

Grade 10 Program Information

In Grades 9 and 10, Marymount offers an excellent program of studies that prepares students to meet the requirements of Marymount's American High School Diploma as well as those for the successful achievement of the IB Diploma Programme and Advanced Placement Certificates.

Students are supported throughout their academic journey by the Principal, Academic Assistant Principal, College Counselor, and IB Coordinator in the selection of appropriate courses according to their interests, enrichment plans, and tertiary educational goals.

Marymount's course of studies offers students a wide range of subjects. A minimum of 20 credits in Grades 9-12 is required for graduation. Over the four years of a typical High School program, a student will complete well over the minimum total credits required. To earn a Marymount High School Diploma a student must fulfill (Grades 9-12) the following requirements: Please note that 1 credit represents a full year in a normally scheduled course

Marymount American High School Diploma Subjects and Credits



English 4 credits	Fine Arts 1 credit
Individuals and Societies 3 credits	Physical Education 1 credit required, Half credit in Grades 9-10 (0.5 each year)
Mathematics 3 credits	Modern/Classical Language 4 credits or 1 credit each year at Marymount
Science 3 credits including 1 year of a Lab Science	Religious Education 2 credits required Half-credit each year in attendance at Marymount (0.5 per year)
Service Learning	2 credits required Half-credit each year in attendance at Marymount (0.5 per year)

Grades 9 & 10 High School Program

SUBJECT AREAS		GRADE 9	GRADE 10
Language and Literature	CORE SUBJECTS	-English 9 -Italian Literature 9 (Recommended for IB Italian A)	-English 10 -Italian Literature 10 (Recommended for IB Italian A)
	ELECTIVE COURSES	-Online elective Semester Course Catalogue*	-AP English Language and Literature
Language Acquisition	CORE SUBJECTS	-A choice of Arabic, English ELL, French, German, Italian, Mandarin or Spanish Languages in Grade 10 are not offered at Beginners level	
	ELECTIVE COURSES	-Latin -Online elective Semester Course Catalogue*	-Latin -Ancient Greek -AP Spanish Language and Culture -Online elective Semester Course Catalogue*
Mathematics and Sciences	CORE SUBJECTS	-Algebra 1 -Geometry -Biology I -Physical Science	-Algebra 2 -Algebra 2 & Trigonometry -Geometry -Numerical Methods (Choice of two sciences) -Biology II - AP Biology -Chemistry -Physics
	ELECTIVE COURSES	-Programming Languages -Online elective Semester Course Catalogue*	-Programming Languages -Online elective Semester Course Catalogue*
Individuals and Societies	CORE SUBJECTS	-World History 1 -Philosophy 9 -Religious Education: World -Religions or Confirmation	-World History 2 -Philosophy 10 -Religious Education
	ELECTIVE COURSES	-MUN -Public Speaking -Online elective Semester Course Catalogue*	-MUN -Public Speaking -AP World History Modern -Online elective Semester Course Catalogue*
Arts	CORE SUBJECTS	-Art History	
	ELECTIVE COURSES	-Graphic Design via GOA -Drawing and Painting -HS Drama I -HS Band -HS Chorus -Music Production -Sculpture and Installation -Video and Moving Image -Online elective Semester Course Catalogue*	-Elite Scholars Program -Graphic Design via GOA -Drawing and Painting --HS Drama II -HS Band -HS Chorus -Music Production -Sculpture and Installation -Video and Moving Image -Online elective Semester Course Catalogue*
Sports and Wellbeing		-Advisory -Physical Education	
Enrichment	Elite Scholars' Program, Personalized Enrichment Programs, Enrichment Trips, Marymount Talks, Athletic Enrichment Plans, Leadership Opportunities, After School Activities, ATL Assemblies, Secondary School Student-Led Assemblies, and AP Courses.		
Service	Engagement in meaningful service within the local community and an extended project for Grade 10.		
Support	Individualized Learning Plans, Study Skills, ELL Support, School Psychologist, Therapy Dogs <i>Identified ELL (English Language Learners) and Learning Support students will have course choices further reviewed/adjusted to meet their individual needs. Parents will be consulted directly.</i>		
<p>A large selection of online elective semester courses is offered Semester Course Catalogue*</p> <p>*Select the option, and you will be contacted by our GOA Site Director</p>			



