



Sir Allan MacNab Secondary School

Grade 9 Option Sheet

2024-2025

First Name: _____

Last Name: _____

Grade 8 School: _____

PLEASE NOTE: Students will have a total of 8 courses for their grade nine year. Please use this Option Sheet to complete your option selections for grade nine and have your parent/guardian sign that they have reviewed your selections, and return it completed to your grade 8 teacher.

COMPULSORY COURSES

ENGLISH	ENL1W1
MATHEMATICS	MTH1W1
SCIENCE	SNC1W1
GEOGRAPHY OF CANADA	CGC1W1
FRENCH	FSF1D1

ELECTIVE COURSE OPTIONS

Your remaining **three courses** will be selected from the choices below. Please **number your top five choices**. Every effort will be made during the timetabling process to schedule students' first 3 elective choices, but you will also be able to identify 2 additional choices as alternate selections in case they are needed.

NOTE:

An arts course (designated by a +), a tech course (designated by a ^), and a phys-ed course (designated by an *) are not compulsory in Gr. 9, but are compulsory credits for graduation (meaning you will need to earn an arts, tech (TAS1O1, TXJ1O1, TFJ1O1 or TAS2O1) and a phys-ed credit at some point before graduation)

_____	ARTS & CRAFTS+	AWA1O1
_____	VISUAL ARTS+	AVI1O1
_____	DANCE+	ATC1O1
_____	DRAMATIC ARTS+	ADA1O1
_____	TECHNOLOGY & THE SKILLED TRADES ^	TAS1O1
_____	EXPLORING HAIRSTYLING & AESTHETICS ^	TXJ1O1
_____	EXPLORING HOSPITALITY & TOURISM ^	TFJ1O1
_____	EXPLORING FAMILY STUDIES	HIF1O1
_____	BUILDING THE ENTREPRENEURIAL MINDSET	BEM1O1
_____	INSTRUMENTAL MUSIC+	AMU1O1
_____	MUSIC & COMPUTERS: SOUND PRODUCTION+	AMM1O1
_____	BUILDING SUCCESS IN HIGH SCHOOL -MATH FOCUS	GLS1O1
_____	HEALTHY ACTIVE LIVING – students identifying as male*	PPL1O1M
_____	HEALTHY ACTIVE LIVING – students identifying as female*	PPL1O1F
_____	PERSONAL AND FITNESS ACTIVITIES – all genders*	PAF1O1
_____	AQUATICS – all genders*	PAQ1O1
_____	LEISURE SPORTS – all genders*	PAD1O1

ADDITIONAL CREDIT OPPORTUNITY

Students can select AMR101 as an additional course. This is a special program which runs after the regular school day (and is in addition to the other 8 courses).

MUSIC REPERTOIRE: After-school program (1 additional credit)

AMR101

eLEARNING COURSES

eLearning is best suited for self-motivated students who can be responsible for their coursework with minimal supervision.

The following **eLearning** options are available for grade nine students.

- | | | |
|----------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> ENL1Wel | <input type="checkbox"/> MTH1Wel | <input type="checkbox"/> AWQ10el |
| <input type="checkbox"/> HIF1Oel | <input type="checkbox"/> CGC1Wel | <input type="checkbox"/> BEM10el |
| <input type="checkbox"/> SNC1Wel | <input type="checkbox"/> PAR10el | <input type="checkbox"/> FSF1Del |
-

I have reviewed my student's course selections _____ Date: _____
(parent/guardian signature)

I give consent for my student's grade 8 school to share information with Sir Allan MacNab Secondary School relevant to their student profile as learners to support with their progression on to high school.

_____ Date: _____
(parent/guardian signature)

To support your student as they progress to high school, we would like to gather your input and any important information you'd like to share with Sir Allan MacNab Student Success Team about your student relevant to their successful progression to high school. Please take a few short minutes to complete the following form via the QR scan code or website URL below.



<http://tinyurl.com/Gr8ParentVoice2024>

WE LOOK FORWARD TO MEETING YOU!

COURSE DESCRIPTIONS

Arts & Crafts: AWA101

This course is designed to develop the skills of craftsmanship through a series of projects that focus on problem solving techniques and creative approaches through varying mediums. Students will develop craft techniques, analyse and interpret art forms and develop an awareness of their personal identity and community through a series of works. Students will also study the importance of craft throughout history, and the significance it plays in our culture.

Visual Arts: AVI101

This course is exploratory in nature, offering an overview of visual arts as a foundation for further study. Students will become familiar with the elements and principles of design and the expressive qualities of various materials by using a range of media, processes, techniques, and styles. Students will use the creative and critical analysis processes and will interpret art within a personal, contemporary, and historical context.

Dance: ATC101

This course gives students the opportunity to explore their technical and compositional skills by applying the elements of dance and the tools of composition in a variety of performance situations. Students will generate movement through structured and unstructured improvisation, demonstrate an understanding of safe practices about themselves and others in the dance environment, and identify the function and significance of dance within the global community.

