



GRADE 7

OPTION COURSES

2017 - 2018

The grade 7 teaching team is very excited to introduce students to the option program and encourage active participation in these wonderful opportunities. In grade seven we have a strong academic program that promotes development of mature and responsible young people. We are also fortunate to have an option program where students are given the opportunity to explore a large variety of classes. The options, as outlined in this handbook, are a chance for students to try exciting and rewarding activities.

The final months of grade six will fly by and we encourage students to work smart. See you in September!

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Registration Information

WELCOME TO G.S. LAKIE MIDDLE SCHOOL! This booklet contains information about the “Option Courses” offered. At G.S. Lakie, students rotate through seven class periods a day. The “core classes” – mathematics, science, social studies, language arts and physical education fill five of the class periods. The remaining two periods are option courses. The school year is divided into three terms and in each term students rotate into two “new” options. Grade seven students at G.S. Lakie have an opportunity to experience **SIX** option courses. We offer a broad selection of options and we are very proud of the fact that our teachers are well qualified to teach such a wide range of subjects. We hope that your children have a wide exposure to all different kinds of programs in their years here.

Option Courses

It is important to remember that **BAND, CHORAL, DANCE (some classes), and FRENCH Band, Choral, Dance (some classes) and French** are scheduled for two terms.

Remember: You cannot take:

- Choral and French

Art 7 – Color

This *Color* art class will focus on projects that use color to evoke an emotion or mood. No previous art experience required! Students will learn how to properly mix colors to create beautiful colorful pieces and gain an understanding of color theory. Possible mediums include acrylics (paint), watercolors, pastels, felt pens, ink and pencil crayons.



Art 7 – Drawing

This art *Drawing* class will focus on the process of making a drawing look realistic. We may even design our own city scape and learn how to make things look 3D or learn how to draw a self-portrait! Possible mediums include graphite, ink, pencil crayon, felt pens and charcoal. **EVERYONE** can draw and create art!!! If you think you can only draw a stick man, take this class, and you will amaze yourself at what you can do as an artist!! Art is about making people feel, see or think differently; not just about technique or skill. No previous art experience required!

Band 7

Grade 7 band is a **two term** option that happens during term 1 and term 2. This performance option is a continuation of the skills developed in grade 6 band. Students will expand their understanding of musical concepts and skills through a broad range of musical styles such as rock, pop, jazz and traditional concert band music. This is a *Performance* option and students taking this class will have several opportunities for public performance. Students who complete this option are invited to take the **Instrumental Performance Option** in term 3 to showcase their skills on a three day tour of southern Alberta.



Baseball 7

Whether you want to learn the game or further develop your skills in baseball, this is the program for you! You may be new to the sport, thinking of joining, or have been playing for years. Well, grab your ball glove and bat. This program will help you learn the fundamentals and the fun of the sport while also teaching the more advanced students what it takes to get to the next level. The baseball program will focus on fundamentals, such as throwing, hitting, fielding, and base running. **There is a fee associated with this course (\$25) to help defer transportation and equipment costs. Please sign and hand in the Golf Parent Permission Form.**

Choral 7

EXPERIENCE THE "JOY" OF SINGING

Do you find yourself singing along with the radio or scouring Youtube for new music? Are you a karaoke master? Do you eat, sleep and breathe music or even just enjoy singing in the shower? Well..... Choral 7 is the class for you. We will be teaching the correct way to use your voice and get you singing like a superstar. The curricular program is designed for all students regardless of self-perceived musical ability, background or experience. Simply put: come out to enjoy singing and learning more about expressing music! We will sing all kinds of music....from BACH to Rock! Scheduled concert activities include a Christmas concert, Singing for our Soup concert, and the Spring concert.

*****Note: Students can take only one of the following: Choir or French**

Computers 7



Computer 7 students will learn skills that can be utilized in class assignments and projects over the next few years. Students will become proficient in Office 365, learn intermediate word processing skills, proper touch typing techniques (both letters and numbers) and Digital Citizenship awareness. This course focuses primarily on Electronic Publishing using Microsoft Office tools.

