

Belmont Secondary School
<http://belmont.web.sd62.bc.ca/>

Grade 9

Course Request Booklet

2026 - 2027



Table of Contents

Introduction to Course Selections.....	3
Communication and Program Planning.....	3
Course Planning.....	5
Required Courses: Career Education, English, Mathematics, Physical & Health Education, Science, Social Studies.....	6
Electives:	
Applied Design, Skills & Technologies (ADST)	
Home Economics & Culinary Arts	
Food Studies	7
Sustainability	7
Textiles.....	7
Information & Communications Technology	
Drafting.....	7
Information Technology.....	7
Technology Education	
Cosmetology	7
Electronics and Robotics.....	8
Metalwork.....	8
Metalwork, Mechanics & Bikes.....	8
Tech Explorations	8
Woodwork.....	8
Arts Education	
Cross-disciplinary & Interdisciplinary Arts Courses	
Film Making, Photography.....	9
Dance	
Dance Company.....	9
Dance Technique and Performance	9
Hip Hop & Conditioning	9
Dance Choreography	9
Drama	
Drama	10
Stagecraft: Theatre Production.....	10
Musical Theatre	10
Theatre Company: Production	10
Music	
Concert Band.....	11
Concert Choir & Chamber Choir	11
Introduction to Guitar	11
Introduction to Piano.....	11
Drumline & Marching Band	12
Visual Arts	
Ceramics & Sculpture.....	12
Mixed Media Arts	12
Visual Arts.....	12
Languages	
French, Japanese.....	12
Spanish	13
Physical & Health Education	
Active Living.....	13
Athlete Training.....	13
Outdoor Education.....	13
Sports Performance: Basketball, Football, Rugby, Soccer, Volleyball, Basketball/Volleyball	13
Choice Programs:	
Academies: Baseball, Climbing, Hockey, and Softball.....	14
Advancement Via Individual Determination (AVID)	14
Leadership	15
Linear 9 Courses	15

Introduction to Course Selections

Belmont Secondary School offers an outstanding range of academic and elective courses for students. This booklet provides details about the courses offered. The choices students make determine the timetable construction and it may not always be possible to offer all the courses listed in this booklet. For example, if a course has insufficient enrollment, it will not be offered. Students will need to be flexible in adjusting to alternate course selections as it is rare that all of their top choices will fit into their timetable. Students must indicate alternate choices as part of their course selections. ***Make course selections carefully and please be aware that requests for course changes after the timetable is built will only be granted in exceptional circumstances.***

Students, please consult with your parent/guardian as you make your course selections for next year. Counsellors will meet with students in assemblies during course selection to help guide their selections to ensure they meet the [Ministry of Education's Graduation Requirements](#). Students should carefully review requirements as they are responsible for tracking their graduation status and course requirements throughout their four years at Belmont.

Communication

The communication tools and links below are the main methods we use to send out notifications and news:

- Belmont Website <http://belmont.web.sd62.bc.ca/>
- Belmont APP <https://belmont.appazur.com/>
- Belmont Bulletin <https://belmontbulletin.blog/>

Counselling Department – Counsellors are an integral part of the academic advising process. Students should meet with their assigned counsellor to plan/finalize their programs and review graduation requirements. Appointments can be booked online at <http://belmont.web.sd62.bc.ca/resources/counselling/>

Each student is assigned a Counsellor and a Vice Principal based on their last name.

Counsellor	Student Portfolio	Email
Todd Robertson	A – E	trobertson@sd62.bc.ca
Michele Kiefert	F – L	mkiefert@sd62.bc.ca
Sheyla Beattie	M – P	sbeattie@sd62.bc.ca
Rachael Sandberg	Q – Z	rsandberg@sd62.bc.ca

Vice-Principal	Student Portfolio	Email
Ms. Scott	A – Gh	kscott@sd62.bc.ca
Mr. Smith	Gi – N	crsmith@sd62.bc.ca
Mr. McHugh	O – Z	smchugh@sd62.bc.ca

Program Planning

Class Size Limitations – When space in classes is limited, priority will be given to students needing the course to meet graduation requirements. Students wishing to upgrade previously attempted courses may be admitted depending on availability of space; students may need to consider online or summer school alternatives.

