



## EXPLORE LUNCHTIME COURSES

WCHS offers a number of lunchtime courses for students who would like to participate outside of the regular school schedule. Students who select lunchtime courses will be provided an extra spare period just before or after lunch in order to receive a regular break during the school day. These courses are offered provided that a suitable number of students show interest.

### General Music 10

*3 Credits*

General Music 10 is open to all students, regardless of musical background. It is designed to introduce students to the main elements of music, as well as the basics of music-making, without the pressures of a performance-based environment. We will explore theory and performance through a rhythm unit with a focus on percussion instruments, a notation unit in which we will apply our skills through basic keyboarding, and an elective unit in which students will research one of a wide variety of topics related to music. If there is time, we will also explore wind instruments and vocals. It is a great way to explore a broad spectrum of musical experiences and decide what your musical future could hold.

### General Music 20

*3 credits*

General Music 20 is an extension of General Music 10. Students will take their knowledge of musical elements and music-making to the next stage by expanding their knowledge of the elements of music theory and applying this understanding to playing skills as they learn to play the guitar. We will explore the history and development of the different types of guitars as well as popular music in the 20th century as we learn to play a variety of guitar music from classical and country to rock, pop, and soul.

### Leadership 15

*3 credits*

Leadership 15 provides students with the opportunity to develop leadership skills while participating on student council. Students learn about their values, leadership styles and the type of person they want to be. They will also develop skills in communication, collaboration, organization, problem solving and project management as they plan activities for the WCHS student body.

### Sports Performance 20

*Basketball or Volleyball*

*3 Credits*

Students apply lessons from the Long-Term Athlete Development model and principles of skill development into their own sport experience. These concepts will also be incorporated into a coaching and leadership model. The majority of this course will be activity based but will include theory and written assignments. Students can choose one of the following sports:

- » Basketball
- » Volleyball


*Please Note:*

*Basketball: No Fee*

*Volleyball: No Fee*

*\*\*Students are expected to have sport specific knowledge and skills prior to taking the Sports Performance 20 Volleyball and Basketball classes. \*\**





BE A PART OF THE  
ADVENTURE...

## WETASKIWIN COMPOSITE HIGH SCHOOL

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