

CHEMAINUS SECONDARY

2026-2027

ELECTIVE COURSE GUIDE



ACTIVE LIVING 11 AND 12



In this course, students will engage in a variety of recreational activities in different environments

While we may play sports such as basketball and volleyball the course is more geared towards alternative activities like runs, hikes, workouts and identifying preferred activities that are good for your overall health and personal well-being.

ACTIVE WELLNESS & COMMUNITY CITIZENSHIP 11 AND 12

A senior physical education class that will not involve sports
Movement every class that is focused on everyday life and personal wellness.

Hiking & Beach Combing
Pilates & Functional Fitness
Stretching & Mobility Focused Exercise
Community Yardwork & Cleanup
Explore Community Options
(Ex. Hive Collective, Motus Fitness)

Suggestions will be welcomed!



A class to prepare you with movement strategies, applicable to longevity and an active you for life!

This class will satisfy the Active Living 11/12 physical activity hours.

Serve's up for rapidly growing school volleyball program under teacher's direction

Published 3:20 pm Thursday, October 19, 2023

By Don Bodger



VOLLEYBALL PE

8 - 12

- This is a semester course for students who are invested in volleyball.
- Students who have demonstrated competitive skills and have or would like to play on a volleyball team with Chemainus athletics.
- Or, students that are passionate about our volleyball program and want to build their own volleyball skills and have a role as a minor official or team manager within the program.



BASKETBALL 8 TO 12

- **This course will provide an opportunity for young basketball players to train and learn about the sport of basketball. The course will provide an avenue for students to develop their basketball skills, leadership, and character.**
- **Areas of exploration will include techniques of individual offensive and defensive play; team concepts and strategies for offence and defense; strength and conditioning; coaching and leadership theory; injury prevention; and nutrition.**
- **In addition, this class will look for opportunities to help lead younger students within Chemainus Secondary School and the community.**

FITNESS AND CONDITIONING 11 AND 12

Students will develop their personal fitness and conditioning

They will gain a basic understanding of human anatomy and physiology such as how to train muscles to improve overall fitness

Students will take part in circuit training; learn how to use weights and equipment properly/safely, learn how to create workout routines and programs aimed at meeting personal goals



ATHLETIC LEADERSHIP 10, 11, AND 12

Students will have the opportunity to develop their social, and interpersonal skills, and allow them to contribute to advancing the athletics culture at Chemainus Secondary School and within the local community. In addition,

Students will develop their leadership skills by mentoring their peers in Physical Health Education classes, organizing and managing sports tournaments, refereeing and scorekeeping sporting events, volunteering at school/community events, and participating in a variety of physical activities designed to promote their personal health and well-being.



FITNESS FOR ALL ABILITIES



THE CHILLEST CLASS IN THE SCHOOL



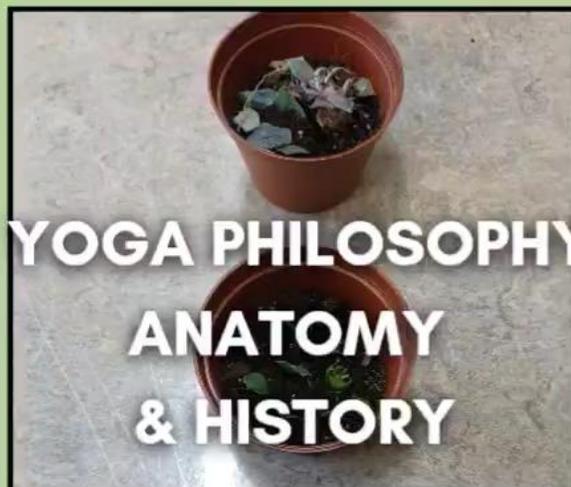
MEDITATION

MYTHS CORRECTED

- You don't need to be flexible!
- You don't need prior experience.
- You don't need to be a girl!



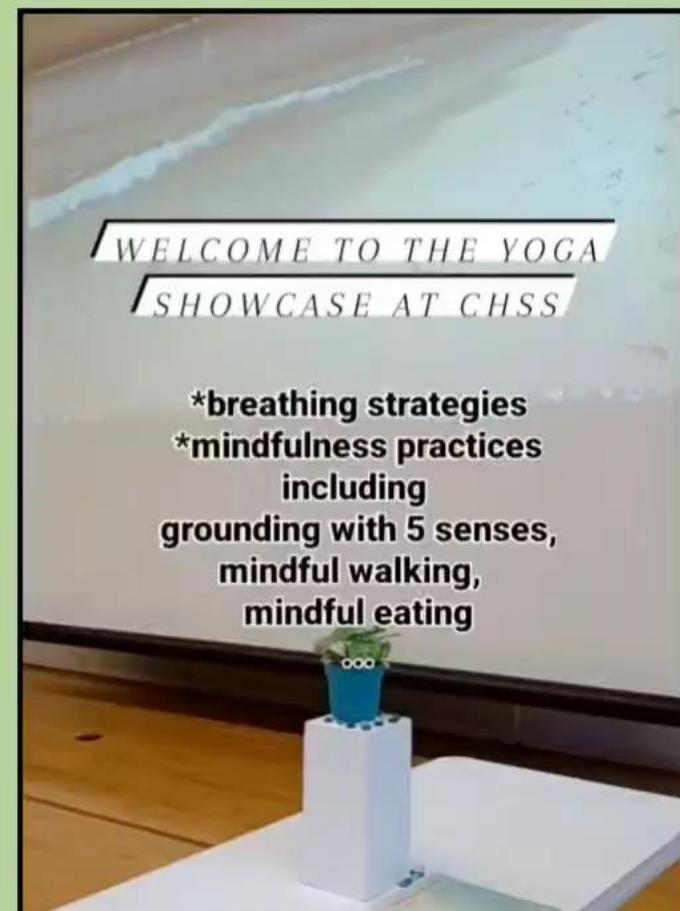
TIME OUTSIDE



**YOGA PHILOSOPHY
ANATOMY
& HISTORY**



**CHOICES FOR
SELF-CARE &
MINDFULNESS**



**WELCOME TO THE YOGA
SHOWCASE AT CHSS**

- *breathing strategies
- *mindfulness practices including grounding with 5 senses, mindful walking, mindful eating

ART STUDIO 8-12

Students will have the opportunity to create art pieces in various mediums including **drawing, painting, printmaking, sculpture and mixed media**. The connection between art and communication, critical thinking and personal and social responsibility will be explored.



LIFEOLGY

What do we do?

- Explore Psychology and Sociology
- Study how people think, feel, and behave
- Examine how society influences individuals
- Looks at culture, social norms, and human interaction
- Learn how researchers study behaviour
- Hands on, project based learning



Topics Covered

(Subject to Change)

- Psychology and Personality
- Agents of Socialization
- Social Media
- Maslow's Hierarchy of Needs
- Stereotypes and First Impressions
- Influence, Aggression & Obedience
- Conformity and Social Norms
- Stress and the Brain
- Mental Illness and Freud's Theory
- Society and Culture
- Positive Psychology



Who it would benefit?

