



MODULE ONE



MODULE TWO



MODULE THREE



MODULE FOUR

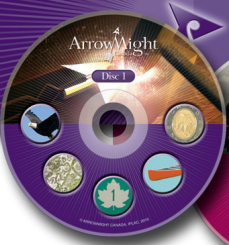
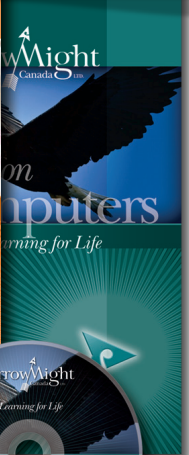
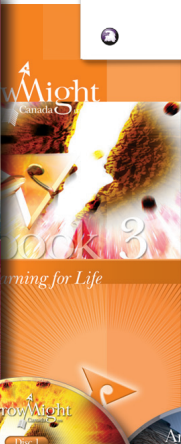
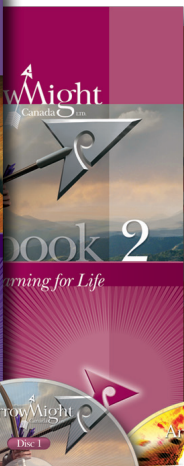
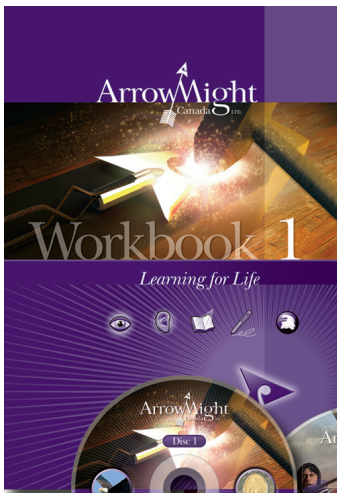
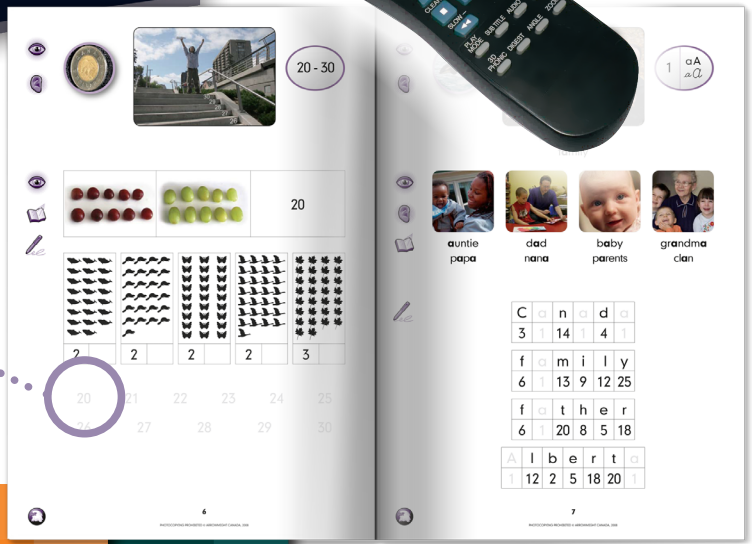
# ArrowMight *Learning for Life*

## OVERVIEW OF LESSONS – MODULES ONE THROUGH FOUR

An Adult Literacy, Numeracy & Essential Skills Program

A DVD-based home-learning program for all English-speaking Canadians





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# Lesson Breakdown per Module

Module 1	
<i>Areas</i>	<i>Lessons</i>
Motivational	1
Intro	1
English	35
Math	8
General Recap	1
English Recap	2
Math Recap	1
Final Self-Assessment	1
<b>TOTAL</b>	<b>50</b>

Module 2	
<i>Areas</i>	<i>Lessons</i>
Intro	1
English	30
Math	20
Sciences /Social Studies	9
General Recap	1
English Recap	1
Math Recap	1
Science /Social Studies Recap	1
Final Self-Assessment	1
<b>TOTAL</b>	<b>65</b>

Module 3	
<i>Areas</i>	<i>Lessons</i>
Intro	1
English	19
Math	19
Sciences/Social Studies	10
General Recap	1
English Recap	1
Math Recap	1
Science/ Social Studies Recap	1
Conclusion	1
Final Self-Assessment	1
<b>TOTAL</b>	<b>55</b>

Module 4	
<i>Areas</i>	<i>Lessons</i>
Level 1	5
Level 2	25
<b>TOTAL</b>	<b>30</b>



# Total Lesson Breakdown

<b>ARROWMIGHT</b>	
<i>Areas</i>	<i>Lessons</i>
Motivational	1
Intro	3
English	83
Math	47
Sciences/Social Studies	20
General Recap	3
English Recap	4
Math Recap	3
Science/ Social Studies Recap	2
Conclusion	1
Final Self-Assessment	3
Computer Skills	30
<b>TOTAL ARROWMIGHT</b>	<b>200</b>

