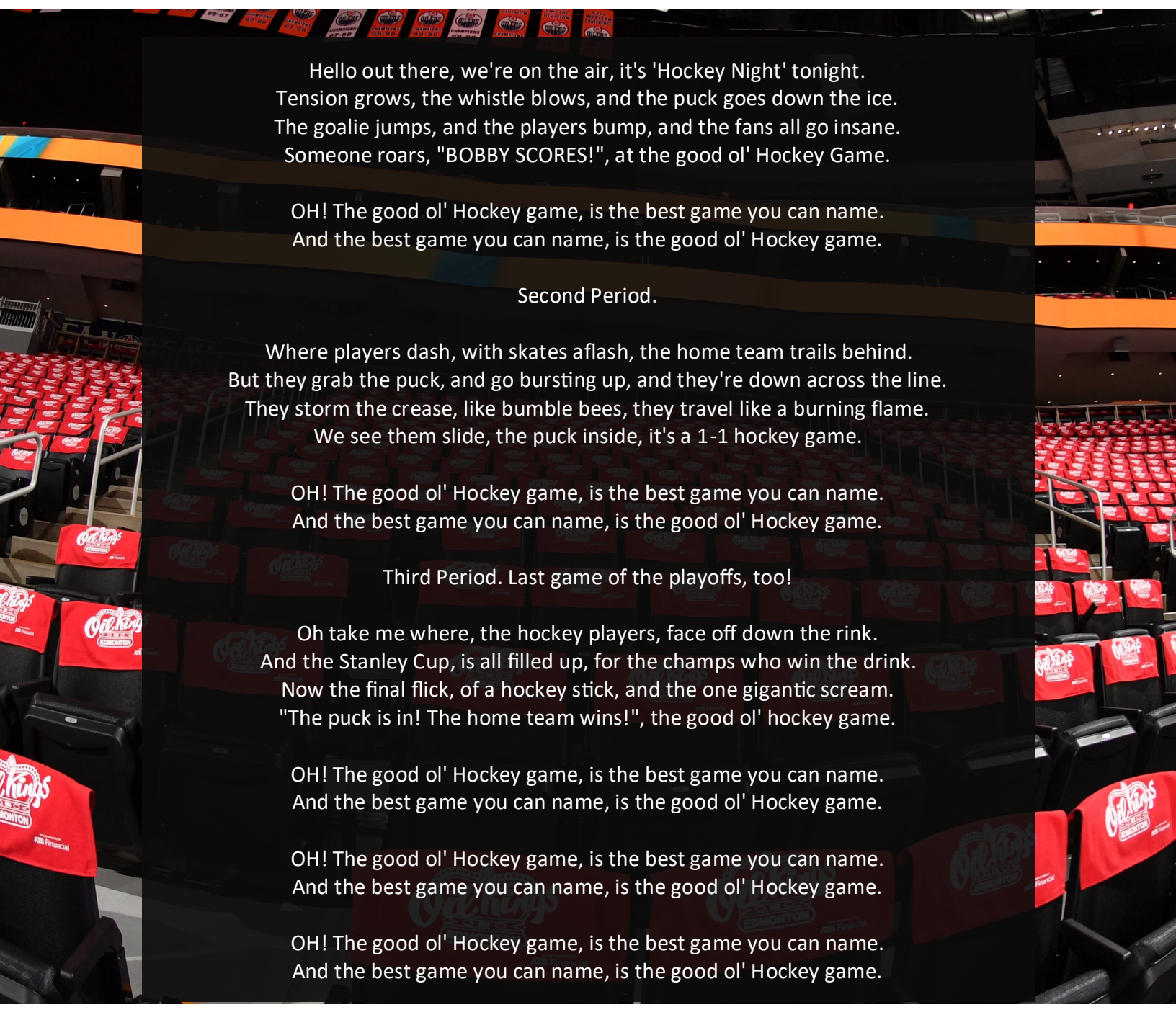
Draw Louie the Lion below!

