

# 7th Grade 2023-24 Elective Course Descriptions

**\*\*\*\*BE PREPARED TO SELECT A FIRST AND SECOND CHOICE FOR DAY A, AND A FIRST AND SECOND CHOICE FOR DAY B (a total of 4 classes per quarter), AND BE CAREFUL TO NOTE THAT SOME ELECTIVES ARE NOT ALL OFFERED ON BOTH DAYS\*\*\*\***

## *QUARTER 1 ELECTIVES*

### **Outdoor Team Sports A (PE)**

The students will be participating in various outdoor/indoor team sports. Examples of these sports could include basketball, football, soccer, baseball and kickball. These activities will focus on the needed fundamental skills for each sport as well as cooperation and team building activities. This course will take place outdoors. Strategies and sportsmanship will be points of emphasis.

### **Wellness and Health (PE)**

This class will focus on learning the basic fundamentals of nutrition and exercise to help students live a healthy and balanced life. Students will explore proper nutrition and activities they can partake in to keep them living their best life.

### **Choir (MUSIC) \*Day A only\***

This performance-based course is designed to focus on singing as a group. Students will focus on learning different types of choral music, sight-reading, correct singing techniques, and performance etiquette. There will be required performances outside of the school day as part of the grade for this course. Additional information will go home on the first day of class in the syllabus. You may choose to register for Choir for as few as one quarter or as many as all four quarters. There is a four-quarter requirement for students who intend to be a part of Afterglow, Sunset Hills elite choir, that practices after school and travels to performances (including the annual Disneyland trip). A one-time course fee of \$20 is required for all performing members, which includes all required supplies and official performance shirt (if enrolled in Choir for more than one quarter, this fee is only paid once). *Students who register for the whole year will still be able to participate in another different Elective each quarter.*

### **Music Journalism (MUSIC) \*Day B only\***

Students will take on the role of online journalists to create a blog website about their favorite performer or band. Then students will develop an online presence to connect with their audience and publish their thoughts about specific songs or albums in blog/vlog format using experience and evidence. Students will also use their blogs to engage in productive online discussions with their classmates as they comment on each other's sites.

### **Painting (ART)**

This course is a survey of various painted media on the traditional surfaces of canvas and paper. The class will offer an overview of the fundamental traditional painting methods. Students will be challenged to create paintings that demonstrate their understanding of the elements of art and principles of design.

### **Coding \*Day A only\* (iExplore)**

Coding students will learn foundational skills in computational thinking, computing practice, and programming. They will decompose problems into smaller more manageable parts, and create algorithms to solve them. Students will use hands-on learning and the physical environment to explore computing concepts. To write programs, they will use visual (block-based) or text-based programming languages. By the end of the course students will be able to communicate what they have learned about sequence, loops, functions, and conditional statements.

### **Creative Technology \*Day B only\* (iExplore)**

Students will have the opportunity to explore a variety of programs, websites, and technologies to create a portfolio of creative works, including Morning Announcements!. Units may include, but are not limited to: coding in art and music, 3D design and printing, photo editing, stop motion animation, web design, game design, graphic design, photography and more!

### **Beginning Band (MUSIC) \*Day A only\***

Yes, even if you've never played a band instrument, but would like to start now, you still have the chance! Students will learn to play a band instrument, read music, and play songs. Most students rent an instrument from Musical Surprise for about \$30/month. The rental includes the instrument, repair, theft protection, and credit toward future purchase. There will be an instrument rental night at school in August. There are also a small number of instruments available to rent through the school for a cost of \$50 for the entire school year. These instruments are rented on a first come, first served basis each fall. Be aware that students with district instruments who are not active in rehearsal and home practice can have their instrument assigned to another student and forfeit their rental fee. Band students will be enrolled for the whole school year as one of their two Elective classes each quarter, and will have the opportunity to participate in one other Elective class every quarter. Students from this class will automatically be added into the regular Band program for quarters 2-4.