# ArrowMight Learning Hours

## ArrowMight Learning for Life Program

850 LEARNING HOURS

(Based on high need students at IALSS Level 1)

	VIDEO LESSON (HOURS)	ADDITIONAL EXERCISE	DIAGN. ASSESSMENT	SELF-ASSESSMENT FOR MID-MODULE ASSESSMENT	SELF-PREPARATION FOR MID-MODULE ASSESSMENT	MID-MODULE ASSESSMENT	SELF-PREPARATION FOR FINAL ASSESSMENT	FINAL ASSESSMENT	FACILITATOR SUPPORT	GROUP MEETINGS (OPTIONAL)	TOTAL HOURS
<b>MODULE 1</b>	50	50	1	2	3	2	2	2	4	4	120h
<b>MODULE 2</b>	65	90	0	3	4	3	3	3	5	4	180h
<b>MODULE 3</b>	83	110	0	4	5	4	25	4	11	4	250h
<b>MODULE 4</b>	0	245	0	2	30	2	4	3	10	4	300h
<b>TOTAL</b>	<b>198</b>	<b>495</b>	<b>1</b>	<b>11</b>	<b>42</b>	<b>11</b>	<b>34</b>	<b>12</b>	<b>30</b>	<b>16</b>	<b>850h</b>

# Module One Overview

WEEK	LESSON	SYMBOL	SUBJECT	CONTENT	EDUCATIVE MESSAGE
1	1	EAGLE	Promo	The ArrowMight Program.	<i>The Value of ArrowMight Program.</i>
	2	PETROGLYPHS	Intro	Information about ArrowMight Module 1.	<i>The structure of the program, and its importance in raising the literacy levels.</i>
	3	TRANS-CANADA HIGHWAY	Math	Numbers 0 to 9. Common shapes. Getting ready to write (including numbers).	<i>The importance of numbers 0-9 in everyday life.</i>
	4	CANOE	Math	Numbers 10 to 19. The value of 'zero' to the right or left of a number.	<i>The importance of numbers 10-19 in everyday life.</i>
	5	TOONIE	Math	Numbers 20 to 30.	<i>Good decisions are based on information, analysis and effort.</i>
2	6	ORCA	English	Letter 'A' – We are family.	<i>Family means different things to different people.</i>
	7	HOCKEY	English	Letter 'E' – Home is where the heart is.	<i>A house is different from a home.</i>
	8	INUKSHUK	English	Letter 'I' – Friends stick together.	<i>Friendship and cooperation are important.</i>
	9	OCEAN	English	Letter 'O' – People depend on people.	<i>We all depend on a lot of people every day.</i>
	10	BUFFALO	English	Letter 'U' – United we can succeed.	<i>By working together, we can reach our goals.</i>
3	11	FRIENDSHIP WAMPUM BELT	English	Letter 'F' – The future is yours to create.	<i>Good decisions today can create better futures.</i>
	12	MOUNTIE	English	Letter 'M' – Music connects the world.	<i>Each culture has distinctive music that people like.</i>
	13	PEACE TOWER	English	Letter 'P' – People want peace.	<i>Peace is important to people.</i>
	14	THE SPIRIT OF HAIDA GWAI	English	Letter 'W' – Wow! We can win.	<i>There are different ways to win in life.</i>
	15	RAVEN	English	Letter 'R' – Reading is key to learning.	<i>Reading is an important part of learning and life.</i>

4	16	KAYAK	<b>English</b>	Letters 'K' and 'Z' – Keep learning about Canada.	<i>Canada has many interesting features.</i>
	17	TOBOGGAN	<b>English</b>	Letter 'N' – Canada is a northern country. Learning that the first word in a sentence has a capital.	<i>People in Canada adapt to its many weather patterns.</i>
	18	BIRCH TREE	<b>English</b>	Letter 'T' – Time is precious. Learning that there is a period at the end of a sentence.	<i>Using time wisely is important.</i>
	19	HUMMINGBIRD	<b>English</b>	Letter 'H' – Have hope in your heart. Matching letters to numbers to make a sentence: 'Have hope in your heart.'	<i>Having hope is important.</i>
	20	THUNDER	<b>English</b> <b>Math</b>	Letter combinations 'Th'. – Think then act. Student matches numbers to their word names.	<i>Thinking before you act leads to better decisions.</i>
5	21	STRAWBERRY	<b>English</b> <b>Math</b>	Letter 'S' – Everyone has a place in society. Symbols – > and <	<i>We all have a special role to fulfill in our communities.</i>
	22	CANADA GOOSE	<b>English</b> <b>Math</b>	Letter 'C' soft & hard – Yes you can! Student spells 3 and 13.	<i>You can do anything you set your mind to.</i>
	23	DREAM CATCHER	<b>English</b> <b>Math</b>	Letter 'D' – Children are the hope of the world. Using the dictionary to help you spell.	<i>Children are important in your community.</i>
	24	MONARCH BUTTERFLY	<b>English</b> <b>Math</b>	Letter 'Y' – You can help our planet. Numbers to 1,000.	<i>We have a responsibility to take care of the planet.</i>
	25	IGLOO	<b>English</b> <b>Math</b>	Letter 'L' – Balance your life. Ordinal numbers using four endings and the rules for each.	<i>It is important to balance your life.</i>