Grade 10 Typical Schedule

English	Required Core Course
Biology/Chemistry/Physics (selection of two sciences)	Required Core Course

World History II	Required Core Course
Mathematics	Required Core Course
Modern Language	Required Core Course
Philosophy	Required Core Course
Religious Education	Required Course
Physical Education/Health	Required Course
Italian Literature 10	Recommended for IB Italian A

Electives	Students' Choice
-----------	------------------

A wide selection of elective courses is available. *

Electives vary from 1 to 3, depending on the schedule module adopted. When choosing your courses, please make sure to select 4 possible electives. Every effort will be made to accommodate student choice, although occasionally, course places are allocated on an availability basis.

A large selection of online elective semester courses is offered [Semester Course Catalogue*](#)

*Select the option, and you will be contacted by our GOA coordinator.

*AP Courses offered as an Enrichment Program on-site and [via GOA](#).

Language and Literature

AP ENGLISH LANGUAGE AND COMPOSITION

Grades 10- 12 (Credit: 1 - Elective Course)

In this course, the equivalent of an introductory college-level survey class, students are immersed in novels, plays, poems, and short stories from various periods. Students read and write daily, using a variety of multimedia and interactive activities, interpretive writing assignments, and discussions. The course places special emphasis on reading comprehension, structural and critical analyses of written works, literary vocabulary, and recognizing and understanding literary devices. Students prepare for the Advanced Placement Exam and for further study in creative writing, communications, journalism, literature, and composition.

ENGLISH 10 (Credit: 1)

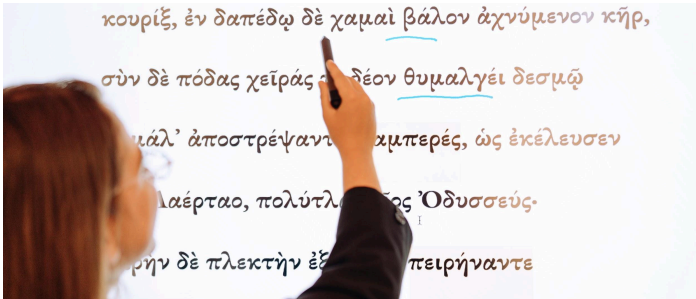
Students in this course continue their study of literary texts and strengthen their ability to express themselves both orally and in written composition. Skills in literary analysis are reinforced by examining multiple genres, namely, the classic American novel, *The Great Gatsby*, representative poetry from the Romantic period, and the Shakespearean drama, *Julius Caesar*. Class discussions and written compositions reinforce students' understanding of central literary concepts and encourage a deeper appreciation of literature. Expository essay writing, close critical analysis of style, and the oral explication of links between the texts and global issues are the dominant skill focuses of the course. The literary research paper in the second semester encourages the students to refine a personal connection with the subject and to apply key skills of both critical appraisal and argument writing in the context of written scholarship. Grammar concepts are applied in a variety of writing exercises, and vocabulary study is integrated to complement the development of a formal and critical linguistic register. English 10 is designed to prepare students for both IB English B and IB English A courses in grades 11 and 12.

ITALIAN LITERATURE 10 - Grade 10 (Credit: 1 - Prerequisite for IB Italian A)

The course is designed for students whose native language is Italian. It is not a mandatory requirement for IB Group A courses (required for the recognition of the IB Diploma in Italy), but it is highly recommended. However, it is up to the Italian department's discretion to evaluate students' linguistic and analytical skills prior to being accepted in the course. This is the second year of a two-year course designed to give students an overview of the Italian literary movement from the birth of the language up to and including the

twentieth century. The students will be exposed to the different genres of literature and different texts, both literary and non-literary. Emphasis will be placed on improving analytical reading and writing abilities.

