

HIGHLAND MIDDLE SCHOOL 2022-2023 ELECTIVES

CAREER AND TECHNICAL EDUCATION

CT_100: Applied Engineering

Length/Credit: 1 semester

Prerequisite: Recommended for 6th graders.

This semester-long, hands-on, project-oriented class introduces STEM (Science, Technology, Engineering, and Math) principles, concepts, and guidelines so that the students engage in current topics related to industry standards and practices. It will incorporate an understanding of materials, machines, and equipment as an important strategy to solve problems. Students will engage in a variety of technology problems individually and in cooperative groups focusing on collaboration, problem-solving and presenting to a group. Students will use a design cycle to solve problems and challenges using the current equipment and facilities available to them in each school. Students will learn how to utilize a clean room for design and a fabrication room for model/prototype development. Participation and completion of Applied Engineering prepares students to solve open-ended problems with an engineering mindset.

CT_205: Design and Production

Length/Credit: 1 semester

Prerequisite: For incoming 6th graders, Applied Engineering is required.

This activity-oriented, cutting-edge program shows students how technology is used in engineering to solve everyday problems. Students will gain the skills they need to develop, produce, and use products and services. In this course, students will use the design process to solve problems and understand the influence that creative and innovative design has on our lives. Students use industry standard 3D modeling software to create a virtual image of their designs and produce a portfolio to showcase their creative solutions. Students will take their designs to the shop and build a product and/or prototype and will begin to recognize the value of capturing and documenting their ideas. Students develop skills in problem solving, research, and design while learning strategies for design process documentation, collaboration, and presentation.

CT_305: Robotics

Length/Credit: 1 semester

Prerequisite: For incoming 6th graders, Applied Engineering is required.

This activity-oriented, cutting-edge program shows students how technology is used in engineering to solve everyday problems. Robotics currently consists of two instructional units Automation and Robotics that motivate students to become creative innovators. Students will gain the skills they need to develop, produce, and build innovative products and prototypes through problem solving and working in collaborative groups. They will face a variety of challenges that help them apply mechanical principals and programming skills.

CT_203: Media Technology

Length/Credit: 1 semester

This class is for students interested in exploring production techniques associated with graphic arts, web, photography, animation and videography. Media Technology students will explore aspects of image manipulation, non-linear video editing, graphic design, game design, and basic photography skills in incorporating technology for use with a variety of products and academic areas. The students will work individually and in groups to create a wide variety of projects demonstrating their achievements in understanding processes of the media used and creative techniques for future application in school, business or personal use.

CT_207: Video Production 1

Length/Credit: 1 semester

This class introduces the basics of video production utilizing camcorders, video editing software and digital workflows. Students study video technologies, basic equipment operation, video composition, audio production and visual storytelling. Students learn and practice pre-production, production and post-production skills to produce videos. Students work in groups to create projects for a variety of purposes and audiences. The student will become aware of assorted multimedia tools that can be used to enhance future educational or work-related projects and presentations. Oral or written evaluations of work will be expected on a regular basis.

CT_307: Video Production 2

Length/Credit: 1 semester

Prerequisite: Video Production 1.

The students will work as a team to increase their communication, videography, editing, storytelling and computer skills for a variety of audiences and purposes. Students film an assortment of school events and topics to be shared with their school/community. Technical skills focus on advanced techniques with camera work, audio, lighting, digital workflows and storytelling techniques. Students practice 3 steps to making movies using pre-production, production and post-production skills. Students build on their foundation from Video Production 1 to tell visual stories, communicate and develop voice for school and community purposes.

CT_101: Computer Science Discoveries

Length/Credit: 1 semester

Interested in computer science? If so, this introduction to computer science course will empower students to create authentic artifacts and engage with computer science as a medium for creativity, communication, problem solving, and fun. Students will learn the basics of HTML and CSS as they create their own website. Students will learn the basics of JavaScript as they create their own game. This course is perfect for any beginner interested in computer science!

