

GRADE 10 COURSE SELECTION GUIDE

HUMANITIES COURSES

English Language Arts 10

Students must complete two English option areas of focus for their Grade 10 year. Course selection forms will allow students to prioritize their selections and we hope to accommodate student choice.

CHOOSE 2 OF THE 4 OPTIONS

Option 1: Creative Writing 10 (2 credits) MCTWR10

“Do you have an interest in creative expression through language? Would you enjoy writing stories, poems, screenplays, song lyrics and other forms of creative writing?”

This option provides students with in-depth opportunities to become better writers through the exploration of the writing process. Within a supportive community of writers, students will collaborate and develop their skills through writing and design processes. This course invites students to express themselves creatively as they experiment with, reflect on, extend, and refine their writing.

Option 2: Literary Studies (2 credits) MCTST10

“Are you a reader? Do you enjoy discussing and analyzing what you read? Do you want a choice in what you read?”

This option allows students to delve more deeply into literature as they explore specific themes, periods, authors, or areas of the world through literary works in a variety of media. Giving students the choice of a range of literary topics allows them to follow their passion and increase their literacy skills through close reading of appropriately challenging texts.

Option 3: New Media (2 credits) MNMO10

“Do you enjoy watching and discussing film, video and other digital media forms? Do you prefer to communicate your ideas through presentation apps, social media, and other forms of digital communication?”

This option is designed to reflect the changing role of technology in today’s society and the increasing importance of digital media in communicating and exchanging ideas. Course work is aimed at providing students with a set of skills vital for success in an increasingly complex digital world by affording opportunities to demonstrate understanding and communicate ideas through a variety of digital and print media.

Option 4: Spoken Language (2 credits) MSPLG10

Do you want to improve your public speaking skills?

Do you want to have confidence when addressing your peers, colleagues, or an audience?

Spoken Language skills are increasingly necessary in everyday, educational, and professional contexts. This option will provide students with opportunities for performance and public speaking. Spoken Language will appeal to students who enjoy public performance or oral storytelling or who want to gain more experience and skill in this area.

Social Studies 10 MSS--10

Canada and the World – 1919 to the present

This course provides students with an understanding of their place in the world and connections between the human and natural environment. Students will continue to develop the skills required to make informed decisions about issues. This course has a strong history component as well as human geography and the structure of Canadian government. Social Studies 10 is a mandatory course for all students.

MATH COURSES

Workplace Mathematics 10 MWPM-10

This course is designed for those planning to go from high school into the workforce or into some trades. Emphasis is on practical skills such as measurement, unit conversion, basic finances, practical geometry, and some basic algebra. Although still challenging, this course places less emphasis on theory than on practical applications of math. Most technical schools will require this course for entrance. This course leads to Workplace Math 11. Students who want to keep as many options for the future as possible open, may consider taking both Grade 10 math courses.

Foundations and Pre-Calculus Math 10 MFMP-10

This course is intended for students who will carry on to post-secondary education. This a fairly rigorous, yet broad ranging course. It will cover:

- Number: multiplication and factoring of polynomials, and financial literacy
- Computational Fluency: powers with integral exponents
- Geometry and Measurement: primary trigonometry
- Data & Probability: sequences and series

SCIENCE COURSES

Science 10 MSC--10

This course introduces students to all future science specialty areas: Biology, Chemistry and Physics. It covers a wide variety of topics.

BIG IDEAS include:

- Genetics
- Laws of Energy
- Atomic Structure & Radioactivity
- Chemical Reactions
- Formation of the Universe

PHYSICAL EDUCATION

PE 10 MPE--10

The Senior PE program is based on the principles of choice, inclusion, and participation. Our objectives are to provide students with a basic knowledge and skill level to play a great variety of sports and most importantly, to create opportunities to be active, and have fun all the while instilling the motivation to lead an active lifestyle.

While students will participate in PE with their scheduled PE teachers from September to June, they are presented with a variety of curricular choices for each teaching unit. The emphasis for our senior students will be on fair play and sport strategy, less on skill development and basic knowledge. Our health units will focus on the following topics:

- Healthy Lifestyles

- Human Anatomy
- Sports Injury and Prevention

The choices students have from September to June are designed to encourage students to select a balance of team and individual sports. We are offering a variety of sports including unique opportunities such as golf, forest games and First Aid. Units are usually 10 -12 classes in length and new units take place every month.

Grade 10 students must ensure that they sign up for a minimum of 9 units. Of these 9 units, students must complete 15 fitness days throughout the course of the year. Of these 15 fitness days, 4 must be fitness tests and 1 of the days must be a 5km run.

Ice Hockey (PE) - 10 MPE--10 (Hockey)

Ice hockey is a PE based course that focuses on skill development and activity. This course is open to new, developing, and advanced hockey players. On-ice and dry land classes will occur from September to February. Students will improve their hockey skills, their personal training levels, and gain experience coaching and officiating.

Prerequisites: *Students must have their own hockey gear.*

Note: This course comes with a \$30 fee to cover additional costs to the program. If this fee will create a financial hardship, please speak to an administrator prior to registering.

Fitness and Conditioning (2 CREDIT)

10 MPE--10 (Dryland PE Component)

Volleyball - 10 MPE--10

Volleyball is a full year PE course that focuses on skill development and activity. Students will improve their skills, learn strategies, and become Level One certified officials, providing them an opportunity to earn money refereeing.