Course Selections – Course selections are completed via the [MyEd Student Portal](#) so students must activate their account. See our [website](#) for assistance.

Full-Time Program - Students in Grades 9, 10 and 11 carry **full timetables (8 courses)** and are not permitted to have unassigned blocks in their timetables, except for **very exceptional circumstances** approved by the Principal or Vice Principal. **Grade 12 students** undertake full timetables until graduation requirements have been addressed.

Students in Grade 12 who have heavy academic loads and are students in good standing can request to drop a course in the second semester and have it replaced with a study block. This will be decided on a case-by-case basis and will involve an application form that must be signed by a parent/guardian. Students who are successful in being allowed a study block will need to spend it in the learning commons, or at home. Grade 12 students automatically receive a study block every other day alongside their CLC12 course.

Post-Secondary Admissions - When selecting courses, students should research post-secondary requirements to ensure they are making suitable course selections. **Many post-secondary institutions require specific course prerequisites for admission. Students should research programs of interest and/or consult with their counsellor about this requirement. Current post-secondary calendars are available online. A great place to start is Education Planner BC <https://www.educationplannerbc.ca/>**

Repeating Courses - Students who do not attain a minimum of 50% in a course will be re-scheduled into those courses in order to meet graduation requirements. Students who have completed a distributed learning or summer school course should inform their counsellor to ensure that marks have been recorded and credits have been assigned.

Student Transcripts Service: You can use the [Student Transcripts Service](#) (STS) to:

- View or order your grade 10 to 12 course [transcript](#)
- Send your high school transcript to post-secondary institutions
- Send your high school transcript to a third-party (another person or group)
- Order your graduation certificate
- View your provincially awarded scholarships
- View your provincial graduation assessment and exam results
- Watch Help Videos on using the Student Transcripts Service.

Course Planning (Grade 9)

For more information on BC's Curriculum visit <https://curriculum.gov.bc.ca/>

Required Courses

Career Education (embedded into core courses)	Social Studies
English Language Arts	Elective 1
Mathematics	Elective 2
Physical and Health Education (PHE)	Elective 3
Science	

Elective Courses¹

Applied Design, Skills & Technologies (ADST)	Arts Education	Languages	Physical and Health Education (PHE)
<p>Home Economics & Culinary Arts: -Food Studies -Sustainability -Textiles</p> <p>Information & Communications Technology: -Drafting -Information Technology</p> <p>Technology Education: -Cosmetology -Electronic and Robotics -Metalwork -Tech Explorations -Woodwork</p>	<p>Cross-disciplinary & Interdisciplinary Arts Courses: -Film Making -Photography</p> <p>Dance: -Dance Choreography -Dance Company -Dance Technique and Performance -Hip Hop & Conditioning</p> <p>Drama: -Drama -Musical Theatre -Stagecraft: Theatre Production -Theatre Company: Production</p> <p>Music: -Concert Band -Concert Choir & Chamber Choir -Drumline & Marching Band -Introduction to Guitar -Introduction to Piano</p> <p>Visual Arts: -Ceramics & Sculpture -Mixed Media Arts -Visual Arts</p>	-French -Japanese -Spanish	-Active Living -Athlete Training -Outdoor Education -Sports Performance: - Basketball - Football - Rugby - Soccer - Volleyball - Basketball/Volleyball

Choice Programs¹

Academies: - Belmont Based: Baseball, Climbing, Hockey, Outdoor Leadership and Softball - District Based: Mountain Biking, Golf, PACE Applications and information on Academies here: https://www.sd62.bc.ca/programs-services/academies	Advancement Via Individual Determination (AVID) – AVID is yearlong course as it is paired with English and students use one elective choice for this course. More information on the program here: http://avidsooke.weebly.com/ Click here to apply: Application
--	--

¹ Course Fees, as applicable, are determined annually.

