

Option Course Descriptions



Art: The Art program introduces students to the values surrounding the creation of art through art history, using the elements of art and design. Students will develop an understanding of the contribution cultures/societies have made, and continue to make to art. They will be encouraged to express and expand their knowledge and feelings in visual form through developing compositions and technical skills, using traditional and contemporary methods and materials, allowing students to think and behave as artists. **(GRADE 7, 8, 9)**

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Instrumental Music: Students taking Instrumental Music will have an opportunity to further develop their skills in playing a particular instrument, reading of music and performance. Please be advised that an **additional fee** of approximately \$100.00 is associated with Instrumental Music. **(GRADE 7, 8, 9)**

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Recreation Leadership: Recreation Leadership is offered in addition to the Physical Education program at Light of Christ. Students will develop skills useful for coaching, fitness leadership, sport performance, athletic therapy and leading recreational activities. Students will be required to change for every class and there is an expectation that students are willing to challenge themselves in a more competitive yet encouraging environment. **(GRADE 7, 8, 9)**

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