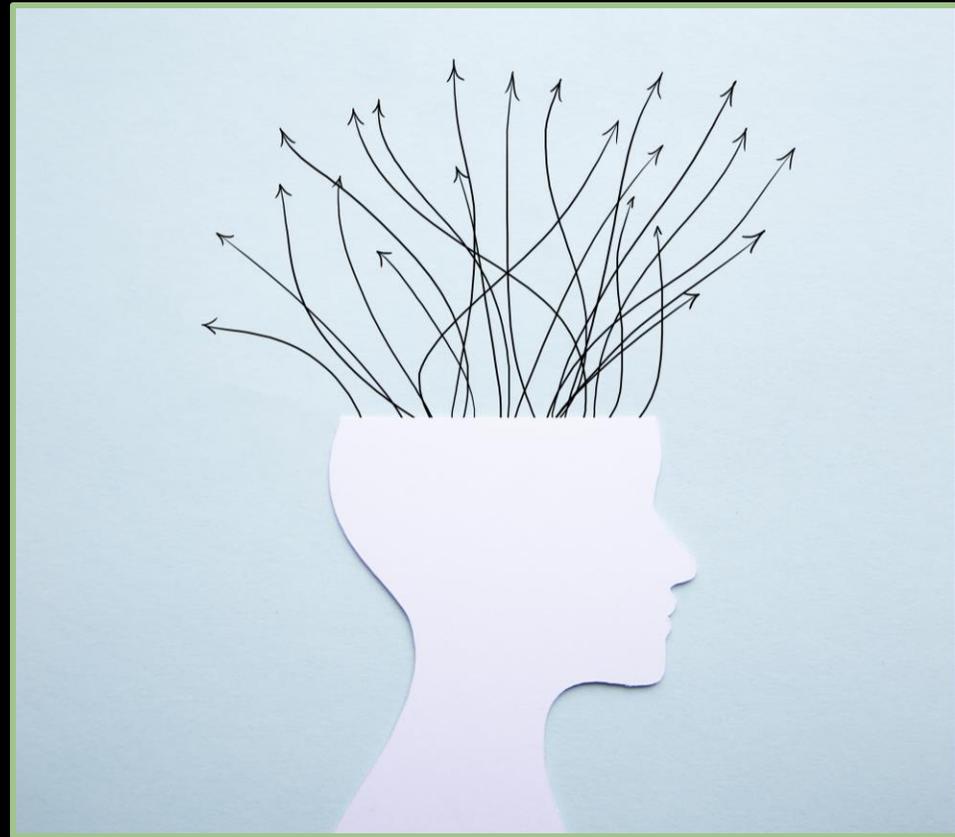
- Psychiatrist
- Counsellor
- Social Worker
- Teacher
- School Counsellor
- Lawyer
- Police Officer
- Criminologist
- Forensic Psychologist
- Marketing Specialist
- Psychologist
- Sociologist
- Anthropologist
- Nurse
- Child & Youth Worker
- EVERYONE

Have you ever wondered...

- Are sociopaths born that way or is it their environment that shapes them?
- How do people develop phobias?
- Why do some people conform, while others don't?
- Do advertising techniques really work?

PSYCHOLOGY 11 AND 12

Psychology introduces students to the scientific study of human behavior and mental processes, emphasizing how psychological knowledge informs decisions and daily life. Students explore the mind–body connection through inquiry and experimentation, seeing how scientific understanding helps individuals and communities adapt. Grounded in BC First Peoples Principles of Learning, the course is holistic and experiential, involving experiments, lab reports, and investigations into psychological theories and applications. Learners critically evaluate media influence, examine approaches to healthy living, and reflect on personal and cultural perspectives. This course builds scientific inquiry skills, adaptability, and critical thinking, preparing students to apply psychological principles in real-world contexts.



DANCE 8-12

Physical and Creative Training

Students develop movement skills, flexibility, and dance techniques through varied physical and creative activities.

Cultural and Social Significance

Course explores dance as an art form expressing identity, emotion, and cultural stories across communities.



Creative Exploration and Choreography

Students create original choreography, express personal stories, and develop artistic independence.



Collaborative Performance Experience

Participation in group projects and a final dance showcase enhances teamwork, confidence, and stage presence.



Where dance brings us together..
We move together & grow together.
Come join our Dance Family.



YOGA & DANCE 8-12

PHE isn't your jam? Take this year long class which combines dance & yoga on a day one/day two schedule. You will receive a PHE credit for one course and an elective credit for the other course.



Students will deepen their breathing strategies and improve their flexibility



Students will explore different genres of dance choreography and styles.



DRAMA 8 to 12

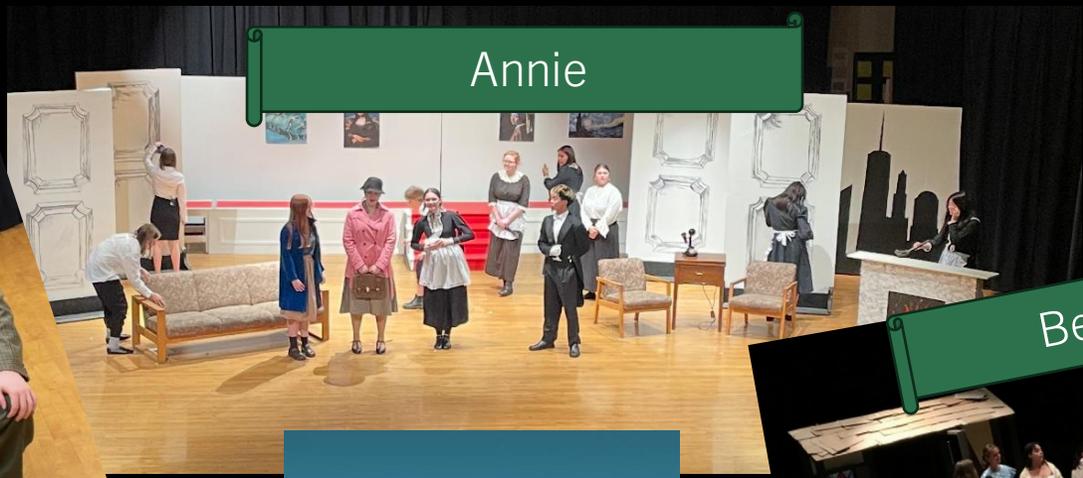


- Hands-on, active, performance-based course
- Build confidence, collaboration & communication skills
- participate in cooperative activities, improvisation, and basic acting techniques
- learn how to take creative risks in a supportive environment
- Be part of the annual drama performance

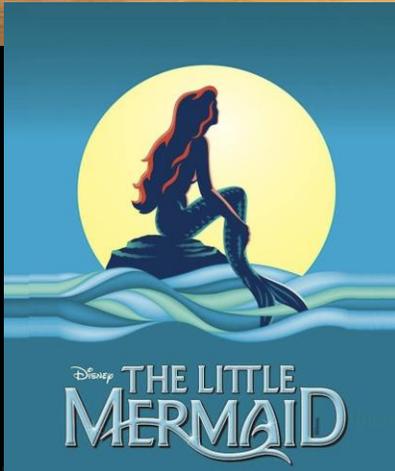
Spamalot



Annie



Beauty and the Beast



Murder's in the Heir



Wizard of Oz



Brother's Grimm Spectaculathon!



THEATRE PRODUCTION & STAGECRAFT 8 TO 12

What will you learn?

- How to design, build, and paint sets
- Various techniques for making props and costumes
- "Faux" painting techniques
- How to design light "looks"
- How to run the light and sound tech equipment
- Backstage skills like stage-hand, stage manager, props manager



Set Design

Light & Sound Design



Join the Band!