Community and School Leadership

Leadership	This is a yearlong course and occurs outside the timetable.
------------	---

English Program: Required Courses

Career Education 9

MCE--09

Careers 9 is embedded in core subject areas and further opportunities to engage in career related content are posted in the Careers 9 Google classroom. Students will have opportunities to engage in career related opportunities with the Careers 9 teacher throughout the year. They will receive a mid-term report in January and final report in June for the course. Students will explore the following big ideas:

- Reflecting on our preferences and skills helps us identify the steps we need to take to achieve our career goals.
- The value of work in our lives, communities, and society can be viewed from diverse perspectives.
- Achieving our learning goals requires effort and perseverance.
- Adapting to economic labour market changes requires flexibility.
- Our career paths reflect the personal, community, and educational choices we make.

English Language Arts 9

MEN--09

- Designed to build students' skills in the areas of reading and writing, speaking and listening, viewing and representing through various activities and strategies to strengthen their literacy and critical thinking.
- Explores each of the curricular choice areas: Composition, Creative Writing, Focused Literary Studies, New Media, and Spoken Language in preparation to enter their preferred areas of choice in English 10.

English Language Learners 9 (ELL)

YLE--0B

- Enhancing the English Language learners' skill in reading, writing, listening and speaking through exposure to appropriately challenging texts.

Mathematics 9

MMA--09

- Designed to continue building on skills from math 8 and to prepare students for both the Workplace 10 pathway and the Foundations/Pre-Calculus 10 pathway.
- Covers powers and exponents, rational numbers, algebra, polynomials, linear equations, graphing, proportional reasoning, statistics in society, and financial literacy.
- In order to be successful in Foundations of Mathematics and Pre-Calculus 10, a proficient in Math 9 is recommended.

Science 9

MSC--09

- Designed to expose students to a variety of topics in the areas of Biology, Chemistry and Physics.
- Incorporates the Scientific Method as students develop an understanding of the role of science in their surroundings.
- Includes the elements, the Periodic Table, compounds, chemical formulas, static electricity, current, electric circuits, power, cell reproduction, reproduction in living organisms, solar radiation, ecosystems and sustainability.

Social Studies 9

MSS--09

- Focuses on the time period of 1750-1919.
- Students learn how important concepts such as revolution, nationalism, industrialization, colonialism and imperialism influence individuals, society and events.
- Topics can include historical events from across the globe.
- This course supports students in using core skills to understand the past to connect with contemporary issues.

Elective Courses

Applied Design, Skills & Technologies (ADST)

Home Economics & Culinary Arts

Food Studies 9

MADFS09

- Introduces preparing meals, desserts, snack foods, and developing cooking skills and knowledge.
- Shares the experience of cultural food preparation and celebrations.
- Explores food trends, nutrition, and food systems to make wise choices for a healthy lifestyle.

Sustainability 9

XLDCB09SUS

- Explores the connections between sustainable lifestyle choices, self-sufficiency, healthy foods and a sustainable planet.
- Involves a combination of research, projects, seed to table gardening, sustainability labs and discussions at school and in the local community.

Textiles 9

MADT-09

- Introduces sewing and/or builds on existing skills.
- Explores other textile arts techniques such as weaving, crochet, or knitting.
- Explores how to design and plan projects, and construction techniques.
- Explores the cultural and social influences that play a part in our fashion and textile choices.

Information & Communications Technology

Drafting 9

MADD-09

- Students will be introduced to Computer Aided Drafting and Design (CADD) software programs, and drafting styles and skills including scaling, dimensioning, and reading 2D plans.
- Learn the skills of basic communication that occurs between the designer and the client.
- Develop fundamentals in understanding the drawings you will be working from in a career in metalwork, automotive, and carpentry.
- Create professional designs in other disciplines such as architecture, interior design, industrial design, and engineering.