A large, empty rectangular box with a yellow border, intended for students to draw Louie the Lion.

FINE ARTS

THE HOCKEY SONG

The Hockey Song by Stompin' Tom Connors was first released in 1973. It has gained popularity throughout Canada and the United States since it was first played in 1992 at an Ottawa Senators game. Learn the lyrics and perform the famous song as a group!



Hello out there, we're on the air, it's 'Hockey Night' tonight.
Tension grows, the whistle blows, and the puck goes down the ice.
The goalie jumps, and the players bump, and the fans all go insane.
Someone roars, "BOBBY SCORES!", at the good ol' Hockey Game.

OH! The good ol' Hockey game, is the best game you can name.
And the best game you can name, is the good ol' Hockey game.

Second Period.

Where players dash, with skates aflash, the home team trails behind.
But they grab the puck, and go bursting up, and they're down across the line.
They storm the crease, like bumble bees, they travel like a burning flame.
We see them slide, the puck inside, it's a 1-1 hockey game.

OH! The good ol' Hockey game, is the best game you can name.
And the best game you can name, is the good ol' Hockey game.

Third Period. Last game of the playoffs, too!

Oh take me where, the hockey players, face off down the rink.
And the Stanley Cup, is all filled up, for the champs who win the drink.
Now the final flick, of a hockey stick, and the one gigantic scream.
"The puck is in! The home team wins!", the good ol' hockey game.

OH! The good ol' Hockey game, is the best game you can name.
And the best game you can name, is the good ol' Hockey game.

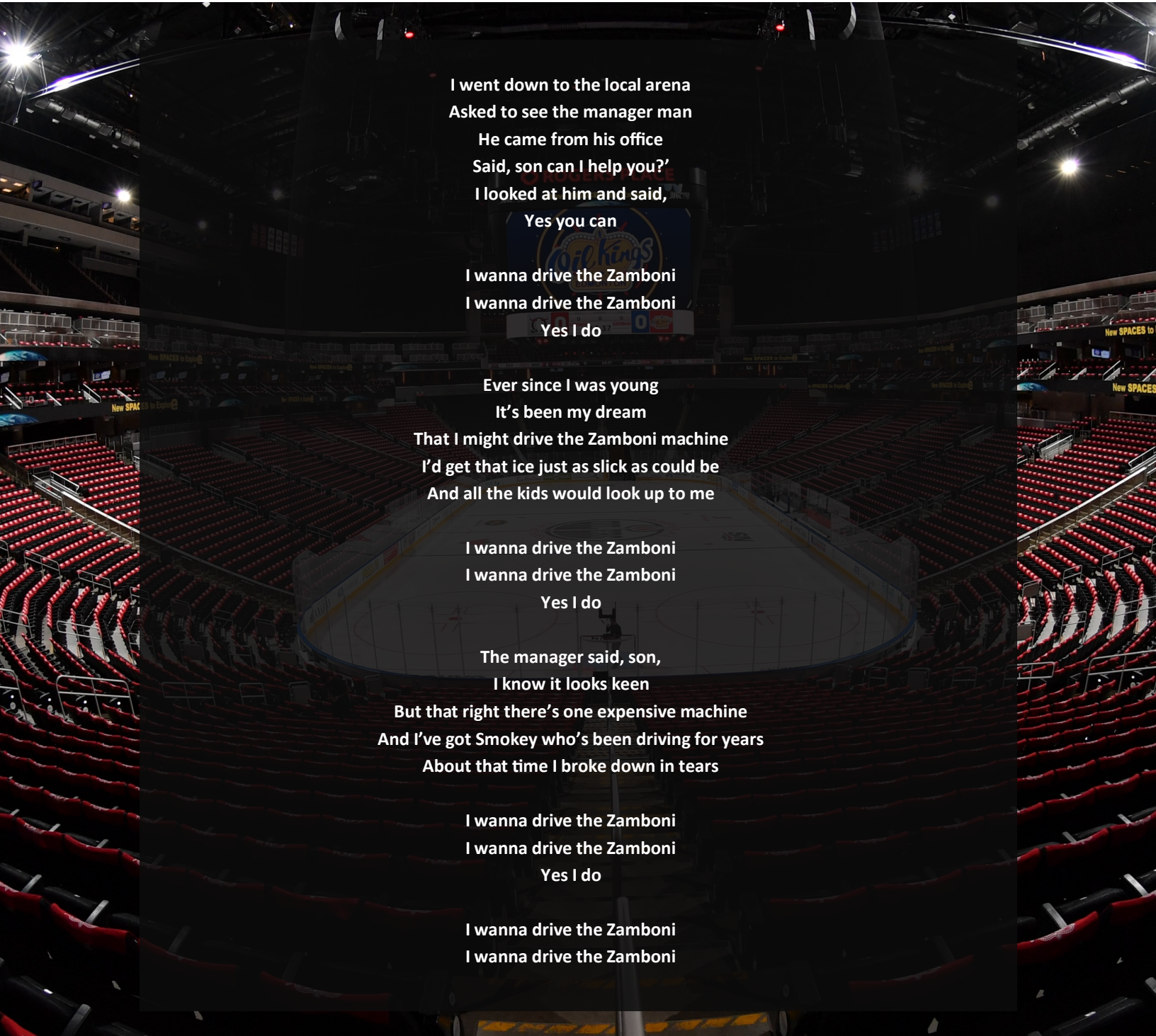
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OH! The good ol' Hockey game, is the best game you can name.
And the best game you can name, is the good ol' Hockey game.