### **Intermediate Band (MUSIC) \* Day B only\***

This class is for students who already play an instrument. A wide variety of music will be played throughout the school year and we will perform for a Winter and Spring Concert at Shadow Ridge High School. Also, there is a good chance that we will join Shadow Ridge High School for a half-time performance at one of their football games. Students will either have their own instrument or use a school instrument. Instruments rent for about \$30 a month through Musical Surprise and in addition, students are responsible for their instrument supplies. That includes reeds, valve oil, etc. There are also a small number of instruments available to rent through the school for a cost of \$50 for the entire school year. These instruments are rented on a first come, first served basis each fall. Be aware that students with district instruments who are not active in rehearsal and home practice can have their instrument assigned to another student and forfeit their rental fee. During the 2nd quarter students will meet for band on B Days and during a Tier 2 Intervention one day per week. *All students enrolled in Band will be registered in the Elective for the **full school year**. Students will still be able to participate in one other Elective every quarter.*

## ***QUARTER 2 ELECTIVES***

### **Indoor Sports 1 (PE)**

The students will be participating in various indoor team sports. Examples of these sports include volleyball, handball, badminton, hockey, etc. These activities will focus on cooperation and team building activities. This course will take place indoors. Strategies and sportsmanship will be points of emphasis.

### **Outdoor Team Sports B (PE)**

The students will be participating in various outdoor team sports. Examples of these sports could include basketball, football, soccer, baseball and kickball. These activities will focus on the needed fundamental skills for each sport as well as cooperation and team building activities. This course will take place outdoors. Strategies and sportsmanship will be points of emphasis.

### **Ceramics (ART)**

Students will gain knowledge and understanding of different media, tools, and processes for ceramic making. They will sketch, design, and practice a variety of skills needed to create a ceramic project. ( textures, shapes, attaching, coiling, rolling, smudging) They will learn the techniques of clay molding, firing, and painting the ceramic project.

### **Choir (MUSIC) \*Day A only\***

This performance-based course is designed to focus on singing as a group. Students will focus on learning different types of choral music, sight-reading, correct singing techniques, and performance etiquette. There will be required performances outside of the school day as part of the grade for this course. Additional information will go home on the first day of class in the syllabus. You may choose to register for Choir for as few as one quarter or as many as all four quarters. There is a four-quarter requirement for students who intend to be a part of Afterglow, Sunset Hills elite choir, that practices after school and travels to performances (including the annual Disneyland trip). A one-time course fee of \$20 is required for all performing members, which includes all required supplies and official performance shirt (if enrolled in Choir for more than one quarter, this fee is only paid once). *Students who register for the whole year will still be able to participate in another different Elective each quarter.*

### **Musical Theatre Performance (MUSIC/ART) \* Day B only\***

In this performance-based course, students will look at the different performing aspects of Musical Theatre and Broadway. Throughout the course, students will be active in improvisation, singing, and acting techniques. This course is highly recommended for all students interested in participating in next year's school-wide production (which also requires extensive after-school rehearsals between September and February), but is open to all students interested in learning about and preparing for a theatrical production. Students will study and practice the basics of stage performance, develop skills in theatrical vocal performance, and learn about the many components and collaborative elements associated with theatrical productions (including set and costume design and stage effects). This Elective will provide additional rehearsal time for the school musical, which will be used as the basis for most instruction. *This course is offered for two quarters, and it is recommended that all students who intend to participate in the school musical register for both quarters it is offered.* While students can choose to participate for only one quarter, the second quarter it is offered will be a continuation of the learning from the first section. ***\*\*If taken for both quarters, this course will satisfy both the Music AND Art requirement for the year due to its integration of both performance and artistic design components\*\****

### **Creative Technology \*Day A only\* (iExplore)**

Students will have the opportunity to explore a variety of programs, websites, and technologies to create a portfolio of creative works, including Morning Announcements!. Units may include, but are not limited to: coding in art and music, 3D design and printing, photo editing, stop motion animation, web design, game design, graphic design, photography and more!

### **STEM \*Day B only\* (iExplore)**

Students will work collaboratively and think critically to solve design challenges using everyday materials in a creative way. Students will build on their background knowledge of Science, Technology, Engineering, and Math to create a prototype that solves a given problem while using Design Thinking and the Engineering Design Process. This elective is great for students who enjoy working with their hands, being creative, and working in groups.

### **Band (MUSIC) \*Day B only\***

This is a continuation of the Band Elective. If you selected a Band Elective for first quarter, you must also select it for this quarter.

## **QUARTER 3 ELECTIVES**

### **Fitness/Strategy (PE)**

This course will focus on multiple styles of group fitness training. Students could be introduced to yoga, Zumba, cross-fit, Tabata, HIIT, kickboxing, line dancing and other strength training/conditioning class formats. This class will also include nutrition/health component for a healthy lifestyle. Games and activities in this class will focus on teamwork and communication. Students will engage in various games and activities in which their communication will guide their strategies while competing against each other and other teams. Games could focus on building offensive and defensive skills, throwing and catching drills and conditioning. This course will take place both indoors and outdoors. Strategies and sportsmanship will be points of emphasis.