Language Acquisition



ANCIENT GREEK - Grade 9 or 10 (Credit: 1 - Elective Course)

This introductory course to Classical Greek traces the development of Greek civilization, and builds the grammatical foundations of the language. Students will study morphology in order to be able to read independently. The course focuses on noun term cases and verb modes. Students will familiarize with classics in the original and in translation.

AP SPANISH LANGUAGE AND CULTURE - Grade 10 - 12

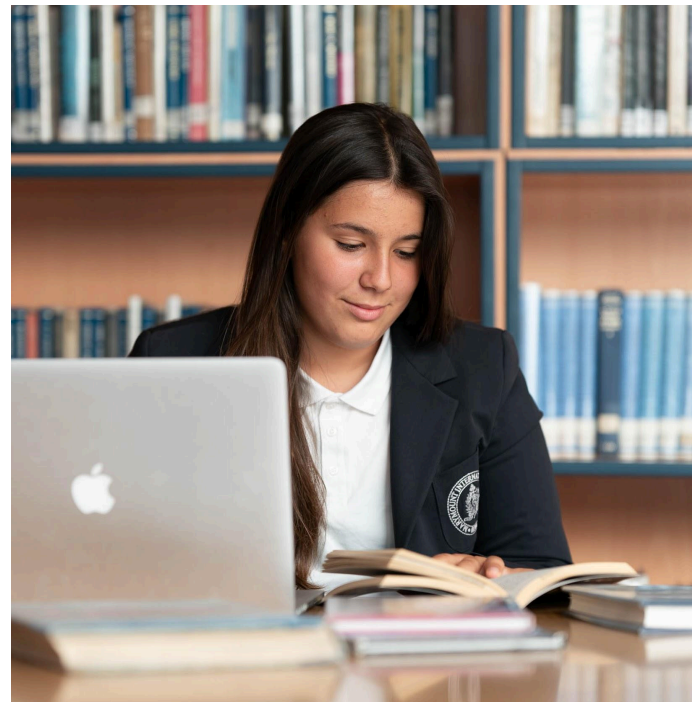
The AP Spanish Language and Culture course is an advanced language course in which students acquire proficiencies that expand their cognitive, analytical, and communicative skills. The AP® Spanish Language and Culture course prepares students for the AP® Spanish Language and Culture exam. It uses as its foundation the three modes of communication (Interpersonal, Interpretive, and Presentational) as defined in the Standards for Foreign Language Learning in the twenty-first century. The course is designed as an immersion experience and is conducted almost exclusively in Spanish. In addition, all student work, practices, projects, participation, and assessments are in Spanish. The course teaches language structures in context and focuses on the development of fluency to convey meaning. Students explore culture in both contemporary and historical contexts to develop an awareness and appreciation of cultural products, practices, and perspectives. In addition, students participate in a forum where they are able to share their own opinions and comments about various topics and comment on other students' posts. The course may be face-to-face or for school-supported independent study.

ENGLISH LANGUAGE LEARNERS - ELL (Credit: 1)

The High School ELL program is designed to improve students' use of English, and help implement the use of the English language to then access the regular school curriculum in all subject areas. Our School uses the WIDA assessment as an English proficiency screener to accurately place students and monitor their English language development. Students' placement in ELL is determined by their WIDA assessment, previous school records, and teacher input.

The ELL program aims to enable students to:

- Demonstrate English proficiency through basic interpersonal communication.
- Demonstrate English proficiency through cognitive academic language development in all school subjects, including Language Arts, Mathematics, the Sciences, and Social Studies.
- Demonstrate English proficiency in socially and culturally appropriate ways.



Modern Languages Grades 9 - 12 (Credit: 1): Students in Grade 10 have the choice of Arabic, French, German, Italian, Mandarin, and or Spanish. Languages in Grade 10 are not offered at the beginner level (Level I). Students joining in Grade 10 will be placed in a Level II course and offered online language

support. Students will be placed in Levels II, IV, or V based on their previous language ability, experience, and /or their teachers' recommendations.

Level II: This course develops the fundamental skills of learning a second language with an emphasis on oral communication, both listening comprehension and speaking. Students also acquire reading and writing skills, and grammar patterns are presented formally but are practiced in functional situations relating to the ability to communicate with an understanding of the culture.

