

## COMPLEMENTARY COURSE DESCRIPTIONS: 2024-25

**\*\*Please Note: For the 2024-25 school year, fees will be charged to offset the cost of individual specific program options. Course fees will vary depending upon the nature of the course offered. All fees are due 30 days after the term has started.** The fees are used to supply extra materials such as groceries for foods, art supplies, sheet music, practice golf balls, etc. Funds may also be used for field trips that are related to the course curriculum.

<b>3D Printing</b>	<b>Fee: No Cost</b>
3D Printing enhances areas of design, science and research: and it's so much fun too! Students will begin by learning about sketching, planning, and using Tinkercad. After, students will use the Engineering Design Process to create a new design or improve an existing object. All students will have the opportunity to print and take home their creations.	

<b>Academic Skill Builders</b>	<b>Fee: No Cost</b>
Students of all levels benefit from extra time with a teacher to reinforce and expand their learning. While many learning strategies are taught within each course, Academic Skill Builders allows students extra time to develop their learning skills and study habits with the support of a teacher. This course is developed to assist students to become more successful in one or more of their core courses. It will provide alternate tools, skills and learning strategies tailored to individual needs. This options class will provide students the time to complete homework and be able to focus on areas of concern in their core subjects.	

<b>Archery</b>	<b>Fee: \$10</b>
This course focuses on the necessary knowledge and understanding of archery and follows the NASP guidelines and curriculum providing students with basic archery techniques and skills. This course broadens student's knowledge and understanding of archery as it relates to the physical, mental, and emotional aspects of wellness. Students learn the rules, safety procedures, and etiquette of archery.	

<b>Art</b>	<b>Fee: \$20</b>
<p>The Art option allows the students to develop technical skills as well as express themselves personally. Students explore line, value, texture, space, shape fostering an understanding of the essential elements of art design. The focus of this hands-on class is on developing the basics of drawing and painting. A variety of media is used throughout the term, including pencils, charcoal, pastels, tempera, and watercolor.</p>	

<b>Basketball</b>	<b>Fee: No Cost</b>
<p>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:</p> <ol style="list-style-type: none"> <li>1. Analyze the history, rules/officiating, terminology and etiquette of basketball.</li> <li>2. Analyze and perform conditioning and warm-up activities for basketball.</li> <li>3. Analyze the basketball skills of dribbling, shooting, passing, defensive, and offensive positioning.</li> <li>4. Analyze the tactics and mental skills involved in offensive and defensive strategy</li> </ol>	

<b>Badminton</b>	<b>Fee: \$30</b>
<p>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.</p>	

<b>Concert Band</b>	<b>Fee: \$40+ camp fees</b>
<p><u>Students entering this course should be aware that this is a FULL YEAR COURSE and must enroll in all three terms.</u></p> <p>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.</p>	

<b>Cooperative Games</b>	<b>Fee: No Cost</b>
<p>Students have an opportunity to plan and organize warm up activities and lead various cooperative games. Students will participate in a variety of cooperative games with an emphasis on participation and having fun while being active.</p> <p>Please dress appropriately for the weather in this option as many of the activities will take place outdoors.</p>	

<b>Drama Intro</b>	<b>Fee: No Cost</b>
<p>Students entering this course will be introduced to basic drama proficiencies and focus on and further skills related to performance and production. Line memorization and delivery, movement, improvisation, musical theater, and stagecraft will be of special focus.</p>	

<b>Drama Advanced</b>	<b>Fee: \$10</b>
<p>In this course, students enhance confidence and imagination through active expression. In a skill-building course, students explore various dramatic forms through exercises, games and various individual and group projects. Acting, staging, and improvisational skills develop through preparing and presenting monologues, scenes, tableaux, and other dramatic activities.</p> <p>The focus of the course is to plan, rehearse and perform a full drama production for a school-wide performance. This may be a play or a “cabaret style” program involving a variety of skits, monologues, etc. Students may also join Drama and be engaged in roles such as set design, lighting and sound.</p> <p>This course is designed as a two block option.</p>	

<b>Entrepreneurship</b>	<b>Fee: No Cost</b>
<p>In this course students will have an opportunity to explore the steps to becoming successful in business. Students will compare and assess a variety of venture opportunities and ideas, investigate career paths and possibilities where opportunities and challenges lie. The course will involve strategies and may involve guests to help students learn to operate successful businesses. This will be an opportunity for students to plan, think and begin to implement a small business within the context of their community. This course will culminate with “Marketplace Day”, where students will test their businesses out in a small business commons within our school.</p>	

<b>eSports and Game Design</b>	<b>Fee: No Cost</b>
<p>In this course students will have an opportunity to explore creating their own video game through coding on platforms like Scratch. As well, students will have the chance to play games and discuss fundamentals such as game and level design, storytelling and user experience. Students will have to demonstrate critical thinking, problem-solving and collaborative skills when creating a playable prototype based on their own game concept. If you like video games, this could be the course for you!</p>	

<b>Film Studies</b>	<b>Fee: No Cost</b>
<p>Have you ever wondered how movies are made? Do you want to create your own short film? Film Studies concentrates on the areas of film and media history, theory and technique, and the study of genres.</p> <p>The goal of this course is to help students understand both the history of film as an art form and to enable them to understand how the makers of film structure their work to communicate ideas and feelings to an audience. As a final project, students will be challenged to create their own short film.</p>	

<b>Fit For Life</b>	<b>Fee: \$50</b>
<p>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. Students will develop a portfolio of their personal fitness and nutrition goals focusing on Canada's Food Guide for Nutrition and the five components of physical fitness.</p>	

