



## Home of the Knights

### Design Block – Round 2 (January 2024 – April 2024) Menu of Offerings

**Project Title:** WINTER WELLNESS 1 – MAKE / BAKE / SHAKE

**Project Design:** Foster Creativity; Teach a Technical Skills so Kids can be Innovative; Use the Design Thinking Process;

**Project Focus:** PBL / Trade / fine arts

**Expected Skill Acquisition:** Planning, building, skill of cooking/measurement, fine art movement.

**Elements of Knight Culture:** Personalization;

**Expected Number of Participants:** 35-45;

**Primary Location of the Project:** Foods Lab / Classroom

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**Project Purpose:** This design block will see students rotate through 3 sections of Wellness (not necessarily in order) for 4 weeks blocks. All students will combine for the last week in order to plan for a showcase of learning. The sections are as follows:

**Learning Phase 1:** SECTION 1 – MAKE (CARDBOARD SLEDS)

In this section students will use their creativity to construct aero-dynamic and strong sleds using cardboard and other school materials. Sleds will be presented and tested in the snow! They will be judged on creativity, functionality, and overall awesomeness!

**Learning Phase 2:** SECTION 2 – BAKE (FOODS LAB)

Students will be given the opportunity to work in the foods lab where they will bake/cook various healthy winter themed food options that follow Policy 711 (nutrition policy). Students will learn safe food handling and food preparation guidelines, how to prepare a workstation and learn how to properly clean up their work area and properly put away all supplies.

**Learning Phase 3: SECTION 3 – SHAKE (PLIABILITY ROUTINE)**

Holding static stretches and posed to make your muscles shake! This section is a Pliability Routine that facilitates better movement, heightened performance, and increased longevity through short, guided daily videos. This section will fuse mobility, yoga, prehab, rehab, recovery, mindfulness, and strength. It is aimed at elevating performance—in life and in sport.

**How The Project Will Be Showcased:** Each section will have demo/display in each of the areas.

*Exhibition of Learning – Tentatively scheduled for – April 11, 2024*



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### Design Block – Round 2 (January 2024 – April 2024) Menu of Offerings

**Project Title:** Volleyball - Skills, Training and Leadership

**Project Design:** Teach a Technical Skills so Kids can be Innovative;

**Project Focus:** Fitness + Leadership

**Expected Skill Acquisition:** Using technology with a purpose to track/monitor progress  
Leadership and Communication abilities  
How to properly train for a sport and/or personal fitness

**Elements of Knight Culture:** Positive Relationships;Equity;

**Expected Number of Participants:** Max 28;

**Primary Location of the Project:** Gym

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**Project Purpose:** Students will learn/improve and apply volleyball abilities through different components : Skill/drills, Fitness Training / Tracking progress, Leadership/Communication

**Learning Phase 1:** Skill/Drills: Students will learn volleyball basics (passing, movements, hitting, blocking, terminology...), work on team play, offensive play, defensive play...

**Learning Phase 2:** Fitness Training / Tracking progress: Alongside learning through skills and drills, students will be working out with the intention to improve their vertical jumps, strength training, quicker movements on the court... These will be tracked with technology, where students will be able to visually see/track their progress.

**Learning Phase 3:** Leadership/Communication: Towards the end of the design block, all students will be able to showcase and communicate what they have learned to other students. Ideally, they will be teaching elementary level students the volleyball basics.

**How The Project Will Be Showcased:** Video montage of some of our sessions + Students communication/demonstrating skills and abilities of what they have learned.

*Exhibition of Learning – Tentatively scheduled for – April 11, 2024*



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### Design Block – Round 2 (January 2024 – April 2024) Menu of Offerings

**Project Title:** Songwriter's Circle

**Project Design:** Foster Creativity; Teach a Technical Skills so Kids can be Innovative; Use the Design Thinking Process;

**Project Focus:** Fine Arts - Skill development

**Expected Skill Acquisition:** Students will gain a fundamental understanding of contemporary music, as well as technical skills with the instrument/software that they choose to focus on. Students may also develop their writing skills through the analysis and creation of lyrics. By participating in the recording process, students will gain knowledge and skills of recording and software which may be applicable beyond music creation.

**Elements of Knight Culture:** Personalization; Positive Relationships;

**Expected Number of Participants:** 20-35;

**Primary Location of the Project:** Room 225

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**Project Purpose:** The purpose of this design block is to expand on the previous Garage Band project by incorporating real instruments, as well as working on music as a group, rather than independent projects. Students will learn about the structure and elements of music, including rhythm, melody, vocals, and lyrics.

**Learning Phase 1:** What makes a song? Students will explore contemporary music and identify the foundational elements of music. Our group will discuss what makes a song catchy, why lyrics can have an emotional impact, why different genres use different instruments and sounds, etc.