FINE ARTS

THE ZAMBONI SONG

Here is another hockey song called "I Wanna Drive the Zamboni"!
Learn more about Zambonis on the next page.



I went down to the local arena
Asked to see the manager man
He came from his office
Said, son can I help you?
I looked at him and said,
Yes you can

I wanna drive the Zamboni
I wanna drive the Zamboni
Yes I do

Ever since I was young
It's been my dream
That I might drive the Zamboni machine
I'd get that ice just as slick as could be
And all the kids would look up to me

I wanna drive the Zamboni
I wanna drive the Zamboni
Yes I do

The manager said, son,
I know it looks keen
But that right there's one expensive machine
And I've got Smokey who's been driving for years
About that time I broke down in tears

I wanna drive the Zamboni
I wanna drive the Zamboni
Yes I do

I wanna drive the Zamboni
I wanna drive the Zamboni

FINE ARTS

ALL ABOUT ZAMBONIS

If you've been to a hockey game, you've probably seen a Zamboni come onto the ice before the game and during intermissions. A Zamboni is also called an ice resurfer, because its job is to clean and smooth the surface of the ice. Before the first Zamboni was built in 1949, the ice had to be cleaned by hand! Workers would scrape, wash, and use a squeegee to clean it and then add a layer of water to create fresh ice. A Zamboni does the same thing, but a lot faster. The Zambonis at Rogers Place can resurface the Oil Kings ice in about six minutes so the players have a fresh sheet of ice to play on each period.

Can you guess which fun facts about Zambonis are true? Guess below by putting T for true or F for false beside each fact. When you're done, flip this page upside down to see the answers!

- ___ 1) A Zamboni once drove across Canada from St. John's, Newfoundland to Victoria, B.C.
- ___ 2) The blade on a Zamboni that scrapes the ice weighs about 45 kg
- ___ 3) Zambonis are named after the man who created them, Frank J. Zamboni
- ___ 4) A Zamboni can be used for 10 to 20 years before it needs to be replaced
- ___ 5) The Toronto Maple Leafs were the first team to use a Zamboni



1) T – the trip took around four months! 2) F – the blade weighs 25 kg. 3) T 4) T 5) F – the first team to use one was the Boston Bruins.