

ARBOUR LAKE SCHOOL

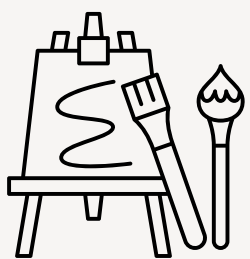
GRADE 7 COMPLEMENTARY COURSE OFFERINGS 2026-2027

Please see the tentative summaries of the possible complementary courses that may be offered in the 2026/2027 school year. Students will log on to PowerSchool to indicate their preferences.

Please note that course offerings are based on student interest and staffing availability - not all the courses may be offered next year and changes to some courses may take place in the fall.

Students are asked to select 6 courses. **Of these 6**, students will **receive 4** for next year. **ONLY** French and Band are given priority. All other courses are randomly placed in a student's schedule by our scheduling program.

NOTE: Band and French are full year courses and fill 2 spots each.



ART 7

Course Fee \$30

This course is designed for students to acquire a variety of approaches to recording visual information. Students will develop techniques and skills that develop competence in creating compositions, application of different colour mediums as well as plan out their images to learn proportion and spacing. Students will select and apply line, value and texture in their work with both pencil and water-based mediums.

BAND (INSTRUMENTAL MUSIC) 7

Course Fee/Instrument Rental \$130

***BAND IS A FULL YEAR COURSE**

Join us for a fun-filled year of Band and learn to play a brass, woodwind, or percussion instrument alongside your friends! Whether you are brand new to music or already have some experience, Band is a great way to build confidence, creativity, and teamwork while learning exciting music together. In band, students will perform a range of music from movie sounds tracks to pop and rock songs. For example, grade 7 students performed Counting Stars by One Republic and the Jaws Main Theme last year. Students begin the year in a beginner band clinic where music professionals teach the fundamentals of each instrument, so no previous experience is necessary. The school also has a large collection of instruments available for rent. Throughout the year, students will showcase their learning through two evening performances and may have the opportunity to participate in an overnight band camp experience with associated costs.

COMMUNICATION TECHNOLOGY 7

Discover and develop skills to use computers and other media to develop, refine, and relay a message in many ways. Students will explore communication principles and elements of graphic design. Students will use appropriate technologies to effectively communicate a message to connect, inform, entertain, or sell products.

DRAMA 7

Course Fee \$10

This course is an exploration into theatre and performance. Students will learn how to express themselves through movement, speech, and acting. They will explore theatrical forms such as mime, Tableau, storytelling and puppetry. Students will build confidence in performing in front of a live audience. Self-reflection will guide students through their performance journey as they gain appreciation, evaluate, and analyze the world of drama.

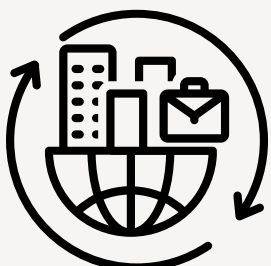
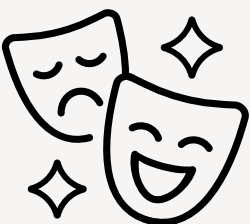
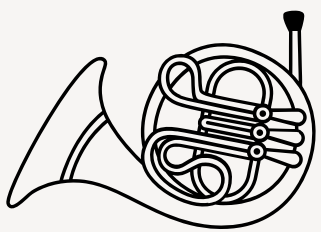
ENTERPRISE & INNOVATION 7

This CTF course is a blend of the occupational areas of Enterprise & Innovation and Management & Marketing. Students will study the area of business that deals with the organization and management of a project, an undertaking, or an innovation. They will also learn the processes associated with promotion for the sale of their product or creative invention! This CTF course will encourage and allow students to explore their creative talents and awaken their entrepreneurial spirit.

ENVIRONMENTAL & OUTDOOR EDUCATION 7

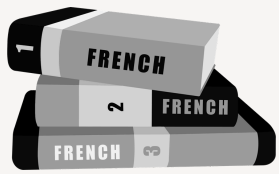
Course Fee \$20 + Field Trips

The focus of this course is to motivate students into exploring wilderness-based careers and opportunities through units and activities that are centered around outdoor recreation, conservation and sustainability. Students in grade 7 Outdoor Education will engage in a variety of units that may include Cross Country Skiing, Snow Shoeing, Fishing, Food Production and Gardening, Navigation, Campsite Awareness and Archery. Each unit is weather dependent and students are expected to dress appropriately for the weather. Field trips are a part of this course and are meant to supplement the learning that takes place in the classroom. Possible field trips may include snowshoeing in Kananaskis, wilderness hiking, and/or flat-water canoeing.



