



# **GRADE 7**

# **OPTION COURSES**

# **2018 - 2019**

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, provide a chance for students to try exciting and rewarding activities.

The final weeks of grade six will fly by and we encourage students to work hard and finish well. 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 7 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. **PLEASE NOTE: Depending on student numbers and the students’ option course choices, new courses may be created or courses could be cancelled.**

## Option Courses

It is important to remember that **BAND** and **DANCE (some classes)** are scheduled for two report periods.

## Advanced Tech 7

Advanced Tech 7 is designed to foster self-exploration and independent learning for students that demonstrate proficiency and a keen interest in technology. Student Technology Leaders (STLs) will participate in real-world experiences that develop the lifelong learning and people-skills necessary to succeed in the future.

Students will:

- Have opportunities for personalized learning
- Help drive how technology is used in schools
- Engage with their learning community and help their school



Students in this course must have acceptable grades in ALL classes and stay up-to-date with course work. Students must have demonstrated proficiency/interest in technology prior to taking this class. Students must have an interest in troubleshooting, learning new applications/programs, working with and helping others to learn about various technologies.

## Art 7



EVERYONE can draw and create art and everyone can challenge their individual talents! 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. If you love drawing and are already an accomplished artist, take this class and you will improve on your own style and learn new elements and techniques. And for all those in-between, there is something new that you will learn as well! This Art 7 class will have a variety of art projects that ensure success and increase creativity. By the end of the term, everyone will not only feel like an artist, but be one! Some projects for Art 7 will be showcased in a variety of ways, which may include, but are not limited to: around the school, in art shows, in the community, and in the school musical. This will be a fun and creative class in which everyone can be successful!

## **CTF 7: Costume Design**

Students in this class will have the opportunity to work closely with the director and choreographer of our musical to help determine costuming needs for the show. They will learn new skills, develop existing skills and integrate them with other interests. Students will be given an opportunity to talk to the director or choreographer, listen to the music for the show, read the lines from the play and then design costuming that suits the actors/actresses that will be playing the part. They will then present their ideas to the director and head costume designer and once approved they will make the show costumes. This class may also include some small prop design and building in addition to the costuming. Students are encouraged to work independently under the direction of the Head Costume Designer and Sewing Teacher. Learn more about the new [CTF curriculum here](#). There is no pre-requisite for this class; all levels of experience are welcome.



## **CTF 7: Food Preparation and Healthy Choices**

Lakie's Foods program is offered to students in grades 6, 7 and 8. In this class students are encouraged to make healthy food choices and are taught to use basic tools in the kitchen. They will learn uses for small electrical appliances as well as the stove and oven. Students in this class will be encouraged to make decisions about which foods they cook in class, based on their nutritional needs, as well as food restrictions that may be present within their group. Students are encouraged to try items that they make but are not required to eat anything that they don't wish to eat. Students will be offered opportunities to share their new skills and knowledge with their families as well as bring favorite family recipes and/or visiting 'chefs' into the classroom to share their heritage or traditions from home. As they move up through the grade levels, students are encouraged to create and tackle recipes and projects that are more challenging and in alignment with the new CTF curriculum. Learn more about the new [CTF curriculum here](#). There is no pre-requisite for this class at any grade; all levels of experience are welcome.



## **CTF 7: Innovative Design**

Lakie's integrated CTF program is an opportunity to have two teachers providing expertise in a variety of areas. Students will have challenges to complete throughout the term which will help them learn the design process and put it into practice. The class is run on the premise that much of the work students will be doing will involve groups and communicating their ideas and solutions to problems. We have developed some partnerships with community members that will add some new exciting elements to the class.

In grade 7 the emphasis is on skill building; students learn about the design process while doing mini challenges that last a week or longer. Projects they complete may include using machines and tools from the computer lab, sewing room, and shop. Students are expected to be able to work well with others, be able to voice their ideas and collaborate with classmates. Students will also have a skills day where they learn about careers and skills that are used by community members in their careers. Last year we were able to offer this class to grade 7 and 8 students and had tremendous success. This class was developed with the new CTF curriculum in mind. Learn more about the new [CTF curriculum here](#).



## **CTF 7: Modern Shop & Maker Space**

Lakie has an amazing program that allows all students from grades 6, 7 and 8 to get some "hands on" experience working in a shop. Our facility features not only woodworking, but metal fabrication and technology as well. The shop has all of the tools and machines that one would find in an industrial setting as well as including some exciting technology such as a 3D printer, CNC machine and computers/video equipment for designing projects and documenting learning. Shop is offered as an option course that students volunteer to take. All students who take shop start the term by passing a series of safety courses and quizzes before they are allowed to use the different power tools. In grade six, the construction projects are more prescribed as the students learn how the tools are used, and build their foundational skills. As they move up through the grade levels, students are encouraged to create and tackle projects that are more challenging and in alignment with the new CTF curriculum. Learn more about the new [CTF curriculum here](#).



## **CTF 7: Sewing and Fabric Manipulation**

Lakie's Sewing program is adding some new exciting elements. In this class students in grade 6, 7 and 8 are able to learn new skills, develop existing skills and integrate them with other interests. The sewing lab has what is needed to make everything from pillows to quilts to clothes and stuffies to designing your own appliques and logos for your project. Students in this class will have instruction on how to use all the various tools and machines in the class – sewing machines, irons, cutting boards, and patterns. Once projects for the term are determined, students will receive instruction on other machines such as sergers, embroidery machines, specialized cutting machines and the computer technology to help them complete their projects. In grade 6, the sewing projects are more prescribed as the students learn how the tools are used, and build their foundational skills. As they move up through the grade levels, students are encouraged to create and tackle projects that are more challenging and in alignment with the new CTF curriculum. Learn more about the new [CTF curriculum here](#). There is no pre-requisite for this class at any grade; all levels of experience are welcome. Students will provide their own material for most projects and there is a \$5 fee attached to the class. Please contact us if this will be a problem and we will help you solve it.



