

## **Course Title: Keyboarding**

### **Course Description**

The keyboarding course is appropriate for elementary and middle school students. The curriculum introduces new keys by rows where students first learn the middle row, then the top row and the bottom row of the keyboard. The content is designed with a strong focus on sight and high frequency words. This course assumes no keyboarding experience and will guide them through the keyboard.

### **Major Concepts**

Upon completion of this course, you will be able to:

The curriculum introduces new keys by rows where students first learn the middle row, then the top row and the bottom row of the keyboard. The content is designed with a strong focus on sight and high frequency words. This course assumes no keyboarding experience and will guide them through the keyboard.

**Suggested Grade Level: Grade 3-8**

**Length of Course: One Semester**

## **Course Title: Scratch Coding**

### **Course Description**

Scratch is a program developed by MIT teaching students the basics on how computers think! This program will introduce students to real coding programs and allow them to drag and drop coding blocks creating a fully functional program. The simple user interface and tutorials allow students to quickly create and run their code to see its results! This course assumes no prior computer coding knowledge and includes self-graded multiple-choice tests and quizzes.

### **Major Concepts**

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**Suggested Grade Level: Grade 3-8**

**Length of Course: One Semester**

## **Course Title: Health**

### **Course Description**

This course will help the student understand the importance of making decisions that will affect his or her physical, emotional, mental and social health. This course will provide students with the knowledge and resources they will need to make responsible informed decisions about their health. Students will have an opportunity to evaluate their own values, opinions and attitudes about health.

### **Major Concepts**

- Successful Decision Making & Goal Setting
- Improving you Physical Fitness
- Maintaining Good Mental & Emotional Health
- Building Self-Esteem
- Tobacco & Alcohol
- Teens & Drugs

### **Suggested Grade Level: Grade 6-8**

### **Length of Course: One Semester**

## **Course Title: Individual & Team Sports**

### **Course Description**

To improve and maintain optimum health, it is necessary for people of all ages to participate in physical exercise. There is little doubt that, in addition to students in schools, the number of adults participating in sports and recreational activities in the United States has increased in recent years. Physical education is much more than just fitness and exercise. A well-planned program will cause you to think and express your emotions about different situations. In addition, a good program can make a valuable contribution to your education. These experiences will help you develop a sense of wellness.

Emphasis in this course is placed on the value of these sports as possible lifetime activities and on creating a clear explanation of the rules and basic principles of a variety of sports. The sports covered in this course are archery, bicycling, golf, skiing, tennis, volleyball, baseball, basketball, football, hockey, and soccer.

Information about the playing area and equipment, basic rules, safety considerations, and terminology for each sport are included in the discussions. For the most part, the information presented in each lesson applies to sports programs throughout most sections of the United States.

### **Major Concepts**

Upon completion of this course, you will be able to:

- Develop values regarding appreciation of, attitudes about, and interest in sports.
- Recognize that exercise and lifetime activities are important.
- Foster courtesy and sportsmanship in sports.
- Identify the basic equipment, demonstrate skills, understand basic rules, and observe the principles of safety pertaining to the following sports:
  - Archery
  - Golf
  - Bicycling
  - Alpine Skiing
  - Tennis
  - Volleyball
  - Baseball
  - Basketball
  - Football
  - Hockey
  - Soccer

**Suggested Grade Level: Grade 6-8**

**Length of Course: One Semester**

### **Course Title: Character Education**

#### **Course Description**

This course teaches students practical skills for understanding and managing their emotions, setting goals and getting organized, understanding and getting along with others in our diverse world, and making good decisions. Research shows that people who practice these skills have greater academic achievement as students and experience more success and satisfaction as adults.

#### **Major Concepts**

- Self-awareness helps individuals identify what they are feeling and what messages they are telling themselves.
- Understanding oneself helps a person manage emotional reactions and stress more effectively.
- Setting goals and organizing one's time and environment allow a person to focus on the things that are most important to them.
- Understanding oneself provides a basis for understanding other people.
- Our world is diverse, and the ability to communicate clearly and effectively with a wide variety of people has never been more important.
- Personal and professional relationships take work.
- Effectively communicating with individuals and groups is essential in school and in life.

- To make good decisions, individuals should follow a rational decision-making process and their own ethical or moral code.

**Suggested Grade Level: Grade 7-8**

**Length of Course: One Semester**

### **Course Title: Art Explorations**

#### **Course Description**

Introducing students to diverse areas in the arts can broaden their perspective on the arts in general. Arts Explorations encourages students to experience each of the modern arts disciplines including Visual Arts, Theatre, Music, Media Arts and Dance. Students will also be able to identify areas of special interest where they would like continued study and the ways that the arts can be a part of their career paths.

#### **Major Concepts**

- **Introduction to the arts:** Gain a better understanding of the different forms of art and recognize the products of modern arts careers.
- **Film and television:** Discover the history of film and television and its evolution including technological inventions and inventors, directors, actors and other socio-cultural impacts of film and television.
- **Media arts:** Explore digital photography, photojournalism, photo manipulation and more and learn how to capture scenes and edit them using modern technology.
- **Studio arts:** Learn the artistic elements and techniques needed to compose a range of different artwork using various mediums.
- **Art history:** Discover the rich history of the arts and the major artists and works that have built the foundation for the arts today.
- **World music:** Analyze the musical works from Russia, Spain, Ireland, Africa, Hawaii and beyond.
- **American music:** Gain a better understanding of American music by learning about the schools, organizations and artists that have contributed to the music industry beginning as far back as colonial times.
- **Theatre:** From backstage to the spotlight, identify various jobs and roles associated with theatre.
- **Dance:** Discover the evolution of dance, from ancient ritualistic ceremonies to the moonwalk and Michael Jackson.

**Suggested Grade Level: Grade 6-8**

**Length of Course: One Semester**