

FLVT Junior High Option Descriptions

Quarter 4: April 15th, 2024 - June 27th, 2024

Quarter 4 Monday/Wednesday Options:

French 7:

In this option, Grade 7 students will explore the topics of weather and family through a series of authentic communicative activities involving reading, writing and speaking. Please note, students must have French for 2 quarters (Q1 & Q4). Students must also take this course in order to go on the Quebec Trip in Grade 9.

Soccer 2:

This is a class for players who have experience playing the sport and are interested in improving their skill set! There will be a number of different drills and activities, many of which will have progressions, that are designed to enhance basic skills. We will also be focusing on the more complex areas of the game and work on things like movement, communication and tactics.

Food Truck Frenzy:

Food Basics is a prerequisite for this course.

Food Truck Frenzy is all about creating and designing a unique food truck that will have a featured menu that students will be preparing and cooking in our kitchens. Students, working in groups, will go through the planning process of creating their food truck: coming up with a theme, understanding how marketing can play a role in the popularity of their food truck, creating a menu that connects overall with the theme, and finally, designing the exterior and interior of the food truck. Students will be selecting their own recipes, creating shopping lists, and preparing their food truck menu items during our class time. Fee is \$50

Agriculture Studies:

During Agriculture Studies, students will explore the question "How can we live sustainably in the year 2050?" This will be done by examining various areas of agriculture including sustainability, nutrients, land use, careers and more. A special hands-on experience of animal husbandry will take place through classroom chick hatching! In addition to classroom learning, students will experience agriculture locally through field trips.

Critical Thinking and Problem Solving:

Students will be provided with the opportunity to explore a variation of different ways to think and problem solve through a variety of tasks and activities. This may include activities such as: STEAM challenges, logic problems, sudoku, design challenges, cryptograms and more.

Blackfoot Culture:

Enhance your knowledge of Blackfoot culture! Students will learn about language and traditions of both traditional and contemporary aspects of the Blackfoot people. Topics will include, but may not be limited to: traditional territory, food, clothing, shelter, sharing of information, plants, drumming, singing, and games.

Communications and Wellness:

This course will focus on students learning about the importance of their mental and physical wellness. Students will enjoy multiple brain breaks, enjoy time to talk and write about how their day is going, or what they're looking forward to in the future. There will be times to go outside for walks or play games. Learning about the importance of stretching, healthy snacks, laughing, and being a part of the FLVT family!

Woodworking:

Students will be introduced to the proper and safe use of woodworking machinery (machine and hand tools). Students will develop their skills so they can advance to the concepts of both single and multiple constructions. Proper care and use of tools and machines will be stressed along with safe work habits and occupational skills. Projects include but are not limited to footstools, chairs, penny hockey table and decorative objects. Fee is \$30

Art - Optical Illusions

In this class, students are introduced to techniques and strategies for creating 2 dimensional optical illusions. As students learn techniques and strategies they have the opportunity to demonstrate their learning through the creation of a visual project. Students can expect to complete two large optical illusion projects.

Fitness:

The purpose of this course is to provide students with an introduction to the basics of fitness, exercise, and nutrition. Students will learn fundamentals of anatomy and training principles and will participate in a variety of exercise formats. This course is a prerequisite for Sports Medicine & Training.

Introduction to Photography:

Students will develop essential skills in camera use with a focus on basic composition, set-up, and examination of exposure. They will explore photography as both an art and a profession as they capture images and produce final display proofs.

World Music:

The world is full of music that looks and sounds very different from place to place. Take a trip around the world to experience various cultural music in this class where you will experience various music first-hand including African drumming, Hawaiian ukulele techniques, Japanese taiko rhythms, Brazilian samba and more! This music, found all over the world, often involves different instruments, different rhythms, different ways of participating and different ways of thinking. Students will even have the opportunity to work with various professional musicians from around Lethbridge to dive deeper into various genres. Embrace the incredible diversity of musical sounds that exist in the world and gain appreciation for the complex musical techniques unique to each culture and country. Join us on this musical adventure!

PACS -Projects Activities Community & Skills:

PACS is a course incorporating academic support, life skill projects and out trips. The goal is to inspire and build skills for community & academic engagement. Being involved in your community is important for everyone. Life skills will include various things such as learning to cook, time management, money management, personal care and being a good citizen in the community. Fee: \$20

Track and Field:

Students enrolled in this option will have the opportunity to practice all of the vents for school and city track meets. Students will also be given a brief introduction into athletic training, as well as the biomechanics of the human body to get an idea of how certain body motions translate to their chosen event. This option will provide students with exposure to the running, jumping and throwing fundamentals of track and field, as well as specific event development.