Level IV: This course sharpens previously acquired oral and written language skills through presentations, essay writing, and grammar review; the literary tense is introduced. Students learn to appreciate the culture of the second language by becoming familiar with writers of that language and are provided with the tools for textual interpretation. A collection of short stories and several excerpts from an anthology are read and analyzed. Vocabulary is studied in context according to themes.

Level V: This course sharpens previously gained language skills through oral presentations, essay writing, and grammar review. Students deepen their appreciation of culture and literature by analyzing the work of writers, poets, playwrights, and directors, being provided with tools for textual and cultural analysis. Magazines, films, and newspapers are used for class discussion and vocabulary building.

LATIN I - Grades 9-12 (Credit: 1 - Elective Course)

This introductory course offers a thorough and fascinating grounding in Latin that combines the traditional grammatical method with the reading and translating approach. In addition to grammar, paradigms, and readings, the course reinforces the grammar and morphology while encouraging the joy of linguistic and cultural discovery.

LATIN II - Grades 9-12 (Credit: 1 - Elective Course)

In this course, students will continue to develop their proficiency in the Latin language as well as their understanding of ancient Roman history. On the language side, this involves learning about third declension nouns and adjectives, the future and pluperfect tenses, and various pieces of syntax, including concessive clauses and prohibitions. On the cultural side, students will continue our chronological study of Roman history, moving from the Regal Period into the Republican period. Students will follow the development of ancient Rome from a regular Italian city-state to the dominant power in Italy by the end of the fourth century BC to the ultimate superpower of the Mediterranean by the mid-second century BC. Students will meet a cast of characters from Cincinnatus to Hannibal and discover what really made ancient Rome great.

Mathematics and Sciences

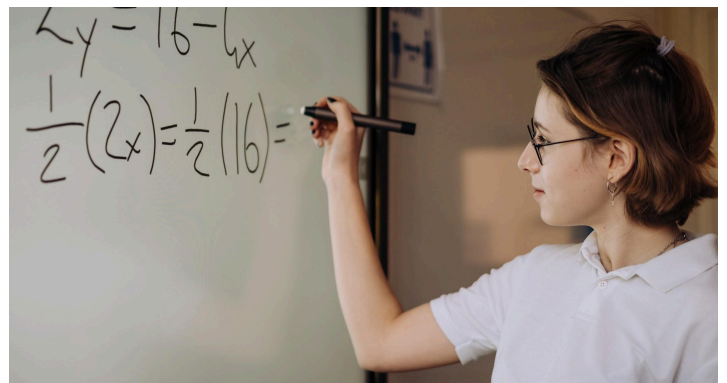
Students will take one of the following courses in Mathematics based on fulfillment of course prerequisites and Teacher Recommendation

ALGEBRA II

Grades 10-12 (Credit: 1)

Prerequisites: Geometry

This class is intended for those students who still require further development of their algebraic skills but are not interested in or not recommended for IB Math courses at higher level. This course is designed to reinforce the algebraic skills previously acquired, to extend abilities in problem solving, and to prepare students for IB Math Applications and Interpretation.



ALGEBRA II/TRIGONOMETRY

Grades 10-12 (Credit: 1)

Prerequisites: Geometry and Teacher Recommendation (Prerequisite for IB Math HL)

This course is intended as a foundation for higher level courses in mathematics. Students will study real numbers and an introduction to complex numbers. The functions studied are: linear, quadratic, trigonometric, exponential, logarithmic, rational, and radical functions. An introduction to matrix algebra will

be taught. If time permits, an introduction to sequences and series, as well as differential calculus will be taught.

AP ENVIRONMENTAL SCIENCE
Grades 10-12 (1 Credit - Elective)

Pre-requisites: students must have taken at least one year of high school algebra and successfully completed a high school earth science.

This course is designed to engage students with the scientific principles, concepts, and methodologies required to understand the interrelationships within the natural world. The course requires that students identify and analyze natural and human-made environmental problems, evaluate the relative risks associated with these problems, and examine alternative solutions for resolving or preventing them. Environmental science is interdisciplinary, embracing topics from geology, biology, environmental studies, environmental science, chemistry, and geography.

