



COMPLEMENTARY COURSE DESCRIPTIONS

The first term will be from September 2011 to November 30, second term will be from December to March, 2012, and third term will be from April to June, 2012.

**Fees are associated with the options and will be charged to cover the cost of field trips, etc. Fees are indicated on the Course Selection Sheet. Option fee invoices will be mailed out in early September for the full year. To assist students and parents in making their selections, a brief description of each course is listed below.

Art

Cost – \$20.00 fee associated with each term

Students are expected to learn to express their personal feelings, intuitions and to become art critics. To achieve this, students are expected to use traditional and contemporary tools, materials and media to think like artists, to value the art creation and to value the art forms. The curriculum is based on Junior High art outcomes.

Badminton

Cost – \$ 15.00 fee associated with each term

Students will be introduced to a variety of drills and exercises to improve their technical skills. Students will also study effective strategies and tactics to raise their game to the next level. The history of badminton and proper nutrition will also be an essential part of this option.

Band 1 and Band 2 - full year course

Cost – \$30.00 fee associated with each term

The Band program is a practical course aimed at preparing students for musical performance. In this course, students will develop a competency on a specific instrument, work on team building, self-discipline, listening, and performance and reading skills. Band 1 and Band 2 students have the opportunity to attend Music Festivals, perform at various assemblies and concerts, as well as attend Band Camp in the spring.

Basketball

Cost – \$ 20.00 fee associated with each term

This course is designed to teach students the skills and fundamentals of the team play, the rules and etiquette of the game, and principles of basic strategy involved in basketball. Students will:

- 1 - Analyze the history, rules, terminology and etiquette of basketball
- 2 - Analyze and perform conditioning and warm-up activities for basketball
- 3 - Analyze the basketball skills of dribbling, shooting, passing, defensive, and offensive positioning
- 4 - Analyze the tactics and mental skills involved in offensive and defensive strategy

Drama 1

Cost – \$20.00 fee associated with each term

Drama 1 is a pre-requisite course required to enter in to Drama 2. Students will be introduced to the basics of drama through a variety of games, activities, as well as individual and small group performances. Focus on movement, speech, and stage presence.

Drama 2

Cost – \$20.00 fee associated with each term

Students entering this course must have first taken Drama 1. In Drama 2, students will focus on and further develop the skills related to performance and production. Line memorization and delivery, movement, improvisation, musical theatre, and stagecraft will be of special focus.

Fitness for Life

Cost – \$15.00 fee associated with each term

The goal of Fitness for Life is for students to develop an understanding of the components of physical fitness. An emphasis on understanding healthy nutrition and appreciation for their own fitness level will occur. Students will experience and participate in a variety of activities that will benefit lifelong health and personal fitness.

Foods I – Foods Studies Basics

Cost – \$25.00 fee associated with each term

In Foods 1, students are introduced to elements of safety and sanitation in the kitchen. Students will learn basic cooking skills of baking, cutting, mixing, as well as following directions in one and two steps recipes. A focus on Canada's food guide and discussion of healthy food choices will also be emphasized.

Foods II Processing in Food Studies

Cost – \$25.00 fee associated with each term

Foods I is a prerequisite.

Skills and concepts from Foods I will be reviewed and extended in multi-step recipes. The emphasis is on student planning, preparing and evaluating recipes. Students will be involved in nutritional analysis and impact on a healthy lifestyle.

French

Cost – \$15.00 fee associated with each term

The French program at Lilian Schick is designed to introduce students to French as a second language at the Junior High level. This course uses the Junior High French curriculum. It is designed so that students have fun and may be encouraged to continue a second language in high school. The course is focused on projects as well as written and oral French language. French culture is included in all aspects of the course.

Girl Power

Cost – \$15.00 fee associated with each term

This option will examine current topics to teenage girls. This year's course may include the following: self-esteem and empowerment, health awareness and body image. Eating disorders, personality tests, media images of women, friendships, depression, anxiety, suicide, careers for women and teen pregnancy as well as any topics that are of interest and issues with which students are concerned.

