



## MIDDLE SCHOOL COURSE LIST

# Electives

### Art 6 <sup>1/2</sup>

In this one-semester course, sixth-grade students learn how to identify and discuss formal elements, principles of design, and stylistic characteristics found in artworks from various world regions. They explore the fundamental concepts of art; how to evaluate art; and how to discern the intended function of natural history museums through hands-on activities, discussions, written assignments, and objective assessments. The course begins with an orientation that provides an introduction to art appreciation and a time line of ancient history. Students move on to study art from various world regions, including Mesopotamia and the Indus River Valley, Egypt, China and Japan, Greece, Italy, and the Americas.

*Available on PEAK platform only.*

### Art 7 <sup>1/2</sup>

A follow-up course to Art 6, Art 7 continues students' instruction in the fundamental concepts of art, the evaluation of art, and understanding the mission of natural history museums. In this one-semester course, seventh graders explore world regions and study the unique art and architecture that defines the Medieval and Renaissance periods. Using relevant terminology, they learn how to identify and discuss formal elements, principles of design, and stylistic characteristics found in artworks from various world regions. Course content begins with a time line of Medieval and Renaissance history and discussion of art criticism, and is supplemented with hands-on activities, discussions, written assignments, and objective assessments.

*Available on PEAK platform only.*

### Art 8 <sup>1/2</sup>

Art 8 is intended for eighth-grade students and is a follow-up course to Art 7. The one-semester course continues students' exploration of world regions as they study the unique art and architecture that defines modern-day civilizations. In Art 8, students learn how to converse with others about art and the function of art in modern society as they analyze artworks and identify valid resources for the study of art history and the applied arts. Students do hands-on activities; participate in discussion; turn in written assignments; and take assessments on art from India, China, Japan, Europe, the United States, the Americas, Africa, and the Pacific cultures. Course content includes instruction on writing about art and a discussion of art historians.

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### Career Explorations $\frac{1}{2}$

Intended for eighth-grade students, this one-semester course provides an overview of careers available today and helps students identify careers that may suit them. Course content covers the importance of work to individuals and society; the difference between a job and a career; identifying personal strengths, weaknesses, and interests and how they apply to possible careers; the importance of proper work etiquette; and an exploration of various careers in several career clusters. Students complete self-evaluations to determine which careers may be of interest to them. Assignments, including research and interviews, supplement the instructional content and provide a hands-on approach to creating a career plan for the future.

### Family and Consumer Science $\frac{1}{2}$

In this course, students develop skills and knowledge to help them transition into adult roles within the family. They learn to make wise consumer choices, prepare nutritious meals, contribute effectively as part of a team, manage a household budget, and balance roles of work and family. They gain an appreciation for the responsibilities of family members throughout the life span and the contributions to the well-being of the family and the community.

*Available on PEAK platform only.*

### Health 6

This one-semester course for sixth-graders provides students with the knowledge and skills necessary for making healthy choices throughout their lives. In Health 6, students learn how to recognize unhealthy and risky behaviors, manage peer pressure, and develop strategies for improving personal and community health. They also gain an understanding of the many different influences on one's health and the interrelationships that occur between mental, physical, social, spiritual, and environmental health. Students have opportunities to demonstrate the skills they've learned in healthy decision making, problem solving, goal setting, effective communication, and refusal negotiation. Content is supplemented with vocabulary quizzes, discussion sessions with peers, multimedia interactive tutorials, lab activities, and interactions with the teacher.

*Available on PEAK platform only.*

### Health 7

Health 7 is a one-semester course for seventh-graders that builds on content introduced in Health 6. The course begins with a unit on personal and community health. The next unit, on prevention and strategies for risky health behaviors, includes topics such as alcohol and drug abuse, violence, STDs and HIV infection, and nutrition and exercise. The third unit covers factors influencing health practices, behaviors, and attitudes; in this unit, students explore social factors, environmental factors, the media, and resources for health information. The fourth unit presents content to help students develop their communication skills and coping mechanisms. The course concludes with a unit on decision making and life skills for healthy living.