**Learning Phase 2:** The creation process. As a group, we will create music together. This includes deciding the rhythm and tempo, the chord progression, melody, and lyrics.

**Learning Phase 3:** Recording our music. Students will learn about the recording process, as well as mixing and editing. By learning about software and equipment, we will record our music.

**How The Project Will Be Showcased:** The exhibition of learning will showcase the music that we have created. I am thinking of making a video compilation throughout the process to play alongside the music.

*Exhibition of Learning – Tentatively scheduled for – April 11, 2024*



## Home of the Knights

### Design Block – Round 2 (January 2024 – April 2024) Menu of Offerings

**Project Title:** Introduction to Brazilian Jiu Jitsu and Grappling

**Project Design:** Teach a Technical Skills so Kids can be Innovative;

**Project Focus:** Wellness

**Expected Skill Acquisition:** How to escape dangerous positions and how to establish dominant position in grappling.

**Elements of Knight Culture:** Positive Relationships;

**Expected Number of Participants:** 20-35;

**Primary Location of the Project:** Mez

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**Project Purpose:** Learn discipline and foster positive relationships while learning BJJ through the lens of wellness.

**Learning Phase 1:** Students will learn the fundamentals of pinning and escaping from pins. They will also learn basic movements associated with BJJ.

**Learning Phase 2:** After the very basics are learned, students will learn various sweeps and escapes. A sweep is when someone is not in a dominant position, maneuvers themselves/ their opponent in such a way that puts them into the dominant position.

**Learning Phase 3:** Students will learn to take what they learned in phase one and two and apply it to an element of competitiveness.

**How The Project Will Be Showcased:** will be tracked through video progress as well as observations. An exhibition night may look like having an "open mat" where students show what they've learned by practicing on one another/ competing against one another.

*Exhibition of Learning – Tentatively scheduled for – April 11, 2024*



## Home of the Knights

### Design Block – Round 2 (January 2024 – April 2024) Menu of Offerings

**Project Title:** Physical and Mental Winter Wellness

**Project Design:** Teach a Technical Skills so Kids can be Innovative;

**Project Focus:** Physical Wellness

**Expected Skill Acquisition:** Safely perform physical strength training movements. Mindfulness skills, Organization and leadership skills

**Elements of Knight Culture:** Personalization;

**Expected Number of Participants:** Max 28;

**Primary Location of the Project:** Mezzanine

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**Project Purpose:** This design block will teach students the importance of both physical fitness and mental fitness and students will be able to hopefully foster a lifelong commitment to both.

**Learning Phase 1:** Students will learn the basics of physical strength training in a Tabata style workout designed to teach the movements needed for optimal performance across many sports as well as the safe handling of equipment used for the workouts. This will be a faced pace environment with loud music.

**Learning Phase 2:** Students will learn the importance of stretching and meditation in a quiet setting offering opportunity to learn how to cool down after a workout or sports practice and as well some basic mindfulness activities in a more quiet reflective environment

**Learning Phase 3:** Students will plan and design their own workouts and cool down activities in groups and present them each day as they will be in charge of organizing and setting up the stations and running the daily workout.



**How The Project Will Be Showcased:** Students will showcase their learning by creating a video montage of both the physical and mental fitness activities that they participated in and helped create.

*Exhibition of Learning – Tentatively scheduled for – April 11, 2024*



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### Design Block – Round 2 (January 2024 – April 2024) Menu of Offerings

**Project Title:** Foodie Frenzy

**Project Design:** Teach a Technical Skills so Kids can be Innovative;

**Project Focus:** Skilled Trades - Design and Creation

**Expected Skill Acquisition:** Cuisine knowledge, teamwork skills, presentation knowledge, independent life skills for cooking.

**Elements of Knight Culture:** Personalization;

**Expected Number of Participants:** <12;

**Primary Location of the Project:** Food lab and classroom

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**Project Purpose:** Students will learn about food from various cultures and food as an experience

**Learning Phase 1:** Students will learn about cuisine from various cultures around the world. They will watch demonstrations and interact with professionals in the food industry.

**Learning Phase 2:** Students will practice the skills they've learned and work on presentation. They will also be involved in team work throughout the process.

**Learning Phase 3:** Students will acquire life long skills about food culture and cuisine.

**How The Project Will Be Showcased:** A video and demonstrations of what we have learned from guest speakers and practice

*Exhibition of Learning – Tentatively scheduled for – April 11, 2024*



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### Design Block – Round 2 (January 2024 – April 2024) Menu of Offerings

**Project Title:** Collaborative Art Projects

**Project Design:** Foster Creativity;

**Project Focus:** Fine Arts - Skill development

**Expected Skill Acquisition:** Sketching techniques, painting skills, hand sewing skills.

**Elements of Knight Culture:** Positive Relationships; Personalization;

**Expected Number of Participants:** 12-17;

**Primary Location of the Project:** Room 228

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**Project Purpose:** How individual efforts work together to create a larger project

**Learning Phase 1:** Students will learn skills and techniques to create individual art pieces - sketches, paintings, sewing.

