

Student's Name: \_\_\_\_\_



## PART I – MINISTRY REQUIRED COURSES

**Required Courses – no choices:**

Social Studies 10

Science 10

Career Life Education 10

**Required Courses – student choices. Select (✓) only one course per subject area:**

**English**     English 10

English First Peoples 10

**Math**     Foundations of Math / Pre-Calculus 10

Workplace Math 10

*Please rank your top 2 PHE classes (1-2):*

**Physical and Health Education**

\_\_\_ Sports & Games 10  
\_\_\_ Dance & Movement 10  
\_\_\_ Athletic Yoga & Mobility

\_\_\_ Personal Fitness & Training 10  
\_\_\_ Yoga & Personal Wellness 10

## PART II – ELECTIVE COURSES

Students in grade 10 receive **2 elective courses** inside the timetable (*during the school day*). From the list below, **rank your top 5 choices** and we will do our best to honour your top 3 selections.

### Applied Design, Skills & Technology (ADST)

- \_\_\_ Computer Studies 10
- \_\_\_ Culinary Arts 10
- \_\_\_ Business 10
- \_\_\_ Food Studies 10
- \_\_\_ Game Design 10
- \_\_\_ Media Design 10
- \_\_\_ Metalwork 10
- \_\_\_ Power Technology 10
- \_\_\_ Robotics 10

### Fine Arts

- \_\_\_ Art Studio 10
- \_\_\_ Concert Band 10
- \_\_\_ Drama 10
- \_\_\_ Guitar 10
- \_\_\_ Photography 10
- \_\_\_ Musical Theatre 10

### Other

- \_\_\_ Core French 10

## PART III – ELECTIVE COURSES OUTSIDE THE TIMETABLE

These courses are take place before or after school (*sometimes at lunch*). Students can select (✓) more than one.

- Leadership 10     Athletic Leadership 10     Yearbook 10     Jazz Band (AM)
- AM PHE Basketball 10     PHE Elite Athlete Training 10 (AM)     Choir 10

## PART IV – PARENT/GUARDIAN APPROVAL

I have reviewed my student's plan, paying specific attention to their math class ("What are your reasons for choosing FMP vs. Workplace?") and understand that while best efforts are made to give students their primary elective choices, alternates are a real possibility. We have also discussed potential pathways after high school, with a focus on keeping as many doors open as possible.

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

## **ABBREVIATED ELECTIVE COURSE DESCRIPTIONS**

**AM Basketball 10:** Linear basketball fitness course before school.

**AM Fitness 10:** A PHE class before school to focus on personal fitness.

**Art Studio 10:** Art Studio is a foundation course where students will explore both 2D and 3D art forms.

**Athletic Leadership 10:** This is a leadership course with specific emphasis on athletics.

**Business 10:** Are you interested in owning your own business? Come learn about business models, marketing strategies, stocks, bonds, ETF's, and anything else that pertains to making unlimited money in a free market economy.

**Choir 10:** Choir is for any student wishing to engage in vocal music-making in a variety of unique styles and methods.

**Computer Studies 10:** We will explore topics such as assembling your own hardware and building your own computer.

**Concert Band 10:** Concert Band 10 is an opportunity for students to build on their musical skills that they developed in their beginning band years.

**Core French 10:** Core French 10 is intended for students who have already taken Core French 9.

**Culinary Arts 10:** In this course, you will learn a wide range of skills that will equip you to work in any food service environment.

**Drama 10:** This is an inclusive and welcoming acting class for students new to Drama, or those students who may not be comfortable performing in front of large groups and audiences.

**Electronics and Robotics 10:** This is an exciting course in electronics taking a look at the power of assembling arduinos and EV3 Mindstorm Lego robots.

**English 10 First Peoples:** English First Peoples New Media 11 is a course designed for students interested in studying First Peoples literature while developing a set of skills vital for success in an increasingly digital world. |

**English 10:** English First Peoples 10 is intended for both Indigenous and non-Indigenous students. Students will consider and explore First Peoples' worldviews through the study of Canadian Indigenous prose, poetry, and media texts.

**Foods 10:** In this junior course, the focus will be on food preparation principles and techniques, meal planning and global systems while you are preparing ethnic Page | 17 cuisines.

**Foundations of Math and Precalculus 10:** A level of math that keeps the most doors open for post-secondary pursuits. Required for many post-secondary programs.

**Game Design 10:** Students will have an opportunity to work on the graphic (visual arts) design of a board or computer game and/or students can choose to work on the coding (production) part of a video game - or both!

**Graphics Media Design 10:** This is a computer graphic design course for students who have an interest or talent in art and want to transfer those skills to the digital world.

**Guitar 10:** Guitar 10 is an intro to guitar course where students can learn to play.

**Jazz Band 10:** This course is open to all instrumentalists with at least two years of band experience.

**Leadership 10:** Help plan and carry out leadership endeavours throughout the school.

**Metalwork 10:** This course introduces students to metal fabrication and mechanical technologies through a variety of projects and skill-building labs.

**Musical Theatre 10:** Musical Theatre is an exciting and challenging performance-related course. Students develop their acting, singing, and movement skills, and share these skills in a culminating full musical theatre production.

**PHE Athletic Yoga and Wellness 10:** A PHE class focusing on yoga and dedicated athletes.

**PHE Fitness & Conditioning 10:** A PHE class with a more focused approach on students health-related fitness.

**PHE Yoga & Personal Wellness 10:** An introduction to yoga.

**Photography 10:** Photography 10 is an introductory course that introduces students to photography as a creative and technical skill.

**Power Mechanics 10:** Power Mechanics is an introduction to automotive engines and other various power sources.

**Workplace Math 10:** A workforce level of math, acceptable for most trades and some university/college programs.

**Yearbook 10:** Help design and publish this year's yearbook!



**Course planning materials, including course descriptions!**