



Grade 7

**PRINCE OF PEACE JUNIOR HIGH SCHOOL
GRADE 7 STUDENT COURSE SELECTION 2019/2020**

Student's name _____

Homeroom _____

Course List:

Option A (full year)

1. Art/Drama 7
2. Instrumental Music (Band) 7 (Note: \$100 instrument rental fee for this option. Please contact the school, should this fee be a challenge)
3. Recreational Leadership 7 (Sports Performance)

A brief overview of each option subject is provided in order to assist you in making an informed decision.

Instrumental Music (Band) 7



Imagine the hands on experience or learning how to become an accomplished instrumentalist and musician. In this option we strive for excellence through performance. Discover the excitement of learning to play all kinds of music from contemporary to jazz to music written long ago. We will perform at school concerts, city festivals and special events, and of course, participate in our annual band camp. Please be aware that this is a continuing course and although beginners are welcome, we will not start with beginner music. Join the band!

Please note that due to the nature of the Instrumental Music (Band) program, there is a \$100.00 fee for the rental of instruments. Each student will have his/her own instrument for the purpose of practicing at home for the school year.

Art and Drama 7



The Art program is a rewarding and positive learning experience that is geared towards helping all students to enhance their skill and confidence level in art.

Students in Art are given an opportunity to work with a variety of medium while doing a various activities and projects. The course will include drawing, painting, printmaking, sculpture, and abstract design, with the goal of developing technical skills and exercise personal creativity.

The drama portion of the program places great emphasis on the development of the student as creator, performer and critic in an atmosphere that is non-competitive, supportive, fun and challenging. Major areas of study include: movement, speech, acting, playwriting, directing and theatre history.



Sports Performance 7



Sports performance gives recreational/competitive student athletes a chance to learn a wide variety of knowledge, skills, and attitudes that nurture the development of physical, cultural, social, and emotional potential through sporting endeavors. The focus of the course is on an in-depth look at understanding the factors related to sports performance. By combining theory and practice students will have the chance to explore the following: Current Training Principles, Performance Enhancing Tools, Sport Injuries as they apply to the athlete, Performance Evaluation Techniques.