Information Technology 9

MADIT09

- Designed to provide students with a wide range of computer literacy skills.
- Develop knowledge and skills in keyboarding, computer fundamentals including Windows File Management, business applications, use of the Internet, web site design, basic coding and animation.
- Potential business/productivity applications include Google Apps (Sheets, Docs, Forms) in conjunction with corresponding Microsoft Office applications (Word, Excel), Windows File Explorer.
- Potential applications for coding, animation, and website design include HTML, CSS, GIMP, Scratch, Python and Blender.

Technology Education

Cosmetology 9

XLDCC09COS

- Introduces the salon industry and career opportunities.
- Explores hairstyling techniques (braiding, updo, blow dry, curling iron, etc.).
- Builds towards Intermediate Cosmetology and other courses in grade 10-12.

Electronics and Robotics 9

MADER09

- Learn the basics of robotics by designing and building simple robots that move, react, and complete fun challenges.
- Explore coding and electronics as you bring your robots to life using sensors, motors, and creative problem-solving.

Metalwork 9

MADM-09

- Begins with learning project layout and measurement techniques.
- Students fabricate projects through a variety of metalwork processes including sheet metal fabrication, machining, welding, forge work and jewelry fabrication.
- Examines a variety of metalwork related careers.
- Prioritizes safe and respectful metalworking shop etiquette.

Tech Explorations 9

XLDCA09TEX

- Introduce students to the practical skills associated with the use of tools and equipment commonly used in a mechanical and engineering environment.
- Students will learn and experiment with a variety of basic engineering principles like acceleration, weight balance, forces and stresses. Projects may include CO₂ cars, bridge building and testing, pneumatic rockets and developing working drawings.
- Develops an understanding of the internal combustion engine by disassembling, inspecting, and reassembling a single cylinder small engine.

Woodwork 9

MADW-09

- Develops skills using hand and power tools and machinery while building projects out of wood.
- Explores a variety of project designs and styles while learning a variety of techniques.
- Includes historical and cultural contexts of wood use, identification, properties, and uses of various wood species, and issues in wood sustainability.
- Prioritizes safe shop and woodworking practices including stock breakout techniques using a variety of stationary machines.
- Completes projects using hand tools, portable and stationary power equipment.
-

Arts Education

Cross-disciplinary & Interdisciplinary Arts Courses

Film Making 9

XLDCA09DFT

- Students will be required to work in front of, but primarily, behind the camera.
- Introduces the practical functions and maintenance of HD video cameras and equipment and develops the skills necessary to participate in film production.

- Students will work independently and collaboratively on a series of short video productions to develop their skills in pre-production (planning), production (filming) and post-production (editing) where they will learn editing techniques using Adobe Premiere Pro.
- Students are also required to "read," reflect and write about films from a range of genres viewed in and out of class, focusing on both the narrative and technical aspects of films and their sociocultural relevance from both historical and contemporary perspectives.

Photography 9

XPHOTO9

- This course focuses on the basics of photography.
- Students will learn to use a camera and experiment with settings in a range of environments while completing engaging projects.
- Essential design elements, as well as composition techniques, feature throughout the course.

Dance

Dance Company 9

XD---09A

Prerequisite: Previous dance experience and attendance at our placement workshop (held in February 2026).

- Yearlong course with one block in each semester (Dance: Advanced and PHE Dance Conditioning)
- Auditions will be held among the applicants to select those with the skill level required for this course.
- Learn and refine techniques in contemporary, lyrical, modern, jazz, ballet, acro, and hip hop.
- Develop individual dance techniques, muscular strength, fitness level, flexibility and performance skills.
- Dancers participate in the Greater Victoria Performing Arts Festival as well as other community performances.

Dance 9: Technique and Performance

MDNC-09

- Open to all grade 9 students with or without previous dance training.
- Learn a variety of dance styles including, but not limited to, jazz, lyrical, contemporary, modern and hip hop.
- Develop dance technique, muscular strength, flexibility, fitness level and performance skills daily.
- Perform learned choreography at performances during the school year.

