

St. FX Sports Performance Academy
Goals and Objectives

1. To provide each student with the opportunity to train at their chosen sport, either hockey or soccer. The athlete will be given the opportunity to work on individual skills that help players excel.
2. The Academy will use sport as a tool to help the athletes build character
3. The Academy will give the athletes an opportunity to learn and put into practice healthy fitness choices. For example stretching, eating and sleeping habits.
4. The Academy will give each athlete drills/exercises that can be done off the ice/field/court to help enhance their game.

Off Ice/Field/Court

1. The Academy will be responsible for meeting the four Physical Education Outcomes:
 - A) Activity – acquire skills through a variety of developmentally appropriate movement activities; dance, games, types of gymnastics, individual activities and activities in an alternative environment; e.g., aquatics and outdoor pursuits.
 - B) Benefits Health – understand, experience and appreciate the health benefits that result from physical activity. Examples would include functional fitness, body image and well being.
 - C) Cooperation- interact positively with others. Communication, fair play, leadership and teamwork are key in this area.
 - D) Do it daily for life- students will assume responsibility to lead an active way of life. Effort, safety, goal setting and active living in the community are key to this outcome.
2. The Academy will also be responsible for the Health curriculum where areas like smart choices, bullying, nutrition, sport psychology, drug and alcohol awareness, human sexuality, team building, leadership, hygiene and anatomy will be studied.

Each off ice/field/court topic is done throughout the year depending on how the topic fits into the different activities. Scheduling is also dependent on facility availability.