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### Health 8

Designed for the eighth grade, Health 8 gives students the knowledge and skills necessary to develop and maintain a healthful lifestyle. In this one-semester course, students learn health information and practices for understanding and managing many aspects of their physical, social, intellectual, spiritual, and emotional health throughout adolescence and into adulthood. Topics include nutrition; adolescent development; pregnancy and childbirth; the prevention of diseases, injuries, STDs, and AIDS; substances such as alcohol, drugs, tobacco, and steroids; anxiety disorders; relationships; responsibility; stress management; decision making; self-esteem; and consumer health. Vocabulary quizzes, discussion sessions with peers, interactive tutorials, lab activities, and interactions with the teacher supplement the instructional content.

*Available on PEAK platform only.*

### Intermediate American Art II

Intermediate American Art II lessons include an introduction to the artists, cultures, and great works of American art and architecture from the end of the Civil War through modern times. Students investigate paintings done in various styles, from impressionist to pop; learn about modern sculpture and folk art; discover how photographers and painters have inspired one another; examine examples of modern architecture, from skyscrapers to art museums; and create artworks inspired by works they learn about.

*Available on Online School platform only.*

### Intermediate World Art I

Intermediate World Art I lessons include an introduction to the artists, cultures, and great works of world art and architecture from ancient through medieval times. Students investigate how artists from different civilizations used various techniques, from painting to mosaic; examine elements of design and styles of decoration, from the spiral to the solar disk; and explore some of the best-preserved works from ancient tombs, including the treasures of Egypt's King Tut.

*Available on Online School platform only.*

### Intermediate World Art II

Intermediate World Art II lessons include an introduction to the artists, cultures, and great works of world art and architecture from the Renaissance through modern times. Students study various works of art from the Renaissance and beyond; discover great works of art and see how they influenced later artists; compare and contrast works from many civilizations, from paintings to sculpture, architecture, book covers, prints, and more; and create artworks inspired by works they learn about.

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### Introduction to Online Learning ½

The Online Learning course explains to students how the K12 middle school program works, and provides tips on successful online learning. Students are introduced to the online tools they will use during their middle school experience, including the Learning Management System that delivers course assignments. Students take part in online discussions and practice submitting computer-scored assessments and other assignments to teachers. Lifelong learning skills, such as time management and study habits, are also covered. By the end of the course, students will be fully prepared to begin their K12 middle school courses.

*Available on Online School platform only.*

### Journalism ½

Who? What? When? Where? In this course, students learn how to gather information, organize ideas, format stories for different forms of news media, and edit their stories for publication.

### Music 6 ½

In this one-semester music appreciation course for sixth-graders, students learn foundational skills such as performing, listening, analyzing, and responding to music. They are exposed to fundamentals of music such as rhythm, harmony, form, and texture. They learn to read and write music notation and to create and arrange music within specified guidelines. Integrated assignments incorporate other areas of study such as science, social studies, and math. Students are exposed to a wide variety of musical styles, including classical, jazz, blues, rock, pop, and bluegrass. They also learn about the use of technology in music, including MIDI, interactive programs, audio equipment, mixers, and recording equipment.

*Available on PEAK platform only.*

### Music 7 ½

After seventh-grade students complete this one-semester music appreciation course, which is a follow-up to Music 6, they are able to analyze and evaluate music. The course begins with a study of the fundamentals of music such as musical notation, composition, harmony, rhythm, duration, and intensity. It then covers the role of technology, genre and style, social and cultural impact, and geographic diversity. Students complete activities that require higher critical thinking skills and integrate other areas of study such as math, social studies, and science. They learn to understand music's role in history, make critical judgments and informed music choices, and reflect on musical periods and styles.

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### Music 8 ½

Music 8 is a one-semester music appreciation course for eighth-grade students that teaches them how to critically analyze music, use proper music terminology to describe musical concepts, and create music. The course includes fundamentals such as musical notation; the concepts of melody, harmony, tone, and pitch; the various families of musical instruments; and the function and benefits of rehearsal and practice sessions. Students learn about different genres of music, including classical, country, blues, Latin, and gospel. Integrated assignments incorporate other content areas of study such as social studies, science, and math. Students learn to relate music to geographic regions such as Africa, Asia, Central America, Europe, and North and South America.

*Available on PEAK platform only.*

### Photography ½

Students see photographs every day on television, on the internet, and in magazines and newspapers. What makes a great photograph? How did the artist capture a story? What are careers in photography? In this course, students learn and apply fundamental skills to use a camera and take photographs of animals, people, and landscapes. Students gain an understanding of how photography can be a means of documentation or high art. Students examine photographic careers and explore self-reflection to progress their creative growth as they develop a photographic portfolio. This course helps students select subjects, take photographs, and print and display memories.