Cosmetology 7

This course will establish a base foundation for learning how to properly give manicures and pedicures, teach proper facial cleansing and skin care. Makeup tricks and rules are a definite must for this class as well as learning the basics of hair care including different style of hairdos. Please keep in mind there will be a \$15 fee for this class.

Dance 7: Hip-Hop Performance



During this class students will have the opportunity to master new dance skills and original choreography. It is suitable for all levels from beginner to advanced and it runs for **two terms**. Please note students enrolled in this class will have the opportunity to perform in a culminating production that will be viewed by thousands of audience members. You will feel like a star performing onstage with stylish costumes and cool lighting effects. This course incorporates various dance styles such as hip-hop, break dancing, house, tutting, waving, gliding, crumping, pop/locking and stomp.

In this class you will also get to participate in our **student choreography** unit. You will select your favorite music, choreograph a dance routine, design lighting and choose your favorite performance outfit! Using Audacity (music editing software) Mrs. Legge will show you how to splice a variety of songs together and edit the music as you see fit. This will allow you to showcase all your favorite dance styles within your final project. Our student choreography unit challenges students to be creative, innovative and cooperative!

Through dance, students will gain spatial awareness, self-awareness, self-confidence, musicality and develop a greater appreciation for the arts. Participation in dance will improve muscle strength, balance, coordination, flexibility, core stability and cardiovascular fitness.

Please note this option runs for two terms. A pair of indoor runners will be needed for this class. There is a **\$30 production fee** for this course.



Dance 7: Dance Fusion Performance



During this class students will have the opportunity to master new dance skills and original choreography. This class is suitable for all levels from beginner to advanced and it runs for **two terms**. Please note students enrolled in this class will have the opportunity to perform in a culminating production that will be viewed by thousands of audience members. You will feel like a star performing onstage with stylish costumes and cool lighting effects. This course incorporates various dance styles such as Hip-hop, Jazz, Tap, Modern, Bollywood, Broadway, Ballet, Latin, African and Caribbean.

In this class you will also get to participate in our **student choreography** unit. You will select your favorite music, choreograph a dance routine, design lighting and choose your favorite performance outfit! Using Audacity (music editing software) Mrs. Legge will show you how to splice a variety of songs together and edit the music as you see fit. This will allow you to showcase all your favorite dance styles within your final project. Our student choreography unit challenges students to be creative, innovative and cooperative!

Through dance, students will gain spatial awareness, self-awareness, self-confidence, musicality and develop a greater appreciation for the arts. Participation in dance will improve muscle strength, balance, coordination, flexibility, core stability and cardiovascular fitness.

If you want to have a blast moving to the music you love, then come join Mrs. Legge in her Dance Fusion performance class!

Please note here is a **\$30 production fee** for this course.

Dance 7: Beginner Tap

Do you want to make music with your feet and learn a new dance genre like no other? Come learn how to tap dance with Mrs. Legge! You will have a blast learning basic tap skills and have the opportunity to choreograph your own tap routine for your final project. If you do not own any tap shoes that is not a problem! The Lakie program will provide high quality tap shoes that you may sign out during class. For students that have previous tap dance experience you are also welcome to take this class. You will have a leadership role and more opportunities for student choreography projects. This class will explore a variety of tap styles including Broadway, Street and Rhythmic. Mrs. Legge hopes to see you on the dance floor for a *tappin'* good time!

Dance 7: Recreational Hip-Hop



During this curricular based class students will have the opportunity to master new dance skills and original choreography. Participation in this class will improve muscle strength, balance, coordination, flexibility, core stability and cardiovascular fitness. This course incorporates various dance styles such as Hip-Hop, Break Dancing, House, Tutting, Waving, Gliding, Crumping, Pop 'n Locking and Stomp. During our student choreography unit dancers will have the opportunity to create their very own routine! This will challenge students to be creative and cooperative! Through dance, students will gain spatial awareness, self-awareness, self-confidence, musicality and develop a greater appreciation for the arts. If you want to have a blast moving to the music you love then this is the option for you! Please note a pair of indoor runners will be needed for this class (Preferably with white soles).