Hip Hop & Conditioning 9

XLDCE09HHC

- Open to all grade 9 students who have a passion for hip hop dance.
- Explore the different styles of hip hop in today's dance world: old school hip hop, commercial hip hop, street funk, etc.
- Improve coordination, muscle strength, flexibility, fitness level, and dance skills daily.
- Perform learned choreography at performances during the school year.

Dance Choreography 9

XD---09

- **This course runs yearlong** outside the timetable, after school, twice a week.
- Auditions will be held among applicants to determine skill groupings, but no experience is required for this course.
- Dancers will study elements of dance, composition, and storytelling and expression to explore and develop their own choreography in groups with other students, under the direction of the teacher.
- Students also have the opportunity to create and/or be invited into solo, duet, trio or other small group performances.
- Dancers participate in the Greater Victoria Performing Arts Festival and may have opportunities for other school and community performances.

Drama

Drama 9

MDR--09

- Come join us in the theatre and see what high school Drama is all about!
- This course focuses on using drama as a way into collaboration, creativity, communication and building self-confidence.
- Students will gain experience through a variety of theatrical techniques: role-play, improvisation, character building, scripting, movement, story theatre, scene work, and drama games, to help develop these skills.
- This is not a “performance” course, instead focusing on skill building and fun.

Stagecraft 9: Theatre Production

XST--09

- This course focuses on the production side of theatre. This is not an acting class.
- Students will gain experience in theatre design, set, costumes, hair and make-up, props, lights, sound, theatre history and more.
- A “hands-on” project-based course that is rooted in creativity and imagination.

Musical Theatre 9

XLDCC09MTH

- **This course meets outside the regular timetable** in order to produce a performance of a full-length Broadway Musical from start to finish.
- There are three separate sections that meet as a part of this course: **Cast**, which is auditioned near the beginning of the school year; **Crew**, open to any student who wants to be a part of designing, creating and running the backstage aspect of the production; **Pit-Band**, playing professional level music under the direction of a conductor to accompany the production.
- The opportunity to be a part of a community of students who want to put on a show!
- Exposure to acting, dancing, singing, instrumental opportunities, building, creating and more.
- The show is performed in late winter/early spring for the public, and requires student commitment to rehearsals, classes and performance dates. Productions for next year will be announced at the end of the school year.

Theatre Company 9: Production

XLDCCG09THC

- This course is for students wishing to participate in additional classroom learning for Musical Theatre: Cast and Crew, or Pit Band and Crew. (See Musical Theatre 9 and Stagecraft 9 descriptions)
- **This course meets outside the regular timetable** to produce a performance of a full-length Broadway Musical from start to finish.

Music

Concert Band 9

XBA--09Y

- Beginners are welcome!
- Runs as a **yearlong performance-based ensemble**; set as a Concert Band (woodwinds, brass and percussion), musical and instrumental skills will be developed through the rehearsal and performance of music from diverse styles including present day, and traditional Concert Band works.
- Develops students' understanding of music theory throughout the course.
- Occasional extracurricular rehearsals and festival/community performances will be required throughout the year.

Concert Choir 9

XC---09

- **Runs outside of the timetable – Rehearsal times to be determined.**
- Runs as a **yearlong performance-based ensemble** that focuses on a wide variety of contemporary choral styles.
- Develop musicianship skills that include theory and ear training, vocal technique, and skill singing 3 and 4-part harmony.
- Excellent entry-level class for interested new singers to gain confidence and make friends with students who share a love of singing.
- Occasional extracurricular rehearsals, festivals, school, and community performances throughout this year will be required.

Chamber Choir 9

XLDCG09CC

- Chamber Choir operates yearlong outside the timetable in a cohort fashion with Concert Choir.
- This class provides a structure for the variety of learning opportunities, ensembles and activities that occur outside of conventional choir classes/rehearsals.

Introduction to Guitar 9

XGUIT09

- Introductory step-by-step course for Grade 9-12 students, geared towards the absolute beginner.
- Introduces chords, scales, popular riffs, theory, strumming patterns, finger picking, bass lines, note reading, symbols and technical terms, rhythm, and ear training.
- Develops technique and facility on the guitar through contemporary music and the blues.
- Promotes becoming a knowledgeable musician and take away guitar skills to continue learning.