BIOLOGY II
Grades 10-12 (Credit: 1)

The course stresses the scientific experimental approach to the major themes in Biology: cell biology, molecular biology, genetics, ecology, evolution, and biodiversity, and human physiology. The approach to scientific problems is one of measurement, observation, and analysis. The course fully prepares students for IB Biology.

CHEMISTRY
Grades 10-12 (Credit: 1)

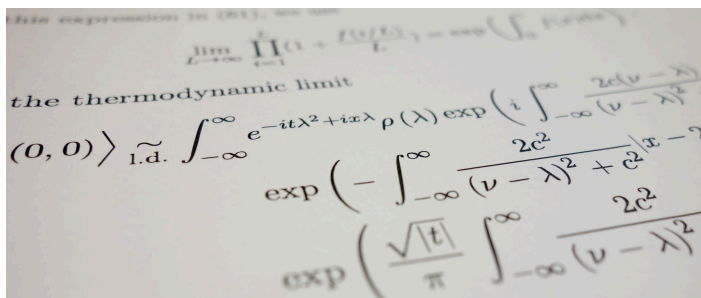
Building on the Physical Science course, this year of Chemistry delves further into the composition of matter and the changes it undergoes. Topics will include atomic structure and bonding, properties of matter, chemical quantities, solutions and solubility, energy transfer in chemical reactions, and quantitative chemistry. This course fully prepares students for IB Chemistry.

GEOMETRY- Grades 9-12, (Credit: 1) Prerequisite: HS Algebra I/Math 8

Geometry is represented as a Mathematical system through the study of plane and non-planar figures. Students will study the basic geometric language, parallel and perpendicular lines and planes, congruent triangles and their application, similar polygons, right triangle relationships, circles and their areas, area and volumes of solids, introduction to coordinate geometry, geometric construction, and loci. This is offered to students who intend to pursue higher mathematics in the course of high school. Geometry is approached with some rigidity by training students to do proofs of theorems and mathematical statements and by using logic in depth. Students who take Geometry in Grade 10 are not on track for the IB Diploma Program, unless they complement it with HS Algebra II.

NUMERICAL METHODS (Credit: 1)

This course provides students with a review of algebraic and arithmetic skills, building on Algebra I concepts. Students will improve their use of symbolic, graphical, and numerical methods to solve equations and will be able to analyze different types of equations and choose the appropriate method to solve for the variable. Other topics include linear, quadratic, and exponential functions, inequalities, exponents, polynomials, and factoring quadratic equations. Students will learn to model real-world situations using functions, connecting algebraic skills to everyday situations.



PHYSICS
Grades 10-12 (Credit: 1)

This course allows students to explore the main concepts of the physical world around us. Topics of study include Motion & Forces, Energy, Waves, Electricity, and Nuclear Physics. Scientific investigations form an integral part of the course. The course also serves as preparation for IB Physics.

PROGRAMMING LANGUAGES- Grade 9-12 (Credit: 1 - Elective choice)

This course is designed to introduce the students to computer programming, with a particular emphasis on using Python, consolidating and furthering computer skills that were introduced in Middle School. In addition to coding using Python, an interpreted, high-level, general-purpose language, students will be introduced to Java and other programming languages. The students will gain an extensive background in computing, including basic knowledge of computer hardware components and programming. This provides vital knowledge and puts computers in their place in our society today- 'the social implications of the computerization of today's world.'

Individuals and Society

AP WORLD HISTORY: MODERN - Grade 10-12 (Credit: 1 - Elective Course)

AP World History: Modern is an introductory college-level modern World History course. Students cultivate their understanding of world history from c. 1200 CE to the present through analyzing historical sources and learning to make connections and craft historical arguments as they explore concepts like humans and the environment, cultural developments and interactions, governance, economic systems, social interactions and organization, and technology and innovation.

Additional AP courses are available to students through the [Global Online Academy](#) platform.