**Learning Phase 2:** Select and plan larger group projects.

**Learning Phase 3:** Integrate the individual parts to create a larger project.

**How The Project Will Be Showcased:** Students will have individual projects to display, and larger group created projects as well.

*Exhibition of Learning – Tentatively scheduled for – April 11, 2024*



## Home of the Knights

### Design Block – Round 2 (January 2024 – April 2024) Menu of Offerings

**Project Title:** Cryptozoology: Create Your Own Creature

**Project Design:** Foster Creativity; Teach a Technical Skills so Kids can be Innovative; Use the Design Thinking Process;

**Project Focus:** Project Based Learning

**Expected Skill Acquisition:** Students will be able to use a 3D printer.  
Students will develop design skills.  
Students will be able to discuss biological habitats.  
Students will have a develop a basic knowledge of mythology and folklore.

**Elements of Knight Culture:** Personalization; Equity; Positive Relationships;

**Expected Number of Participants:** 12-17; 17-23;

**Primary Location of the Project:** Classroom, shop on occasion

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**Project Purpose:** Students participating in the Cryptozoology project will embark on an exciting and interdisciplinary journey that combines art, engineering, biology, and storytelling. This project-based learning adventure encourages students to unlock their creativity as they bring their very own mythical creature, known as a cryptid, to life.

**Learning Phase 1:** Case studies: During the initial phase of the project, students will explore the origins and development of fantastical beings in myths, literature, games, and film. Students will be encouraged to question why we are fascinated by such creatures, and how storytellers effectively craft imaginary beings. Additionally, students will learn about the biological adaptations of real animals, uncovering how the creatures of legend draw inspiration from real-world beings.

**Learning Phase 2:** Creature Creation: Students will then be given the opportunity to create their own cryptids, starting with a paper sketch and a written backstory before moving to a 3D printed model. Once the cryptid is brought to life, students will design an intricate and lifelike environment for their creatures. This will draw upon their

understanding of the scientific adaptations that actual animals employ to thrive in their native habitats.

**Learning Phase 3:** Extension: Students can choose to extend their learning in numerous ways. While some students may want to write a story about their creatures, others may want to create a Dungeons & Dragons campaign based on their creatures, or create an art exhibition dedicated to their creation.

**How The Project Will Be Showcased:** Students will present and display their creations at the learning showcase. Students who have chosen to extend their learning in creative ways may propose unique ways of presenting their learning.

*Exhibition of Learning – Tentatively scheduled for – April 11, 202*



## Home of the Knights

### Design Block – Round 2 (January 2024 – April 2024) Menu of Offerings

**Project Title:** What's Your Project?

**Project Design:** Foster Creativity; Teach a Technical Skills so Kids can be Innovative; Use the Design Thinking Process;

**Project Focus:** Project Based Learning

**Expected Skill Acquisition:** There are 2 parts to the project: #1 Community engagement, empathy and personal growth, and #2 Growing skills specific to the project they choose.

**Elements of Knight Culture:** Positive Relationships; Personalization; Equity;

**Expected Number of Participants:** <12;

**Primary Location of the Project:** Classroom

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**Project Purpose:** This is for passionate, independent and creative students who are wanting to learn something new but just don't have the time or don't know where to start. This is the Design Block for you if you have an idea you want to bring to life. If you were an adult, would there be something you would think back on, and wish you would have done or learned?!? Is there something you could create to help others or help improve the school? Is there something you always wanted to learn how to do but haven't had the chance to do it yet? Is there something that you think you could create that would be fun? This Design Block is just that - a creative outlet to explore our skills we already have and want to build on, or to learn something completely new that we are interested in learning more about!! Students will be able to choose a skill, interest or talent that they would like to explore more, and have the Term to develop those skills.

**Learning Phase 1:** Students will start brainstorming ideas, and are encouraged to really think outside the box. This project will be independently student led with teacher support. We are also lucky enough to have clients from MORE Services come once/twice a week and you will be able to share all the steps of your journey with them.

SOME POSSIBLE IDEAS, BUT YOU ARE CERTAINLY NOT LIMITED TO:

creative writing, screenplay, photography, song, music video, blogs, vlogs, writing a children's book, gardening, build a budget, make a new sport, create a board game, nutrition study, book reviews, jewellery/fashion design, myth busters, family tree/heritage study, learn a new language, making music, mythologies, study professions, world studies, reviews, astronomy, meteorology, connection project - to help those who live alone, seniors, ill, money and time management, life skills - cooking, sewing, laundry, first aid, time and money management, knitting, crochet, paper maché, origami, 3D paper art, design the ultimate rink/stadium, stained glass, Cricut exploration, sports study, sports safety, sports nutrition, score/shooting analysis, scavenger hunt, Glowforge or making your own how-to videos.