## **Dance 7: Beginner 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 come join Mrs. Legge in Beginner Hip-Hop class! Please note a pair of indoor runners will be needed for this class (preferably with white soles).



## 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. 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: Hip-Hop Performance (2 terms)



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, break dancing, house, animation, tutting, waving, gliding, crumping, popping, locking and stomp.

In this class you will also get to participate in our **student choreography** unit. During this unit you will select your favorite music, choreograph a dance routine, design lighting and choose your favorite performance outfit! 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 Hip-Hop performance class! 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 (2 terms)



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. During this unit you will select your favorite music, choreograph a dance routine, design lighting and choose your favorite performance outfit! 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 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.

## 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. 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. Possibilities of theatre visits, production viewing, workshops and/or residencies from around the community may be made available as an option for those interested. If you want to work with others, experience theatre, and have a rush of a performance, then sign up now for DRAMA 7! No previous experience necessary.



## Drama 7: Performance Drama

Are you interested in being part of the large school musical but maybe have a lot of commitments after school? Then Performance Drama is the place to be! In this class we will learn songs, choreography, and scenes from this year's musical. You WILL BE the chorus for this show! Congratulations! Don't worry if you've never sung before, acted before, or done any theatre before; this is what we will learn about and experience together in this class! NO EXPERIENCE NECESSARY! In addition to learning parts for our cast chorus, we will learn about creating characters, using our voices and bodies to create a story, technical aspects of a show/theatre, and production processes. The whole theatre process will unveil itself to you in this class!

- Students must be available after school for dress rehearsals and performances **February 25 - March 9** (specific dates to be announced)
- This class is only offered in term 2.
- There is a **\$30 production extracurricular fee** associated this class (costumes and show shirts included in this fee)

Note: This class is for group ensemble numbers. Students are still encouraged to audition for more principal roles in September, and can still take this class if they are awarded a different role.

## Music 7: Band



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 (Trip Class) in term 3 to showcase their skills on a three-day tour of southern Alberta, as well as, travel to West Edmonton Mall for a showcase performance.

## Music 7: Choral

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 Kitchen concert, and the Spring concert. Only students who have taken this course will be invited to join in term 3 an after school choral club with the opportunity to perform alongside the Trip Classes.



## Music 7: Electronic Music

In this 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 and **professional sounding** songs. 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.



## Music 7: Guitar

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.

## Music 7: Instrumental Performance

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 in the range of \$150-\$200 per student.***

## Music 7: Recording Studio

This course 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 recorded digitally. Students will have time to work up the music in class and then record their music along with other classmates.

## Music 7: Rock & Pop



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. Students are **required** to have taken **either guitar, band or choral** to qualify for the class. New students to G.S. Lakie should talk to Mr. Arvay regarding the class.

## Outdoor Education 7

### **Intro to Archery, Wilderness Survival, Camping, and Wildlife Diversity/ Conservation**

If you like the outdoors, and you love a challenge, then this is the option for YOU! The focus of this course will be on practical knowledge ranging from basic archery, wilderness survival, core camping skills, wildlife diversity and conservation, and orienteering level 1-2. Also, 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, in order to become proficient at shooting arrows at a target. What if you were stranded outdoors? Or lost? What would you do? How do you set up a proper camp site? How do you find your way? Be prepared to learn everything from using a map and compass, to starting a fire and be prepared to work with others. This option will be action packed with many hands-on activities and will also involve many little challenge tasks along the way. This option does involve writing reports/assignments and small quizzes to determine knowledge retention. **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 **\$30 fee** attached to this course.



## 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. Come and be prepared to be immersed in a new language!



## Sports Enrichment 7

If you like a physical challenge and want to spend more of your day raising your heartrate, this option is a MUST! You are guaranteed to always be engaged in Sports Enrichment 6. Here is a chance to enjoy physical games that you don't always have a chance to do in Phys. Ed or community sports. There are endless activities and challenges to put your current level of fitness to the test. 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! Show up with a positive attitude every day, do your best, and get great marks!



## Grade 7 Option Course Selection Form

Please rate the following options in order of interest from #1 to #9, with your first choice being #1.

- |  |   |
|--|---|
| _____ Advanced Tech 7 (3 terms)                  | _____ Drama 7                           |
| _____ Art 7                                      | _____ Drama Performance 7               |
| _____ CTF 7 Costume Design                       | _____ Music 7: Band (2 terms)           |
| _____ CTF 7 Food Preparation and Healthy Choices | _____ Music 7: Choral                   |
| _____ CTF 7 Innovative Design                    | _____ Music 7: Electronic Music         |
| _____ CTF 7 Modern Shop and Maker Space          | _____ Music 7: Guitar                   |
| _____ CTF 7 Sewing and Fabric Manipulation       | _____ Music 7: Instrumental Performance |
| _____ Dance 7: Beginner Hip Hop                  | _____ Music 7: Recording Studio         |
| _____ Dance 7: Beginner Tap                      | _____ Music 7: Rock & Pop               |
| _____ Dance 7: Fusion Performance (2 terms)      | _____ Outdoor Education 7               |
| _____ Dance 7: Hip Hop Performance (2 terms)     | _____ Spanish 7                         |
| _____ Digital Media 7                            | _____ Sports Enrichment 7               |

Student's Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

**\*\*\* Hand in this form to your advisor teacher by Tuesday, May 29 \*\*\***