

DEVELOPMENTAL OPTIONS – Grade 7

Course Descriptions 2023-24

DRAMA 7 (no fee) In Drama, students will explore the wonderful world of theatre on and off the stage. This course involves exercises, scene work and theatre games designed to develop performance skills and technique. You will study the five disciplines in theatre: Movement, Speech, Improvisation/Acting, Theatre Studies, and Technical Theatre. Drama can develop the whole person – emotionally, physically, intellectually, imaginatively, aesthetically, and socially – by giving form and meaning to experience through “acting out”. It fosters positive group interaction as students learn to make accommodations in order to pursue shared goals. Here is where you can act out and get credit for doing it!

FOOD STUDIES 7 (\$50.00) In junior high, Food Studies courses are designed to help students build daily living skills and form the basis for further learning. Concepts presented in the Foods Basic course include safety and sanitation, care and use of equipment and tools, understanding recipe language, nutrition, planning, preparing and evaluating basic foods, and career exploration.

ART 7 (\$20.00) St. Francis offers a comprehensive and exciting art program that focuses on the elements of art and principles of design in order to give students the tools necessary to create effective works of art. Each level offers projects that are both 2-D and 3-D, and explore the use of a variety of media. Guest artists visit the school periodically to discuss their work and provide students with further exposure to the local art community. Students are given the opportunity to display their artwork in the school and at times, in collaboration with performing arts productions. Student work is also chosen each year to be displayed at the Southern Alberta Art Gallery in the *‘Art’s Alive and Well in the Schools’* exhibition

BAND 7 (\$30.00) This course provides opportunities for grade 7 students to develop their musical potential and aesthetic understanding through learning to play a woodwind, brass, or percussion instrument. Study includes the care and cultivation of a beautiful tone, the ability to read music, the building of technical skills, team spirit, and responsible rehearsal habits. No musical experience is necessary. Students will study many styles of music and perform before live audiences in several concerts throughout the year. Previous musical experience is beneficial but not required.

****Note:** Students are required to rent or otherwise obtain an instrument if they do not already have their own.

CHORAL 7 (\$30.00) For any student who wishes to explore his or her potential in making music with the voice, choral music is perfect. By following levels 1, 2, and 3 curriculum for choral as mandated by Alberta Education, the students will learn fundamentals that will help them develop their vocal skills, oral skills, theoretical and practical skills, and finally music interpretation skills. These skills will all be covered through fun and engaging activities, such as vocal warm-ups, ear training, articulation exercises, and most importantly, learning different styles of music from pop to classical. The students will learn how to build a good tone both individually and as a group. They will have plenty of opportunities to perform throughout the year in and out of school. If they stay with the program, the possibility is there to go on tour in and out of the city of Lethbridge. The ultimate goal is to have fun and instill in the students an appreciation for music, as well as a desire to continue singing well after this experience has ended.

COMMUNICATION TECHNOLOGY (\$10.00): This course teaches students how to use Adobe Photoshop to create images using this industry standard tool. Students would through introductory to intermediate skills and produce graphic images that showcase this development. We also design T-shirts and produce them in class from conception to a wearable shirt.

SOCCER 7 (No Fee) In keeping with the long- term player development model of Canada’s grassroots soccer program, the St. Francis grade 7 “pre” soccer academy option course will deal with the technical/basic soccer skills as well as the tactical understanding of the game of soccer through game situation training sessions. Students will be required to wear shin guards in order to participate in this option class.

STEM 7 (\$30.00): The goal of this developmental option is to provide students with positive, interactive, educational and social learning experiences that promote science, technology, teamwork and leadership. Students will participate in a variety of activities which highlight Science, Technology, Engineering, Art and Math (STEAM) and find connections and correlations between them. Students will discover their interests in practical and purposeful ways by engaging in hands-on learning opportunities with new and emerging technologies. They will learn to ideate, collaborate,

problem-solve and create by following the engineering design process, and will develop 21st century skills which can be applied to both academic courses and real-life situations.

CONSTRUCTION TECHNOLOGY 7 (\$40.00) This course has been designed to give grade 7 students an introduction to some of the procedures used in the area of construction. The focus will be on safe woodworking procedures, basic joinery, and use of the planer, drill press and the scroll saw. We will also be learning how to layout a simple project from a plan, construct all pieces in preparation for assembly, and finish. If you like working with your hands and making new things, this is the course for you!

GAMING CONCEPTS (E-SPORTS) 7 (\$40.00) This course is to allow the gaming student to practice positive physical and mental health and engage in digital citizenship, social-emotional learning, teamwork, journaling, and reflection. Students will explore game genres, gaming technologies, hands-on troubleshooting, and career/college readiness with a technology focus.

HOCKEY 7 (\$300)The St. Francis Grade 7 Hockey Program is a comprehensive developmental option designed to provide seventh-grade students with a structured and immersive experience in the sport of hockey. This program aims to enhance the players' skills, knowledge, and passion for the game, while also fostering their personal growth and development.

The program consists of approximately 20 hours of on-ice training sessions per week, where students will engage in a variety of skill-building exercises, drills, and game simulations. These sessions are led by experienced coaches who have a deep understanding of the game and a commitment to helping each player reach their full potential. Emphasis is placed on individual skill development, team strategies, game tactics, and overall fitness conditioning.

Off the ice, the St. Francis Grade 7 Hockey Program focuses on the holistic development of the players. Students will participate in a range of activities that complement their on-ice training. This includes strength and conditioning exercises, classroom sessions for tactical and strategic analysis, mental and emotional skills training, and workshops on nutrition and injury prevention. The off-ice program is carefully designed to provide a well-rounded approach to hockey development, nurturing not only the physical abilities but also the mental, emotional, and intellectual aspects of the players' growth.

Throughout the program, there is an emphasis on character development, teamwork, and sportsmanship. Students are encouraged to develop strong work ethics, discipline, and a positive attitude both on and off the ice. They learn the importance of leadership, effective communication, and collaboration, which are essential skills in any team sport.

The St. Francis Grade 7 Hockey Program is known for its supportive and inclusive environment, where each player is valued and given opportunities to succeed. It aims to instill a lifelong love for the game of hockey and provide a solid foundation for further progression in the sport. Through this program, students have the chance to develop their skills, build lasting friendships, and gain valuable life lessons that extend far beyond the hockey arena.