Introduction to Piano 9

XLDCA09PIA

- Introduces a step-by-step method geared towards the absolute beginner.
- Starting with the basics, students will learn melody and chords, hand and finger positioning, theory, composition, symbols and technical terms, sight reading and ear training.

Drumline 9

MMU--09DRL

- **Runs outside of the timetable yearlong - Rehearsal times to be determined.**
- Utilizes multiple instruments and playing techniques to create engaging and entertaining concerts and performances in a variety of venues.
- Explores Percussion and Movement to express concepts and ideas through music.
- Develops competency and skills in the area of Music theory, Reading, Rhythm, and Percussion Techniques.
- Requires collaboration with classmates to create a dynamic learning environment in which to engage in musical expression.

Marching Band 9

XLDCB09MRY

- **Runs outside of the timetable in semester 2. Rehearsal times to be determined.**
- **All students must be enrolled in Concert Band &/or Drumline.**
- Set up as a traditional parade marching band which will put together engaging and entertaining shows.
- Explores movement and marching to express concepts and ideas through music.
- Develops competency and skills in the area of music theory, music reading, rhythm, and instrumental techniques.
- Extracurricular rehearsals, performances, parades and festivals will be required.

Visual Arts

Ceramics & Sculpture 9

XLDCA09CS

- Explores the textural world of clay as you sculpt and construct vessels as well as other architectural forms using basic hand-building methods of slab and coil.
- Students will receive instruction of throwing on the potter's wheel – a challenging and exciting process!
- Includes glazing (and other methods of finishing clay), kiln use, tool manipulation and preparation for display.
- Requires students to work independently and remain open to a variety of possibilities as well as to teacher suggestions.

Mixed Media Arts 9

XLDCB09DPD

- Explore unique ways of making art through combining various types of media.
- Experiment with various types of media such as paint, charcoal, conte, watercolor, ink, printmaking, collage, and sculpture.
- Encourages students to take creative risks to refine art skills and techniques.
- Begin developing artistic voice and an art portfolio, which can later be used for art school applications.

Visual Arts 9

MVA--09

- Project-based course where students learn new techniques as they develop and create works of art.
- Explores various techniques in charcoal, paint, printmaking, mixed media, ceramics, and sculpture (varies annually).
- Emphasis on creative and critical thinking and exploring different modes of communication.

Languages

Core French 9

MFR--09

- **Francophone or former French Immersion students are recommended to register in Core French 11 or 12.**
- Emphasizes basic French communication skills as well as listening, speaking, reading and writing in French through a wide range of activities.
- Introduces students to vocabulary from different French variations around the world (Canadian French, Metropolitan French, etc.) as well as traditions and other cultural practices.

Japanese 9

MJA--09

- **Fluent Japanese-speakers recommended to enroll in a higher-level course such as Japanese 11 or 12.**
- Emphasizes basic conversation and communication skills and focuses on building vocabulary, pronunciation and interpersonal communication skills, and reading and writing of HIRAGANA characters.
- Promotes learning via songs, movies, simple games and role-playing.
- Introduction to Japanese culture, custom and celebrations including practice of origami, calligraphy, and food.

Spanish 9

MSP--09

- **Fluent Spanish-speakers recommended to enroll in a higher-level course such as Spanish 11 or 12.**
- Emphasizes basic conversation and communication skills and focuses on building vocabulary, pronunciation and interpersonal communication skills through a wide range of activities.
- Introduction to Hispanic culture.

Physical & Health Education

Active Living 9

MPHE-09AL

- Experience an alternative environment to earn credit for PHE9.
- Choose various physical activities to experience to motivate you to be physically active throughout life.
- Develop healthy habits that will influence your overall well-being.
- An emphasis is placed on resistance training, individual sports, mobility, mindfulness, mental health, team building and many others.

