

# **2025/26 GRADE 8/9 OPTION DESCRIPTIONS**

## **Academic Support 8/9:**

This option is intended for students who could use additional practice, time and support to augment their skills sets and complete their school work. The class will be divided into three sections:

- developing fundamental skills (through games, cooperative exercises & interactive activities)
- assistance with school work
- learning study skills (mind maps, flash cards, diagrams, highlighting, color coding, etc)

## **Agriculture Studies 8/9:**

Lethbridge's primary industry is agriculture and agri-food, a sector that is both a major employer and contributes significantly to the local economy. The region is a significant producer of wheat, beef, and other crops, and also boasts a growing number of processing and research facilities. In this option, students explore agriculture practices, sustainability, land use and soil composition, among other topics. They also investigate careers in this field. Hatching baby chicks and going on field trips are highlights!

**Field trip fees will be charged.**

## **Athletic Leadership 8/9:**

This course is new! There will be an athletic leadership class who will facilitate volleyball events plus+ in quarter 1 and another that will facilitate basketball events plus+ in quarter 2. It is intended for students who are interested in working/planning FLVT sporting events. Class time will be dedicated to topics such as scorekeeping, setting up venues for games and tournaments, running intramural events, as well as promoting and documenting athletic events. Promotion will cover things such as advertising for games to attract fans, improving school spirit, planning appreciation nights, recognizing teams and their performances within the school and social media and creating in-game entertainment. Students will be challenged to bring creative ideas to the table and to innovate ways to improve the athletic experiences at FLVT. Students will be expected to do some volunteer work outside of class time. Students who volunteer for 10 or more hours will be provided with a reference letter for job applications.

## **Badminton 8/9 - Competitive:**

This option is intended for students with skill and experience. This option focuses on refining player performance through drills, games and coaching. Because badminton is athlete referred, a significant amount of time is spent ensuring students have an excellent working knowledge of regulations and protocols.

## **Badminton 8/9 - Recreational:**

This option is intended for students who would like to pursue badminton recreationally and who are interested in improving their badminton skills and participating in badminton games in a relaxed environment. A commitment to participating and having fun are mandatory!

**Baked Goods 8 & 9:**

If you love baked goods and you enjoy working as a part of a team, then this option is for you! Students will bake a number of sweet and savory treats. Food hygiene and safe practices are stressed. [Fee is \\$50](#)

**Blackfoot 8/9:**

Learn to speak Blackfoot, while at the same time deepening your cultural understandings. Games, storytelling, songs and skits will be used to enhance language learning. All skill levels are welcome!

**Basketball 8/9 - Competitive:**

This class is games based and intended for skilled players. The competitive basketball option focuses on refining player performance. Athletes will work on skill development through drills, games, coaching, officiating, and FIBA game simulations. It is recommended that athletes have team or club ball experience prior to taking this course.

**Basketball & More 8/9 - Recreational:**

This class will develop recreational basketball players, bolstering their skills and fostering an understanding of the game. In addition to playing basketball, students will have the opportunity to participate in many wide group games and dabble in other sports.

**Bowling 8/9:**

Students will be bussed to Holiday Bowl where they will develop their fundamental bowling skills in a recreational and fun environment. Volunteer coaches will provide instruction on occasion. Bowling shoes will be provided. [Fee: \\$160 for bowling and transportation](#)

**Choir 7/8/9: (2 credit option- registration in both quarter 2 & 3 is required):**

Choir is for everyone! Choral music is perfect for any student who wishes to explore music making with an instrument we all have - the voice. In choir, students will learn the fundamentals of singing through vocal warm-ups, harmony and ear-training exercises, and most importantly, a wide range of repertoire that spans from classical to pop. Students will have the opportunity to perform and there will be a choir trip in the spring! Fundraising will take place prior to the trip. Students are expected to attend after school practices leading up to performances. Fee: \$25

**CO2 Car Design 8/9:**

Woodworking is a prerequisite for this class. Students will consider basic car design elements such as aerodynamics and weight principles as they design wooden cars powered by CO2 cartridges and compete for the fastest time. Students will construct, shape, sand and finish their cars. [Fee is \\$20](#)

**Coding 8/9:**

Do you have an interest in computer programming? This course is a basic introduction to computer programming using Makey Makey, Ozobots, Spheros, Scratch, and more. Students innovate while building capacity in Science, Technology, Engineering, and Mathematics (STEM).

**Cooperative Games 8/9:**

If you play Dungeons and Dragons (D&D) or you are interested in learning, then this option is for you! D&D provides students with opportunities to create characters, develop imaginary worlds, role play, strategize and problem solve as a group. Whether you are a player or the Dungeon Master, you are guaranteed a great adventure.

