



Richmond Regional Regional High School Passion Options (2025-2026)

Passion	Description
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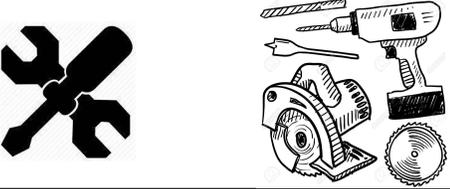
Student: _____

<p>DEK HOCKEY</p>  	<p>This engaging 32-minute passion block introduces students to dekhockey rules, improves fundamental skills such as stickhandling, passing, and shooting, and participates in a friendly game emphasizing collaboration and competition.</p>
<p>BADMINTON</p> 	<p>Whether you have the skill or the will, grab a racket and join BADMINTON. You will learn the different techniques such as serving, smashing, drop shots and much, much more. Come play and have fun with different tournament styles and free plays.</p>
<p>BASKETBALL</p> 	<p>If you LOVE basketball and you have been talking about nothing else. This is the place to be. We will be playing "games" and A LOT of scrimmages. Come to class changed and ready to go</p>
<p>VOLLEYBALL</p>   <p>FUN FABRICATION _ CYCLE 1</p>	<p>It's a thrilling sport that blends strategy, teamwork, and athleticism into 32-minute bursts of excitement. Each block of time feels like a heartbeat in the game, where players dive, spike, and set with precision and determination.</p> <p>You will get to use power tools, hand tools and imagination to fabricate real working mechanisms that are real and</p>



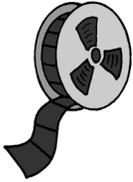
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	<p>used today or in the past. You may use: metal (steel or aluminum), wood (soft or hard), plastics, electric motors, wires, batteries, switches, fuses etc...</p>
<p>SOCIAL BOARD GAMES</p> 	<p>Get off the screen! Let's get together with board games including chess, cards, Monopoly, checkers, battleship, or Connect-4, among others. Come to play, to learn, to have fun! We will strategize, play games and even organize competitions!</p>
<p>KITCHEN BRIGADES - Sec 1-2-3</p> 	<p>Cook, compete, eat! Each workshop is a mini-competition between teams where you develop your food knowledge, experiment with recipes and of course taste the creations. Compete in an "Iron Chef" type quarter-finals against other schools to qualify for the Grand Finale hosted by Ricardo! *This passion also requires time at lunch*</p>
<p>ROBOTICS - Offered to Sec 1, 2 & 3</p> 	<p>Love techno stuff? Join the robotics passion and learn how to build and program mindstorm robots. Every year we participate in a world wide tournament (google FLL) involving teams from around the world. Join in the fun, make new friends and learn engineering and coding skills at the same time.</p>
<p>CROSS-TRAINING – CYCLE 2</p> 	<p>This passion would encompass Cross-Fit-inspired training for boys and girls. It would include both cardio and muscular training to help you get into shape or to help you excel in your sport.</p>



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<p>DRAWING PASSION</p> 	<p>Drawing passion will include learning different drawing techniques which can be very beneficial to your art class. It includes chalk, pastels, oil, charcoal and more....Come and have fun.</p>
<p>CLUB DE FILMS QUÉBÉCOIS</p> 	<p>Découvrez les talents de chez nous, en regardant des films en français qui ont été produit au Québec ou même en France. Ce club a pour but de vous ouvrir l'horizon et de vous présenter des œuvres principalement québécoises qui valent la peine d'être vues. Si vous aimez le cinéma, cette passion est pour vous!</p>
<p>ROLLER SKATING</p> 	<p>Let's learn how to roller skate together! We will learn and practice different rollerskating techniques, starting with different ways to stop. Please note that in order to sign up for this passion you need a pair of roller skates with indoor wheels, knee pads, wrist guards, and a helmet. Let's get rolling!</p>
<p>MUSIC PASSION</p> 	<p>To take part in this passion, you must already know how to play an instrument. You need to be prepared to work on your personal musical project independently and passionately. The following instruments are available to you: classical guitar, acoustic guitar, bass guitar, drums and piano.</p>



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First Aid in Sports - Sec 3-4-5



First Aid in sports and everyday situations
Prepare students to act properly in emergency situations. Students would learn to do bandages, take proper care of wounds and a few sports taping. They will practice taping skills during some of our Knights sport games (soccer, basketball, etc.) to put into action their new skills. Students will be part of a First Aid brigade available at lunch time to help if other students are injured at school.

YOGA & RELAXATION TECHNIQUES



Do you want to feel calm and centered?
Yoga is for You!

Some of the benefits include:

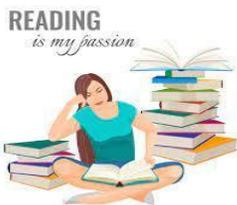
- improved posture
- increased flexibility
- Building muscle strength
- Boosts metabolism

You will learn to deal with stressful situations and to appreciate life! We will loosen the mind and the body. Even devoting a small chunk of your time to yoga can be beneficial (after all, even one deep breath has physical and energetic benefits).

The class begins with breathing exercises and gentle stretches, followed by a series of individual poses and final relaxation.



BOOK CLUB



We will read books, and share our thoughts, feelings and opinions about the novel and our recommendations.



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<p>Extra Study Hall period: Cycle 2 (Only)</p> 	<p>Need more time to get your work done? This may be for you.</p>
<p>Motors (Small Motors) - Cycle 1</p> 	<p>Introduction to small engines including all the science behind it. Assemble and disassemble a small engine. Learn the mechanics behind how it works. Knowledge that will last you a lifetime.</p>
<p>Line Dancing</p>  <p>If every time you take one step forward you take two steps backwards don't be discouraged. You just learned how to country line dance.</p> <p><small>Lutz Creative Group lutzcreativegroup.com facebook.com/LutzCreativeGroup</small></p>	<p><u>Line Dancing - Fun for Everyone !!!</u></p> <p>Students will learn numerous line dances and will get to practice them on a regular basis.</p>

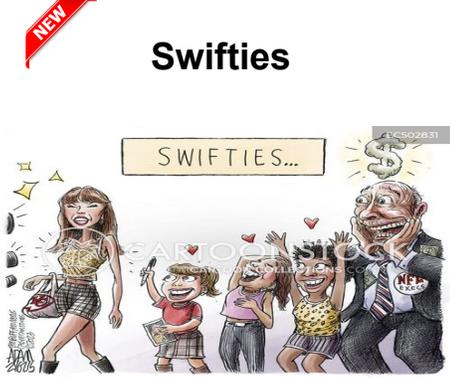


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<p> IMPROV-DRAMA</p> 	<p>Students will work on the Remembrance Day play and then after November, they will be taught improv and possibly take part in competitions.</p>
<p>Theatre Design</p> 	<p>In this passion, students would learn about the design and creation of costumes, props, and sets for live theatre. They would use that learning to design and realize costumes, props, and sets for the Roundtable Players plays.</p>



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<p>School Spirit</p> 	<p>Get students involved in promoting school spirit and becoming involved in the school community. Examples of activities include; decorating school for holidays, helping make care packages during the holidays, making signs to encourage sports teams, organizing new school activities etc.</p>
<p>Tech Team</p>  <p>Grow Your Tech Team</p>	<p>Students will learn how to use a soundboard, how to install sound equipment for an event, how to produce a video, how to record, and how to set up a stage for a performance.</p>
<p>Swifties</p> 	<p>We will go right down the rabbit hole of Taylor's discography - analyzing the lyrics, listening to the music, sharing our theories and discussing how the themes shape us.</p>



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