MODEL UNITED NATIONS & DEBATE Grade 9 - 12 (Credit: 1 - Elective Course)

This course prepares students to participate actively as delegates in the Model United Nations conferences held in The Hague and in Haarlem. Students learn about the history, structure, and function of the UN, how to research and write resolutions on urgent world issues, how to debate, how to question Socratically, and how to deliver speeches of different kinds. There is an emphasis on collaboration. This class is the best preparation for students interested in attending an MUN conference.

PHILOSOPHY 10 - Grade 10 (Credit: 1)

This core course builds on students' understanding of philosophy. The students will learn how to think philosophically about ideas and concepts that deeply impact our lives, such as Happiness, Freedom, Art, Love and Friendship, Justice and Law, Duty, Work, and Technology. While informed by the history of philosophy, the course will emphasize the cultivation and refinement of the skills for philosophical thinking.

RELIGIOUS EDUCATION 10: Catholic Social Teaching (Credit: ½)

This course guides students in exploring and understanding the major themes of Catholic social teaching. By studying the four levels of happiness, the life and person of Jesus Christ, as well as the moral teachings found in the Scripture, students come to understand the basis of Catholic social teaching and what it means to truly love and respect the dignity of the human person. Students then examine contemporary issues in light of Catholic social teaching. This course aims to inspire students to promote the Gospel virtues, advocate for justice, and respond to the needs of our time.



CONFIRMATION(Credit: ½)

The Confirmation course is offered for students who wish to receive the Sacrament of Confirmation, or those who have recently received the Sacrament of Confirmation and wish to take an in-depth look at the Catholic Faith. The goal of the course is to prepare students both intellectually and spiritually to receive the Sacrament of Confirmation and to become lifelong disciples of Christ. Students examine the role of the Holy Spirit, the Church, and the Sacraments in salvation history and in their own lives. They learn and practice different styles of prayer and understand how to develop a deep and lasting personal relationship with God.

WORLD HISTORY II: 20th-century Global History - Grade 10 (Credit: 1)

The second year of this two-year course builds on the skills and knowledge of the first, to deepen students' historical knowledge of the 20th Century's key ideological conflicts in Europe, Asia, and the Americas. World History II students will study political, economic, cultural, and territorial aspects of the rise of Communism and Fascism, and the global impact of the Cold War, investigating its beginnings, key crises, and how it

ended. This course emphasizes group and individual project work, essay writing, critical thinking, source analysis and research techniques.

Arts

DRAWING AND PAINTING Grade 9 - 12 (Credit: 1)

This course offers fundamental instruction in drawing and painting. Through both technical instruction and creative experimentation, students will build the necessary skills to produce well-crafted artworks as a means of self-expression. Formal concepts are introduced to teach students how to 'see' and 'think' rather than simply reproduce existing artistic styles. Students will also learn to keep a detailed sketchbook for research, practice, and ideation as they approach their creative studio projects. The skills and concepts covered are an excellent preparation for the IB Visual Arts course.

GRAPHIC DESIGN via GOA - Grade 9 (Credit: 1/2 - Elective choice)

Graphic Design is an elective semester course offered via the GOA platform - [GOA Semester Course Catalog](#).

HS BAND Grade 9-12 (Credit: 1)

This is an advanced-level ensemble open for students from grades 9 – 12 who already play a band instrument. The course focuses on improving musicianship through the students' sense of tonality, rhythm, and technique, and through performing in several styles. Individual growth will be emphasized. Students will have opportunities to conduct and arrange music. Diligent practice is expected, and private lessons are encouraged. The ensemble performs several times throughout the school year, including the Christmas and Spring Concerts and Graduation.

Band students may be chosen as members of the orchestra for the HS play and form the core group of the Royal Winds, the school's Honor Band. Students may be asked to audition to ensure an adequate level.



HS CHORUS Grade 9-12 (Credit: 1)

In this year-long course, students discover the fun and excitement of singing in a group. Students learn about proper vocal production, singing in harmony in two or three parts, and studying music from many different genres and backgrounds. Performance is a key component, so students will perform in the classroom, in school concerts during the year, in school masses, and on retreats. The group will explore possibilities to sing off campus and perhaps a field trip to France to perform.

