



**École Manachaban Middle School
Grade 7 Option Courses
2025-2026**

Discuss these options carefully with your parent(s) before finalizing your preferred choices. Choose something that interests you, and don't be afraid to try something different!

You will be filling out an online google form. You can only fill out the form once, so please make sure you fill it out correctly. There are 2 option blocks per term (block A and block B) and you will be choosing your top 3 choices for each block, in each term.

Important to note: Band is a full-year course; students are expected to complete all 3 terms in these courses if they are selected.

***** All option courses are dependent on adequate student enrollment and can change throughout the year *****

Full Year

Band-Concert Band (\$45 plus cost of rental instrument)

Band: Learn to play an [instrument](#), read music, and play within a group setting! Band 7 is a participation and performance-based program, which is a continuation of Band 6. Students



should expect to be playing their instruments every class and to complete at-home practice during the week.

If you join Band, you will have the chance to learn the concepts and skills to develop as a musician, team member, and performer. We take special trips throughout the year to see different performances and bond as a group. This past year, throughout the different band ensembles, students took part in an overnight camp to Camp Evergreen with clinicians and a guest conductor; they participated in a band festival; watched a Cochrane High musical together; and even attended a Calgary Philharmonic Orchestra rehearsal!

NOTE: Band students will participate in a band camp, clinics, 1-2 festivals and 2 evening concerts at Manachaban (dates TBD). **This is a full-year option.**

Termed Options

Photography and Digital Editing (\$5)

Explore the fundamentals of photography and design, including lighting, composition, and the rule of thirds. Students will also use open-source tools like Photopea to edit, manipulate, and enhance their digital images through creative projects.

History of Rock 'n' Roll (No Cost)

Take a musical journey through time! Students will learn about the roots and evolution of rock music, key artists and bands, influential movements, and how this genre has shaped modern culture.

Introduction to Electric Guitar (No Cost)

Learn to play the acoustic guitar from the ground up. Students will explore guitar types and parts, reading notes and tablature (e, b, g strings), basic rhythms (whole, half, quarter, eighth notes), chromatic scales, playing a variety of chords, and learning different tunes.

Hockey (\$110 per term)

This hockey class is a great opportunity for students to build foundational skills in skating, passing, and shooting. With around 25 on-ice sessions over two terms—once per week—it offers consistent practice and development in a fun, active environment. Parents will be responsible for getting equipment to the arena.

Film Studies (no cost)

If you love different types of movies and would like to explore the elements used by film makers to capture our imaginations, then FILM STUDIES may be an option for you! Students will watch and analyze several films chosen by the teacher. They will have the opportunity to explore elements of film used by film makers to capture the audience and delve deeper into the movie review process.

Flag Football (no cost)

This class focuses on the basics of flag football, including throwing, catching, route running, and defensive positioning. Students will learn the rules of the game, develop fundamental skills, and practice offensive and defensive plays. The focus is on teamwork, strategy, and game play in a safe, non-contact environment.

Fly Fishing (\$60)



This class will introduce students to the many topics of fly-fishing. We will learn about fly casting, gear, knots, reading water, regulations, understanding trout habits, fish handling, conservation, and many more exciting topics. Included in the course fee: all equipment, flies, and a field trip to Mitford Pond. There will be an extra cost for a field trip to Kananaskis.

Recycled Art (\$10)

Students will use different recycled materials (wood, cardboard, tin, etc.) to create interesting artifacts. They will also research ways in which some real-life artists make it their environmental goal to create art while minimizing the footprint on the environment.

Fitness (No Fee)

Are you interested in being active? Have you wondered how to build a proper workout plan? This class will dive into basics of cardiovascular and strength training as well as flexibility. Be prepared to exercise as we set fitness goals and crush them in this class.

Fly Tying (\$60)

This class will be all about how to tie flies used for fly fishing. We will learn about different insects and other food that trout consume, and tie patterns that replicate them. Included in the course fee will be all fly-tying tools and materials.