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GRADE 7 COMPLEMENTARY COURSE OFFERINGS 2026-2027



FRENCH AS A SECOND LANGUAGE 7

*FRENCH IS A FULL YEAR COURSE

Students learn to understand and respond to oral and written language in French. Each class, students will learn, and practice skills associated with speaking and writing in French, including understanding the grammar, pronunciation, and culture associated with the language. Major areas of focus in Grade 7 include vocabulary associated with School, Weather, People, and Holidays/Celebrations.



FOODS 7

Course Fee \$30

Students will learn kitchen safety, etiquette, and develop basic culinary skills. They will explore nutrition, look at general healthy eating habits to plan healthy meals and snacks based off of Canada's Food Guide. After completing a kitchen safety orientation, students will begin to develop and refine their cooking abilities through-out the term.



GUITAR 7

Course Fee \$10

Guitar is a fun and creative course where students learn to play guitar while exploring a wide variety of music styles and songs. Students will develop skills in chords, strumming, picking patterns, and reading music and tablature. Whether you are completely new to guitar or already have experience playing, the course is designed to support students at different skill levels and help everyone continue growing as musicians. This curriculum is flexible enough to support student learning at every point in their journey. Students will have the opportunity to learn curated guitar music alongside picking songs they love. Guitar is a great opportunity to express yourself creatively, build confidence, and make music with friends in a relaxed and supportive environment.



LEADERSHIP / SERVICE 7

In this course, students will have the opportunity to explore the meaning of leadership within a school context and gain skills that will prepare them for future success. Students enrolled in this course will participate in, lead, support, and create numerous leadership opportunities and school community service projects. This course encourages students to be confident, supportive, and positive members of our school community.



MUSIC 7

Course Fee \$10

This is a great semester-based music course for students who love music — or for students who love music so much they want to take both this course and Band! At the beginning of the semester, students will be introduced to a variety of instruments and music-making platforms, including guitar, ukulele, djembe, keyboard/piano, and GarageBand. After learning the basics, students will have the opportunity to choose the instrument(s) and musical areas they are most interested in exploring further. Students may choose to work independently, collaborate with peers, form bands, or write and produce original music using GarageBand. Both teacher-selected and student-choice music will be explored throughout the semester. Want to learn your favourite guitar solo? What about creating a hip hop beat and rapping? We can do that! Through a variety of musical pathways, students will develop skills in rhythm, melody, harmony, songwriting, creativity, and collaboration in a fun and supportive environment.



TOURISM 7

Do you dream of traveling the world? Are you looking at beginning a career in one of the world's fastest growing industries? In this course students will explore tourism on a local level by investigating people places and events in Calgary and Alberta. How do people live differently in different parts of our province and what recreational and entertainment opportunities do they pursue? This course will focus on combining elements of business and travel/tourism. Students will gain a basic understanding of the tourism industry and the role of related career paths supporting it. Through various challenges and projects students will explore travel related interests by planning itineraries and researching the culture, cuisine, entertainment and history of various locations. This exploratory course will also support students in developing an appreciation for different cultures and utilize business elements, such as accounting, marketing, and management.



RECREATIONAL LEADERSHIP 7

Course Fee \$20 + Field Trips

Recreational Leadership 7 is designed to advance students' knowledge of the fundamentals of sports injuries, first aid, and the various leaders within the athletics field. Students will gain a detailed understanding of muscles and joints and body movements, and common athletic injuries. Students will work on advanced first aid for strains and sprains, how rehabilitation plays a role in healing sports injuries, and students will create first aid kits and plans. Additionally, the course will focus on developing leadership skills pertinent to athletics, including teamwork to plan athletic events, conflict resolution and leading small groups. Through a combination of theoretical learning and practical applications, students will be prepared to take on leadership roles in athletic settings and understand the importance of sports medicine in maintaining athlete health and performance.