

Student's Name: _____

PART I – MINISTRY REQUIRED COURSES

Required Courses – no choices:

English Language Arts 9

Social Studies 9

Math 9

Science 9

Careers 9

Required Courses – student choices. Please rank your preferred order 1-3:

Physical and Health Education 9

___ Sports & Games

___ Dance & Movement

___ Yoga, Mobility & Wellness

PART II – ELECTIVE COURSES

Students in grade 9 receive **3 elective courses** inside the timetable (*during the school day*). Using the lists below, please rank **each category** in order of preference. Students get one ADST, one Fine Art and a selection from the Third Elective list.

Applied Design, Skills & Technology (ADST) – Please Rank 1-3

___ Power Metal 9 (*intro to small engine and metalwork*)

___ Food Studies 9

___ Computers & Media 9

Fine Arts – Please Rank 1-3

___ Visual Arts 9

___ Drama 9

___ Guitar 9

Third Elective – Please Rank 1-5

___ Concert Band 9

___ French 9

___ Visual Arts 9

___ Drama 9

___ Guitar 9

___ Additional Physical and Health Education Class

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.

Jazz Band (AM)

PART IV – PARENT/GUARDIAN APPROVAL

I have reviewed my student's plan and understand that while best efforts are made to give students their first elective choices, this is not always possible.

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

COURSE PLANNING MATERIALS



Elective Course Descriptions

Power Metal 9: is an introductory course that covers both metalwork and small engines.

Food Studies 9: Students learn how to prepare food for themselves, friends, and family with skill and confidence. New and exciting recipe ideas are provided for breakfast, lunch, appetizers, dinner and desserts. The emphasis is on using fresh, local ingredients. Students will gain knowledge about a variety of spices, flavours, and cooking methods.

Computers & Media 9: Want to learn what a computer is all about? Computers and Media 9 focuses on using the computer as a tool in order to help students become more efficient and productive. The course will include lessons and projects used to develop an understanding of information, our place in the digital world, how the internet works and coding in JavaScript. We look to generate an understanding of the functionality of computers, create apps of our own design and in the process learn to problem solve.

Visual Arts 9: This course focuses on design and media exploration as well as skills such as colour theory, perspective, creating form and drawing techniques. We also use design principles and elements to analyze works of art in art history lessons. In the second half of the course, you will explore your own creativity more in individual projects, furthering an understanding of your own identity as an artist. Media will vary but will include a form of printmaking, painting, 3-D works, drawing media as well as some fibre arts. No previous art experience is necessary; bring only your imagination.

Drama 9: *There is no end of semester large-scale production in Drama 9.* The objective of Drama 9 is for students to acquire knowledge of self and others through participation in, and reflection on dramatic experience. Students will develop competency in communication skills through participation in and exploration of various dramatic disciplines and will acquire an appreciation for drama and theatre as a process and art form. The course will include orientation, movement, improvisation, characterization, and small group presentations.

Guitar 9: This course is an introduction to guitar class for new-intermediate guitar players. You do not need to have your own guitar. Together we will learn the skills needed to enjoy making great music on the guitar, both alone and with your friends!

Concert Band 9: The SAS Band program starts here! We will build on the instrumental technique learned in Middle School Band and refine your playing, rehearsal, and performance skills with interesting and challenging music. The Concert Band will perform at music festivals, public concerts, and school functions. Some performances will occur outside the timetable. Woodwind, brass, percussion, and string instruments are all welcome. This is a year-long course.

Core French 9: This is an introductory language course. All four components of language are taught: speaking, listening, reading, writing. These are explored by using a thematic approach. Basic vocabulary and grammar are explored, and active participation is encouraged through games, skits, videos and presentations.

Physical and Health Education 9

Sports & Games 9: Physical and Health Education 9 aims to enable all learners to enhance their lives through active living. The Physical and Health Education curriculum focusses on four areas: Physical Literacy (the knowledge, skills and mindsets that enable students to successfully participate in a wide range of physical activities), Healthy and Active Living (developing a healthy lifestyle both inside and outside of school), Social and Community Health (understanding that our overall health and safety is influenced by our surroundings, including the physical environment and interpersonal relationships, and Mental Well Being (learning about the many factors that influence our mental well-being, our sense of self and how we cope with change).

Yoga, Mobility & Wellness 9: This course introduces students to mindful movement as a foundation for physical literacy and personal well-being. Through foundational yoga postures, breathwork, and reflective practices, students develop strength, flexibility, balance, coordination, and body awareness in a supportive, non-competitive environment. Students learn how movement, breathing, and focus influence stress, emotions, and overall health. Emphasis is placed on self-regulation, safe movement, respectful participation, and building confidence in their own abilities. This course supports students in developing healthy habits and positive relationships with physical activity.

Dance & Movement 9: In the course students explore a variety of different styles of dance and will focus on core technique and qualities developed from elements of movement. The course will consist of daily warm ups, across the floor work and teacher lead choreography all in a safe and trusting environment. As per the BC curriculum, there will be a focus on fitness and physical health development which will include topics such as nutrition, physical health, mental health and sexual health. Students can expect to develop new skills while working in groups and individually in a fun and supportive environment while enhancing strength, flexibility, stamina, coordination, and confidence. Students will have opportunities to showcase their learning through performance.