6	26	SWEET GRASS	<b>English</b> Letter 'G' – Pass knowledge through the generations. Hard 'g'. Soft 'g'. Silent 'g'.	<i>Through sharing stories, traditions and values, we gain a better sense of our place in the world.</i>
			<b>Math</b> Dictation. Number endings – 'teen' and 'ty'.	
	27	BLACK BEAR	<b>English</b> Letter 'B' – Traditional foods are beneficial.	<i>Traditional foods are the freshest and healthiest.</i>
			<b>Math</b> Addition of one digit plus one digit, vertically and horizontally.	
	28	JADE	<b>English</b> Letter 'J' – Enjoy what you do. The question mark.	<i>It is important to enjoy what you do and pass that on to your children.</i>
			<b>Math</b> When you add '0' to a number, the answer is same as the other number. Addition of one digit plus two digit with no regrouping (carrying).	
29	BEAVER	<b>English</b> Letter 'V' – Value your health.	<i>There are many ways to stay healthy.</i>	
		<b>Math</b> Subtraction (minus) sign. Subtraction of one digit from one digit.		
30	WHEAT	<b>English</b> Letter combinations 'Wh/Ph' – Who we are is important. Common information for forms. Two ways of writing dates. Ways to write addresses. How to write phone numbers.	<i>It is important to know how to fill out forms.</i>	
		<b>Math</b> When subtracting '0' from a number, the answer is the same as the other number. Subtracting one digit from two digits with no regrouping.		
7	31	TOQUE	<b>English</b> Letters 'Q/X' – Questions expand our minds. Different sounds made by 'x'. 'Q' usually followed by 'u' making a 'kw' sound. Intro to paragraph-writing.	<i>Asking questions is a good way to learn and gain knowledge.</i>
	32	SALMON	<b>Math</b> First full Math lesson: addition of one digit plus two digits with regrouping. Adding 3 single digits.	<i>We can work together to make our lives easier.</i>
	33	SNOWSHOE	<b>English</b> Letter combinations 'Sh/Ch' – We can choose to share. Reading and understanding a short text.	<i>There are many ways to show our love and support.</i>
	34	BLUEBERRY	<b>Math</b> Subtraction of one digit from two digits with borrowing (Math Guide 1A). The answer is called the difference.	<i>We can learn new things step by step.</i>
	35	MAPLE LEAF	<b>English</b> Letter combinations 'fr', 'fl', 'br', 'bl', 'cr', 'pl', 'gl', 'dr', 'tr' – This land is simply magnificent. Comprehension: paragraphs	<i>Canada is a land of contrasts.</i>

8	36	MOOSE	<b>English</b>	Could you please leave us a message? Writing notes. Punctuation: the purpose of capitals, periods and an exclamation mark.	<i>Writing notes is a good way to let people know you are thinking about them.</i>
	37	TOTEM POLE	<b>Math</b>	Counting by 3's. Multiplication of one-digit by one-digit. The multiplication sign 'x'. How to use the Table Grid for multiplication and division.	<i>You can save time by being organized.</i>
	38	CEDAR	<b>English</b>	Understanding labels is important. Punctuation: two uses of a comma.	<i>It's important to understand labels on many things so that we use them properly and safely.</i>
	39	LOON	<b>Math</b>	Division of one digit by one digit. How to use the table grid. How to write as an equation and use a division symbol. Dividend and divisors and how to identify.	<i>We can come together and support one another.</i>
	40	BEADWORK	<b>English</b>	When I prepare my ideas, I write better. Steps to follow in writing a paragraph: topic; supporting and concluding sentences.	<i>Organizing your thoughts makes your writing more clear.</i>
9	41	POLAR BEAR	<b>English</b>	Letters connect us to others. The parts of a personal letter: heading; greeting; body; closing; signature and sometimes a postscript (p.s.). Punctuation: the use of commas in personal letters.	<i>Letter writing is a good way to keep in touch with people.</i>
	42	MOUNTAINS	<b>Math</b>	Solving word problems. Integrating basic Math functions. Problem solving strategies.	<i>Solving problems well involves analysis and making good choices.</i>
	43	CARIBOU	<b>English</b>	Instructions can be challenging. Common topic areas in instructions.	<i>It is important to follow instructions in order to use equipment properly and safely.</i>
	44	FIDDLE	<b>English</b>	Song "We are ready to go on". Lyrics are a different way of presenting ideas.	<i>Learning to read and write opens up all sorts of possibilities for the future.</i>
	45	WOLF	<b>English</b>	Words can shape our world. The purpose of and how to use a dictionary and its format.	<i>Dictionaries help us to learn new words, and to improve reading, writing and communication skills.</i>