CAREER LIFE EDUCATION/ CAREER LIFE CONNECTIONS – GRADE 10

This course is offered in Grade 10. It focuses on workplace safety, preparation for post-secondary life, budgeting, and income taxes, resumes and cover letters, post-secondary education options, and scholarship opportunities. It also overlaps with the PE10 course in finding a positive work-life balance and maintaining general health. This course is a graduation requirement

https://curriculum.gov.bc.ca/sites/curriculum.gov.bc.ca/files/curriculum/career-education/en_career-education_10-12_career-education-guide.pdf

APPLIED SKILLS

Computer Studies 10 MCMPS10

Information Technology 10 is a general computer course intended for students at ALL levels of experience and ability with computer technology.

Topics covered will include:

- Computer Hardware
- Office Applications (word processing, spreadsheets, presentation software)
- Graphic Design (illustration & photo editing)
- Animation
- Electronic Communications (internet technologies and web page design)
- Digital Video (filming and editing a short movie)

Information Technology 11 and 12 have students developing the skill set from InfoTech 10 in greater depth, with the opportunity to focus more on areas of interest.

Woodwork 10 MWWK-10

This full semester course enables students to experience the complete wood shop facility. All students must complete a unit on shop and machine safety and will receive instruction on hand and power tools, advanced wood craft processes, joinery and finishing.

Students in Grade 10 will be required to complete a few compulsory projects (example: taper leg table). Students in Grade 11 and 12 who have already completed the “taper leg table” will have the opportunity to redesign and modify another table, demonstrating previously learned skills and processes; following which they will have earned the freedom to create projects of their own choosing.

Clocks, picture frames, cutting boards, lathe turnings (bowls, spindles), boxes, chess boards and trays are only a few samples of an infinite array of projects one can create.

Peer Tutoring - 10 YIPS-0B

Peer Tutoring is designed to challenge students who are motivated, co-operative, and skilled. Tutors are responsible for helping others to learn. In the process, tutors learn theory, including:

- study habits
- learning styles
- communication skills
- memory techniques
- productive thinking skills will act as student assistants in various courses

Peer Counselling - 10 YIPS-0A

This course is a year-long course that only meets in the first semester followed by individual projects and work for the second semester. Peer Counselling gives students the opportunity to be trained in interpersonal communication, observation, listening and empathetic communication skills, conflict resolution, and working with younger students. This training is done with the support of Community Services who continue to work with the group throughout the year. Peer counsellors work mainly with our elementary students both at LCS and Palsson and do group activities in the class as well as work with students in need individually. This is a good course for students who are interested in pursuing a career in the mental health or counselling fields or who are interested in working with children in the future.

Food Studies 10 - MFOODS10

In this course, you will learn how to cook a variety of meals and how to bake. You will also learn about healthy eating, meal planning, and whole food lifestyles. We look at sourcing ingredients and growing our own food. Sustainable agriculture is covered as well as a focus through project-based learning.

Leadership - 10 YCPA-0A

Students in Leadership will develop organizational and leadership skills through organizing and participating in both school and community events. We also look at leadership philosophy and styles. The class meets outside the timetable at lunch. Evaluation will be based on participation in class and follow through on events. Students have some options within the course to focus on athletics, elementary school, or other areas of special interest.

MODERN LANGUAGES

French 10 MFR--10

In this course, you will participate in a variety of listening, speaking, reading, and writing activities using authentic documents. You will build on what you learned in Grade 9, increasing your vocabulary and your communication skills.

FINE ARTS

Instrumental Music (Guitar) -10 MMUGT10

For students who want to learn to play the guitar and for those who already play and want to improve.

Theatre - 10 MDRM-10

The main focus of this course is to actively explore various dramatic forms and techniques, allowing students to experience all aspects of the theatre, from acting and stage production to directing and script writing. During the first part of the course the class will focus on mime, movement, improvisation, speech and vocal development along with extensive script work and development. The second part of the course is the performance piece where the class will stage a school wide production for the community.

BIG IDEAS Include:

- Drama develops creativity, innovation and collaboration
- Ideas and beliefs conveyed through Drama can affect the actor, audience, and environment
- Drama offers ways to increase personal growth, risk-taking and learn more about one's personal identity

Art Studio 10 MVAST10

This course offers students the opportunity to develop their creative and technical skills in various media, as well as experience growth in image development. Students will learn to become independent in an art studio, creating their own projects in the areas of drawing, painting, ceramics, printmaking, and multimedia.

Studio Arts 3D -10 MVAC-10

This course offers students the opportunity to develop and expand their technical and creative skills exclusively in the three-dimensional arts. Projects could include: hand building with clay, wheel pottery, paper mache, plaster casting and wire sculpture.

Studio Arts 2D -10 MVAD-10

This course offers students the opportunity to develop and expand their technical and creative skills exclusively in the two-dimensional arts. Projects could include working with shading pencils, ink, pastels, mixed media collage, acrylic and watercolor.

Film Making -10 YCCT-0C

This elective course is designed to give students interested in filmmaking a chance to practice, develop and explore. The essence of this course is to provide a hands-on opportunity for students to create movies and develop their own cinematic style. Students will develop skills in the production elements of sound, lights, cinematography, editing, screen writing as well as study the power of storytelling and quality films.