**Cosmetology 8/9:**

This course is designed to introduce students to some of the fundamental topic areas of the beauty industry. Students will learn about the art and science of beauty care and gain hands-on experience applying makeup and styling nails. Fee: Students will be charged a fee of \$40 to cover the cost of consumables. Students will be asked to provide their own cosmetics that cannot be sanitized for class use or that must match their own skin tone (mascara, foundation, concealer). [Fee: \\$25](#)

**Digital Design 8/9:**

Students will have the opportunity to work individually and in groups to further explore items that can be produced/created digitally. Some examples may include: short movies, stop motion film, song creation, simple game programming, digital art, script writing, slideshow creation, and digital collages.

**Drawing 8/9:**

Students will explore various drawing techniques including cartoon art, realism art, pointillism art, and line art. Experimenting with different drawing techniques will assist students in developing their own unique drawing style. [Fee: \\$10](#)

**ESports 8/9:**

Whether you aspire to be a game designer, developer, critic, or simply a more informed and discerning gamer, this course will equip you with the foundational knowledge and analytical skills necessary to navigate the vast and exciting world of gaming. So, get ready to level up your understanding of gaming concepts and embark on an epic adventure like no other! [Cost: \\$20](#) for rental of gaming and equipment software.

**Expressive Painting 8/9:**

In this class, students will create paintings that express their interpretations of a selection of themes. As students progress through this course, they will have opportunities to express meaning through control of visual relationships. Students can expect to complete two painting projects and a number of associated assignments. [Fee \\$10.](#)

**Fashion 8/9:**

Study fashion history, trend development, design principles and textiles. Become inspired and create!

**Film Studies 8/9:**

In this class, the students will do a detailed and thorough analysis of some of the best films in history, both new and old. They will learn to view film differently and with a critical eye. Join us for group discussions, critical reviews and character/theme studies and maybe even some popcorn!

**Fitness 8/9:**

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 at school and outside venues. [Fee: \\$55](#)

**Floor Hockey 8/9:**

Floor hockey will be played in the gymnasium. Students will develop skills and play games. Sportsmanship and team play will be emphasized.

**French 8:**

Grade 8 French explores language and culture. Through engaging activities and interactive lessons, students will develop their speaking, reading, writing and listening skills while building their cultural awareness. French 8 is a prerequisite for French 9. It is also a requirement for the Grade 9 Quebec Trip.

**French 9:**

Students continue to expand their vocabulary and grammar in a variety of themes related to their daily lives. Oral expression is prioritized. Students who take French 9 are eligible to attend the Quebec Trip in May if they choose!

**Golf 8 - Driving Range:**

Students will learn golf theory, etiquette and rules in the classroom setting. They will then receive instruction and practice their skills on local driving ranges and putting greens. [Fee: \\$150 for golf course fees and transportation](#).

**Golf 9 - Golf Course:**

Students will review golf rules, etiquette and theory. There will be instruction on the driving range and putting greens, prior to playing on the golf course. Students will have the opportunity to experience a few local courses. [Fee: \\$150 for golf course fees and transportation](#)

**Guitar 8/9:**

Guitar is the number one instrument people around the world want to learn, for good reasons. It is affordable, portable and versatile, as it spans across all musical genres, from rock and roll to classical. This course is intended for novice and intermediate guitar players. Basic chords, scales, proper playing techniques and guitar maintenance will be covered. [Fee: \\$10](#).

**Jewelry Making 8/9:**

In Jewelry Making, students will complete a variety of creative jewelry projects with newly learned techniques. Projects that students will participate in include: beading, friendship bracelet making, wire wrapping, and more. Students will also learn a brief history of various techniques and how these techniques can be applied to future projects. [Fee: \\$20](#)

**Knitting & Crocheting 8/9:**

What X-Men character liked to knit? Wool-verine! In this option, students will learn the fundamentals of knitting and crocheting through project creation. [Fee: \\$20.](#)

**Leadership:**

Students will organize and implement school spirit activities such as theme days, lunch hour activities, dances and spirit assemblies. Responsibilities may also include assistance with co-curricular sporting activities and with the organization and implementation of religious celebrations. Some of these activities will fall outside of the student leadership class and will require volunteer hours from students. Students will complete monthly volunteer hours and maintain a journal.

**Learner's License Preparation 8/9:**

This option will allow students to get prepared to take their Learner's License test. Students will go through the Alberta Transportation Basic Driver's Handbook and do assignments and activities that will help them learn the handbook to prepare to write the Learner's License Exam. This course will also help them learn tips for driving in the winter, defensive driving, changing tires, what to do in the event of an accident, and so on.

**Library Assistant 8/9:**

Do you love reading? Are you organized and responsible? Are you interested in learning the ins and outs of librarianship? Consider being a library assistant!