10	46	DRUM	<b>General Recap</b>	Review of the general goals of Module One. Whole workbook: symbols, facts and symbolism.	<i>It is important to review what new choices are available to you as a result of the new skills you learned in Module One.</i>
	47	MÉTIS SASH	<b>English</b>	English Recap 1 – Learning skills reveals new choices. Comprehension questions about a reading. Filling out personal information.	<i>In Module One of the ArrowMight Learning for Life Program you have learned how to read, write, and use documents to face everyday challenges.</i>
	48	LIGHTHOUSE	<b>English</b>	English Recap 2 Writing can be exciting. Identifying punctuation in a paragraph. Writing two paragraphs about a chosen topic.	<i>You can write better when you do it with care.</i>
	49	QUILL BOX	<b>Math</b>	Recap Exercises on the four basic Math operations and problem solving.	<i>It is important to work hard and never give up on your dreams.</i>
	50	MOCCASIN	<b>English Math</b>	English and Math Self assessments.	<i>Assessing your own learning enables you to know how you have taken your literacy skills to higher levels to go further.</i>

# Module Two Overview

WEEK	LESSON	SUBJECT	CONTENT	EDUCATIVE MESSAGE
	1	<b>Introduction</b>	Information about ArrowMight Module Two.	<i>Module Two has some features that are different from Module One, and these will enable students to advance their learning.</i>
1	2	<b>English</b>	Yukon Territory. The verb 'be'. Use of the apostrophe to make contractions; prepositional phrases.	<i>Yukon has unique features.</i>
	3	<b>Math</b>	Addition of two or more digits sometimes requires carrying. Problem solving. Student uses the encyclopedia for the first time.	<i>Practice and training in anything can help you improve.</i>
	4	<b>English</b>	Northwest Territories. Action verbs. Simple present tense.	<i>The NWT, where half of the population is Aboriginal, has distinctive features.</i>
	5	<b>Math</b>	Subtraction of two or more digits with borrowing. Using addition to check subtraction.	<i>Love, friendship and caring expressions can make a difference in someone's life.</i>
	6	<b>English</b>	Nunavut. Frequency adverbs.	<i>Nunavut, Canada's newest Territory, has exceptional features.</i>
2	7	<b>Math</b>	Multiplication of one and two digits by a single digit. Multiplication of a single digit by 10, 100 and 1,000	<i>There are many ways people and communities can help preserve wildlife.</i>
	8	<b>English</b>	British Columbia. Verbs and verb tenses: present continuous. Syllables.	<i>British Columbia, the western gateway to Canada, has many extraordinary features.</i>
	9	<b>Math</b>	Multiplication of two or more digits.	<i>Agriculture is one of Canada's most important industries.</i>
	10	<b>English</b>	Alberta. Verbs and verb tenses: Future tense.	<i>Alberta, home to the world famous Calgary Stampede, has outstanding features.</i>

3	11	<b>English</b>	Saskatchewan. Simple past tense. Regular and irregular verbs. The comma.	<i>Saskatchewan, the 'breadbasket of Canada, has interesting features.</i>
	12	<b>Math</b>	Division of one or more digits by one digit. Division by numbers containing zeros. Problem solving.	<i>Practice will always help us do things better.</i>
	13	<b>English</b>	Manitoba. Nouns and noun categories: common/ proper; singular/plural. The comma.	<i>Manitoba, home of the polar bear capital of the world, has many unique features.</i>
	14	<b>Math</b>	Long Division: remainder. Problem solving.	<i>Thinking clearly and developing a sound strategy enables you to solve problems.</i>
	15	<b>English</b>	Ontario – Articles. Count and non-count nouns.	<i>Ontario, famous for Niagara Falls, has distinctive features.</i>
4	16	<b>English</b>	Quebec. Adjectives and the order in which they are used in sentences.	<i>Quebec, Canada's largest province, has extraordinary features.</i>
	17	<b>Math</b>	Introduction to shapes. Fractions. Calculating fractions of whole numbers. Problem solving.	<i>The shapes of objects reflect nature, art and culture.</i>
	18	<b>English</b>	New Brunswick. Prepositions.	<i>New Brunswick, Canada's only officially bilingual province, has exceptional features.</i>
	19	<b>Math</b>	Decimals: place value. Fractions as decimals. Basic operations with decimals. Problem solving.	<i>There are efforts all over the world to improve literacy levels.</i>
	20	<b>English</b>	Prince Edward Island. Homophones. Possessive adjectives. Possessive pronouns.	<i>Prince Edward Island, the Birthplace of Confederation, has outstanding features.</i>