CT_306: Coding in Python 1

Length/Credit: 1 semester

This computer science course uses Python, a professional programming language widely used in the software industry. Python is an excellent first programming language for students new to line-based coding in that it provides simpler syntax, semantics, and higher code readability than other programming languages (such as Java and C++). This minimizes complexity and allows students to focus on core computer science concepts, problem-solving, design and programming. Students learn fundamental computer science concepts such as data statements, expressions, variables, values & errors, control structures, condition- als, while loops, indentation & function call, drawing- coordinate system, colors, animation, key & mouse input, lists, for each loops, for-in-range loops, sprite-based graphics-sprites, program structure, collision detection, functions definition, parameters & arguments, return values & types.

CT_308: Coding in Python 2

Length/Credit: 1 semester

Prerequisite: Coding in Python 1.

Students learn to make professional-looking visual programs and games with sprite-based graphics, sounds, and animation. Coding in Python 2 will introduce students to the key coding techniques of functions, dictionaries, multidimensional lists, and sprite-based graphics, as well as expanding their knowledge of loops, lists, conditionals, libraries, and input by using them all in exciting new contexts. Students will have access to professional quality characters, backgrounds, animations and sounds to create their programs. After learning how to create and manipulate these sprites in Python, students will use proper product development processes to make more advanced and impressive programming projects than in previous Python courses. The new concepts introduced will include: Functions, Parameters and Arguments, Return Values, Dictionaries, Two-Dimensional Lists, Sprites, Sprite sheet Animation, Collision, JSON, Product Development Lifecycle, Kanban Board.

ENGLISH LANGUAGE ARTS

RE_110: Book Club

Length/Credit: 1 semester

Book Club is a semester long course designed for students who want to spend more time reading, discussing books, and exploring titles and genres that are new to them. All levels of readers are invited to join Book Club where the teacher facilitates small group discussions, offers reading instruction for all levels of readers, and supports students as they individually explore their personal interests.

EN_103: Creative Writing 1

Length/Credit: 1 semester

Creative Writing will explore different genres of writing with the main goal of inspiring amazing ideas and constructing original pieces. This course will include student-selected writing topics and ideas and encourage experimentation with writing techniques. A deep understanding of different styles and modes of writing, along with the writing process will be emphasized in this fantastic elective.

EL_202: Debate 1

Length/Credit: 1 semester

This course focuses on the qualities of strong public speaking. Students will create speeches to inform and persuade. Students will use necessary research skills to select, research, and construct an argument about controversial issues. Students will practice the language of argumentation and the structure and procedure of formal debate.

PHYSICAL EDUCATION**PE_102: Physical Education 6th/7th**

Length/Credit: 1 semester

Students in 6th and 7th grade elective will participate in a variety of individual and team sports and fitness activities as an extension of the core requirements. This class will focus on continuing to develop the basic skills acquired in the core physical education classes. Students will gain an understanding of how each activity can be used to improve and maintain health and wellness. Units vary depending on school and facility availability. Units may include: team and individual sports, fitness activities, and low organized games.

PE_202: Physical Education 7th/8th

Length/Credit: 1 semester

Other Info: A 6th grader may enroll in this course on approval of the instructor.

Students in 7th and 8th grade elective will participate in a variety of individual and team sports and fitness activities as an extension of the core requirements. This class will focus on continuing to develop more advanced skills acquired in the core physical education classes. Students will gain an understanding of how each activity can be used to improve and maintain health and wellness. Fitness Development: Fitness assessment, goal setting, targeted and developmentally appropriate training activities. Skill Development: Instruction in a wide range of activities, sports skills, and intermediate and advanced movement patterns and game strategy. Fitness & Health Education: Lifelong health and wellness skills and components of fitness. Social Skill Development: Cooperation, teamwork, sportsmanship, and confidence building. Units may vary depending on school, teacher, and equipment availability.

PE_105: Yoga & Games

Length/Credit: 1 semester

Other Info: This does not replace core PE for each grade level.

