

Physical Education 10 Classes

Physical Education 10 is a required course for Graduation. The course covers three main components:

- o Safety, Fair Play, and Leadership
- o Movement (Skills)
- o Active Living

Students will participate in a number of team and individual sports. Students will also study nutrition, fitness principles, and anatomy. Students must choose between:

Recreational PE 10 **Competitive PE 10**

Options for sports in Recreational Based PE include but are not limited to:

Bowling, Dance, Rock Climbing, CPR, Swimming, Curling, Horse Arena, Skating, Community Facility, Recreational Games, Tours, Archery, Volleyball, Softball, Soccer, Fitness Programs

Options for Sports in Competitive PE include but are not limited to:

Fitness, Soccer, Basketball, Rugby, Volleyball, Archery, Badminton, Lacrosse, Football

Sport Development 10 Class

Are you an athlete who is interested in training to excel as an elite athlete?

The Sport Development Class is an optional class that is designed for athletes who want to grow as an athlete on all levels, physically, mentally, and academically. The class will focus on movement orientated dry-land training, and core training while focusing on injury prevention. Athletes will learn to balance academics, training, and performance schedules.

The athletes will receive credit for grade level Physical Education, Sport Performance, as well as Planning 10 or Leadership 11 or 12, and Physics 11.

Outside agencies such as, Physiotherapists (DEEP), Sports Psychology (mental training), and Sports Nutritionist are a significant part of the class. Students will also have the opportunity for coaching certification and officiating certification in their sport, and others.

This class is year-long, 4 days a week, and will take up 3 of the 8 blocks for the year. The cost for this program will be approximately \$150/ month (\$1500 for the year). Athletes that sign up for this class should be individuals want to do/learn what it takes to compete at high-level events. Any interested participants will need to sign up for this program on the course selection sheet.

A minimum of 20 students is required to ensure program viability.

Math Courses

Workplace 10

Students must complete a Mathematics 10 course for graduation. Workplace Mathematics 10 addresses the big ideas of: Working with Operations, Proportional Reasoning, Measurement and Conversion, Basic Geometry including Surface Area and Volume; the 3-4-5 Law and Trigonometry, and Introductory Statistics in a practical context. Successful completion of Workplace Math 10 will prepare students for Workplace Math 11. Workplace Math 10 is not suitable for students planning to attend college or university, nor is it an acceptable pre-requisite for all apprenticeship programs. Please talk to a counsellor if you require more information.

Foundations and Pre-Calculus 10

Students must complete a Mathematics 10 course for graduation. Foundations and Pre-Calculus Mathematics 10 addresses the big ideas of: Operations with Polynomials including Factoring, Functions and Relations, Calculations with Exponents and Roots, Analyzing Linear Relations, Working with Right Angle Trigonometry, Exploring Arithmetic Sequences and Series and an Introduction to Probability and Personal Finances. Concepts discussed in this course provide students with a firm foundation from which to pursue grade 11 and 12 Mathematics courses. Foundations and Pre-Calculus Math 10 is the correct choice for students planning to attend post-secondary institutions and for those hoping to pursue apprenticeships in such programs as (but not limited to) electrical apprenticeships, millwright training or power engineering or. Please talk to a counsellor if you require more information.

English 10 Courses

Secondary English New Curriculum Implementation:

To meet Grade 10 Language Arts requirement(s), students must choose from ONE of the following:

Literary Studies and Creative Writing 10 (4 Credits) Or Literary Studies and New Media Studies 10 (4 Credits)

All courses will be focused on key English skills:

1. Comprehending and connecting (reading, listening, viewing)
2. Creating and communicating (writing, speaking, representing)

Literary Studies and Creative Writing 10 (4 Credits)

In this course, students will explore and apply various writing processes and will be encouraged to express themselves creatively in a supportive community. Students will experiment with, reflect on, extend, and refine their writing.

As well, students will delve deeply into literature (fiction and non-fiction) as they explore specific themes, periods, authors, or areas of the world. Students will develop higher level thinking and learning skills to broaden their understanding of themselves and the world.

Literary Studies and New Media Studies 10 (4 Credits)

In this course, students will develop communication skills vital for success in an increasingly complex digital world. There will be numerous opportunities to demonstrate understanding and communicate ideas through a wide variety of digital and print media.

As well, students will delve deeply into literature (fiction and non-fiction) as they explore specific themes, periods, authors, or areas of the world. Students will develop higher level thinking and learning skills to broaden their understanding of themselves and the world.

Social Studies 10

Social Studies 10 is a required course for graduation. This course covers Canada and the World from 1919 to present. Themes covered include: Canadian political structure, Canadian Autonomy and Identity, International conflicts, Discrimination and Injustices in Canada, and Human-environment Interaction

Science 10

Science 10 is a required course for graduation. It provides the student with a sampling of major areas of science including biology, chemistry, physics, and earth science. Topics of study include genetics, chemical reactions, radiation, the formation of the universe as explained by the Big Bang Theory, and energy transformations & conservation in natural systems. Application of the scientific method and use of science equipment are stressed throughout the course of study

FRENCH IMMERSION PROGRAMMING

French Immersion students at DCSS are eligible for dual track graduation (English and French), if they complete the requirements for both the English and French programs. Minimum of 6 French Immersion Courses listed in **Bold** below:

In Grade 10, French Immersion students will study:

- **Français langue 10**
- **Sciences humaines 10 (Social Studies)**
- English 10
- Science 10
- Mathematics 10
- Physical Education 10
- **Planification 10**
- An option course

Grade 11 French Immersion students will continue to meet the requirements of the regular program and in addition will study:

- **Français langue 11**
- **Sciences humaines 11**

Grade 12 French Immersion students will complete The remaining courses required for graduation and:

- **Français Langue 12**

Français Langue 10

Français Langue 10 is based on four skills:

- reading
- writing
- listening
- speaking

Français langue 10 introduces essay writing with emphasis on the construction of strong introductory and concluding paragraphs. Working in groups and making class presentations will develop French communication skills and effective techniques in small group work. Students will study French literature in the form of novels and drama. Opportunity will be given to explore different components of the French culture.