- Everyone welcome - no experience necessary
- Learn to play an instrument: flute, clarinet, saxophone, trumpet, trombone, tuba, percussion/drums
- Be part of a supportive, inclusive ensemble
- build confidence, teamwork, foundational musical skills
- play a variety of musical styles: pop/rock, movie soundtracks, traditional band repertoire
- Build skills & express yourself



A graphic of a musical staff with various notes and clefs. The staff is curved upwards from left to right. It features a treble clef, a bass clef, and several musical notes including quarter notes, eighth notes, and a half note. The background is white with a black border on the left side.

Love to Sing? Join Choir!

Develop your vocal skills by singing in a group

Reduce stress & learn to express yourself through music

Explore a variety of musical styles including contemporary/pop/rock and musical theatre

Perform opportunities may include festivals and community events

Discover the World of

COOKING!

LEVEL 1: FOODS 9/10

- ✓ Kitchen Basics & Essentials
- ✓ Classic Recipes & Food Trends
- ✓ International Foods & Flavors
- ✓ Fun, Hands-On Cooking



BUILD HEALTHY HABITS

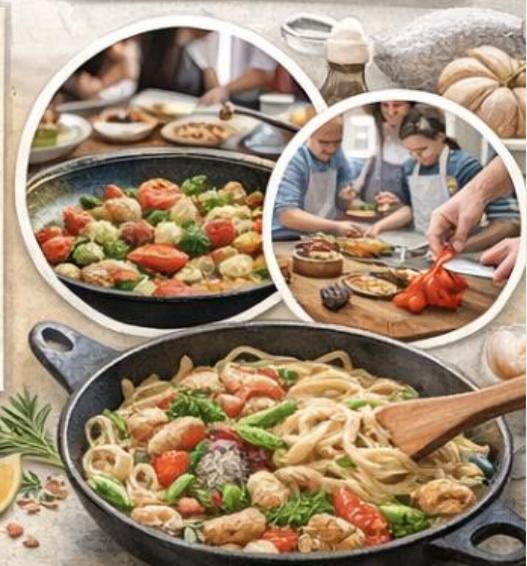
- ✓ Improve knife skills
- ✓ Learn smart nutrition
- ✓ Practice food safety

WHY TAKE THIS COURSE?

- ★ Master essential cooking skills
- ★ Explore new ingredients & cuisines
- ★ Work together in teams
- ★ Prepare tasty and healthy meals
- ★ Great for all skill levels!

LEVEL 2: FOODS 11/12

- ✓ Intermediate & Advanced Techniques
- ✓ Global Cuisine & Unique Ingredients
- ✓ Modern & Creative Recipes
- ✓ Team Challenges & Practical Skills



Love to Bake?

Turn Your Passion into Skills!



Learn Baking Techniques



Explore Baking Science



Get Creative with Food Art



Quick Breads & Pastries



Yeast Breads



Cookies & Cakes



Cake Decorating

What You'll Learn!

- ✓ Baking Theory & Practice
- ✓ Pro Tips & Techniques
- ✓ Presentation Skills
- ✓ Commercial Baking Basics

Join the Fun!

Perfect for Beginners & Aspiring Chefs!



Discover the Creative World of 

TEXTILES!



All Skill Levels Welcome!

 Learn NEW Textiles Skills 

 Express Your Creativity 

 Make Useful & Unique Projects 

Fun, Hands-On Learning!

TEXTILES 9-12

Learn & Create In Textile Arts:



Sewing



Knitting & Crocheting



Fabric Crafts & Macrame



Textile Design & Fashion

Possible Projects:

-  Clothing & Pajamas 
-  Scrunchies & Bags 
-  Pincushions & Plushies 
-  Scarves, Hats & Accessories 



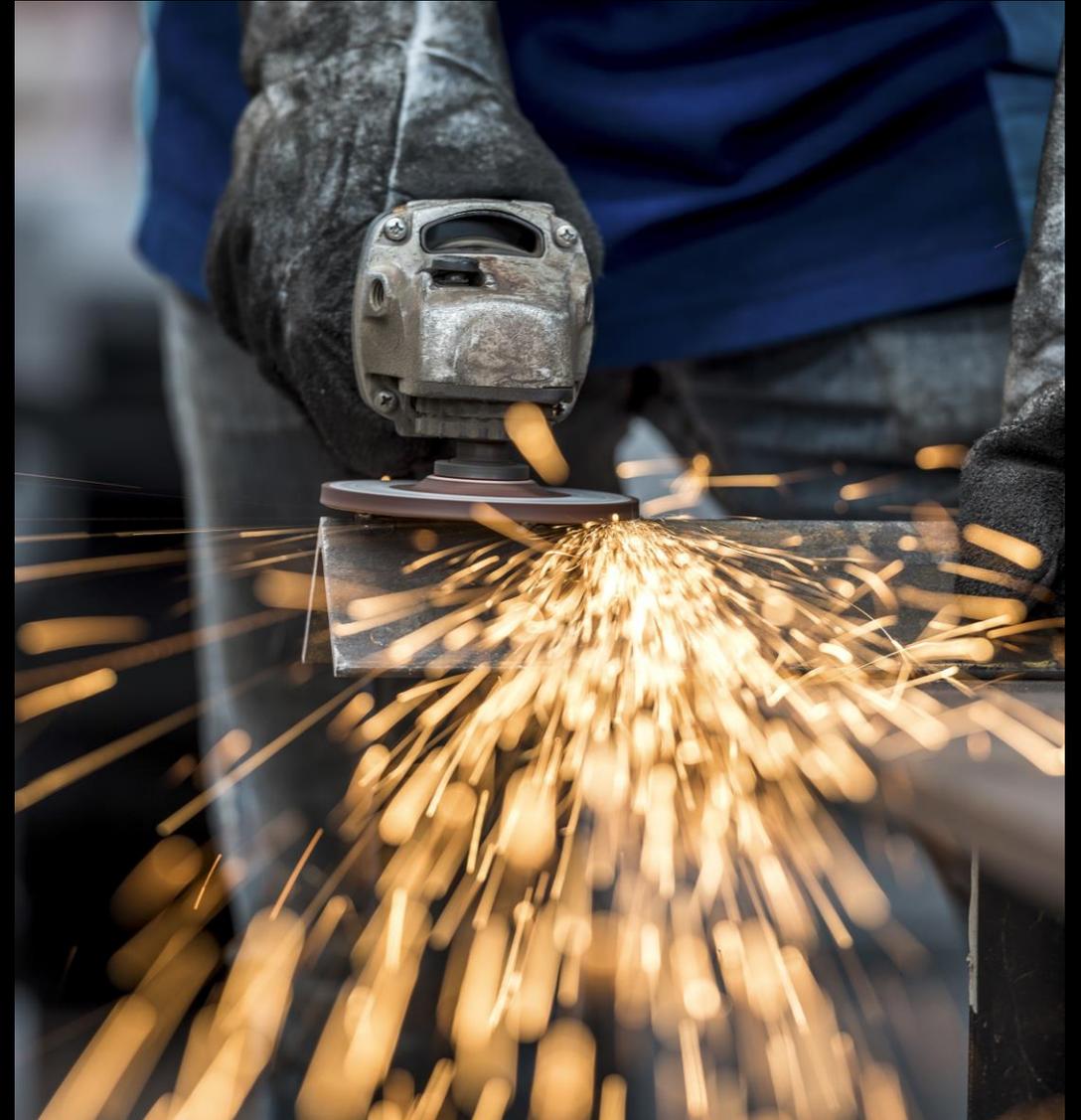


WOODWORK 8 TO 12

- Woodwork focuses on students developing their skills related to the care and use of woodworking hand tools, machines and materials; develop proper attitudes and practices concerning health and safety; develop the ability to select and to design projects that are functional, attractive and appropriate; develop a pride in good work and the ability to evaluate one's own accomplishments objectively; and develop proper attitudes towards work and towards relationships with others.