Students will have the opportunity to experience the many benefits of Yoga, which include flexibility, improved circulation of blood, increased stamina, and strength. Yoga can lead to better overall physiological functioning throughout the body. The practice of Yoga can help a student become more mentally and emotionally centered. Along with the Yoga Practice will be a variety of low organized games and functional movement activities with the emphasis on being playful and enjoying fitness. There is more to exercise than sets, reps and mileage. Playful movements tend to promote balance, coordination, useful strength, speed and skill.

PE_302: Strength and Fitness

Length/Credit: 1 semester

Prerequisite: 2 semesters of Core PE.

This class is designed for students interested in improving their physical fitness through resistance training and aerobic conditioning. This course will emphasize improvement in balance, muscular endurance, and strength. Training and workouts will have a positive influence on cardiorespiratory endurance, body composition, and motor performance. Highlights of the course include:

Fitness Development: Fitness assessment, goal setting, targeted and developmentally appropriate training activities.

- **Skill Development:** Focus on proper training techniques, training principles, and injury prevention.
- **Fitness & Health Education:** Exercise anatomy, heart rate, components of fitness, nutrition, and the science of muscular development.
- **Social Skill Development:** Cooperation, teamwork, encouragement, and confidence building. Units may vary depending on school, teacher, and equipment availability.

MUSIC

MU_103: Entry Choir

Length/Credit: 1 year

Love to sing? Want to learn? Join us! This class provides an introduction to choral music. Students will learn to sing a variety of choral literature and styles from around the world in unison, two- or three- part harmony. Musical concepts are taught in daily rehearsals with an emphasis on correct breathing and vocal techniques.

MU_203: Intermediate Choir

Length/Credit: 1 year

Prerequisite: Successful completion of Entry Choir or equivalent, as determined by the director.

Students continue their musical growth as ensemble singers with more opportunities for small group and solo singing. Musical concepts are taught in daily rehearsals with an emphasis on correct breathing and vocal techniques (diction, blend, balance, phrasing, intonation, articulation and tone quality), and music reading.

MU_101: Entry Band

Length/Credit: 1 year

Prerequisites: This course is designed for students with one-year experience. (Students new to the district who have not had an opportunity to learn an instrument need to meet with the director for assistance in selecting an instrument, beginning materials, and to discuss an accelerated learning plan to help the student to catch up with the experienced students.)

Entry Band is a performance-based course which requires student participation in day and evening performances. Through large and small ensemble experiences, students will learn basic theory and performance skills such as articulation, embouchure, hand position, and posture. Through their participation in an ensemble the students will be introduced to blend, balance, intonation (playing in tune) and instrumentation. Students will learn self-discipline through home practice and rehearsal sessions.

MU_201: Intermediate Band

Length/Credit: 1 year

Prerequisite: This course is designed for students who have successfully completed Entry Band or the equivalent. Placement will be determined by the instructor. Auditions may be necessary.

Intermediate Band is a performance-based course which requires student participation in day and evening performances. Band students will be provided the opportunity to learn accountability and commitment to a team. During their ensemble experience, the students will be exposed to intermediate-level music theory, articulation patterns, rhythmic patterns, and a variety of musical styles. Students will continue their quest to improve tone, breath support, blend, balance, and intonation. Listening and critical-thinking skills will be enhanced as students analyze their individual and group performances.

MU_301: Advanced Band

Length/Credit: 1 year

Prerequisite: This course is designed for students who have successfully completed intermediate Band or the equivalent. Placement will be determined by the instructor. Auditions may be necessary.

Advanced Band (Middle School Wind Ensemble) is a performance-based course which requires student participation in day and evening performances. Through large and small ensemble work, students will be provided the opportunity to learn self-discipline, accountability, group cohesiveness, and commitment. New information the students will acquire include compound meters, advanced articulation patterns, and form. Students will experience further development in tone, rhythm, balance, blend, and music history. Through the study of different time periods and styles, students will understand music as a form of communication which will expand their ability to listen, analyze, and discuss concepts.