5	21	<b>English</b>	Nova Scotia. Modal verbs.	<i>Nova Scotia, one of the four original Canadian provinces, has unique features.</i>
	22	<b>Math</b>	Addition and subtraction of fractions with the same denominator. Problem solving.	<i>Finding a good place to study helps to focus on learning.</i>
	23	<b>English</b>	Newfoundland and Labrador. Adverbs.	<i>Newfoundland and Labrador, Canada's most eastern province, has outstanding features.</i>
	24	<b>Math</b>	Percents expressed as a fraction and a decimal. Problem solving.	<i>Percents help us to figure out taxes and the prices of things.</i>
	25	<b>English</b>	Self-respect. Reflexive pronouns. Compound words using hyphens.	<i>Self-respect helps you to have healthy relationships and face challenges.</i>
6	26	<b>English</b>	Problems & Solutions, Present perfect. Semi-colon.	<i>When problems arise, there are people and places that can help.</i>
	27	<b>Math</b>	Fractions, decimals and percentage as equivalences. Problem solving.	<i>Understanding equivalences is helpful in everyday life.</i>
	28	<b>English</b>	Motivation. Conjunctions. The comma.	<i>Motivation is key to success for every activity we plan and do.</i>
	29	<b>Math</b>	Time, weight and currency. Problem solving.	<i>Learning how to convert time, weight and currency when you visit other countries is practical and a sign of respect.</i>
	30	<b>English</b>	The resumé. Subordinating conjunctions. The colon.	<i>A good resumé can make a great impression on potential employers.</i>
7	31	<b>English</b>	Cover letter. Job interview. Object pronouns. The colon.	<i>There are helpful ways to prepare for a job interview to make a good impression.</i>
	32	<b>Math</b>	Measurement of length; conversion. Problem solving.	<i>Measuring accurately and being able to convert measurements is helpful in life.</i>
	33	<b>English</b>	Driver's Licence, Comparative forms of adjectives and adverbs.	<i>The steps to getting a driver's licence are different across Canada.</i>
	34	<b>Math</b>	Measurement of capacity. Conversion. Problem solving.	<i>Understanding capacity is helpful in many areas of life.</i>
	35	<b>English</b>	Being a responsible driver. Superlative form of adjectives and adverbs.	<i>It is important to practise safe driving at all times.</i>

8	36	<b>English</b>	The newspaper. Present perfect continuous.	<i>Newspapers have sections with information for just about everyone.</i>
	37	<b>Math</b>	Measurement: Converting length, weight and capacity.	<i>Many people do conversions every day.</i>
	38	<b>Science</b>	Water cycle.	<i>Water and the Water Cycle affect many areas of life, including weather patterns.</i>
	39	<b>Math</b>	Measuring perimeter: triangle, square, rectangle, polygon.	<i>Measuring perimeter helps in making informed decisions in many everyday events.</i>
	40	<b>English</b>	Canadian literary traditions. Included or embedded questions.	<i>Books are tools that inform, inspire and entertain.</i>
9	41	<b>English</b>	Non-verbal communication. Relative pronouns. Punctuation: quotation marks.	<i>People from different cultures use the same gestures to say different things.</i>
	42	<b>Math</b>	Calculating Area: square, triangle and rectangle. Problem solving.	<i>Outdoor activities are important for health.</i>
	43	<b>Social Studies</b>	Canada as a nation.	<i>The history and culture of Canada touches many peoples' lives.</i>
	44	<b>Science</b>	The solar system.	<i>The solar system is complex; parts of it affect our planet.</i>
	45	<b>English</b>	Storytelling traditions. Sequence words and phrases.	<i>Storytelling teaches people about their traditions and culture.</i>
10	46	<b>English</b>	Consumer Rights. Conditional type 1. The comma in conditional sentences.	<i>People can make good use of consumer laws.</i>
	47	<b>Math</b>	Algebra: Calculation of perimeter and area. Problem solving.	<i>Gardening is a way to look after the land</i>
	48	<b>Social Studies</b>	Canada's Aboriginal inhabitants: First Nations.	<i>First Nations have diverse histories, cultures and languages.</i>
	49	<b>Science</b>	The Earth's oceans	<i>Oceans are important to Canada and the world's climatic changes.</i>
	50	<b>English</b>	Landlord and tenant rights and responsibilities. Conditional type 2.	<i>There are laws in Canada that protect both tenants and landlords.</i>

11	51	<b>English</b>	Stress. Active and passive voice.	<i>Good lifestyle habits help us handle stress.</i>
	52	<b>Math</b>	Introduction to statistics: graphs and data.	<i>We use graphs and data in many ways in everyday life.</i>
	53	<b>Social Studies</b>	Canada's Aboriginal inhabitants: Inuit.	<i>The Inuit have a distinct culture and have made contributions to our everyday lives.</i>
	54	<b>Science</b>	Environmental changes.	<i>There are many ways we can lessen changes in the environment.</i>
	55	<b>English</b>	Listening. Past perfect.	<i>Good listening is a way to improve communication.</i>
12	56	<b>English</b>	Assertiveness. Quotation marks. Conditional type 3.	<i>Assertiveness is a good communication strategy.</i>
	57	<b>Math</b>	Analysis and interpretation of graphs.	<i>Graphs are tools for budgeting time and money</i>
	58	<b>Social Studies</b>	Canada's Aboriginal Peoples: Métis.	<i>The Métis have a distinct culture and have made important contributions to Canada.</i>
	59	<b>Science</b>	Canada's endangered species.	<i>We can take steps to protect endangered species where we live.</i>
	60	<b>English</b>	Poems.	<i>Poems communicate messages.</i>