Design 7

In Design 7 students will have the opportunity to explore their creative side! This course will explore different crafting and design activities such as scrapbooking, card making, and interior design. A fee of \$10.00 will be charged to cover the cost of supplies for this course.

Digital Media 7

Digital Media 7 students will be introduced to a variety of media tools and production techniques. Students will work with video editing programs focusing on 2D, Stop and Draw animation productions. As part of the Career and Technology Foundations mandate, students will also be encouraged to investigate various technologies and link them to their own interests and passions.



Drama 7

Lights, curtain, action! The goal of Drama 7 is to encourage a positive self-concept that explores life and situations by taking on the roles of others and acquiring new dramatic skills. Drama 7 students will explore acting, improvisation, movement, speech, and theatre study. There will be an expectation of group performance(s) that focus on speech and character acquisition. If you want to work with others and experience the rush of a performance, then sign up now for DRAMA 7! No previous experience necessary.

Electronic Music Lab 7

In this new music class students are introduced to **Reason**, the music software that has changed electronic music production forever. This software is a staple in every professional studio from Hip-Hop to Intelligent Dance Music. Explore **Reason's** rack of virtual instruments, effects, mixers, built-in sequencer and patching system, and learn real-world production setups and techniques used by today's top producers. Students will learn how to analyze and recreate different styles of hip-hop, rap, dance and pop music. Most importantly, the goal is to teach students how to use **Reason** to compose beats, melodies and sounds in order to create original

While a background in music would be beneficial (especially piano or keyboard skills), no previous formal music experience is required to create music using the **Reason** software computer lab. **Reason Music Lab 7 is offered for 1 term only.**

Fit 4 Life 7

This course equips students with the knowledge and skills they need to make healthy choices now and lead healthy, active lives in the future. Through participation in a wide range of physical activities (fitness and team games), students develop knowledge and skills related to movement competence and personal fitness that provide a foundation for active living.

Students also acquire an understanding of the factors and skills that contribute to healthy development (nutrition, sleep, etc.) and learn how their own well-being is affected by, and affects, the world around them. Students build their sense of self, learn to interact positively with others, and develop their ability to think critically and creatively.

Foods and Nutrition 7

Topics emphasized in this course will be nutrition and healthy food choices, as well as basic food preparation. Students will learn measuring, basic cooking techniques, operation of appliances and equipment as well as table setting. Students will have an opportunity to sample their efforts in the kitchen throughout the term. They will then celebrate at the end of the course by inviting a guest to lunch. The focus of the course is on choosing and preparing healthy food choices including breakfasts, lunches, suppers and snacks.



French 7



Lethbridge School District No. 51 offers a "Nine Year" French program, which means that students begin studying French in Grade Four and may continue to do so through Grade 12. In middle school, French is optional.

To qualify for French 7, it is recommended that students have completed French 6. In French 7, students will learn to read, write and speak the French language while experiencing and appreciating an integral part of our bilingual country. French 7 is scheduled for **two terms**.

Please note: Students can take only one of the following: French or Choral

Golf 7

The program is suitable for students with any to no experience. Students do not need their own clubs as the school has multiple sets, but they are encouraged to bring their own if possible. The course will focus on fundamentals of golf including basic grip, swing, putting, chipping and golf etiquette. The course is mainly run off-campus at Bridge Valley and the Lethbridge Country Club. Students will have the opportunity to practice at the driving range, short game facilities, putting greens and play on the course.

There is a \$75 fee associated with this course to help defer transportation and green fee costs. Please sign and hand in the Golf Parent Permission Form.

Guitar 7 – Intro

This class is set up for students that did not have guitar 6. The class will start from the beginning covering the basics of the instrument. Basic technique and songs will be taught. This class is ideal for the student that wants to see what the guitar is all about.

Guitar 7

The grade 7 class picks up where the grade 6 class ended. More advanced techniques will be taught for the second year player. Students will learn improvising techniques for guitar soloing. Students will learn to play the pentatonic scale in several keys. An importance will be placed on more advanced rhythm and sight-reading. More advanced songs will be introduced in pop, rock, and classical/spanish guitar styles. These classes will play for the “GATORSTOCK” concerts performed each term.