MU_102: Entry Orchestra

Length/Credit: 1 year

Prerequisites: This course is designed for students with one-year experience on a stringed instrument. (Students new to the district who have not had an opportunity to learn an instrument need to meet with the director for assistance in selecting an instrument, beginning materials, and to discuss an accelerated learning plan to help the student to catch up with the experienced students.)

Entry Orchestra is a performance-based course which requires student participation in day and evening performances. The basic skills and concepts presented in the class include: basic music theory, history, tone production, string technique, and ear training. In addition, students will study home-practice strategies and the role of self-discipline in achieving high standards.

MU_202: Intermediate Orchestra

Length/Credit: 1 year

Prerequisite: This course is designed for string students who have successfully completed Entry Orchestra or the equivalent. Placement will be determined by the instructor. Auditions may be necessary.

Intermediate Orchestra is a performance-based course which requires student participation in day and evening performances. In addition to further instruction in the basic skills, more complex keys and rhythms will be introduced as students read more difficult music (two- or three-part harmony). By the end of the year, students should be independent players, meaning they can read and perform age-appropriate music without prompting from a teacher or a peer. Listening and critical-thinking skills will be enhanced as students analyze their individual and group performances.

MU_302: Advanced Orchestra

Length/Credit: 1 year

Prerequisite: This course is designed for string students who have successfully completed Intermediate Orchestra or the equivalent. Placement will be determined by the instructor. Auditions maybe necessary.

Advanced Orchestra is a performance-based course which requires student participation in day and evening performances. This class requires a commitment to more performances than Entry and Intermediate levels. Through appropriate literature, students will increase their ability to apply the fundamentals of music. Students will learn vibrato, advanced rhythms, and bowings. Students will understand music as a form of communication which will expand their ability to listen, analyze, discuss, and appreciate this art form.

MU_104: Guitar Ensemble

Length/Credit: 1 semester

This course is designed for students at any level of experience, from complete beginners to experienced guitarists. Students will learn classical and modern guitar techniques and will have the opportunity to perform in small and large groups. Students will learn to play many styles on guitar, including classical technique, modern pop music, as well as songs from various folklore traditions. Instruments are available at the school – all students are welcome!

MU_110 Mariachi I

Length/Credit: 1 semester

This class is designed to teach the beginning/ intermediate level of Mariachi Music. Students have the opportunity to learn violin, vihuela, guitar, guitarron, trumpet or voice. Students will learn to sing and understand the fundamentals of an authentic music style through, scales, key signatures, terms, theory, and basic rhythms through performing in a Mariachi. This class is taught in Spanish with support for non-Spanish speakers.

THEATRE ARTS**TH_101: Beginning Drama**

Length/Credit: 1 semester

This is a beginning course in which students engage in creative theatre exercises to develop observation, concentration, and imagination. Students also condition their bodies and voices to be flexible, coordinated, and expressive. Students are introduced to drama through activities such as storytelling, pantomime, puppet performances, characterization, and scene work. This is a collaborative class that is both challenging to the actor and fun for everyone.

DA_101: Dance

Length/Credit: 1 semester

Students at all ability levels will learn the techniques of a variety of dance/ movement disciplines that could include creative movement, ballet, jazz, lyrical, modern, ballroom, hip-hop, break dance, tap/rhythm, yoga, historical and cultural dance. Course objectives will also have a focus on dance vocabulary, dance history, and body awareness. Instruction is provided in a positive and supportive environment, encouraging each student to do his or her personal best. The curriculum is designed to encompass the practical application of movement while also developing an appreciation for the historical and aesthetic aspect of dance and music. Students will learn about the art form of Dance by viewing dance performances, as well as reflecting on their own and other performances. Students will develop positive social skills through cooperation, teamwork, encouragement, & confidence building.

VISUAL ARTS

VA_101: Art Exploration

Length/Credit: 1 semester (may be repeated)

Other Info: Recommended for first year art students.