METALWORK 8 TO 12

- Metalwork is a project-oriented course designed to acquaint students with the safe use and operation of all machine shop equipment as well as foundry and welding equipment.
- Class and individual demonstrations will be given. The course content involves assigned projects as well as student-designed projects.



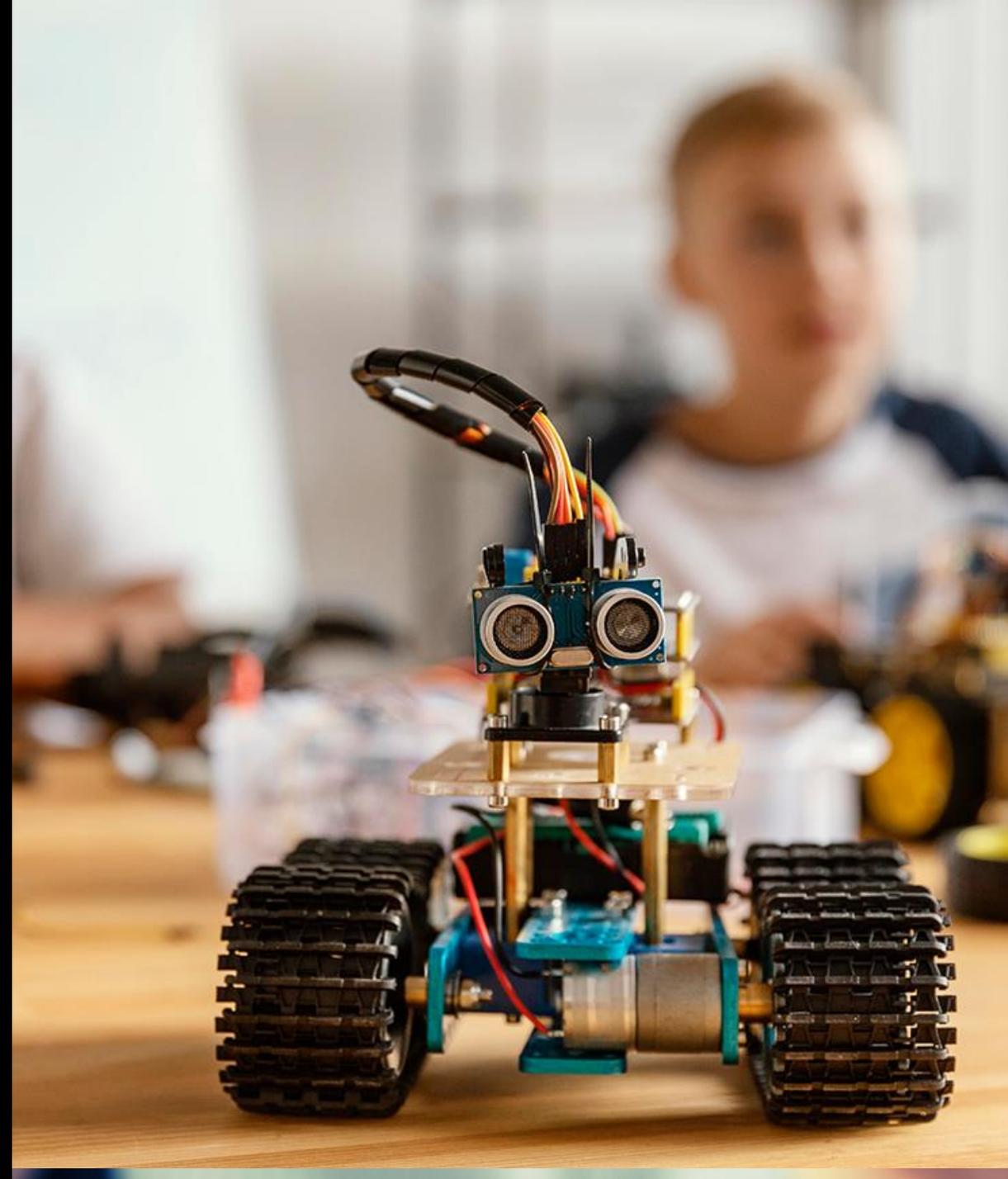
POWER TECHNOLOGY

- Power Technology 10 will introduce students to practical skills associated with the use of tools and equipment commonly used in a mechanical environment. Students will develop an understanding of the internal combustion engine by disassembling, inspecting, and reassembling a single cylinder small engine. Also, students will develop an understanding of the various systems involved in the operation and maintenance.



ROBOTICS & ELECTRONICS 8 TO 12

- Robotics & Electronics is all about how modern technologies work. From the code, to the motors and circuits, and how they all work together.
- The whole course is all about the projects, and you'll get to do everything from coding a lego mindstorms robot, to creating your own functional miniature piano and video game controller.
- Every semester there is a big Sumo bot competition to see who will claim the championship.
- Things start to get even cooler when you take the course again...





COMPUTER PROGRAMMING 8 TO 12

- Computer programming is where you can go to learn how to code. You will learn several different programming languages and get a strong grip on how things work on a fundamental level in your computers.
- Learn everything from how to make simple games, to encryption and decryption.
- Excellent for people who want to set themselves up with a good job out of highschool or step into the world of game development more seriously.

PHOTOGRAPHY 8 TO 12

- Photography is a course that focuses on students getting hands on experience with digital cameras, and the technologies associated with the field of photography.
- Learn how to digitally edit your photos with photoshop and lightroom.
- Learn how to use all sorts of photography equipment, from proper studio lighting to photography drones.
- Master the artistic side of the craft by learning composition techniques
- Nature photography - when the weather is nice we have all sorts of cool places near the school





COMPUTERS 8 TO 10

DIGITAL MEDIA & MEDIA DESIGN

- All the things around us that we do for fun were made by people who are experts in digital media. Watch a video? Somebody had to edit it. Play a game? Somebody had to code it. Listen to music? Somebody had to record it.
- Photoshop and image editing: Learn how to create and edit images. Don't let your memes be dreams!
- Filming and video editing: Script and film your own movies, learn how to create special effects.
- Digital music creation: Make chill beats or something more exciting.
- Coding and game design: Make your own game, learn how to write some code
- 3D modeling and animation: Learn everything from how to create your own object from scratch, then learn how to do everything from 3D print them, to rigging them to make your own animations.

YEARBOOK JOURNALISM 10 TO 12

Ever wanted to have a say in how the yearbook gets made?

Capture all the fun spirit days and school events with our team.

Learn how to design pages, take good shots of events and make sure the school year is remembered forever.