HS DRAMA I Grades 9-12 (Credit: 1)

This course is a practical and academic study of the subject of drama. Class time is broken down into a series of practical workshops aimed at building confidence, taking risks, and learning to create theatre as an ensemble. Techniques on acting, movement, design, and directing are all incorporated into the subject, so there is something for everyone. Students are assessed on their ensemble work, practical projects, homework, and a final performance at the end of the year. It is suitable for students who have little or no experience in drama, as well as those who have perhaps already shown enthusiasm and skill in the subject in their middle school years.

HS DRAMA II Grades 9-12 (Credit: 1)

This course is a continuation of High School Drama I. It aims to build on the skills learned in the previous year, as well as look at new aspects of theatre and performance. Lessons are structured as a series of practical workshops that strengthen performance and theatre design skills. The class will work as an ensemble to create original performances for a chosen audience. There is an opportunity to look at technology in theatre and design. Students will also use text and begin to look at different theatre practitioners in preparation for IB Theatre. It is suitable for students who have little or no experience in drama, as well as those who have perhaps already shown enthusiasm and skill in the subject in the past. It serves as a preparatory year for any student who is considering IB Theatre in Grade 11.



MUSIC PRODUCTION Grade 9-12 (Credit:1)

This yearlong course is designed to enhance music theory fundamentals and composition skills. The essential aspects of melody, harmony, rhythm, and form are studied in relation to the creative process of composing through a DAW (Digital Audio Workstation). Students will gain experience with hardware and software for music sequencing, synthesis, composition, and music performance practices. Students will also analyze the impact of technology on music and the development of the music industry. There are no prerequisites for this course, although prior musical experience is advised.

This course is recommended for students considering IB Music as their Group 6 option in the IB Diploma.

PUBLIC SPEAKING Grade 9-12 (Credit:1/2)

This yearlong course is designed to develop the skills necessary for effective oral communication and public presentation. Throughout the course, students will learn to select, structure, and shape subject matter into a coherent and concise speech as well as to adapt language and form to audience, purpose, and situation where appropriate. Students will also build skills in vocal projection and clarity of speech, match tonal register to audience, purpose, and situation, integrate body language, use notes and visual aids where appropriate, to support the subject matter and engage the listener.

SCULPTURE & INSTALLATION Grades 9-12 (Credit: 1)

This course teaches students to express ideas, emotions, and experiences through objects, materials, and space. Blending essential sculptural techniques with contemporary approaches to installation and site-based work, students design and create artworks that explore themes such as identity, memory, environment, and connection. Through hands-on projects, they build skills in spatial design, assemblage, material experimentation, and creative problem solving. Alongside studio practice, they research artists, document their process, reflect critically, and present their ideas with clarity and confidence. The course presents sculpture as embodied inquiry, one that gives form to feeling and structure to thought. Students learn to work independently, embrace uncertainty, and build artworks that speak, question, and stand in dialogue with the world. It offers strong preparation for IB Visual Arts and nurtures the mindset of a contemporary artist: curious, courageous, and connected.

VIDEO & MOVING IMAGE Grades 9-12 (Credit: 1)

Video & Moving Image is a one-year elective where students create videos, short films, journals, and experimental works that reflect on identity, memory, culture, and their place in the world. Students learn to shoot and edit using tools like Adobe Premiere, combining image, sound, and text in ways that are both technically skilled and conceptually rich. Inspired by contemporary artists who use digital strategies to engage across cultures and contexts, students develop a creative practice that blends personal voice with global awareness. Through studio practice, artist research, and critique, students grow as artists, courageous and confident in their ability to reflect, communicate, and contribute meaningfully to contemporary visual culture. This course offers excellent preparation for IB Visual Arts and a strong foundation for creative work beyond the classroom.

SEMESTER COURSES ON LINE

A large selection of online elective semester courses is offered [Semester Course Catalogue*](#)

Select your option, and you will be contacted by our GOA Site Director.