**Learning Phase 2:** Students will learn how to bring their idea to life. What materials are needed? What research needs to be done? What steps do we take to reach our end goal?

Some random examples could be, but not limited to:

a) A student may really want to learn how to knit, and by watching videos and planning, actually teach themselves how to knit items OR A student who already knows how to knit, can apply their skills to learning how to knit a larger scale item like a blanket.

b) A student may want to explore visual arts, perhaps they want to learn how to draw or paint pictures, or improve their art skills and study how to draw better people or landscapes.

c) A student wants to create their own board game and they work throughout the term to come up with a finalized game.

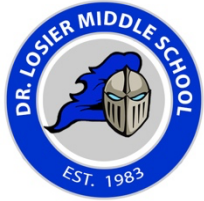
d) A student wants to create a comic strip or book, and they spend the term working through the project to create a final product.

We will spend the time working on producing the products, problem solving along the way, lots of trial and error, possibly making practice versions or working on improving them.

**Learning Phase 3:** With lots of practice and work, the students will have their final projects for the showcase. You should be able to demonstrate your learning and share your journey from day one all the way until you have your final product.

**How The Project Will Be Showcased:** You should be able to display and present/talk about the journey of your projects with pride. Possibly showcasing your prototypes, or first versions/ideas of your ideas, all the way to your final project. You will have your projects on display so that others can possibly: look, touch, feel, play, taste, take, do, listen, learn or watch your project. Come discover something new about yourself!!!

*Exhibition of Learning – Tentatively scheduled for – April 11, 2024*



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### Design Block – Round 2 (January 2024 – April 2024) Menu of Offerings

**Project Title:** Creative Art Studio

**Project Design:** Foster Creativity; Teach a Technical Skills so Kids can be Innovative; Use the Design Thinking Process;

**Project Focus:** Fine Arts - Skill development

**Expected Skill Acquisition:** Students will understand the fundamentals of solar eclipses and will use this new knowledge to inspire creative art pieces using light like the sun.

**Elements of Knight Culture:** Personalization;

**Expected Number of Participants:** 12-17;

**Primary Location of the Project:** Art room

**Project Purpose:** Students will learn about the 2024 Total Eclipse happening next April. They will later learn and practice new art skills using “light” in creative ways.

**Learning Phase 1:** 2024 Total Eclipse- students will learn all about this upcoming event happening in April. They will also cover other space related topics during this phase.

**Learning Phase 2:** Students will learn and try out art techniques using light to create cool art pieces. They will brainstorm, plan and sketch any ideas to create a visual representation using light.

**Learning Phase 3:** Students will learn to be creative and create art by using light.

**How The Project Will Be Showcased:** Students will possibly showcase their art pieces to the public during the time of the event.

*Exhibition of Learning – Tentatively scheduled for – April 11, 2024*





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### Design Block – Round 2 (January 2024 – April 2024) Menu of Offerings

**Project Title:** Backstage Pass

**Project Design:** Foster Creativity; Teach a Technical Skills so Kids can be Innovative; Use the Design Thinking Process;

**Project Focus:** Leadership

**Expected Skill Acquisition:** The students will have communication, cooperative skills, and leadership to skills to use in any future school or community projects. Exploring, choosing, designing and completing your own project is empowering.

**Elements of Knight Culture:** Personalization;

**Expected Number of Participants:** Max 28;

**Primary Location of the Project:** Annex , theatre, mezz

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**Project Purpose:** You will develop your creativity and leadership skills by helping behind the scenes on the various tasks needed to have a successful production. Calling all artists, salespersons, crafters, videographers, scene planners, fashion designers, builders, set design and promoters. Want to help with the design of a set, building of a set, painting a set? Or maybe designing a poster or tickets is your thing. Would you like to help promote our production to social media, community, or the radio? Would you like to make a podcast of the play's progress? These are just some of the things that happen behind the scenes. Perhaps you want to improve your singing, dancing or acting skills- look no farther. This will be explored, too.

**Learning Phase 1:** Choose an area that you are interested in, explore it, accomplish a task to support drama, and then do an individual project highlighting what you learned. Once the interests of the group have been identified, a schedule of mini workshops will be held to explore these areas. Choose your role.

**Learning Phase 2: 2.** Learn “the hows and whys” of your role. Teachers and community members that share your interests will be scheduled to come in to share their expertise. Inquiry learning will guide you, too.

**Learning Phase 3: 1.** Accomplish your role in the drama production, and then go on to use these skills to do your own final project.

**How The Project Will Be Showcased:** Final products will be showcased will product examples and a video diary of how everything came together.

*Exhibition of Learning – Tentatively scheduled for – April 11, 2024*