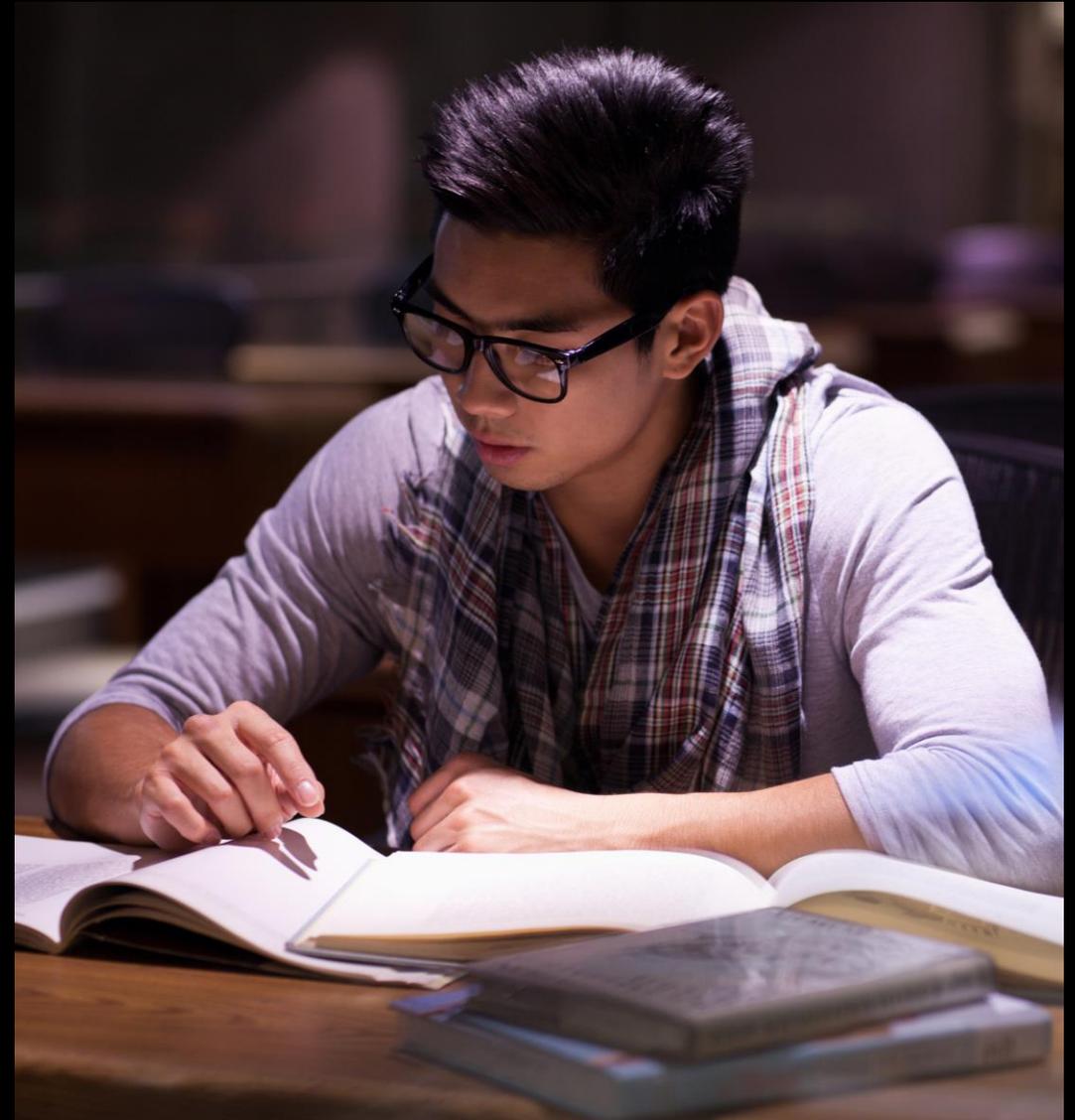
Super cool to hold the book in your hands at the end when you know you are the one who helped make it.





INDEPENDENT DIRECTED STUDIES 10, 11, AND 12

- *Do you have an area of interest/passion that we don't have a course for? Did a course you have already taken pique an interest in delving deeper into one aspect? Would you like to "chart your own course"? Then IDS is for YOU!!*
- Independent Directed Studies (IDS) allows students to initiate their own learning under supervision. The IDS course allows students to:
- Pursue learning outcomes that extend beyond those normally taught in the classroom
- Study one or more learning outcomes in depth or study more broadly a wide variety of learning outcomes from a single course.
- Pursue studies independent of the classroom schedule.
- In order to participate in an IDS course, a student must have demonstrated the ability to work independently. An IDS course must be based on approved curriculum.
- Working with an educator, students will help design, plan and evaluate his or her work. During scheduled time students can expect to set weekly goals, create inquiry questions, develop project criteria, maintain a project journal, work with a community mentor, complete project research/assessments/presentations, work on project requirements.
- Some examples of studies students may pursue sustainable resources, textile design, computer animation, coaching studies, script writing, entrepreneurship, music composition, cultural studies, marine biology.



FRENCH 7 TO 9



- Reading, writing, listening and speaking activities are emphasized. The course content of French 8 is reviewed extensively. Students learn French through highly engaging stories relating to a variety of topics such as fashion, inventions, friendship and advertising.
- The activities will include projects and much oral participation. Movies are shown in French with English subtitles, and/or vice-versa.

POST SECONDARY PREPARATION 12

- Post-Secondary Preparation 12 is a practical, hands-on course designed for Grade 12 students who want focused support in planning for life after high school. Over one semester, students will explore post-secondary options, understand admission requirements, and prepare strong applications for universities, colleges, and trades programs.
- A major component of the course is scholarship preparation—students will learn how to research opportunities, create a scholarship resume, write essays, and request reference letters. Additional topics include budgeting for post-secondary costs, navigating financial aid and student loans, and accessing academic and health supports. Career exploration, stress management, and strategies for maintaining a healthy school-life balance are integrated throughout the course.
- **Why Take This Course?**
- Gain confidence in applying for post-secondary programs
- Maximize scholarship and bursary opportunities
- Build a personalized transition plan for life after high school
- Learn essential skills for success in post-secondary education
- **Key Topics:**
- Post-secondary research and application processes (Canada, U.S., and abroad)
- Scholarship search and application strategies
- Financial planning and budgeting
- Career exploration and employment trends
- Study skills and personal wellness
- This semester-long course is highly interactive, with guest speakers, hands-on workshops, and real-world application tasks. Success depends on active participation and completion of assignments, culminating in a graduation transition plan and exit interview.





PEER TUTORING 10, 11 AND 12

- Peer Tutoring is designed to challenge students who are motivated, cooperative, and skilled. Tutors are responsible for helping others to learn. In the process, tutors learn theory, including: **(Must have pre-approval from a counsellor*)**
- Study habits
- Learning styles
- Communication skills
- Memory techniques
- Productive thinking skills

WORK EXPERIENCE 12

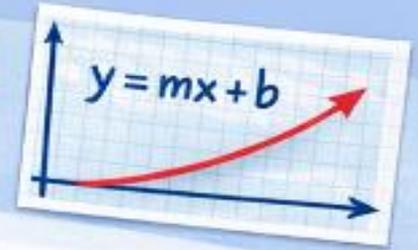
- Work Experience 12A and 12B students complete a minimum of 100 hours of Work Experience and activities to receive **4 course credits**.
- In these programs students explore a particular focus area, or career interest (see chart below), participate in workplace learning, and prepare for transitions to the workplace or to further education and training at a post-secondary institution.
- Participation in a Career Program is acknowledged on a student's Graduation transcript.



