**Fredericton High School: Grade 10 Elective Options**

**Grade 10 Physical Education Courses (Students may only take ONE Phys. Ed. 10 course)**

* **Physical Education 10**

Grade 10 Physical Education is an elective. The main focus of the course is to encourage physical activity so as to maintain a healthy lifestyle. Evaluation is based primarily on participation. Activities include orienteering, softball, soccer, ultimate Frisbee, flag football and badminton. There is a dance unit which allows students to be exposed to dances such as the waltz, jive, and cha-cha. The fitness unit focuses on weight training, flexibility, and nutrition.

* **Physical Education 10 with Enrichment in Hockey**

The grade 10 Physical Education course with enrichment in hockey requires an application (link on the FHS Guidance page). Experience in hockey is essential. The course focuses on dry land training early fall and then into the rink for skill development for 3 days a week using Hockey Canada Skills Academy as a resource. This course is open to both males and females.

**Grade 10 Visual Art**

* **Visual Art 10**

The grade 10 Visual Art course is a continuation of the grade 9 art program. The students will explore design, drawing, painting, printmaking, sculpture, art history and appreciation. The students are required to pay a $20 studio fee to help cover the cost of materials.

**Grade 10 Music Courses** **(Students may only take ONE music course**)

All Grade 10 music courses will cover the same outcomes—the main difference is the choice of instrument available in the different options.  Read carefully below before choosing!

* **Guitar Class 10**

The instrument used to deliver this program will be the acoustic guitar.  It is intended for beginners; however, more advanced guitarists may want to take this course with the understanding that more advanced playing material will be required.  Note reading (not tabs!) is one part of the playing requirement; another is strumming chords to accompany singing (your own or others’).

**Grade 10 Music Courses** **(Students may only take ONE music course)………continued.**

* **Piano/Keyboarding Class 10**

This course can accommodate both students who began playing piano in the Grade 9 course and those who are more experienced.   Given the many ability levels of the class, each student will be encouraged to work at his/her own speed and demonstrate musical growth throughout the semester.

* **Instrumental Class 10**

This is a full semester course available to students who already play a wind, percussion, or string instrument.

* **Choral 10**

This is a full-semester course available to students who have an interest in singing and developing their voice.

* **Beginner Band 10**

This course is meant for students who do not have band instrument experience but would like to learn—perhaps you missed the opportunity in middle school or came from another school where it was not offered.  Woodwind, brass, and percussion options will be available—you will get the chance to try a few instruments before you choose one to work on for the remainder of the semester in a concert band setting.

**Grade 10 Broad Based Technology (BBT) (Students may only take one BBT course)**

* **Skilled Trades ($15.00 fee)**

The Skilled Trades option provided an opportunity for a limited number of students to explore practices and skill required for careers in trades/technology fields. Skilled Trades Module titles and topics include:

Workplace Skills

* Employability Skills
* Safety
* Creative Design

Building Systems Technology

* Electrical Wiring
* Plumbing

Manufacturing Technology

* Materials Processing
* Fabrication of Products

Mechanical Services Technology

* Internal Combustion Engines
* **Information Technology 10**

Information Technology Modules include Extreme 3D Animation, Desktop Publishing, Robotics, MasterCAM CNC Programming, Graphic Design-Illustrator, Graphic Design-Sign Making, Digital Photography, Digital Video Editing, Digital Music, Digital Imaging, Computer Assisted Drafting, Web Page Design, Directive Interactive Animation, Multimedia Design, Problem Solving and Geographic Information Systems.