### **Lifetime Sports - Disc Sports, Golf, Kickball, Bowling, Spikeball (PE)**

Students will be participating in various lifetime sports. Examples of these sports would include various disc sports, golf, kickball, bowling, capture the flag, and spike ball. We will focus on learning the rules and regulations for these various sports. These activities will focus on cooperation and team building activities. Strategies and sportsmanship will be points of emphasis.

### **Drawing (ART)**

This course will introduce students to basic drawing, perspective, and sketching techniques using various media to depict a variety of subjects. Students will create drawings that demonstrate their understanding of the elements of art and principles of design.

### **Choir (MUSIC) \*Day A only\***

This performance-based course is designed to focus on singing as a group. Students will focus on learning different types of choral music, sight-reading, correct singing techniques, and performance etiquette. There will be required performances outside of the school day as part of the grade for this course. Additional information will go home on the first day of class in the syllabus. You may choose to register for Choir for as few as one quarter or as many as all four quarters. There is a four-quarter requirement for students who intend to be a part of Afterglow, Sunset Hills elite choir, that practices after school and travels to performances (including the annual Disneyland trip). A one-time course fee of \$20 is required for all performing members, which includes all required supplies and official performance shirt (if enrolled in Choir for more than one quarter, this fee is only paid once). *Students who register for the whole year will still be able to participate in another different Elective each quarter.*

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### **Robotics \*Day A only\* (iEXPLORE)**

Students will learn fundamental engineering design and programming skills while interpreting code results in real time. They will: design, build, and program robots to investigate solutions and solve problems; work in design teams to collaborate with others and share ideas to investigate, create, and test the best possible solutions; explore real-world scientific questions in topics ranging from earth science to physics; develop and test hypotheses.

### **Band (MUSIC) \*Day B only\***

This is a continuation of the Band Elective. If you selected a Band Elective for first quarter, you must also select it for this quarter.

### **Creative Technology \*Day B only\* (iExplore)**

Students will have the opportunity to explore a variety of programs, websites, and technologies to create a portfolio of creative works, including Morning Announcements!. Units may include, but are not limited to: coding in art and music, 3D design and printing, photo editing, stop motion animation, web design, game design, graphic design, photography and more!

## **QUARTER 4 ELECTIVES**

### **Indoor Sports 2 (PE)**

Students will be participating in various racquet sports and team games. They will be learning the fundamental skills of sports such as volleyball, handball, badminton, hockey, etc. as well as being immersed in gameplay within the quarter. Students will also learn the safety skills that are needed when playing both sports. Finally, sportsmanship will be emphasized within daily activities.

### **Outdoor Team Sports C (PE)**

The students will be participating in various outdoor team sports. Examples of these sports could include basketball, football, soccer, baseball and kickball. These activities will focus on the needed fundamental skills for each sport as well as cooperation and team building activities. This course will take place outdoors. Strategies and sportsmanship will be points of emphasis.

### **Art and Technology (ART)**

Students will learn the basics of media production using the media tools of photography, film, video, audio production, and interactive media. Students apply these fundamentals by participating in hands-on group projects.

### **Music History (MUSIC) \*Day B only\***

Students will use technology regularly to explore the origins of today's popular music. Students will explore various genres throughout European and American history. Beginning in the Renaissance, we will explore the similarities and differences of music from the past with music from your favorite performers from today to see if they are really that different through various projects. Online discussions and creative projects are involved, as well.

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### **Band (MUSIC) \*Day B only\***

This is a continuation of the Band Elective. If you selected a Band Elective for first quarter, you must also select it for this quarter.

### **Bonus Band (MUSIC) \*Day A only\*:**

During the 4th quarter students have the choice to meet for band 4 days a week, building stronger skills and technique to allow for more challenging music. In this band, students will have the opportunity to read pop music, jazz music or stands tunes on the additional days of band. Campus and off-campus performance opportunities will be scheduled by the director to allow additional performances for students throughout the quarter. Students will also use the 4th quarter to prepare for the end-of-year concert in May. ***Students must also sign up for Band in Quarter 4 in order to participate in this Bonus Band class.***

## **Elective FAQ's**

### **What grade levels get to participate?**

Grades 5-8 will have Electives for the entire school year.