WEEK	LESSON	SUBJECT	CONTENT	EDUCATIVE MESSAGE
13	61	General	Recap.	<i>Module Two taught a lot of skills that will be helpful in our day-to-day lives.</i>
	62	Science and Social Studies	Recap.	<i>Science teaches about the world; Social Studies teaches how to live in that world.</i>
	63	English	Recap.	<i>Everything you've learned has built upon itself, it's time to bring it all together.</i>
	64	Math	Recap.	<i>Module Two has taught many Math skills for use in everyday life.</i>
	65	Self-assessment		<i>Self-assessment helps us understand all that we've learned in Module Two.</i>

# Module Three Overview

WEEK	LESSON	SUBJECT	CONTENT	EDUCATIVE MESSAGE
1	1	<b>Introduction</b>	Information about ArrowMight Module 3.	<i>Module 3 brings new resources, knowledge and challenges.</i>
	2	<b>English</b>	Wisdom. Research skills.	<i>We learn wisdom from our experiences and become better people as a result.</i>
	3	<b>Math</b>	Introduction to the calculator through reviewing the four basic operations and problem solving.	<i>Calculators help us solve math problems quickly; however, we interpret the results.</i>
	4	<b>English</b>	Human values. Research tips (note-taking).	<i>Our values guide our behaviours and they are different for everyone.</i>
	5	<b>Math</b>	Positive and negative numbers. Understanding temperatures and converting between Fahrenheit and Celsius. The degree symbol. Problem solving.	<i>Understanding temperature and knowing the weather forecast can help us to plan properly.</i>
2	6	<b>English</b>	Knowledge economy. Tips on note-taking.	<i>Everyone has a type of knowledge that makes him or her valuable in society.</i>
	7	<b>Math</b>	Expressing a quantity as a percent. Rounding decimals. Problem solving.	<i>Technology helps us every day and touches nearly every aspect of our lives.</i>
	8	<b>English</b>	Responsibility. Connectors.	<i>Our own sense of responsibility affects the lives of everyone around us.</i>
	9	<b>Math</b>	Finding the percent of a given quantity.	<i>Finding balance will help you have a healthy and fulfilling life.</i>
	10	<b>Science</b>	Weather: El Niño and La Niña.	<i>Weather forecasts help us to adjust travel plans and daily routines as needed.</i>
3	11	<b>English</b>	Biography: Elder William Commanda.	<i>A person's biography can inspire us in our own lives.</i>
	12	<b>Math</b>	Order of Operations. Problem-solving.	<i>We can make our communities better places if we work together.</i>
	13	<b>English</b>	Reading techniques: skimming and scanning.	<i>Using the right reading technique helps you accomplish your reading purpose.</i>
	14	<b>Math</b>	Equivalent fractions. Problem solving.	<i>Loyalty is important in our friendships and relationships.</i>
	15	<b>Social Studies</b>	Emergency preparedness.	<i>Being prepared can make a big difference when a disaster happens.</i>

4	16	<b>English</b>	Short stories.	<i>Good short stories are an art form.</i>
	17	<b>Math</b>	Proper and improper fractions. Calculating common denominators. Mixed Numbers. Problem solving.	<i>Exercising your mind and body can help improve your quality of life.</i>
	18	<b>English</b>	The Grand Hall of the Canadian Museum of Civilization. Publications.	<i>Different kinds of texts will give information in different styles.</i>
	19	<b>Math</b>	Algebra: Variables: isolating them to find their value. Problem solving	<i>Canadians have used math to create some wonderful inventions.</i>
	20	<b>Science</b>	Renewable and non-renewable Energy. Sources and forms of energy.	<i>There are many ways we can conserve energy for future generations.</i>
5	21	<b>English</b>	Strategies to improve communication.	<i>Being a good listener is as critical as being a good speaker.</i>
	22	<b>Math</b>	Algebra: creating equations to find unknown values. Sequence of operations.	<i>Everyone can help solve the problems we face in protecting the animals.</i>
	23	<b>English</b>	Comparing and contrasting oral and written communication.	<i>We can use the strengths of each of oral and written communication to our advantage in different situations.</i>
	24	<b>Math</b>	Geometry: lines and angles. Problem solving.	<i>We can see lines, angles and shapes in everything around us.</i>
	25	<b>Social Studies</b>	The right and responsibility of voting in Canada.	<i>Through voting, you play a role in the future of your community and our country.</i>
6	26	<b>English</b>	Teamwork.	<i>When you pull together as a team, amazing things can happen.</i>
	27	<b>Math</b>	Geometry: Angles. Measurement of and drawing angles with a protractor.	<i>Honesty is an important building block in all relationships.</i>
	28	<b>English</b>	Mind maps.	<i>Mind maps are a creative way of taking notes that also stimulate thinking.</i>
	29	<b>Math</b>	Geometry: types of triangles. Problem solving.	<i>Humility allows us to be grateful for what others give to us and what we can offer them.</i>
	30	<b>Science</b>	Chemistry: the study of matter and its interactions with other matter.	<i>Chemistry affects and improves our everyday life.</i>