Outdoor Low Organized Games (No Fee)

Do you like Physical Education? Learning new games? Being active? This is an option that teaches students new game(s) every day, and then we have a chance to play them. With no gym space students will need to be prepared to go outside every day.

Ultimate Frisbee (\$15)

An introduction to an exciting, non-contact team sport played by thousands all over the world. Ultimate is a fast-paced game, demanding its players to develop razor sharp throwing skills and immense stamina and agility. Additional fees for a field trip may apply.

Shop-Hand Tools (\$50)

In this class you will be creating projects using hand tools. We will study the lost art of creating wood projects using hand tools such as coping saws, hand saws, hand sanders wood glue, hammers, nails etc. This course will encourage patience and a passion for detail while creating projects.

Learning Strategies (No Fee)

Struggling with organization? Worried about how you'll keep up with the workload in junior high school? If so, Learning Strategies is the option for you! In this course, students will learn about organization, study strategies, coping with deadlines, and how to best ensure that they will be successful in their school subjects. Through fun activities and regular organization/study blocks, this course helps students to take control of their learning in junior high. This is an opportunity for students to complete outstanding work, if a student doesn't have work to complete, they will be given tasks related to literacy/numeracy/organization

Street Hockey (No Cost)

Whether you're a beginner or a seasoned hockey player, this option is for you. This outdoor class offers skill development, competition, and exercise through organizing and playing games and tournaments.

Outdoor snowshoeing/cross-country skiing/winter hiking (no cost)



This is an outdoor option that will teach students how to snowshoe/cross-country ski or – weather dependent – go for an outdoor winter hike. You do not need to bring your ski/snowshoe equipment to school, you just need to be prepared with the appropriate clothing to go outside! Optional field trips up to \$75

Sketching (\$20)

If you enjoy drawing- This is the course for you. Learn different sketching skills to add to your toolkit. You will have the chance to develop your strengths as an artist and explore skills you may be less familiar with through the creation of sketching projects of your choice.

Outdoor sports performance (no cost)

Do you like physical education? Challenging yourself? Being active? This is a sports performance option offered to students who want to compete against THEMSELVES to get better. Running/jumping/throwing/Push-ups/Planks/Wall-sits/Working with agility ladders/Building obstacle courses, etc. To some people that sounds like torture...but to you, this sounds amazing!

Sports Studies (No Cost)

If you would like to learn more about sports video analysis, statistics, dryland training, and developing your overall sports IQ, check out this option!

EZ Snacks (\$32)

If you would like to improve your skills in the kitchen by learning how to make quick easy snacks that could help you in your everyday life. Check out EZ Snacks.

Boundaries, Baggage, and Breakups (No Cost)

In this option, you will learn how to navigate different types of relationships. You will learn how to identify toxicity, manipulation, and learn coping skills when dealing with the complexities of relationships in life.

Coding (no cost)

In this course students will study the employment opportunities which may arise through coding capabilities. They will then engage in a self-paced course (Introduction to Game Lab) in which they will work their way to creating a simple game. Students will also have time to explore Coding of their own through different sources, and work on any project they are working on using code. This course is a fun way to improve your coding skills whether you are a beginner, or an advanced coder.

Golf (\$10)

Students will develop fundamental skills like grip, stance, and swing technique while exploring different clubs and shot types. We'll cover the rules of the game, basic golf etiquette, and strategies for playing on a course.

*There will be a field trip fee associated with an optional field trip.

Grade 7	<u>Block A</u>	<u>Block B</u>
Term 1	Band Fly Fishing Film Studies Hockey	Flag Football Outdoor Low-Organized Games Sketching Photography and Digital Editing



	Sports Studies	TBA
Term 2	Band Fly Tying Coding Hockey EZ Snacks	Fitness Outdoor Snow Sports Learning Strategies History of Rock n Roll TBA
Term 3	Band Street Hockey Recycled Art Ultimate Frisbee Boundaries, Baggage, and Breakups	Sports Performance Golf Shop (Hand Tools) Introduction to Acoustic Guitar TBA