Innovative Project Design 7

The Innovative Project Design class allows students to discover and explore their interests, passions and skills through hands-on project work in the Shop, Computer lab and Sewing lab. Students will design, create, appraise and communicate in a team approach, developing real life skills through an innovative project. Please contact Mrs. Adamson, Mr. Smith or Mr. Kubik for more information.

Instrumental Performance 7

This *performance* oriented class is designed for band and guitar students to collaborate and participate on a musical tour. The trip will be a three day experience for musicians to play their music for a wide array of audiences in southern Alberta. Guitar students must have completed grade 7 guitar in order to be eligible for this class. Band students must complete the two terms of grade 7 band to be eligible for the class. The class will put music together with guitar and band instruments to make an interesting new sound. ***There will be a fee for this course to cover accommodation and touring costs. Previous tours have been between the range of \$150-\$200 per student.***

Leadership 7

Students will have the opportunity to contribute to the G.S. Lakie community while developing leadership and organizational skills. Through working collaboratively in groups students will gain experience in what it takes to be good leaders. Furthermore, in this course students will learn about the benefits of volunteering and the positive effects we can have on the larger community.

Musical Theatre 7

BRINGING BROADWAY TO THE CLASSROOM!

Newsies, Annie, Les Misérables, Hairspray and more! Do you love singing along with your favorite musicals or just want a chance to bring song and dance together? In this class we will focus on the three elements of musical theatre: singing, acting and dancing. In addition to listening to, watching and learning about dozens of musicals, students will be given a variety of group and/or solo projects and will have the opportunity to block and choreograph their own songs and scenes for a final class performance. You don't need to be an experienced singer, actor or dancer to enjoy this lively class. Just come as you are and leave as a performer!

Outdoor Education 7: Archery

Archery is another "outdoor" sport you will most certainly enjoy! In this option you will learn about safe range set-up and procedures, determine your dominant eye, make a string bow, learn and use the 11 basic steps to archery success, and of course practice, practice, practice, in order to become proficient at shooting arrows at a target. The best part is ANYONE can shoot a bow and get good at it with practice and focus, so why not give it a try?

NOTE: This option will be taught by a nationally certified archery instructor (sponsored by AHEIA and NASP) and all equipment will be provided for the course. There is a **\$25 fee** attached to this course.

Read It.... Watch It 7!!!!

Have you noticed how many times a great book is made into a movie? Join up for this class if you enjoy reading a novel and then watching the movie based on the story. If you are a **bookworm** with a passion for reading or a **movie lover** with a passion for films, this might be the class for you.

Recording/Studio Music Technology 7

This is geared up for all music students (Band, Guitar, Rock/Pop, Choral). The students will learn how to operate and run a recording studio and record their own songs and music. This is ideal for solo band students, guitar players, rock bands, and solo singers to get their music on compact disc. Students will have time to work up the music in class and then record their music along with other classmates.

Rock & Pop Band 7

The grade 7 Rock/Pop option is an introduction to playing in a popular music group. The student will learn the basics of guitar, bass, drums and singing. Once skills are developed, the students will be put into their own "pop bands" and start working on songs. The groups will come up with a name and perform for various events including GS Lakie's rock concert "GATORSTOCK". Students are **required** to have taken **either guitar, band or choral** to qualify for the class. New students to GS Lakie should talk to Mr. Arvay or Mr. Ponech regarding the class.

Sewing 7

When students register in Sewing, they will be given an opportunity to create garments and other projects while learning skills and techniques for sewing on the machine. Possible project choices include pillows, quilts, scarves, seasonal decorations, PJ pants, hats and simple stuffed animals. Students will also learn how to do simple repairs to clothing they already own. The focus of the course is to learn life-long skills in a fun environment. **There is a fee for this course.**

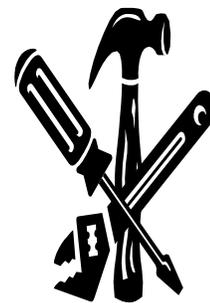


Shop 7: Construction and Fabrication 7

Please Note: Due to safety considerations in the shop area, only a limited number of students are able to take shop at one time.