<b>Fitness</b>	<b>Fee: No Cost</b>
<p>Are you looking at building up your stamina and endurance? Learn how to develop muscle safely and by following a plan? Studies show that bringing up your step-count and your heart rate increases not only your physical fitness, but increases your mental wellness and health.</p> <p>This option is great for athletes looking to get in a great workout but also for students looking to meet their daily physical activity goals. Students of all abilities are encouraged to enroll!</p>	

<b>Foods</b>	<b>Fee: \$60</b>
<p>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 step recipes. A focus on Canada's food guide and discussion of healthy food choices will be emphasized. Students will be involved in nutritional analysis and impact on a healthy lifestyle.</p>	

<b>Golf</b>	<b>Fee: \$100</b>
<p>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:</p> <ol style="list-style-type: none"> <li>1. Analyze the history, rules, terminology and etiquette of golf.</li> <li>2. Analyze and perform the basic skills including putting, chipping, pitching, punch shots, and full swing shots.</li> <li>3. Analyze grip, stance, swing plane and the effect these have on ball flight.</li> <li>4. Analyze ball flight and basic course management strategies.</li> <li>5. Analyze the tactics and mental skills involved in each of the skills.</li> </ol>	

<b>Industrial Arts</b>	<b>Fee: \$60</b>
<p>Have you ever wanted to develop skills in the use of tools and materials used in construction processes, and safely transform common wood materials into useful products?</p> <p>In this course, students have the opportunity to learn how to measure, cut, shape, plan, and construct projects made from various types of wood stock. Students learn some necessary woodworking skills and get to build wooden objects that are functional and appealing.</p>	

<b>Leadership</b>	<b>Fee: No Cost</b>
<p>Student Action and Leadership is an option that aims to provide authentic leadership opportunities for students at Lilian Schick School. Students will be involved in student action projects at the school, community, and global level. Action projects will be chosen by the students themselves. Students will be involved in collaborative teams and will take on a variety of roles. Students will be expected to organize school and community events such as dances, theme-days, food bank drives, environmental projects, and other initiatives. This course will allow students to develop leadership skills through projects and teamwork.</p> <p>As an added bonus, students will have the opportunity to run for Lilian Schick School's Student Council!</p>	

<b>LOGOS</b>	<b>Fee: No Cost</b>
<p>The LOGOS class invites students to deepen their Christian faith through thoughtful engagement with the Word of God, fostering a community of spiritual growth and reflection. Emphasizing the importance of service, students will participate in various volunteer opportunities, embodying the principles of love and compassion in action.</p>	

<b>MakerSpace</b>	<b>Fee: \$20</b>
<p>Makerspace provides hands-on, creative ways for students to design, experiment, build and invent while exploring aspects of Science, Technology, Engineering, Art and Mathematics (STEAM). Students will have access to some high tech and low tech options to solve problems that they are presented with.</p>	

<b>Outdoor Pursuits</b>	<b>Fee: \$30</b>
<p>The course focuses on outdoor experiences that allow students to build upon outdoor education skills. Focus may include fire building, outdoor cooking, orienteering, cartography, survival skills, outdoor shelters, outdoor games, and an overview of basic First Aid.</p> <p>The focus will be dependent on the weather and availability of resources. Students will need to be properly prepared for all weather-related activities during the course.</p>	

<b>Robotics</b>	<b>Fee: \$10</b>
<p>Want to "Command" a robot to accomplish challenges? Students will have the option to build and program multiple styles of robots using new, state-of-the-art kits. They will also have the chance to explore computer coding—the “brains” behind the robot! With multiple entry points, this option is suitable for both beginners and advanced robotics students.</p>	

<b>Sport Leadership</b>	<b>Fee: No Cost</b>
<p>Have you ever wondered what type of organization it takes to set up a badminton tournament? Do you know what type of planning goes into structuring a volleyball practice? Are you familiar with all the rules of basketball? In Sports Leadership, students will explore officiating, tournament organization and running of practice plans, while still enjoying some physical activity in the gym!</p>	

<b>STEAM</b>	<b>Fee: No Cost</b>
<p>In STEAM option, students will have access to various resources (ex. tools, craft supplies, technology etc.) to create projects that pique their interest. Students will also be challenged to use their knowledge of STEAM, various tools, and materials to complete projects.</p> <p>Students will also have the opportunity to explore their interest in STEAM with a self-directed project.</p>	

<b>Healthy Living (Sport Med.)</b>	<b>Fee: \$10</b>
<p>In Healthy Living, students will explore what it means to be healthy physically, mentally and emotionally. Students will learn about proper nutrition, exercise habits and wellness routines. Students will learn preventative injury measures and post injury return to sport procedures regarding sport injury. Students will get hands-on experience learning to tape common sports injuries (ankles, fingers, wrists, etc.), as well as opportunities to get into the kitchen to discover low-prep but highly nutritious meals and snacks.</p>	

<b>Volleyball</b>	<b>Fee: No Cost</b>
<p>This course is designed to teach students the skills and fundamentals of team play, the rules and etiquette of the game, and principles of basic strategy involved in volleyball. Students will:</p> <ol style="list-style-type: none"> <li>1. Analyze the history, rules, terminology and etiquette of volleyball.</li> <li>2. Analyze and perform conditioning and warm-up activities for volleyball.</li> <li>3. Analyze the volleyball skills of the pass, bump, serve, set, spike, block, and tip.</li> <li>4. Analyze the tactics and mental skills involved in offensive and defensive strategy</li> </ol>	