### **Does this replace my Specials time?**

Yes. Instead of having to participate in all Specials classes, the Specials teachers are offering more personalized classes and students will get to choose which courses they attend.

### **Who is teaching the classes?**

Special Area Teachers - PE, Music, Art, Band, iExplore

### **What if I still want to go to every Specials class?**

Students get to choose 8 Electives for the year. When signing up for classes students can select one from every subject area if they choose.

### **What does it mean by Day A and Day B?**

Each quarter students will get to attend two different Electives. One Elective will be held on Tuesday and Thursdays (Day A), the other Elective will be held on Wednesdays and Fridays (Day B). Mondays will alternate between A and B days each week.

### **What courses am I required to take?**

During the course of the school year, each student must take at least one PE, one MUSIC, one ART, and one iEXPLORE Elective. There are a some exceptions to this rule:

1. Students who enroll in Choir AND Band *for the full year* are excused from taking an Art course (see "Can I take Band AND Choir" section below for a description of this schedule).
2. Students who enroll in the Musical Theatre Performance Elective for *both* quarters it is offered are not required to take an Art course

### **What if I want to take a class more than once?**

Students cannot be enrolled in the same Elective class on both Day A and Day B (e.g. Team Sports A on both Day A and Day B). Electives are offered by quarter so that there is no opportunity to "repeat" a class in a different quarter. There are a few exceptions: Band, Choir, Musical Theatre, and Creative Technology. Band is a year-long commitment for all members. Choir requires a year-long commitment for those students participating in the after-school elite choir (Afterglow) which travels for performances (e.g. Disneyland), but those students who register for one quarter can still participate during the day and at school concerts. Students interested in participating in this year's school musical, which also requires an after-school commitment, are *highly* encouraged to register for *both* Musical Theatre courses. Creative Technology includes support and participation in our daily

Morning Announcements on video, which benefits from consistency in participation. These are the only Electives that may be taken more than once, as their content is continuous. ***Students who select the same Elective on Day A and B will lose their selection entirely and be placed in another Elective class of the school's choosing based on class size.***

**Can I take Band, Choir or Creative Technology all year?**

Yes. These are performance-based classes. Due to its nature, Band is a required year-long commitment. If a student chooses Choir, it is recommended that they sign up for the whole year (it is required for a full year if planning to join the elite Afterglow choir). Creative Technology will have ongoing projects and applications that vary as the year progresses. Students in these courses will still have another Elective class that will change each quarter if they choose to participate in Band, Choir, or Creative Technology for the full year.

**Can I take Band AND Choir?**

Yes and no. If a student chooses to do this, they will be in Band all year, and will be required to take one section of iExplore and one section of PE (in quarters 1 and 2 respectively). Then, they will be able to be in the Choir Elective for quarters 3 and 4. Afterglow members who are required to enroll in the Choir Elective for the whole year are granted an exception to the full-year requirement in this case.

**Why didn't I get all of my top choices?**

We do our best to schedule you into all your top choices. Reasons for not getting your selections will more than likely be due to scheduling conflicts and when courses are offered or if a course fills up before you complete your registration. This is why the online registration form will ask for your first and second choices for Days A & B. If you get placed in your lowest choices, it is likely because you did not follow instructions correctly when selecting your classes.

**When will I know what my classes are?**

Students will know their courses when they get your class schedule at the beginning of the school year.

**Will I be able to change my schedule later?**

No. Once the sign-up process is completed, we cannot offer a schedule change. Please take time to make your decisions carefully and discuss it as a family, as *only school administrators will be able to request changes next year.*

**Can I take all courses in the same discipline (e.g. PE for every class, all year long)?**

No, but you can select them for *most* of your choices. For instance, all students are required to participate in one section of iExplore, one Music, one Art, and one PE section during the course of the year (and students have a choice as to which they will take). The remaining four sections are completely of the student's preference.

**Is there a cost?**

Specials courses do not have a cost with the exception of Band and Choir. Band students generally will need to provide their own instruments, either through ownership or rental, however the school does have a small selection of instruments that can be rented from the district for a relatively small fee. This will be discussed in the first week of school. Choir requires the purchase of a uniform shirt. While there is no cost for the Musical Theatre Elective, there are fees associated with participating in the school musical.