Sciences Humaines 10

This course covers the Socials 10 English Curriculum in a French Immersion class.

Éducation au choix de carrière et de vie 10

This course covers the Career Life Education English Curriculum in a French Immersion class.

Grade 10 Elective Courses

Technology Education 10: Woodworking

Woodworking 10 is a practical course designed to introduce students to a variety of woodworking skills. NO experience is needed! The main areas covered are: Shop safety, Machine tool safety, Layout/measurement, Project design/plans, Machine operations. Students will learn to make Rabbits, Daddoes and Mortise and Tenons. Sample projects may be: Introductory Box, Small furniture (coffee tables, end tables, shelves, lawn chairs), intarsia/scroll saw projects, heirloom trucks, lathe project, CNC router project. The students are to have their own set of safety glasses and pay for any projects taken home.

Technology Education 10: Metal

The purpose of this course is to provide 3 or 4 quick exposures to the skills and technologies used in the metal and mechanical trades. The main areas covered are; shop safety, layout and design, drilling and tapping, milling, lathe use, filing, cutting and forming, sheet metal, oxy-acetylene welding, aluminum casting, and PlasmaCam use. Projects could include hammer, sheet metal boxes, gas welded projects, machined bat, and PlasmaCam signs for those finished early. Safety glasses are required and a \$20 deposit for metal costs is common. No experience is needed.

Skills Exploration 10

Come and learn selected ITA Level one skills in Carpentry, Electrical and Plumbing by building floors, stairs and walls, wiring lights, outlets and switches and creating water supply and drain plumbing. Install a toilet and sink. Skills Exploration 10A has a number of goals: Introduce students to trades and technology careers, and the type of work involved in them, through hands on experience. Enhance existing interest in trades and technology careers. Enhance students' existing job-readiness skills or provide opportunities for the development of new skills. Providing students with smooth transitions from school to work, and helping to prepare students to enter the world of work with the skills, attitudes, and sense of responsibility necessary to be successful, are two further expected outcomes of STX

Art Studio 10

The main emphasis in this course is on learning about and incorporating the elements and principles of design into the student's artwork. Students will be introduced to a wide variety of media and will develop skills in the areas of drawing, painting and 3D projects that includes paper maché, sculpture and acrylic painting on canvas. Students will be exposed to the world of art and begin to learn to view their surroundings with the eye of an artist.

Studio Arts 10 3D

Students will use clay and paper clay to express meaning, intent and emotions through sculpture. Students will create a variety of sculptural pieces that demonstrate growth and understanding of the Curricular Competencies, understanding how sculpture influences Art and society, and what place it holds in our world as an Art form and as a Social Comment. Many sculptural pieces will be made by the student to explore and demonstrate learning and mastery of clay sculpture. A strong creative energy would be an asset for this class that will explore figure proportioning, and free sculpture building. Experience using clay would be an asset but not required.

Dance Performance and Technique 10

Dancers with any level of experience will enjoy this course. We will study many types of dance of interest to the students in the course. Students will learn dance technique, choreography structures, and work towards a required Final Performance at the end of the Semester.

Theatre Company 10

A drama class for actors. Students will study characterization, stage movement, improvisation and learn to be proficient actors. We will work as a team and produce plays in cooperation with Theatre Production and Directing and Scriptwriting students.

Music Theatre 10/11/12

This course will bring together the strongest performers in the school to produce the school's annual production in June. Students will act, sing and dance or play a musical instrument in the accompanying ensemble. All students will assist in the production requirements of sets, props, costumes, publicity, etc. The end product will be a professional-quality Broadway musical. Students may enroll in any of the other Music or Drama courses while enrolled in Music Theatre. This course is open to Grades 10, 11, and 12, but students may be asked to audition.

Media Arts 10

An introductory course with activities in a state-of-the-art computer lab and fully equipped video production studio will include: graphic design, film and video production, animation, multimedia, web design, photography.

Food Studies 10

In Food Studies 10 students will explore the causes of and consequences of food contamination outbreaks, as well as, the elements of meal preparation, including principles of meal planning and eating practices. They will learn about the relationship between eating practices and mental and physical well-being, food trends, including nutrition, marketing, and food systems. The simple and complex global food systems and how they affect food choices, including environmental, ethical, economical, and health impacts will be explored. Students will lastly learn about First Peoples food protocols, including land stewardship, harvesting/gathering, ceremonial uses, and preserving methods.

Leadership 10/11/12

This course prepares and motivates students to provide leadership within their school and community. The topics covered include: self-awareness, leadership styles, goal setting, organization and time management, decision-making and problem solving, teamwork and cooperation, communication skills and conflict resolution. Participation in class activities and volunteer time in the school and community is required.

French 10

In French 10, students will work through the AIM Jeunesse en Action program. It is based upon the use of stories, drama and music to help students learn to develop oral and written fluency as quickly as possible. There is an equal emphasis on the development of both oral and written skills. Grammar is taught inductively, which means that students learn to acquire grammar in a way that

resembles the way we learn our first language. Students will have the opportunity to write creatively and read in French.

Another component of the program is the Gesture Approach, a technique that uses hand signs to help students learn and remember important vocabulary. There is an equal emphasis on the development of all four language skills (reading, writing, listening and speaking). Activities are varied, so that students have the opportunity to work individually, in partners, in small groups, and as a whole class.