**Martial Arts 7/8/9:**

Students will be transported by bus to The Progressive Fighting Academy where they will learn the fundamentals of Muay Thai and Jiu Jitsu. Students will work on many skills including sweeps, locks, holds and escapes ideal for self defence, empowerment or criminal justice career pathways. Athletic clothing is required. [Fee: \\$160 for instructor and bussing](#)

**MVP Hockey 7/8/9: (2 credit option- registration in both quarter 2 & 3 is required):**

This option will span two quarters and is intended to further augment the skills of competitive hockey players through drills and scrimmages. Students must have the full complement of equipment and be registered in league play outside the school setting. Grade 7 students who meet the criterion and who wish to register in this option may do so with the permission of the principal. [Fee: \\$200 includes bussing](#)

**Newspaper and Broadcasting 8/9:** 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.

**Outdoor Games 8/9:**

If you like fresh air, exercise and fun, this option is for you! Students will have the opportunity to play a variety of outdoor games at a leisurely level. These activities may include capture the flag, kickball, flag football, kick-the-can predator-prey and nine-square volleyball.

**Peer Tutoring 8/9:**

Develop your leadership and interpersonal skills while assisting elementary students. Also, become familiar with The Freedom of Information Act (FOIP), as well as various techniques for engaging and encouraging others.

**Photography 8/9:**

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. [Fee: \\$20](#)

**Photo Journaling 8/9:**  
In this class, students will learn how to properly use DSLR and point-and-shoot cameras. They will learn to capture moments around them and edit photos. They will journal through photographs, writing, and scrapbooking. The goal is to explore their creativity through mixed media. As their final project, they will create a journal showcasing their work. [Fee \\$50](#)

**Physical Pursuits 8/9:**

Physical Pursuits is an activity-based course that may include a variety of activities such as hiking, trail running, archery, golf, climbing, kayaking, cycling, and other outdoor adventure activities. [Fee \\$140](#)

**Printmaking 8/9:**

Printmaking is an artistic process where images are transferred from a matrix (like a block, plate, or screen) onto another surface, typically paper or fabric, using various techniques. The resulting image is called a print. If you are interested in creating prints using a variety of techniques, then you will enjoy this option! [Fee: \\$30](#)

**School Musical 7/8/9: (2 credit option- registration in both quarter 2 & 3 is required):**

This is your chance to shine! This option is intended for students who would like to perform in our musical production of "Shrek" at the Yates Theatre this upcoming year. The course will focus on the rehearsal process, specifically vocals, acting, and choreography. Students who take this option are expected to commit to [after school practices](#) in order to properly prepare for the production. An information packet outlining [fees](#) will be provided at the [parent meeting](#) which will be held in the fall.

**Snappies (Snacks & Appetizers) 8/9:**

Learn how to make a variety of popular snacks and appetizers that are sure to impress! Food hygiene and safe practices are stressed. [Fee is \\$50](#)

**Soccer 8/9:**

This is a class designed for any and all students who want to play and learn the sport! All skill levels will be accommodated. Students will be doing a variety of drills and activities that are designed to improve and enhance skills like dribbling, passing and shooting. There will be a number of scrimmages and games which will be both fun and challenging.

**Softball:**

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

**Stagecraft:**

Use your imagination and creativity to fabricate backdrops, props and costume pieces for "Shrek", this year's musical theatre production! Students with initiative, vision and collaborative skills will thrive in this option.

**Strategy Games:**

Pit your strategic skills against your opponents and hone your critical thinking, problem solving and decision making skills in a fun, community environment. Students will play Chess, Cribbage, Catan, Risk, Ticket to Ride and other strategic games. They will also visit an Escape Room. [Field trip fees will apply.](#)

**Theatre for Young Audiences:**

In this drama based course, students learn about and create theatre that speaks directly to the hearts and minds of our youngest audience members. They will explore storytelling through play and imagination, using a variety of theatrical techniques from puppetry and shadow theater to clowning and more, while also building essential performance and acting skills.

**Thematic 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. [Fee \\$10.](#)

**Track & Field Plus+:**

The focus of this course is on developing theoretical understanding and improving performance in school track & field events. Students will learn about all the track and field events and then have the opportunity to focus on events they choose to specialize in. Students taking this course will be encouraged to participate in our school, city, and zone track & field meets. Following the meets, students will have the opportunity to cross-train through trail runs, use of the outdoor gym, cycling, and other activities.

**Volleyball—Competitive:**

If you are a volleyball enthusiast with team experience, competitive volleyball is for you! Students will practice basic skills such as serving, setting, proper footwork and hitting techniques. Positions on the court for both offense and defense will be taught.

**Volleyball-Recreational:**

If you are a volleyball enthusiast with limited experience who likes to play for fun, recreational volleyball is for you! Students will practice basic skills such as serving, setting, proper footwork and hitting techniques. Positions on the court for both offense and defense will be taught.

**Winter Pursuits & Ski Trip:**

Winter Pursuits is an activity-based course that may include a variety of activities such as ice skating, shinny hockey, downhill skiing, snowshoeing, curling, mixed martial arts training, archery, and other winter activities. [Fee: \\$140](#)

**Woodworking 8/9:**

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 tables and decorative objects. [Fee is \\$30](#)