Golf

Cost – \$40.00 fee associated with each term

This course is designed to teach students the skills and fundamentals of the rules and etiquette of the game, and the principles of basic strategy involved in golf. Students will:

- 1 – Analyze the history, rules, terminology and etiquette of golf
- 2 – Analyze and perform the basic skills including putting, chipping, pitching, punch shots, and full swing shots
- 3 – Analyze grip, stance, swing plane and the effect these have on ball flight
- 4 – Analyze ball flight and basic course management strategies
- 5 – Analyze the tactics and mental skills involved in each of the skills

Media 1

Cost – \$15.00 fee associated with each term

Students learn keyboarding skills with an emphasis on accuracy; explore presentation software including Powerpoint and Prezi. They will become familiar with MS Word and Publisher, use a spreadsheet program for math, money and graphs. As well as the technical skills acquired in this course students will be encouraged to become good digital citizens.

Media 2

Cost–\$15.00 fee associated with each term

Students will get a firsthand experience in creating their own stop-motion animation, podcast and infomercial. They will also participate in several film studies throughout this option to observe how directors incorporate such as satire and irony into their films.

Outdoor Education

Cost – \$30.00 fee associated with each term

Students will be introduced to a variety of outdoor skills and activities designed to promote interaction with the environment. Activities will include orienteering, outdoor survival skills, human impact on the natural environment and ecosystems, camping and fishing techniques, as well as navigation.

Running

Cost–\$15.00 fee associated with each term

The running option will emphasize training techniques used to enhance each students' personal cardiovascular fitness levels. Students will do analysis and goal setting for personal distances, and will work on a running plan. An emphasis on nutrition, hydration, injury prevention, goal setting will also occur.

Science Challenge

Cost – \$30.00 fee associated with each term

If you enjoy shows such as CSI, Myth busters and Discovery, then Science Challenge is an academic option which investigates a variety of fascinating and exciting scientific concepts. Students will examine a variety of topics in an up close and detailed manner. Activities will vary from Forensic science and DNA to rocketry, dissections and chemistry experiments. Students will work through a number of hands on activities to further their understanding of these areas.

Soccer

Cost – \$15.00 fee associated with each term

This option is for any skill level and ability and will start with a focus on the fundamentals, rules and general structure of soccer. Students will learn about how the game was created and how popular it has come to be. Students will develop certain skills sets and playing skills that will range from shooting, passing, and dribbling, to 'give and goes' and creating plays. Students will engage in many scrimmage activities and ball control activities to develop and/or enhance their skill sets.

Track and Field

Cost–\$15.00 fee associated with each term

Track and Field will focus on the skills development of several different events. Students will learn techniques to improve running and field skills, as well as develop training programs to help condition athletes for competition. All levels of participants are encouraged to sign up.

Volleyball

Cost—\$15.00 fee associated with each term

This course is designed to teach students the skills and fundamentals of the team play, the rules and etiquette of the game, and principles of basic strategy involved in volleyball. Students will:

- 1 – Analyze the history, rules, terminology and etiquette of volleyball
- 2 – Analyze and perform conditioning and warm-up activities for volleyball
- 3 – Analyze the volleyball skills of the pass, bump, serve, set, spike, block, and tip
- 4 – Analyze the tactics and mental skills involved in offensive and defensive strategy

Website Creation

Cost – \$15.00 fee associated with each term

Website creation will be comprised of two portions. Students will first be introduced to a brief history of the World Wide Web. Students will spend the majority of this option learning how to design and create a website using HTML to a targeted audience.

Year Book

Cost – \$15.00 fee associated with each term

Yearbook option involves the full development and publication of the Lilian Schick yearbook. Students are involved in the planning, graphic layout, composition, and digital editing of the school yearbook. Students will be utilizing various media including digital photography and desktop Publisher.