

# OPTION COURSES 2017 – 2018

## SECONDARY 4

### DANCE/DANCE PLUS

2 PERIOD OPTION: Dance

4 PERIOD OPTION: Dance Plus

This option is designed to promote the expressive and communicative aspects of Dance through various dance techniques and concepts. The students are encouraged to explore their own creative interpretations and ideas through the creation and production process, individually and in groups. Choreographic principles range from simple to more complex arrangements. Students are encouraged to appreciate dance as an artistic expression. They will develop and apply appropriate language and vocabulary in reflecting upon dance as an art form. Senior dance courses focus on developing technique and the students' own personal styles. More emphasis will be placed on choreographic work, both in groups and individually.

### DRAMA

The Cycle 2 Drama program serves as an opportunity for students to actively apply the elements of drama and theatre. The emphasis is on the creation, production and appreciation of drama. Students concentrate on a variety of drama techniques including improvisation, movement, voice characterization, motivation and mime. Students work within a variety of grouping contexts including individual, partners, small group and ensemble. Students are introduced to working with texts and experiment with simple playwriting.

2 PERIOD OPTION: Students are expected to participate in small class performances.

4 PERIOD OPTION: students are expected to participate in more complex performance situations.



### DRAMA CONCENTRATION

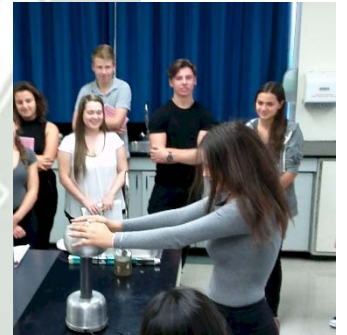
4 PERIOD OPTION

This course is designed to highlight acting, performance skills and stagecraft. The aim is for students to experience stage production from start to finish, including read-throughs, auditions, blocking, rehearsing, memorization techniques and characterization. Students work as an ensemble both on and off the stage in production, scenery, costume, sound, lighting and publicity. Students are involved in a minimum of three major productions in the auditorium for large audiences (200+) of their peers and parents. Additional school fees of \$100 apply for this course to cover the costs of the costumes, props, production, etc.

### ENVIRONMENTAL SCIENCE & TECHNOLOGY

4 PERIOD OPTION

This course covers the Science curriculum of the 21st century. Through activities related to the scientific method, technological projects and issue analyses revolving around environmental problems, students will develop the competencies required for the Secondary 5 Physics and Chemistry programs. The many topics studied include climate change, the energy challenge, drinking water, deforestation, food production and the disposal of residual materials. This option is a pre-requisite of Secondary 5 Physics and Chemistry which are in turn requirements for CEGEP programs in Pure & Applied, Health Sciences and many technical programs.



### FOOTBALL

4 PERIOD OPTION

Physical Education Football is offered to interscholastic Rosemere football team athletes and students in Secondary 3, 4, 5. This class is designed to prepare students for interscholastic competition and further develop skills, philosophies and strategies related to football. It also covers all of the following areas related to training and conditioning: weightlifting for strength and endurance, cardiovascular exercise, plyometric exercise, speed training, agility and flexibility as well as individual and team sports. Students must be highly motivated. (This course will be taught in a classroom 25% of the time and on the football field 75% of the time.) Included in the football option fee of \$125 is the Raiders "Team Gear package", the use of specialized equipment to develop skills and strategy in class, work with a certified strength and condition coach.



## LEADERSHIP

### 4 PERIOD OPTION

Helping students develop leadership skills that can be used throughout their lifetime, this course is designed to teach leadership skills, community involvement, the importance of teamwork and so much more to the next generation of leaders. The aims of the course are to improve existing leadership qualities; to recognize leadership qualities that may have gone unnoticed or unused, to learn new forms of leadership styles and characteristics that can be carried over to many other facets of life.

The course covers leadership styles, leadership theory, first aid, community involvement, public speaking and includes a work study of 15 hours, a 3-day winter camp, a 4-day hiking trip and helping out in school life. Camp equipment is required. (rental available) There is an additional fee of approximately \$180 to cover expenses associated with leadership trips. All students must attend the winter camp as well as the hiking trip.



