

ARBOUR LAKE SCHOOL

GRADE 7 COMPLEMENTARY COURSE OFFERINGS 2025-2026

Please see the tentative summaries of the possible complementary courses that may be offered in the 2025/2026 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.

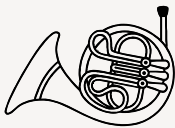
NOTE: Band and French are full year courses and fill 2 spots each.



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 how to play a brass, woodwind, or percussion instrument with friends! We have a large collection of instruments to rent here at the school, and you will start off in a beginner band clinic where professionals teach you the basics of the instrument, so there is no need to own an instrument or to have played one previously. We typically showcase our work through a couple evening performances, and students may take part in an overnight band camp 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 comedy skits. 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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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 \$20

Guitar extends the creative avenues available for students to learn how to express themselves musically and make meaning from listening to music. Guitar is focused on the development of instrumental guitar technique, musicianship, making meaning through music, and understanding of theory for individuals and small ensembles. This curriculum is delineated in levels rather than grades to support students having multiple entry points to the study of music regardless of their prior experience. In this way, a grade 9 student may begin at level 1, or a highly experienced grade 7 student might start at level 5. This curriculum is flexible enough to support student learning at every point in their journey.



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 if you love music but are not sure that you want to take Band, or if you love music so much that you want to be in both! In this class, we explore the fundamentals of music including rhythm, melody, and harmony through playing djembes and Ukulele. We analyze and explore different musical genres and explore the art of song writing through both acoustic and electronic platforms such as GarageBand. At the end of the semester, you will get to work independently or as a mini band to pursue your favourite area of music further.



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.