Athlete Training 9

XLDCA09AT

This course offers sections both inside and outside of the timetable. Outside the timetable training and practice times to be determined.

- Geared towards student-athletes interested in developing explosive and functional strength as well as improving speed and agility for their respective sports.
- Utilizes a significant weightlifting component.

Outdoor Education 9

XLDCE09OE

- Introduces students to a variety of outdoor experiences and field instruction.
- Conducted through group activities, projects and expeditions to build trust and confidence while appreciating the local environment.
- Seasonal activities may include: hiking, canoeing, paddle boarding, snowshoeing, climbing, orienteering, navigation, Red Cross First Aid Certification, survival simulations, and forest games.
- Students will gain a basic understanding of the knowledge and skills required to participate safely in outdoor recreational activities as well as developing their environmental stewardship.

Sports Performance 9 – Basketball

XLDCE09BB

This course offers sections both inside and outside of the timetable. Outside the timetable training and practice times to be determined.

- Geared towards athletes who wish to improve performance.
- A multi-graded class where students will work on basic skills, strategies, and related concepts.
- Students will train using a variety of methods such as weights and plyometrics to improve performance.

Sports Performance 9 – Football

XLDCE09FB

- Geared towards athletes who wish to improve performance.
- A multi-graded class where students will work on basic skills, strategies, and related concepts.
- Students will train using a variety of methods such as weights and plyometrics to improve performance.

Sports Performance 9 – Rugby

XLDCE09RU

- Geared towards athletes who wish to improve performance.
- A multi-graded class where students will work on basic skills, strategies, and related concepts.
- Students will train using a variety of methods such as weights and plyometrics to improve performance.

Sports Performance 9 – Soccer

XLDCF09SOC

- Designed for athletes who wish to improve performance for recreation or competition purposes.
- Develops soccer fundamental skills.
- Incorporates strength training and competition preparation.
- Explores different strategies, and concepts related to the game of soccer.

Sports Performance 9 – Volleyball

XLDCE09VB

- Geared towards athletes who wish to improve performance.
- A multi-graded class where students will work on basic skills, strategies, and related concepts.
- Students will train using a variety of methods such as weights and plyometrics to improve performance.

Sports Performance 9 – Basketball/Volleyball

XLDCE09BVB

- Geared towards athletes who wish to improve their basketball and volleyball skills and performance for recreation or competitive purposes.
- Students will work on basic skills, strategies, and concepts related to the game.
- Students will be able to train using a variety of methods such as core, agility, weights and plyometrics to improve performance.

Choice Programs

Academies

- The following academies are hosted at Belmont School:
 - **Baseball:** XLDCE09BAS & MPHE-09BAS
 - **Climbing:** XLDCA09RC & MPHE-09RC
 - **Hockey:** XLDCE09SOF & MPHE-09SOF
 - **Softball:** XLDCE09HOC & MPHE-09HOC

For detailed and up-to-date information regarding our District Academy programs, please visit our District Academies site: <https://www.sd62.bc.ca/programs-services/academies>

Advancement Via Individual Determination (AVID) 9

AVID is a post-secondary preparatory program for A/B to C students who have a desire and willingness to challenge themselves.

- Focuses on building critical thinking skills, questioning strategies, post-secondary and career awareness, organization, and study techniques.
- Includes collaborative and enrichment activities that build and enhance teamwork and character traits.
- AVID classes are linear and paired with an English class.

Some of the topics AVID 9 students will be introduced to include: Writing-to-learn practices, Time Management techniques, Focused Note-taking, Collaborative Study Tutorials, & Public Speaking skills.

For more information about our district's AVID program, visit us at <http://avidsooke.weebly.com>

Community and School Leadership

Leadership 9

XLEAD09Y

- Designed for students wishing to develop leadership, organizational skills, and public speaking.
- Explores leadership styles, methods and theory through organization of major and minor school events.
- Builds awareness of social and civic responsibility and effective leadership styles/ methods.
- Runs outside the timetable throughout the year and involves volunteer activities; meeting dates/times determined annually.