### Physical Education 6 ½ +

Physical Education 6 is a one-semester course that introduces sixth-grade students to the essential principles that can help them live healthy, active lifestyles. Students learn about team sports, dance, and lifetime activities such as yoga/Pilates, kickboxing, golf, fitness walking, and badminton. They are introduced to a variety of dance styles from around the world, including square dance, folk dance, aerobic dance, hip hop, and rhythmic gymnastics. Students learn fitness basics, including target heart rate, fitness testing, goal setting, and weight training, and they learn the importance of warm-up and cool-down sessions. The course also addresses the concepts of conflict resolution and making smart choices. Fundamentals of nutrition are covered as well as the importance of getting adequate rest and maintaining a positive attitude.



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### Physical Education 7

Physical Education 7 is a one-semester course that exposes seventh-grade students to diverse activities, including rock climbing, orienteering, kickboxing, and table tennis. Course content includes multiple training methods, including cross training, plyometric training, core muscle training, and aerobic dance. Students learn about stress management exercises, including yoga/Pilates and breathing exercises. Fitness basics are presented, including target heart rate, fitness testing, and goal setting. Students learn about static and dynamic balance and about the science behind sports. Principles of strength training are covered, along with safety precautions one should take when lifting weights. At the end of this course, students can perform the Presidential Physical Fitness Tests and graph their scores.

### Physical Education 8

Designed for eighth-grade students, Physical Education 8 teaches students to make informed decisions about fitness activities. Students learn about the role of physical activity in maintaining a healthy quality of life. Each student designs and participates in a fitness program that meets his or her individual fitness needs and interests, and learns how to evaluate his or her personal physiological response to exercise. Course content covers the fundamentals of physical fitness and stress management and introduces students to a variety of lifetime sports and games, including canoeing, cycling, tennis, lawn games, and wall ball. Students learn how to apply the critical elements of multiple training methods, including aerobics, cardio bands, and kickboxing.

### Spotlight on Music Grade 6

Get ready to travel the world through music as students explore and build foundational music skills with Spotlight on Music. This hands-on music course offers a variety of learning activities that include singing, dancing, virtual instruments, playing the recorder, listening maps, authentic sound recordings with famous past and present artists, and an iSong player that allows students to customize key signatures, tempo, and lyrical highlighting. Six units in the course are organized into three sections: Spotlight on Concepts, Spotlight on Music Reading, and Spotlight on Celebrations. Students learn about these musical elements: duration, pitch, design, tone color, expressive qualities, and cultural context, while exploring music from all over the world. Students also learn to read music and explore beat, meter, rhythm, melody, harmony, tonality, texture, form, tone color, dynamics, tempo, articulation, style, and music background. Students apply the music skills they are learning while performing seasonal and celebratory songs.

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### Spotlight on Music Grade 7

Students become musicians as they explore and build foundational music skills with Spotlight on Music. This course encourages students to discover their musical potential through diverse learning activities that include singing, dancing, virtual instruments, playing the recorder, optional guitar lessons, listening maps, authentic sound recordings with famous past and present artists, and an iSong player that allows students to customize key signatures, tempo, and lyrical highlighting. The course is organized into nine units. Students study the musical elements of duration, pitch, design, tone color, expressive qualities, and cultural context. Students are introduced to music from all over the world as they explore beat, meter, rhythm, melody, harmony, tonality, texture, form, tone color, dynamics, tempo, articulation, style, and music background, and learn to actively read and write music.

*Available on Online School platform only.*

### Spotlight on Music Grade 8

Students become musicians as they explore and build foundational music skills with Spotlight on Music. This course encourages students to discover their musical potential through diverse learning activities that include singing, dancing, virtual instruments, playing the recorder, optional guitar lessons, listening maps, authentic sound recordings with famous past and present artists, and an iSong player that allows students to customize key signatures, tempo, and lyrical highlighting. The course is organized into nine units. Students study the musical elements of duration, pitch, design, tone color, expressive qualities, and cultural context. Students are introduced to music from all over the world as they explore beat, meter, rhythm, melody, harmony, tonality, texture, form, tone color, dynamics, tempo, articulation, style, and music background, and learn to actively read and write music.

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