There will be a \$10 shop fee added to school fees.

Students develop basic hand tool and machine skills to design and build useful projects from wood, metal and plastic. Connections between student projects and career choices and paths will be investigated. There is a strong emphasis on safety as the student learns these new skills. Some possible projects may include: CO2 Race Cars, stainless steel spatulas and hotdog roasting sticks, custom made piggy banks, small wooden boxes, wooden signs and plastic key chains.



Show Choir 7

Do you love to perform? Then this is the perfect option for you! Show choir is a performance-based option where students will learn to sing in harmony while doing basic choreography. No previous experience in singing or dancing is required. We will sing all kinds of music, creating large production numbers that are guaranteed to be show stoppers. If you love being in the spotlight this class is for you!

Spanish 7

Did you know that Spanish is a more common native language than English? In this class, students will learn to speak, read and write in Spanish as they learn about the culture, food and music of various Spanish speaking countries. No previous experience with Spanish is required. Just come and be prepared to be immersed in a new language.

Strength, Conditioning & Games 7

If you like a physical challenge and would like to be more fit, this option is a MUST! You are guaranteed to always be engaged in Strength, Conditioning & Games 7. There are endless activities and challenges to put your current level of fitness to the test. Activities will range from indoor to outdoor and from games to circuits. Stations and contests will help to motivate the student athlete also. No matter what is being done in this class, you are sure to have fun and are guaranteed to become stronger, faster, more flexible and definitely healthier and happier!

Survival & Adventure 7

Adventure awaits! In this course, you will learn about and practice survival skills for the great outdoors. In addition to hands-on activities and projects, you will learn about classic survival stories and famous adventurers. You'll have the opportunity to study some of Canada's and the world's greatest adventures for outdoor enthusiasts, and you'll also learn about some of the world's most dangerous animals.

Wellness 7

New to G.S. Lakie this year is the Wellness option - designed to guide students in exploring creativity. If you are interested in a range of fun activities such as art, creative writing, physical movements, or music this course is for you! No experience required. All you need is an open mind. Throughout this course students will learn about wellness and work through a variety of ways to maintain a positive well-being.

Yoga 7

In Yoga 7 students will be introduced to the practice of yoga. They will learn and practice the postures of different types of yoga. In addition to learning the postures students will have the opportunity to show their creative side by developing their own series of postures. Through yoga students will improve flexibility, posture, balance, and self-awareness.



Baseball Development 7

Course Description

Whether you want to learn the game or further develop your skills in baseball, this is the program for you! You may be new to the sport, thinking of joining, or have been playing for years. Well, grab your ball glove and bat. This program will help you learn the fundamentals and the fun of the sport while also teaching the more advanced students what it takes to get to the next level. The baseball program will focus on fundamentals, such as throwing, hitting, fielding, and base running.

This program will commence in the fall of 2017 and will therefore run from September to November. Whenever possible, the program will take place outdoors, either on location at Lakie, or at a baseball diamond close by (Atso field). Travelling will take place during lunchtimes to length the amount of time at the field.

There is a fee associated with this course (\$25) to help defer transportation and equipment costs.



Please note: This course is an option class and will be presented on the option form. Please sign up for it there, as well as sign below.

Student Name: _____

Parent Signature: _____

GOLF 7

Course Description

The program is suitable for students with any to no experience. Students do not need their own clubs as the school has multiple sets, but they are encouraged to bring their own if possible. The course will focus on fundamentals of golf including basic grip, swing, putting, chipping and golf etiquette. The course is mainly run off-campus at Bridge Valley and the Lethbridge Country Club. Students will have the opportunity to practice at the driving range, short game facilities, putting greens and play on the course.

There is a \$75 fee associated with this course to help defer transportation and green fee costs.

There is limited space in this program.



Please note: This course is an option class and will be presented on the option form. Please sign up for it there, as well as sign below.

If you have any questions please email:

ryan.letasy@lethsd.ab.ca

Student name: _____

Parent Signature: _____