## MUSIC – INSTRUMENTAL

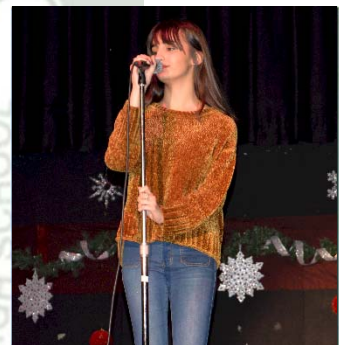
### 4 PERIOD OPTION

This course is designed to further develop skills learned in previous instrumental music courses and to introduce additional techniques, methods and concepts in the field of instrumental music. Homework consists of steady practice throughout the school year. The music department offers a choice of instruments found in a concert band: oboe, flute, clarinet, saxophone, trumpet, french horn, trombone, baritone, tuba and percussions. Many musical styles will be experienced in class: symphonic, jazz, rock and latin. Instruments are loaned to students for the duration of the course. Students must have played an instrument before and have a basic notion of music reading.

## MUSIC – POPULAR

### 2 PERIOD OPTION

This course is designed for students who have always dreamed of playing in their own band. Since most popular music only requires one to play three or four different chords, students will be able to choose between vocals, guitar, bass, piano or drums where they will be taught the basics. Each band will choose the songs that they will perform. Then the magic happens... concert time! Rappers are also welcome and will work on creating beats for their music.



## SOCCER CONCENTRATION

### 4 PERIOD OPTION

The Soccer Concentration program enables young soccer players with recognized athletic abilities to reach their potential as student-athletes by developing their tactical and technical skills in the game of soccer. The program aims to assist the student-athlete to achieve academic success, optimum athletic performance and exceptional conduct as a citizen of the school community. Coaches rigorously monitor the student's development related to effort, discipline, respect for self and others and commitment to success. For more information please visit the Soccer Concentration website at: <http://luirat.wix.com/rhs-soccer>

Additional school fees of approximately \$200 will apply. In addition, students will be required to purchase Soccer Concentration uniform (tracksuit, shorts, t-shirt, socks) from the RHS approved supplier – approximately \$125

Previous registration in Soccer Concentration and/or teacher recommendation is required.



## ULTIMATE SPORTS

### 4 PERIOD OPTION

Ultimate Sports is an advanced Physical Education class in which students will get to explore more aspects of Physical Education and participate in a wider variety of sports. This advanced class will make students work harder both physically and mentally. Students will participate in more cardiovascular activities and will receive instruction in several individual and team sports. Ultimate Sports will focus on several sports that promote and develop health-related fitness (muscular endurance, muscular strength, cardiovascular endurance, flexibility, body composition) and skill-related fitness (agility, balance, coordination, power, reaction, time, speed). Additional gym uniform is recommended as students will be participating in sports for six periods every nine days. An 85% in Phys. Ed Plus and teacher recommendation is required.

## VIDEO PRODUCTIONS

### 4 PERIOD OPTION

This course will explore media technology in the arts and will concentrate on video production. Students will be introduced to the production stages, storyboarding, use of camera angles and shots and finally how to edit their film on the computer using iMovie.

A USB key is required. All video/picture cameras and all other equipment are provided. The class is set up with computers that have all the required editing programs.

There are no prerequisites, Video Productions offers the basics. Courses are open to anyone who is interested in animation, video production, graphic design and/or photography.



## VISUAL ARTS

### 4 PERIOD OPTION

The 4 period option is a more intense and challenging program of creating personal and media works that are used for CEGEP portfolios. The projects are more involved and a quality finished product is expected from the students. There is always an optional field trip to the Montreal Museum of Fine Arts for all students in the 4 period option class.

### 2 PERIOD OPTION

The 2 period option course explores a variety of techniques in art. Drawing, painting, sculpture, printmaking, digital media and art research projects with emphasis on creativity, self-expression and communicating personal and media images. Students will learn to create art using the elements and principals of art through individual and group projects.

Materials:

2B – 6B pencil kit, white eraser, pencil sharpener, glue sticks, fine point black markers, colored pencil crayons, a pencil case designated for art and a sketchbook. Sketchbooks are available for \$10 in the Art Department.



## WOODWORKING

### 4 PERIOD OPTION

Students will learn to use a variety of hand tools and simple power machines to build various projects using wood and other materials (plexiglass, carpet). Students will learn to design, follow their design plan using precise measurement and appreciate the quality of good craftsmanship.

