

Grade 5 & 6 Option Guide

2024/25 School Year



**Sturgeon Heights School
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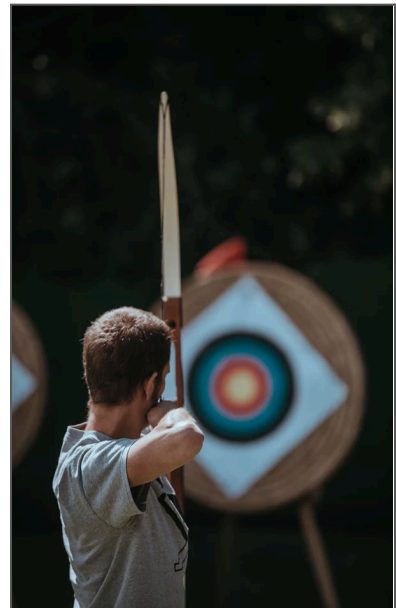
Introduction

At Sturgeon Heights, we work hard to offer a wide range of complementary courses to meet the needs of a variety of student interests.

Some options require additional fees to help support material, field trips, and transportation costs.

Course offerings are subject to change based on Alberta Health Guidelines, student interest, teacher availability and timetable constraints. Fees are also subject to change.

Students will choose one option each term for a total of **five** option courses per year. Students placed in the STEAM Academy will only participate in STEAM for the entire year. We do our best to accommodate students' top choices for course selection.



ATHLETICS		
Basketball	<p>Have you ever wanted to develop skills useful for coaching, fitness leadership, sports performance, and leading recreational activities?</p> <p>In this course, you will have the opportunity to learn the rules of basketball, skills associated with basketball, strategies used in gameplay, how to design and run a practice, and other athletic principles and skills related to physical activity.</p>	FREE
Field Sports	<p>Have you ever wanted to develop skills useful for coaching, fitness leadership, sports performance, and leading recreational activities? In this course you will have the opportunity to learn the rules of various field sports (lacrosse, soccer, ultimate Frisbee, flag football, and others), skills associated with those sports, strategies used in gameplay, how to design and run a practice, and other athletic principles and skills related to physical activity.</p>	FREE
Fit for Life	<p>Students will focus on creating life-long active and healthy lifestyles with the benefit of building athletic skill and leadership qualities.</p>	FREE
Outdoor Education	<p>Outdoor Education is a course allowing students to develop the knowledge, skills and positive attitudes which will contribute to their enjoyment of outdoor pursuits. Students will have a chance to participate in a variety of outdoor related experiences and environmental learning. Students must be dressed for the elements including inclement weather.</p>	\$10
Racket Sports	<p>Have you ever wanted to develop skills useful for coaching, fitness leadership, sport performance, and leading recreational activities?</p> <p>In this course you will have the opportunity to learn the rules of various racquet sports (badminton, pickleball), skills associated with those sports, strategies used in gameplay, how to design and run a practice, and other athletic principles and skills related to physical activity.</p>	FREE
Volleyball	<p>Have you ever wanted to develop skills useful for coaching, fitness leadership, sport performance, and leading recreational activities?</p> <p>In this course you will have the opportunity to learn the rules of volleyball, skills associated with volleyball, strategies used in gameplay, how to design and run a practice, and other athletic principles and skills related to physical activity.</p>	FREE



CITIZENSHIP		
Entrepreneurship	In the class, students will learn the basics of how to run a small business including profits, losses, and balancing. Students will create a business that they can share with the school community at a school-wide event.	FREE
Food Basics & Nutrition	In this course, students learn fundamental basic food preparation skills that align with the Alberta Food Guide. They will explore leader nutrients, what they are found in, and how such foods affect physical and mental performance. Students will be given the tools to choose and prepare healthy meals.	\$30
Innovate Jr.	This option will serve as an introductory class to our Innovate 360 Academy, which focuses on student interest through project based learning. Students will select a topic of interest and develop a project to demonstrate their learning. In the past, students have developed podcasts, videos, murals, and school improvement initiatives.	FREE
Intro to Baking	During this term, students will learn about kitchen safety, basic nutrition and make some great recipes. For example, we will be making some no bake foods such as yogurt parfaits, and banana splits and trying our hand at grilled cheese sandwiches, and omelets. This is a great class to learn some basic skills and eat your projects.	\$30
Leadership	Students will promote school spirit by planning and organizing student activities and initiatives. Students may also be involved in leadership and citizenship ventures in the greater St.Albert community. Students are expected to be positive role models and responsible leaders.	FREE



FINE ARTS		
Art	This class will provide an opportunity for you to explore several different mediums in order to express yourself personally. This will include painting and a 3D model construction.	FREE
Cosmetology	In this introductory course, students will develop an understanding and appreciation for grooming, personal/professional image and practices. They will develop basic knowledge and skills in the cosmetology and esthetics industry and demonstrate safe and sanitary grooming practices. The course will be enhanced through multimedia, guest speakers, theory and practice.	\$20
Digital Arts	Students will use a variety of technology and web based applications and platforms to create art. Visual art is described as “a visual object or experience consciously created through an expression of skill or imagination”. Students will explore different mediums and expressions in digital art.	FREE
Drama	Students will explore the world of dramatic arts, including games, improvisation, and scripted drama. Skills developed will include movement, voice, and expression. Our overall aim is to ensure that students are having fun, learning and gaining confidence!	FREE
Fashions	Would you like to learn about designing, manufacturing and creating clothing and other textile products as well as study the history, sociology and economics of clothing and textile art? In this course you will learn basic sewing skills, and how to design, work-on and showcase simple sewing projects based on student interest.	\$20

STEAM ACADEMY		
STEAM Academy	<p>Are you interested in designing and creating your own unique hands on STEAM projects? From 3D printing to cardboard construction to coding to graphic design projects..Students will have an opportunity to code robots, 3D printing, hands-on science and other highly engaging projects.</p> <p>**Please note that if you register for 5 / 6 STEAM Academy, you will be enrolled in that class for all Terms 1-5, and not have other Option classes.</p>	\$350/full year