Develop your creative skills through sampling a variety of experiences that may include drawing, painting, sculpting, printmaking, fiber arts, glass, book arts, and clay. Investigate the elements of art and principles of design and learn techniques to improve your art skills. Resources from art history, cultures, and other artists will inspire your work.

VA_102: Studio Art

Length/Credit: 1 semester (may be repeated)

This class provides in-depth experiences in a variety of media that may include painting, sculpture, fiber, book arts, drawing, cartooning, clay, glass art, print making, photography, and digital media. Some art projects will be self-directed, fueled by the students' own interests with research in art history, cultures, and contemporary art.

VA_104: Art Around the World

Length/Credit: 1 semester (may be repeated)

Bellevue students represent numerous backgrounds and cultures. This class will provide opportunities to appreciate our diversity through making art and cultural crafts inspired by artifacts from around the world. Students will work with a variety of materials and learn how art forms have been influenced by geography, people, materials, and traditions.

VA_103: Ceramics

Length/Credit: 1 semester (may be repeated)

In this class, you will learn hand-building techniques to create functional and sculptural pottery. Pinch, coil, and slab methods along with a variety of surface design and glazing techniques will be taught. Examples of projects may include decorative sculptures, coil vessels, slab boxes, bowls, and mugs. Students who repeat the course will have the opportunity to progress to higher level work. Potters wheels are site specific.

VA_203: Ceramics 2

Length/Credit: 1 semester (may be repeated)

Prerequisite: Ceramics.

Ceramics 2 will give experienced students further opportunities to explore and develop hand-building skills by creating more complex forms with pinch, slab, and coil techniques. Students will create a variety of forms, both functional and decorative. Various surface treatments, additive or subtractive techniques, as well as glazing techniques, will also be a focus. Students will engage in the creative process: investigating, planning/designing, creating and evaluating. Potters wheels are site specific.

WORLD LANGUAGES

FR_101: French 1A

Length/Credit: 1 year

Prerequisite: Students should be in 6th or 7th grade. 8th graders are instead advised to wait until High School to take French 1.

Students begin to communicate skills in the target language through interpersonal speaking and writing, presentational speaking and writing, and interpretive reading and listening. Class will be conducted primarily in French with a goal of helping each student become a competent communicator. Students engage in hands-on learning, personalized activities, projects, songs, games, and basic conversations to enhance their learning of French and French-speaking cultures.

FR_402: French 1B

Length/Credit: 1 year

Prerequisite: Completion of French 1A or equivalent.

Students continue to communicate in the target language through interpersonal speaking and writing, presentational speaking and writing, and interpretive reading and listening. The class is conducted primarily in French with an emphasis on helping each student to become a competent communicator. Students engage in hands-on learning, personalized activities, projects, songs, games and conversations to enhance their learning of French and French-speaking cultures.

FR_501: French 2

Length/Credit: 1 year

Prerequisite: Completion of French 1B, French 1 or equivalent.

Students develop their communication in the target language through interpersonal speaking and writing, presentational speaking and writing, and interpretive reading and listening. The class will be conducted primarily in French and students will be expected to use the language in class.

SP_101: Spanish 1A

Length/Credit: 1 year

Prerequisite: Students should be in 6th or 7th grade. 8th graders are advised to wait until High School to take Spanish 1.

Students begin to communicate in the target language through interpersonal speaking and writing, presentational speaking and writing, and interpretive reading and listening. Class will be conducted primarily in Spanish with a goal of helping each student become a competent communicator. They practice basic conversations in Spanish about what they want, need, plan, and know how to do, as well as describe people, places, and events.

SP_402: Spanish 1B

Length/Credit: 1 year

Prerequisite: Completion of Spanish 1A or equivalent.

Students continue to communicate in the target language through interpersonal speaking and writing, presentational speaking and writing, and interpretive reading and listening. This class is conducted in Spanish as much as possible. Students expand their understanding of culture by studying about the countries of the Hispanic world.