7	31	<b>English</b>	Structuring an essay.	<i>Learning how to structure an essay enables you to write clearly and convey your purpose successfully.</i>
	32	<b>Math</b>	Geometry: navigation with maps, compasses and GPS.	<i>We can all make good use of direction in all aspects of our lives.</i>
	33	<b>English</b>	The four stages of how to prepare for the final integrated English assignment.	<i>Final assignments help us to evaluate our progress and plan future learning.</i>
	34	<b>Math</b>	Geometry: Calculating perimeter or circumference and area of a circle. Problem solving.	<i>When you're patient, you're more likely to do a thorough job and make fewer mistakes.</i>
	35	<b>Social Studies</b>	The forming of Canada.	<i>Canada is a land of many cultures, each of which has made important contributions.</i>
8	36	<b>English</b>	Lifelong learning.	<i>Learning is a way to prepare for any opportunities that come our way.</i>
	37	<b>Math</b>	Geometry: 3-D Shapes. Calculating volume. Problem solving.	<i>We use volume in many ways every day.</i>
	38	<b>English</b>	Referencing sources using the APA style.	<i>Referencing sources gives credit where credit is due and recognizes people for their work.</i>
	39	<b>Math</b>	Recap of measurement: temperature, volume, distance.	<i>Measurement is an important part of everyday life.</i>
	40	<b>Science</b>	Hygiene.	<i>We can practise good hygiene every day to keep a safer and cleaner environment.</i>

9	41	<b>English</b>	Speeches and presentations.	<i>We can all learn to be comfortable giving presentations and speaking in public.</i>
	42	<b>Math</b>	Statistics: analyzing graphs and preparing a monthly budget.	<i>Learning how to organize a budget helps to balance income with expenses.</i>
	43	<b>English</b>	Song: My Tomorrow. Using literary devices to get a message across.	<i>We are all responsible for choosing how to build our own futures.</i>
	44	<b>Math</b>	Algebra: relationship diagrams.	<i>Diagrams are one of the most effective ways for humans to learn and communicate.</i>
	45	<b>Social Studies</b>	Preserving language.	<i>There are many initiatives to preserve language and culture.</i>
10	46	<b>English</b>	Student questionnaire.	<i>Feedback helps make programs and services better for everyone.</i>
	47	<b>Math</b>	Statistics: probability.	<i>Understanding probability helps us make better decisions.</i>
	48	<b>Science</b>	Everyday science.	<i>Science has brought us many things that make our lives easier.</i>
	49	<b>Social Studies</b>	Canada's place in the world.	<i>Canada promotes peace and unity with the rest of the world.</i>
	50	<b>General recap</b>	How the lessons addressed Essential Skills.	<i>All of the skills taught in Modules One, Two and Three will serve you well for the rest of your life.</i>

WEEK	LESSON	SUBJECT	CONTENT	EDUCATIVE MESSAGE
11	51	English recap	Inspiration.	<i>It's important to have inspiring people in our lives.</i>
	52	Math recap	Practising all the Math taught in Module 3. Square roots.	<i>With perseverance, you can accomplish any goal you set for yourself.</i>
	53	Science and Social Studies recap	How Science and Social Studies are interconnected.	<i>Social Studies complements the study of the natural world to better understand ourselves.</i>
	54	Math	Self-assessment.	<i>The Math skills taught in ArrowMight have made a difference in many areas of life.</i>
	55	Conclusion of ArrowMight Program	Program overview.	<i>You have all the tools you need for your next learning journey.</i>