Grade 7/8 Golf - Driving Range:

Grade 7 and 8 students will learn the basic rules, etiquette, skills and background of golf. Time will be spent in the classroom learning about the game of golf. Once in class instruction is complete, students will have the opportunity to practice hitting golf balls at various local driving ranges. In addition, they will be able to improvise their putting skills on local putting greens. Fee: \$75

Quarter 4 Tuesday//Thursday Options:

French 8:

In this option, students will explore the topics of pets and food around the world in this two-quarter option through a series of authentic communicative activities involving reading, writing and speaking. Please note that in order to go on the Grade 9 Quebec trip, you must have Grade 7 and Grade 8 French for 2 quarters each (Q1 & Q4).

Softball:

Students will work on all elements of the game. They will be provided with opportunities to play a variety of positions in a fun and recreational environment. Skill development, teamwork and sportsmanship will be the focus of this course.

Foods - Snappies:

Food Basics is a prerequisite for this course.

In Snack & Appetizers, students will apply the importance of snacks and appetizers related to their lifestyle, by making nutritious, as well as delicious snacks. Students will describe factors that affect snack choices, describe snacks and appetizers in relation to the guidelines in Canada's Food Guide to Healthy Eating, and demonstrate knowledge and skills in the planning, preparation, and evaluating various snacks and appetizers. Fee is \$50

Newspaper and Broadcasting:

Design and create FLVT's school newspaper, HAWKS HUSTLE and broadcast this news to the school! Learn the parts of a newspaper, different forms of writing, how to write effective articles, broadcasting techniques, and the various jobs of newspaper creation and distribution.

Peer Tutoring:

Students will assist younger students with a variety of tasks under the guidance of a teacher. They will have the opportunity to share their gifts and talents, while at the same time augmenting their understanding of learning techniques and teaching practices.

Outdoor Games:

Students will have the opportunity to play some of the most common school outdoor games at a more leisurely level. These activities may include capture the flag, kickball, flag football, soccer or other games that can be done in an outdoor setting.

Exploration of Collage Art:

This course will be offered to all middle school students wishing to explore the creative art form of collage art. Collage is an art form that is made up of overlapping pieces of material, such as photographs, fabric, coloured and textured paper and other types of mixed media. Students will investigate, employ and arrange elements and principles to make compositions. Communication will also be a key in this art course as students will use expressiveness in their use of elements in the making of images.

C02 Car Design:

Woodworking is a pre-requisite for this class. Students will utilize basic car design elements such as aerodynamics and weight principles as they design their cars to compete for the fastest time. Students will construct, shape, sand and finish their cars. Fee is \$20

Sports Medicine & Training:

This course will expand on the learning from Fitness option to a more sport-specific approach. Students will learn about more advanced training and program planning principles, as well as how to prevent and address sport-related injuries. Students will participate in on and off-campus exercise opportunities and will be provided the chance to intern as a trainer for school sport teams. Students must have taken Fitness I before taking this course.

Musical Theatre:

Don't wait until *the sun will come out tomorrow*, join this musical theatre class today! In this option, students will learn some of *my favourite things* - acting, singing and dancing. We will *hear the people sing* many famous Broadway songs in both small and large groups. We *can't stop the beat*, as students will learn choreography for these showtunes. Students *will be changed for good* as they learn to act short scenes from various musical theatre productions. Your confidence will soar, and your stage fright will be just a *memory*, as your talents develop throughout rehearsals, performances and *all that jazz*. So come on and *seize the day* and join this awesome class, as there truly is *no business like show business*.

Art-Painting:

In this class, students are introduced to techniques and strategies for creating 2 dimensional paintings. As students learn techniques and strategies they have the opportunity to demonstrate their learning through the creation of a visual project. Students can expect to complete two painting projects and a number of associated assignments.

Songwriting and Music Recording:

Become an audio engineer in this unique class where students will gain insight on professional music production. Students will be able to record themselves and others using music recording equipment and the Sound trap online production website. This course explores the fundamentals of live audio recording, audio engineering theory, studio equipment operations and the use of

microphone techniques. Students will gain insight on recording techniques for various instruments or vocals. Whether you record a cover or an original song, this class is sure to create amazing recordings that you can share with your family and friends. Music experience is suggested, but not necessary. “It’s never too late to do anything new when it comes to music.”

Basketball 2:

Basketball Two is games based. The focus is on skill and play development through shooting, and competitive games. Students should complete Basketball 1 prior to taking Basketball 2. Playing team or club basketball would also satisfy this requirement.

Grade 9 Golf - Golf Course:

In this golf option, students will review the rules and etiquette of golf. There will be instruction provided on the driving range and putting green, prior to playing on the golf course. Students will have the opportunity to golf at a variety of courses. The fees associated with this option are based on golf course costs and transportation.

Fee: \$100