SP_501: Spanish 2

Length/Credit: 1 year

Prerequisite: Completion of Spanish 1B, Spanish 1 or equivalent.

Students develop their communication in the target language through interpersonal speaking and writing, presentational speaking and writing, and interpretive reading and listening. The class will be conducted primarily in Spanish and students are expected to use the language in class. Students continue to learn about Hispanic countries through articles, video, speakers, group projects, computer activities, music, and games.

AVID**EL_101: Pre-Avid**

Length/Credit: 1 semester or 1 year

Prerequisite: Teacher recommendation and/or AVID site team recommendation.

The Pre-AVID Elective course is an introduction to the AVID philosophy. Students will develop awareness of the values accompanying academic goals and success. The course will focus on building self-confidence, communication skills in working with peers as well as build college ready academic skills so that students can experience greater success in their current classes. Pre-AVID students will learn habits of mind and cognitive routines proven to help them succeed in high school curriculum and college such as peer collaboration skills, questioning strategies, goal setting, note-taking as a process, organization, time-management and self-advocacy. Students who are the right fit for the AVID elective course will be recommended to apply and interview for the appropriate AVID grade level course when the student is ready.

EL_291: College Readiness through Avid I

Length/Credit: 1 semester or 1 year

*Prerequisite: Application and interview.***EL_105/DLS105: AVID I in Spanish**

Length/Credit: 1 semester or 1 year

*Prerequisite: Application and interview.***EL_391: College Readiness through Avid II**

Length/Credit: 1 semester or 1 year

*Prerequisite: Application and interview.***EL_105/DLS205: AVID II in Spanish**

Length/Credit: 1 semester or 1 year

Prerequisite: Application and interview.

Advancement Via Individual Determination (AVID) is a rigorous course designed for motivated and determined students who intend to pursue a four-year college degree. Open to 6th, 7th and 8th grade students, AVID students work through peer study groups and collaborate with college academic coaches to deepen their content knowledge, practice questioning strategies, and lead discussions. AVID course work focuses on entrance and placement exams, career and college knowledge, preparing for college study sessions, test taking strategies, refining Cornell note taking strategy, time management, organizational skills, and presentation methods. AVID is designed to prepare students for success in four-year colleges and universities by targeting students who want to challenge themselves to use and refine inquiry, reading, writing, and collaborative strategies that students use for success in rigorous courses and in college. Another primary goal of AVID is to close the achievement gap by providing greater access to the most rigorous courses and college for all students.

ADDITIONAL MIDDLE SCHOOL ELECTIVES

EL_150: Leadership

Length/Credit: 1 semester (can be repeated)

Other Info: Students elected to ASB office are expected to enroll in this course.

This year course is open to 6th, 7th, and 8th grade students who want to serve the school community while developing their own leadership skills. Leadership skills are both learned in the classroom and refined through practice. Therefore, this course will include two parts: classroom lessons and school projects. Leadership skills such as goal setting, time management, decision making, meeting procedures, communication, organization, public speaking and interpersonal relations will be developed through instructional activities and assessments. Students will put these skills into practice through direct planning and implementation of school projects. Students will reflect on their skill development to identify growth and areas for improvement.

EL_307: Attendance Assistant

Length/Credit: 1 semester

Prerequisite: 8th grade standing. Permission from Attendance Secretary, Counselor, parent, and an excellent attendance record. Application required.

The Attendance Office offers on-the-job training in general office skills and public relations. Students will deliver messages, file, assist with mailings, and help students and staff in a polite and courteous manner. Students will collect attendance records from classrooms.

EL_230: Pacific Peer Coach

Length/Credit: To be determined on an individual basis

Prerequisite: School staff recommendation.

Students will serve as peer tutor-coaches to individuals with disabilities. Students will model age-appropriate behaviors, reinforce academic concepts and encourage functional communication. Under the direction and supervision of certified staff, peer coaches will be expected to work in a group or one on one with students in a variety of settings and situations and will complete weekly assignments and keep a journal regarding their work as a peer coach.