Sports and Wellbeing

Advisory

Advisors are responsible for the students' wellbeing guiding them personally, academically, and socially through the academic year. They provide students with support within the School framework, tracking their academic progress, mentoring them in their Enrichment Program, and helping them to integrate creativity, activity, and service projects in their curriculum.

The students are encouraged and given the opportunity to meet in small groups with an Advisor in the following way:

- Daily check-in from 8:20 a.m. for 10 minutes with their assigned faculty Advisor.
- Speak to their Advisor about the day and how well they feel prepared for their classes.
- Advisors check the students' calendars and verify that the students are organized for the day ahead.
- Advisors lead the students in a moment of quiet contemplation or prayer.
- Advisors share opportunities for enrichment and service tailored to students in the group
- Advisors involve the students in a discussion of some kind, referring to a current news item or other topic of interest to the group.
- Advisors are the first point of contact for a student with a concern or problem, and, similarly, parents/guardians can contact their child's Advisor in the first instance should the need arise.

Secondary School student groups also meet for a longer period of time with their Advisor every week in order to focus more in-depth on issues relating to academic planning and progress, as well as personal and social development in an open and trusting environment. Students also have the possibility to confer and talk individually with their Advisor.

PHYSICAL EDUCATION/HEALTH 10 (Credit: ½)

This course is designed to provide students with a more in-depth knowledge of physical fitness as well as fitness concepts and conditioning techniques used for achieving and maintaining optimal physical fitness. There is a major focus on the Personal Fitness unit, where students acquire knowledge about the components of fitness and learn about the benefits of exercise and healthy living while setting fitness goals and measuring their own fitness growth. There will be monthly health education lessons (focusing on mental, social, physical, and emotional health). Students will also learn and develop fundamental and advanced skills and strategies of team activities and will be empowered to meet challenges and develop positive behaviors in team activities, wellness, and lifetime activities. Values of sportsmanship and fair play are integral to the course content and participation in the athletic program, and sports outside the PE program are actively encouraged.

Enrichment

The School offers a variety of advanced and flexible academic study options. These include enrichment opportunities in mathematics, modern language courses (as well as the possibility to accommodate all Mother Tongue languages studies), athletics, and the arts, as well as the possibility to follow AP courses in Grades 9 and 10 or begin IB coursework in Grade 10 with the proper prerequisites and teacher recommendations.

Continuous attention is given to students wishing to develop their various interests inside and outside of the classroom, in addition to specific skills such as public speaking and leadership strategies, through a wide variety of opportunities, for example, participation in RSHM Conferences within the Marymount Global Network of Schools, Athletics and Music Festivals, and Model United Nations.

Enrichment opportunities: Personalized Enrichment Programs, Enrichment Trips, Marymount Talks, Athletic Enrichment Plans, Leadership Opportunities, After School Activities, ATL Assemblies, Secondary School Student-Led Assemblies, College Counseling.

ELITE SCHOLARS' PROGRAM (Credit: 1 - Elective Course)

This course is designed for ambitious students who want to reach their full potential as scholars and develop the skills, academic profile, and intellectual acumen that will make them successful at top-tier global universities. Led by the Director of Student Pathways and Innovation, this course empowers students to build a comprehensive learning portfolio that showcases their unique academic journey and developing passions. Students in this course are encouraged to flourish beyond the standard curriculum by exploring the literature, concepts, and research relevant to their chosen fields of study in greater depth. The course fits into a coherent and sequential framework from Grade 8 through Grade 11, ensuring students have the breadth and depth of scholarship and experiences they need to be successful at the most selective institutions. In Grade 10, the class focuses on leveraging this crucial interim year before diploma classes begin, ensuring that their portfolio reflects a clear and ongoing scholarly journey, growing confidence and expertise in the methods, concepts, and networks relevant to their chosen fields, as well as technical knowledge and expertise in specific university application processes, for example, admissions tests.

Service

Service Learning Experiences
Service Learning Project
House System Service Opportunities
Student Clubs

Support

Individualized Learning Plans
Study Skills
ELL Support

Identified ELL (English Language Learners) and Learning Support students will have course choices further reviewed/adjusted to meet their individual needs. Parents will be consulted directly.