Chemainus Secondary

Math Offerings

After Grade 9



Grade 10

Foundations & Pre-Calculus 10

Workplace Math 10

Grade 11

Pre-Calculus 11

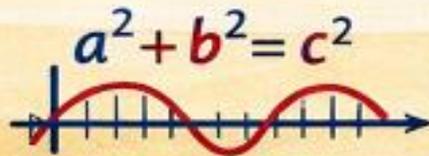
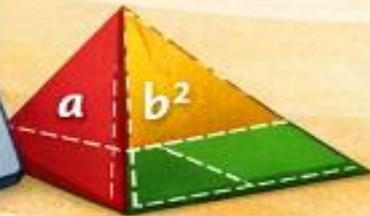
Foundations 11

Workplace Math 11

Grade 12

Pre-Calculus 12

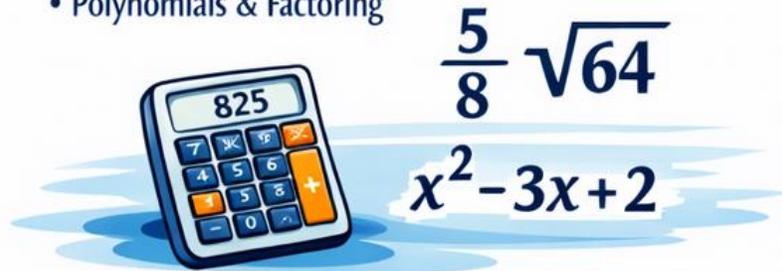
Calculus 12



Foundations & Pre-Calculus Math 10 Core Topics

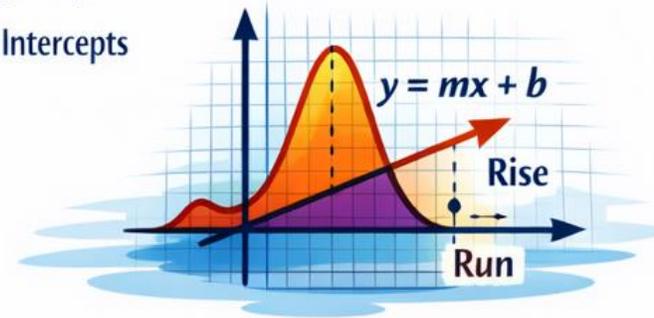
Numbers & Polynomials

- Real Numbers & Exponents
- Polynomials & Factoring



Linear Relations & Functions

- Graphing & Equations
- Slope & Intercepts



Trigonometry

- Right Triangle Ratios
- Sine, Cosine & Tangent



Financial Literacy

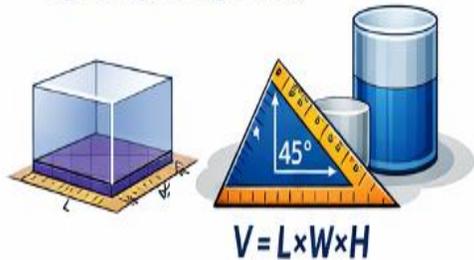
- Income & Budgeting
- Interest & Loans



Workplace Math 10 & 11 Core Topics

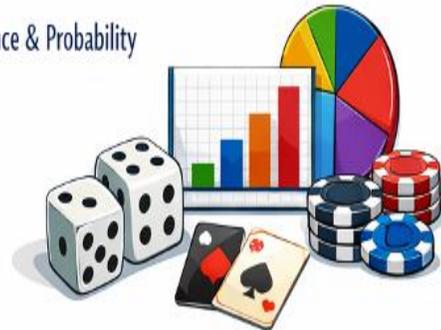
Measurement & Geometry

- Perimeter, Area & Volume
- Right Triangles & Trigonometry



Data & Probability

- Graphs & Statistics
- Chance & Probability



Financial Literacy

- Earnings & Deductions
- Budgets & Money Management



Ratio, Proportion & Puzzles

- Ratios & Proportions
- Puzzles & Estimation



Foundations of Mathematics 11 Core Topics

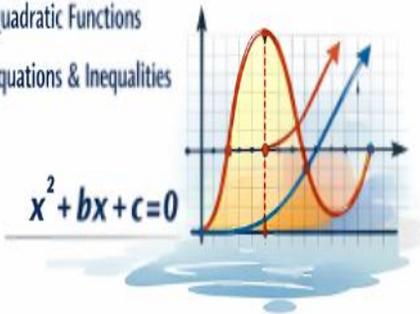
Logical Reasoning

- Inductive & Deductive Thinking
- Puzzles & Proofs



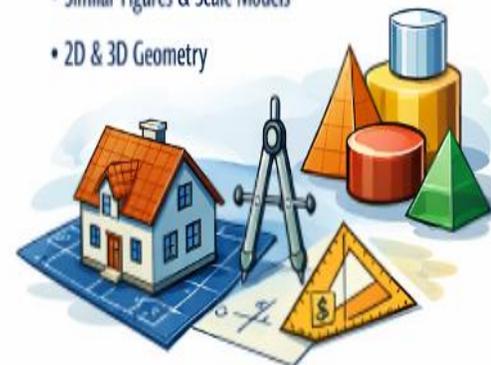
Quadratics & Systems

- Quadratic Functions
- Equations & Inequalities



Geometry & Measurement

- Similar Figures & Scale Models
- 2D & 3D Geometry



Statistics & Finance

- Data Analysis
- Probability & Z-Scores
- Investments & Loans



Pre-Calculus 11 Core Topics

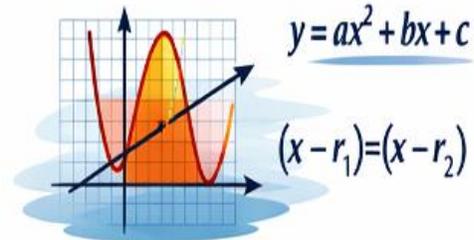
Radicals & Exponents

- Powers & Rational Exponents
- Radical Operations



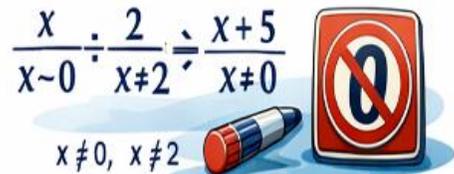
Quadratic Functions

- Graphing & Factoring
- Quadratic Equations & Inequalities



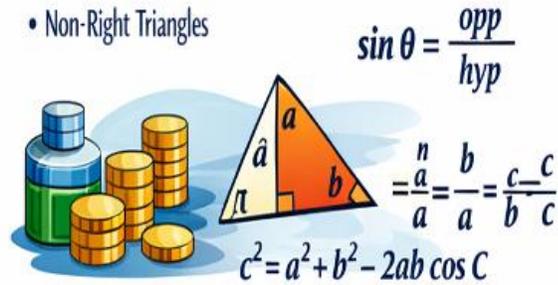
Rational Expressions

- Rational Equations
- Simplifying & Solving



Trigonometry

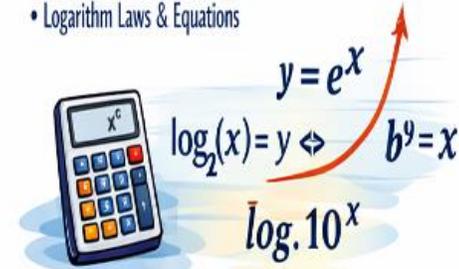
- Sine, Cosine & Tangent
- Non-Right Triangles