# Module Four VHBC Level 1 and 2 – Overview

WEEK LESSON CONTENT

LESSON TITLE

KEY LEARNING ELEMENTS

Level 1			
1	1	The importance of Computer Technology.	Meet the Computer <i>Learning the language of the ArrowMight computer program.</i>
			What Can Computers Do <i>How computers can contribute to our daily lives.</i>
			What's Inside this Thing <i>How the internal hardware functions.</i>
2	2	Communicate using the computer.	Can You Feel the Connection <i>The internal language of computers. How computers communicate.</i>
			Mr. Modem on Line One <i>Using the computer to access information.</i>
			All the Stuff on the Outside <i>Understanding the external hardware.</i>
3	3	The function of the computer keyboard.	Meet the Monitor <i>Learning about the Graphical User Interface (GUI).</i>
			Klickity Klick, it's the Keyboard <i>Learning the letter, number and extra function keys.</i>
			Keyboard, the Sequel <i>Understanding how to use shortcuts, the numeric keypad, and special keys.</i>
4	4	The mouse, printer and speakers.	Meet the Mouse <i>Introducing the mouse.</i>
			Point and Click <i>Understanding the use and functions of the mouse.</i>
			Meet the Printer and Speakers <i>Understanding the printer and speakers as outputs.</i>
5	5	Practical application of theoretical knowledge.	Making it Happen <i>Understanding the application and operating system (OS) software.</i>
			Meet Ubuntu <i>Introducing Ubuntu and its use within the ArrowMight Computer Course.</i>
			Countdown to Powering Up <i>Preparation for Level 2 computing and multimedia lessons.</i>  <i>Learning to navigate the e-book and use a computer mouse.</i>
6 Level One Final Assessment			
Level 2			

7 ArrowMight Laptop Delivery			
8	6	The computer desktop.	Your Desktop <i>Using the desktop to keep files organized and to access information.</i>
	7	Computer applications.	Programmed to Succeed <i>Using Ubuntu applications to help perform tasks easily.</i>
	8	Computer Help Centres.	Help is Here for You <i>How to use Ubuntu programs and find solutions.</i>
9	9	The mouse.	Mastering the Mouse <i>Practice using the mouse.</i> <hr/> <i>How to customize the mouse to suit individual preferences and needs.</i>
	10	Navigate the computer.	Go Places with Ubuntu <i>Arranging and organizing files properly using Ubuntu.</i>
	11	Administer and customize the computer.	The System Menu <i>Customizing user preferences.</i>
	12	Keyboard shortcuts.	Keyboard Shortcuts <i>Developing time saver techniques using shortcuts on the keyboard.</i>
10	13	Computers as a multi-user system.	Invite Your Friends and Family <i>Setting up Ubuntu computer user accounts, privileges and security.</i>
	14	Introduction to a text editor.	Write On <i>Creating documents with paragraphs and punctuation marks. Learning how to: drag, drop, cut, copy, paste and delete text.</i>
11	15	Archive and back up.	Gedit Saves the Day <i>How to save documents and files to the computer hard drive and external devices.</i>
	16	Organize, find and print documents.	Print and Find Your Files <i>How to create folders and organize files. Learning to find and print saved documents.</i>
	17	Methods for editing text.	Get a Move On <i>How to resize windows and move files to another location.</i>



WEEK	LESSON	CONTENT	LESSON TITLE	KEY LEARNING ELEMENTS
12	18	Movies, music and digital cameras.	Movies, Music, and Digital Cameras	<i>How to use the computer jukebox, home entertainment system and Internet radio receiver.</i>
	19	Introduction to OpenOffice.org Productivity suite.	Your New Office	<i>Learning to use open office applications.</i> <i>Customize OpenOffice.org suite</i> <i>Using computerized self-assessment tools to evaluate knowledge and skills.</i>
13	Level Two Mid-Module Assessment			
14	20	Introduction to OpenOffice.org Writer.	OpenOffice.org Writer	<i>Creating, saving and formatting OpenOffice.org Writer documents</i> <i>Using the Writer free quick reference card to become more efficient in OpenOffice.org Writer.</i>
	21	Introduction to OpenOffice.org Calc.	OpenOffice.org Calc	<i>Creating, saving and formatting OpenOffice.org Calc documents.</i> <i>Applying spreadsheet math functions. Using the Writer free quick reference card to become more efficient in OpenOffice.org Calc.</i>
14	22	Introduction to OpenOffice.org Impress.	OpenOffice.org Impress	<i>Creating, saving and formatting OpenOffice.org Impress Presentation documents.</i>
	23	Introduction to OpenOffice.org Database.	OpenOffice.org Base	<i>Creating and saving tables, records, forms, queries and reports using OpenOffice.org Base.</i>
15	24	The computer without a mouse.	Take Command	<i>Practicing basic text-based commands.</i>
	25	The use of commands.	Crack the Shell	<i>Practicing advanced key commands to control the computer.</i>
	26	Using the terminal command line.	With Your Permission	<i>Setting computer level permissions to customize file and user access.</i>

	27	The Internet.	Connect with Computers Around the World	<i>Learning to connect with computers, information and people from around the world using the ArrowMight simulated Internet experience.</i>
16	28	Computer software.	More Software for Your System	<i>How to download and install free software.</i>
	29	Computer security.	Secure Your System	<i>Learning about anti-virus software and how to secure your computer against viruses.</i>
17	30	E-mail and social networking.	Get the Message Out	<i>Learning to communicate through email as part of social networking.</i>
18	Level Two Final Assessments			



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