

Grade 10

Course Planning Form 2025/2026



Terry Fox Secondary School

1260 Riverwood Gate ▪ Port Coquitlam ▪ BC ▪ V3B 7Z5 ▪ 604.941.5401
Fax: 604.941.1777 ▪ Website: <http://www.sd43.bc.ca/school/terryfox>

Please use this document as a planning “worksheet” prior to selecting your courses in the MyEd BC student portal. The portal will be open from January 29th until February 17th. We encourage you to talk to your teachers, counsellor, and family regarding the courses you select.

All Grade 10 students must take at least eight courses (required courses and electives). See reverse page for Elective Courses.

Online Course Selection Guide



<https://terryfox.sd43.bc.ca/courseguide>

Required Courses: All Grade 10 students must take English, Math, Social Studies, Science, Phys. Ed., and CLE 10. If you are not interested in the STEAM program, please choose one course from each line.

*** If you are interested in STEAM, skip this section go down to “STEAM Program” ***

- New Media 10 (MNMD-10), Literary Studies 10 (MLTST10) **or** Literary Studies 10 Honours (MLTST10H)
- Pre-Calc Math 10 (MFMP-10) **or** Workplace Math 10 (MWPM-10) **or** Math 10 Honours (MFMP-10H)
- Social Studies 10 (MSS-10) **or** Social Studies 10 Honours (MSS-10H)
- Science 10 (MSC--10) **or** Science 10 Honours (MSC--10H)
- PE 10 Girls (MPHED10--G) **or** PE 10 Boys (MPHED10--B) **or** PE 10 Co-Ed (MPHED10)
- Career & Life Education (MCLE-10)

Required STEAM Program Courses: All students wishing to join (or continue in) the STEAM program must choose four mandatory STEAM courses, English, Social Studies, and Phys. Ed.

- Science 10 Honours STEAM (MSC-10HST)
 - Math 10 Honours STEAM (MFMP-10HST)
 - Engineering 11 STEAM (MENR-11)
 - Career & Life Education 10 STEAM (MCLE-10ST)
- } * These 4 courses are MANDATORY for STEAM 10 *
- New Media 10 (MNMD-10), Literary Studies 10 (MLTST10) **or** Literary Studies 10 Honours (MLTST10H)
 - Social Studies 10 (MSS-10) **or** Social Studies 10 Honours (MSS-10H)
 - PE 10 Girls (MPHED10--G) **or** PE 10 Boys (MPHED10--B) **or** PE 10 Co-Ed (MPHED10)

Elective Courses: In addition to the required courses listed on this page, students must also choose *two* elective courses (on the reverse). Because we cannot always accommodate all requests, students should choose two electives as their first choice (Column 1) and two *different* electives as their alternate, second choice (Column 2).

STEAM students should choose *one* course from each column.

Graduation Checklist (Note: every course is worth 4 credits)

- English 10
 - Literary Studies or New Media
- Math 10
- Social Studies 10
- Science 10
- PE 10
- Career Life Education 10 (CLE 10)

- Art or ADST course (marked with ♦)
- English 11
- Math 11
- Social Studies 11 or 12
- Science 11 or 12
- English Studies 12

- Four grade 12 level courses (includes English 12)
- 28 credits of electives
- Career Life Connections (CLC 12)
- Numeracy and Literacy Exams

At least 80 total credits, including 52 credits from required courses and 28 credits from electives

Name: _____

Birthday: _____

Current School: _____

Grade 10

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All Grade 10 students must take at least eight courses (required courses and electives). See reverse page for Required Courses.

Online Course Selection Guide



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Elective Courses: Most students, choose *two* from each column. STEAM students, choose *one* elective from each column. First column is for first choices, and the second column is for “alternate” electives (in case your first-choice electives are full).

ARTS ♦

- MVAM-10 Digital Media Arts 10
- MGRPR11 Graphic Production 11 (Yearbook)
- MVAPH11 Photography 11
- MVAC-10 Studio Arts 3D 10 (Ceramics)
- MVAST10 Visual Arts 10 (General)

BUSINESS COMMUNICATION ♦

- MAC--11 Accounting 11
- MMAP-11 Marketing and Promotion 11

DRAMA & MUSICAL THEATRE ♦

- MDRM-10 Drama 10
- MMUTH10 Musical Theatre 10

EDUCATIONAL GAMING

- YMATH0B Chess 10
- YIPS-1B Social Dynamics in Tabletop RPGs 11

HOME ECONOMICS ♦

- MFOOD11 Food Studies 11
- MIAFR11 Interpersonal and Family Relationships 11
- MTXT-10 Textiles 10
- YHEC-0A Textile Arts & Crafts 10
- MTRM-11 Tourism 11

INFORMATION TECHNOLOGY ♦

- MCMPR11 Computer Programming 11
- MDMD12 Digital Media Development 12
- MMEDD11 Media Design 11
- MWBDV10 Web Development 10

LANGUAGES (student must have taken the previous level or passed a placement exam)

- MFR--10 French 10
- MFR--11 French 11
- MBMAN11 Introductory Mandarin Chinese
- MMAN-10 Mandarin Chinese 10
- MBSP-11 Introductory Spanish
- MSP--10 Spanish 10
- MSP--11 Spanish 11

LEADERSHIP

- YCPA-0A Leadership 10

MUSIC ♦

- MMUGT10 Guitar 10
- MMUCM10 Rock School 10 (Contemporary Music)
- MMEDD10 Recording Arts 10 (Media Design)
- MMUCB10 Concert Band 10 **
- MMUCC10 Concert Choir 10 **

** Band & choir run during E-block all year long

PHYSICAL EDUCATION

- MDNC-10 Dance 10 (Choreography) ♦
- MDNTP10 Dance 10 (Tech & Performance) ♦
- MFTCD11Y Fitness and Conditioning 11 (Yoga)
- MFTCD11FB Fitness and Conditioning 11 (Football)
- MFTCD11BB Fitness and Conditioning 11 (Boys Basketball) **
- MFTCD11BG Fitness and Conditioning 11 (Girls Basketball) **
- YLRA-0A Weight Training 10
- YLRA-0A-G Weight Training 10 (Girls only)
- YLRA-0B Athletic Weight Training 10

** Basketball classes run from 6:45am until 7:30am all year long

TECH ED ♦

- MTAUT11 Automotive Technology 11
- MTDRF10 Drafting 10
- MTMET10 Metalwork 10
- MTPOW10 Power Technology 10
- MTEXP10 Technology Exploration 10
- MWWK-10 Woodwork 10
- YMR-1B Vehicle Ownership & Maintenance 11

ADDITIONAL SUPPORT & ELL COURSES **

- XLDCD10 Learning Centre
- XLDCA10EAL English Acquisition I
- XLDCB10EAL English Acquisition II
- YESFLOA English Language Development 10
- YESFLOB Introduction to Academic Language 10
- YESFL1B English Language Development 11

** Learning Centre and EAL support blocks are available for students in consultation with their case manager and/or counsellor.

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