Pre-Calculus 12 Core Topics

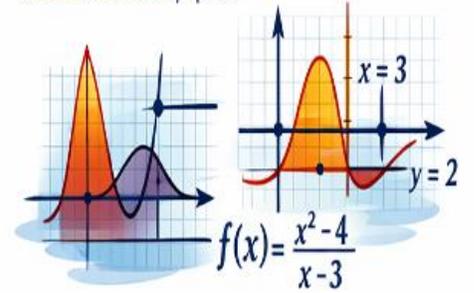
Exponents & Logarithms

- Exponentials & Logarithms
- Logarithm Laws & Equations



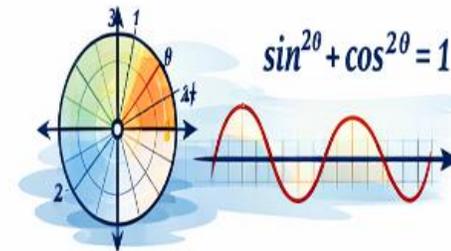
Polynomial & Rational Functions

- Polynomials & Factoring
- Rational Functions & Asymptotes



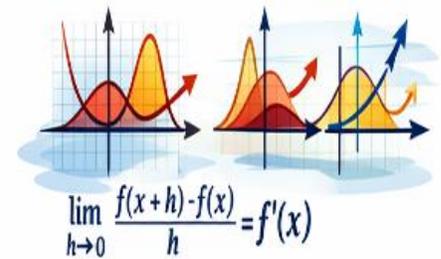
Trigonometry & Identities

- Trig Functions & Graphs
- Trig Identities & Equations



Functions & Calculus

- Transformations of Functions
- Introduction to Derivatives



SCIENCE COURSE OFFERINGS

Grade 11



Physics 11



Chemistry 11



Life Sciences 11

Science for Citizens 11

Grade 12



Physics 12



Chemistry 12



Anatomy & Physiology 12



Physics 11 & 12 Core Concepts

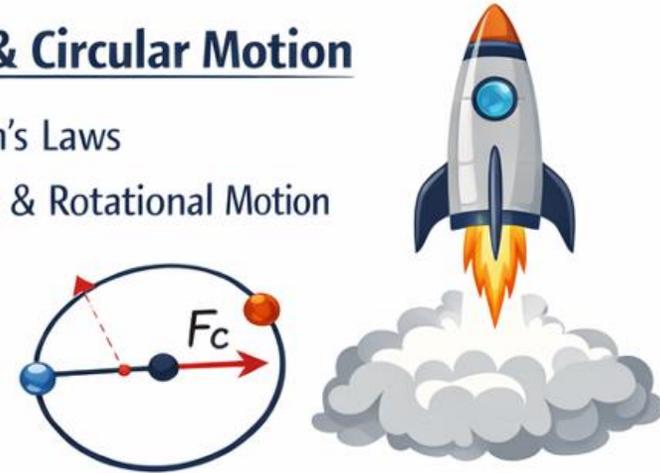
Motion & Frames of Reference

- Motion & Relativity



Forces & Circular Motion

- Newton's Laws
- Circular & Rotational Motion



Energy & Fields

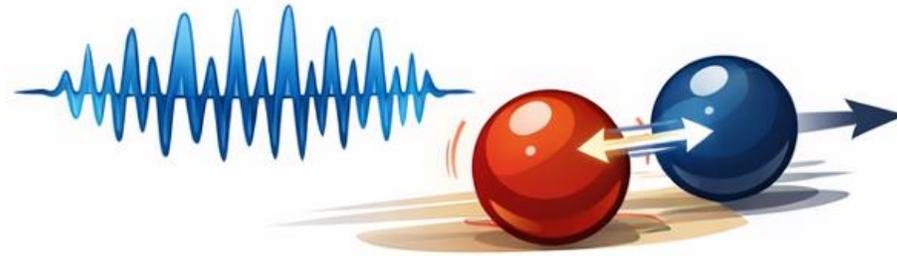
(Gravitational, Electric, Magnetic)

- Work & Power
- Electric & Gravitational Fields



Waves & Momentum

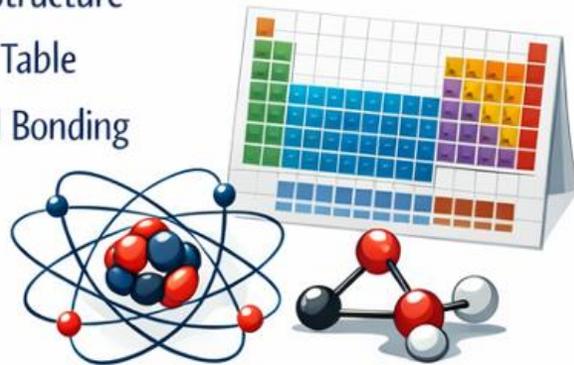
- Sound & Light Waves
- Impulse & Conservation of Momentum



