

2025-26: Grade 7 Complementary Course Descriptions

The following courses are being proposed for the 2025-26 school year. The final decisions on which courses will be offered are based on student interest and staffing factors.

Students will make their course requests in the Spring. Best efforts will be made to honor student requests, but placement in a specific course is not guaranteed.

Please note that some courses have a slightly different name in PowerSchool.

Fee	Course Description
ART	
20.00	This course will introduce students to many techniques and mediums to allow them to find their passions in visual arts. This may include paint pens, acrylic paint, tempera paint, oil pastels, water colour, still-life sketching and more! Students will learn how to use these mediums correctly and will be introduced to skills such as shading, blending highlights, colour theory, and proportion. Additional projects using other techniques and materials will be included as well.
BAND	
100.00 Rental 20.00 Supplies	Band 7 is a full year course that allows students to learn a Concert Band instrument, play as a part of an ensemble, and experience live performance. Students will select an instrument from the Woodwind (Flute, Clarinet, Saxophone) or Brass (Trumpet, Trombone, Euphonium, Tuba) families. The Instrument Rental Fee covers the rental and use of an instrument. The supply fee covers student specific supplies such as cleaning tools, reeds, valve oil, etc. Students may waive the Instrument Rental Fee if they wish to rent their own instrument or if they own one. Most students are beginners and will complete the instrument selection process in September. <i>Students with previous experience on an instrument may play it or select a second instrument.</i>
COMMUNICATION TECHNOLOGIES: PHOTOGRAPHY	
20.00	In this class, we will explore different digital photography styles, focusing on the rules of composition. We will be experimenting with different settings and features. Once all of the photos have been taken, we will dive into the world of digital editing and creating the yearbook.
CONSTRUCTION	

30.00	Simon Fraser Construction is a hands-on project-based program intended to develop students' 3-dimensional problem-solving abilities, critical thinking skills, as well as mechanical and manual literacy. The Construction program is divided into beginner, intermediate and advanced project work. Students work independently and in small groups to complete projects. Students are marked, on the quality of completed projects, their ability to overcome the challenges and problems they encounter as they work through the projects, and their ability to evaluate or appraise their own work in order to take steps to improve it.
DANCE	
	Students will learn a variety of dance techniques such as jazz, modern, hip-hop, funk, lyrical, swing, African and tap. Most styles are to current, popular music. Besides learning the dance steps and combinations, students will also learn about the history of the different dances – where they came from and how they have developed through the years. Students will learn choreographed pieces and have the opportunity to choreograph their own. The goals of Dance 7 are to develop and improve dance technique, flexibility, rhythm, strength and general fitness; as well as to develop an appreciation for different dance styles, to have fun with music and to have the opportunity to perform. The class is open to all students from beginners to experienced dancers.
DESIGN STUDIES: YEARBOOK	
	Yearbook Exploratory will be a combination of grade 7 students working together to develop an innovative yearbook which records our school's memories and events. Students will gain skills in one or more of the following areas: page design, publishing techniques, copywriting, editing and photography.
DRAMA	
	In Drama 7, students explore the five disciplines; acting, movement, speech, theatre studies, and technical theatre. Drama specifically explores live performance through structured play, improvisation techniques, and analysis. Working in small and large groups, students participate in a variety of creative projects through the units of tableaux, public speaking, script writing, and character study. Throughout this course students will see an emphasis on interpersonal skills, self-confidence, and positive self-image.
FASHION	
25.00	This course is designed for beginners who want to learn the essential skills and techniques of hand sewing and machine sewing. Participants will gain a solid

	foundation in basic stitches, fabric handling, and projects construction through hands-on practice and guided instruction. Students will learn how to safely use and care for sewing equipment and apply these skills during project assembly.
FOODS	
45.00	In this course, you'll learn the basics of meal planning, reading recipes, measuring ingredients, and using kitchen tools — all while keeping food and kitchen safety in mind. Plus, you'll get to work with a kitchen team to prepare a variety of recipes and enjoy the food you make together!
FRENCH	
	French will be offered as a full year course. Students will complete their French hours during this time frame. The focuses of this class are grammar basics, sentence structure, verb conjugation, creating French projects using technology, project-based learning and group work. Themes covered during the year include <i>l'école</i> (school), <i>les personnes autour de moi</i> (the people around me), <i>la météo</i> (weather) and <i>les celebrations et les fêtes</i> (celebrations).
LEADERSHIP	
	In Leadership 7, students will be involved with service and leadership to the Simon Fraser community. Student leadership and service development is integral to developing a positive school culture. Leadership teams will learn about the power of collaboration and effective communication skills while planning and executing numerous projects that focus on the betterment of our community. Students will support the school by: preparing materials for school-wide events, raising awareness about important issues; and possibly fundraising for charities.