Dramatic Arts: ADA101

This course provides opportunities for students to explore dramatic forms and techniques, using material from a wide range of sources and cultures. Students will use the elements of drama to examine situations and issues that are relevant to their lives. Students will create, perform, discuss, and analyse drama, and then reflect on the experiences to develop an understanding of themselves, the art form, and the world around them.

Technology & The Skilled Trades: TAS101

This hands-on course enables students to further explore the engineering design process and develop other technological knowledge and skills introduced in earlier grades. Students will design and safely create prototypes, products, and/or services, working with tools and technologies from various industries. As students develop their projects to address real-life problems, they will apply technological concepts such as precision measurement, as well as health and safety standards. Students will begin to explore job skills

programs and education and training pathways, including skilled trades, that can lead to a variety of careers.

Exploring Hairstyling & Aesthetics TXJ1O1

This exploratory course introduces students to concepts and skills related to hairstyling and aesthetics, including hair, nail, and skin care applications. Students will develop an awareness of related environmental and societal issues and will begin to explore secondary and postsecondary pathways leading to careers in the field.

Exploring Hospitality & Tourism TFJ1O1

This exploratory course introduces students to concepts and skills related to hospitality and tourism, focusing on the areas of food handling, food preparation, the origins of foods, event planning, and local tourism. Students will develop an awareness of related environmental and societal issues and will begin to explore secondary and postsecondary pathways leading to careers in the field.

Exploring Family Studies HIF1O1

This course explores, within the context of families, some of the fundamental challenges people face: how to meet basic needs, how to relate to others, how to manage resources, and how to become responsible members of society. Students will explore adolescent development and will have opportunities to develop interpersonal, decision-making, and practical skills related to daily life. They will learn about the diverse ways in which families function in Canada and will use research skills as they explore topics related to individual and family needs and resources.

Building the Entrepreneurial Mindset: BEM1O1

Students will learn what makes an entrepreneur thrive and the skills required to succeed in today's business environment. Students will begin to develop their own entrepreneurial mindset, and learn why it's important to take initiative, adapt to change, find creative solutions, and understand the financial considerations of entrepreneurship. This hands-on course will use business software and applications to help students plan and develop their entrepreneurial ideas and learn how to present them to a target audience. Throughout the course, students will enhance their communications skills as well as develop and refine their project management skills, including goal setting, time management, and networking.

Instrumental Music: AMU1O1

This course emphasizes the creation and performance of music at a level consistent with previous experience and is aimed at developing technique, sensitivity, and imagination. Students will develop musical literacy skills by using the creative and critical analysis processes in composition, performance, and a range of reflective and analytical activities. Students will develop an understanding of the conventions and elements of music and of safe practices related to music and will develop a variety of skills transferable to other areas of their life.

Music & Computers: Sound Production: AMM1O1

This course emphasizes the creation and performance of Music using computers as the instrument. No previous experience is necessary. Students will participate in creative activities that teach them to listen with understanding. They will also learn correct musical terminology and its appropriate use.

Building Success in High School -Math Focus: GLS1O1

This course is a Learning Skills credit with a focus on developing and strengthening foundational math skills so that students can confidently and successfully deepen their understanding of math concepts, lower math anxiety and improve their learning strategies to achieve greater success in grade 9 destreamed math MTH1W1. Students who take GLS1O1 will be timetabled for the class semester 1 and will take MTH1W1 semester 2.

Healthy Active Living (general description): PPL1O1M/F

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, 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 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.

Personal and Fitness Activities -all genders: PAF1O1

This course emphasizes regular participation in a variety of personal fitness activities that promote lifelong healthy active living. Student learning will include the application of movement principles to refine skills; participation in a variety of individual activities that enhance personal fitness. Students will be introduced to a variety of fitness training techniques and fitness planning programs. Students will examine healthy eating for performance; and issues related to positive body image and the media.

Aquatics -all genders: PAQ1O1

This course emphasizes regular participation in a variety of aquatic activities. Students will focus on stroke development and water safety skills while learning new and exciting games in the pool.

Leisure Sports -all genders: PAD1O1

This course emphasizes regular participation in recreation and leisure type activities. Students will focus on lifelong participation in low impact, low risk activities like frisbee golf, bocce, tennis, hiking, and other Low Organization Games. It is designed for multiple entry levels and to promote the fun and enjoyment of movement.

Music Repertoire: After-school program (1 additional credit) AMR101

Earn an extra credit outside of the regular school day! Classes will be organized outside of the regular school day and will concentrate on the rehearsal and performance of band music. Ensembles will perform regularly at evening concerts, music festivals and assemblies.

E-LEARNING

PAR10el (Rhythm & Movement Activities)

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, 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 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.

AWQ10el (Photography)

This course is exploratory in nature, offering an overview of visual arts as a foundation for further study. Students will become familiar with the elements and principles of design and the expressive qualities of various materials by using a range of media, processes, techniques, and styles. Students will use the creative and critical analysis processes and will interpret art within a personal, contemporary, and historical context. This course will focus on photography.