Chemistry 11 & 12 Core Concepts

Atomic Theory & Bonding

- Atomic Structure
- Periodic Table
- Chemical Bonding



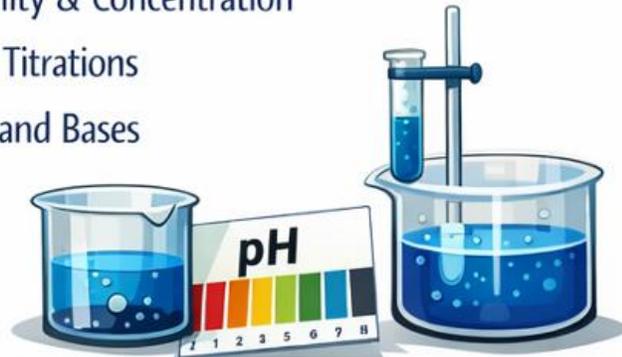
Chemical Reactions

- Stoichiometry
- Reaction Types
- Reaction Rates



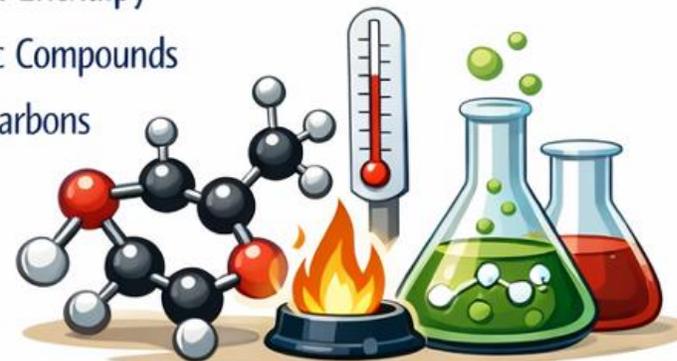
Solutions & Acids/Bases

- Solubility & Concentration
- pH & Titrations
- Acids and Bases



Thermochemistry & Organic Chemistry

- Heat & Enthalpy
- Organic Compounds
- Hydrocarbons



Life Sciences 11 & Anatomy & Physiology 12 Core Concepts

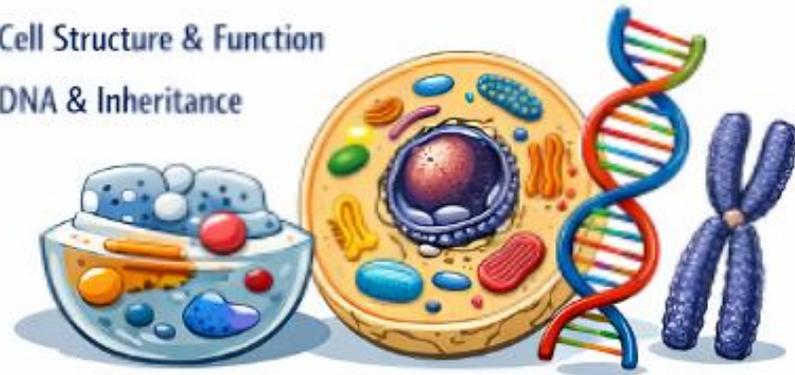
Ecology & Evolution

- Ecosystems & Adaptations
- Natural Selection & Evolution



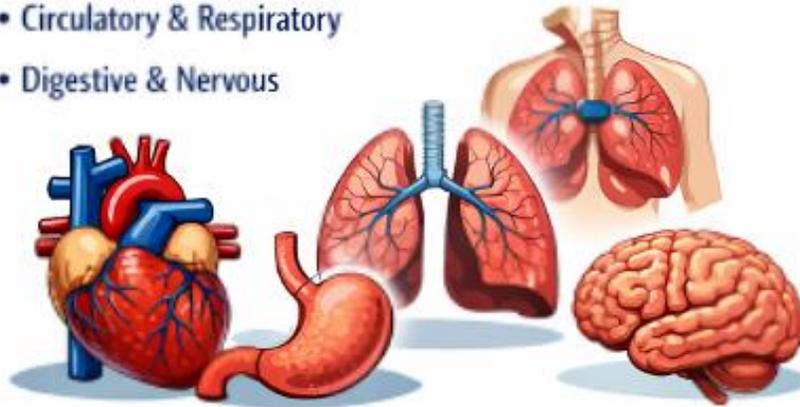
Cell Biology & Genetics

- Cell Structure & Function
- DNA & Inheritance



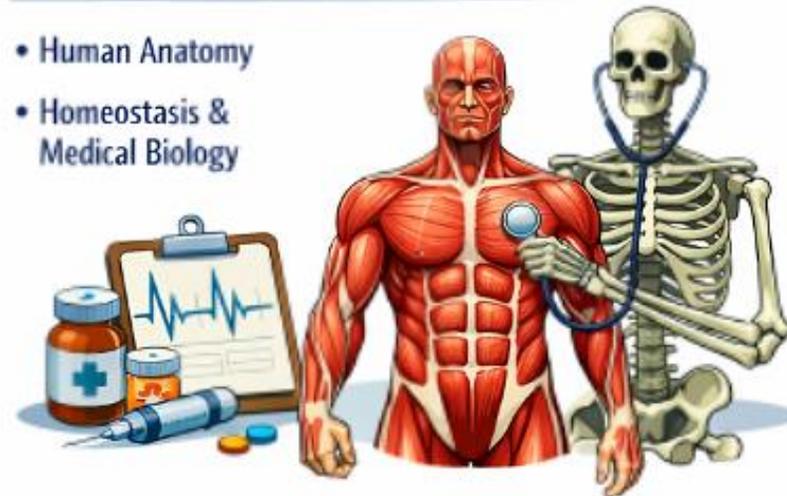
Human Body Systems

- Circulatory & Respiratory
- Digestive & Nervous



Anatomy & Physiology

- Human Anatomy
- Homeostasis & Medical Biology



Science for Citizens Core Topics

Health & Safety

- Personal & Public Health
- Chemical Hazards



Science at Home & Work

- Home Technologies
- Workplace Safety



Environment & Sustainability

- Climate & Natural Disasters
- Resource Management



Forensics & Technology

- Crime Scene Investigation
- Innovative Technologies



SPECIAL TOPICS IN CANADIAN HISTORY FROM 1914 TO PRESENT

- Discrimination in Canada: No. 2 Construction Battalion and the MS St. Louis
- The Halifax Explosion
- Canadian First Nations Studies: Poisoning of Grassy Narrows and the Oka Crisis
- Famous Canadians: James Naismith, Terry Fox, and Viola Desmond
- Tommy Douglas and Medicare in Canada
- Disasters in Canada: Hurricane Hazel and the Tainted Blood Scandal
- Terrorism in Canada: Polytechnique Tragedy and the Air India Flight 182 Bombing
- Species at Risk in Canada

SOCIAL STUDIES 11



20TH CENTURY WORLD HISTORY

- Special Topics of the First World War: The Sinking of the Lusitania, Execution of Edith Cavell, and the Zimmermann Telegram
- The Russian Revolution
- Genocide Studies: The Armenian Genocide and The Holocaust
- The Rise and Fall of Authoritarian Regimes: Fascism in Italy and Germany
- World War Two in the Pacific: The Attack on Pearl Harbor, Battle of Midway, and the Bombing of Japan
- Nuclear Close Calls of the Cold War: The Suez Crisis and the Cuban Missile Crisis
- Famous People of the American Civil Rights Movement: Emmett Till, Rosa Parks, and Martin Luther King Jr.

SOCIAL STUDIES 12



ENGLISH 10

CREATIVE WRITING



Calling all writers of stories, poems, and articles!

Join a supportive community of writers as you grow your understanding of literary devices, narrative structure, dialogue, character development, and design strategies.

SOCIAL STUDIES: POLITICAL STUDIES 12

Do you think you can't make a difference in politics? Are you frustrated by politicians saying one thing and doing another? Don't be! Take action to get involved in learning how to influence change in your community, your province, and the world. Students will learn about how political decisions are made and how to be informed as an engaged citizen. In addition to Canadian politics and First Nations Government, students will also learn about the different types of political systems and electoral systems around the world. Together we will learn about power and politics from a global perspective in order to become empowered to effect change.



SOCIAL STUDIES: BC FIRST PEOPLES 12



This course is designed for all students indigenous and non-indigenous, and explores diversity of traditional, historic and present indigenous governance, art and life, relationship to the land within what is now British Columbia. Students will also consider the relationship between indigenous and nonindigenous Canadians in BC, including resistance to colonialism, the negative colonial legacies, cultural renewal and present efforts at reconciliation. This is an academic course requiring research, writing and cooperative skills which are determined by student interest. Individual research, papers, projects and class presentations are required. This course is available to students in grades 11 or 12 and meets Ministry of Education requirements for graduation.

SOCIAL STUDIES: LAW 12

“Every Canadian citizen should know their rights and responsibilities under the law.” Law 12 provides an engaging introduction to Canada’s legal system and its impact on daily life. Students will explore core topics such as the origins of Canadian law, civil and human rights, criminal law, tort law, contract law, employment law, tenant rights, and motor vehicle law. Through case studies, discussions, and practical applications, learners will develop critical thinking skills and an understanding of how laws shape society. This course is ideal for students interested in careers in law, justice, or public service—or anyone who wants to be an informed and empowered citizen.



LEADERSHIP 7 TO 12

Students will contribute ideas, time, creative and critical thinking skills to plan school wide events. Students will develop the following skills: time and project management, conflict resolution, self-reflection and goal setting.

The aim of the leadership course is to develop a sense of personal responsibility and commitment towards leadership in our school and community. Students are required to provide voluntary service throughout the year both in the school community and greater community.

Events: Gym Riots, school luncheons, Spirit Weeks

