Middle School Courses

Grade 06 Courses

English Language Arts 6

English Language Arts 6 introduces and builds the fundamental skills of English language arts, including reading, writing, speaking, listening, and using language. This course helps transition students from an elementary setting to the middle school learning environment. Students explore a variety of texts from a range of time periods, literary genres and writers. From classic authors to contemporary creative writers, students study the use of language and literary devices to improve reading comprehension and to apply to their own skill sets. In addition to reading, students strengthen their writing skills through several modes of composition, such as entertainment, persuasive, poetic, and expository texts. They learn how to construct a well-written five-paragraph essay. Notably, students learn to conduct research, cite sources in MLA formatting and compose a formal research essay. The final topic of the course provides the opportunity for students to either read a novel or examine a variety of excerpts from novels. This topic encompasses the fundamental skill sets built throughout the year. Students complete creative projects, such as creating an original piece of folklore and writing an original poem. These projects encourage students to highlight their talents and skills. This course emphasizes the importance of independent and creative thinking and integrates social-emotional learning.

Mathematics 6

Mathematics 6 introduces students to rational numbers and explores the concept of absolute value. Students work with ratios and rates to analyze relationships and they connect these concepts to percents. Students also apply all four operations to decimal numbers, using the concepts to solve real-world application problems. In this course, students begin their study of Algebra by learning about mathematical expressions, equations and inequalities. They analyze data and display data using statistical methods. Students also explore two- and three-dimensional shapes.

COURSE TOPICS

- Decimals
- Expressions
- Equations
- Inequalities
- Perimeter and Area
- Rational Numbers
- Ratios and Rates
- Statistics
- Surface Area
- Volume

Science 6

Science 6 takes students on a journey that incorporates life science, Earth and space science, and physical science concepts. Students begin by studying topics related to the nature of science and engineering and they gain the skills necessary to succeed in investigations and engineering labs within the course. They learn how matter and energy interact and aid in creating the world around them. Students discover the unique properties of Earth that make it a sustainable planet for living organisms. Students will take an in-depth look at cells and their specialized structures, a variety of habitable ecosystems and the abilities plants and animals have to adapt to various surroundings. Along with learning about the life on Earth, students will study the atmosphere and weather that has made Earth habitable for humans. They investigate ways to be more environmentally conscious by exploring how populations are affected by various environmental factors. Students work toward discovering solutions to these problems. This course includes multiple-day projects and hands-on labs, which are driven by real-world phenomena and meaningful storylines.

COURSE TOPICS

- Science and Engineering
- Matter to Molecules
- Structure of the Universe
- Your Home: The Earth
- The Amazing Cell
- Survival of Plants
- Energy in Ecosystems
- Animal Behavior and Adaptations
- Population Ecology
- Human Impacts and Resources
- Water on Earth
- Atmosphere and Oceans
- Weather Climate
- Engineering a Solution

Middle School Courses

Art 6

Art 6 rotation, a 45-day rotation course, encourages students to collaborate to create art. Students investigate how art can be personally significant while learning to be open to new artistic ideas, materials, methods, and creative approaches. In this course, students also explore the ways in which art equipment and materials can affect the environment. They study why and how artistic design can influence people and they design art for a diverse population. Students also determine whether works of art successfully communicate their intended message. This course introduces three-dimensional art and students compare two-dimensional and three-dimensional pieces before creating their own 3-D artwork. They will view art from around the world and determine what the works reveal about the values and lifestyles of the people depicted in the works. Finally, students learn the importance of preserving art and the ways in which to critique art.

COURSE TOPICS

- Artistic Investigation
- Collaborative Combination
- Upcycle Design
- Revising Work
- Time and Place
- Art Critique

Music 6

In Music 6, a 45-day rotation course, students express ideas and creativity through music. Students apply music terminology to different instrument groups and learn to read music. Additionally, students discuss different forms of music and popular songs within Western and worldwide music.

COURSE TOPICS

- Music Genres Galore
- The History of Recorded Music
- Improvisation
- Beginning Composition
- Piano & Its Famous Composers

PE 6

Physical Education 6 provides a complete physical education experience, allowing students to learn the basics of living a healthy life and the benefits of being active as often as possible. Students begin by learning about the organized, supervised physical activity required for the course. They also learn how to document their activity within a PE Log. Next, students move into the content, studying topics ranging from health, nutrition and safety to new, fun and challenging activities. Before attempting each activity, students receive instruction on the basic elements and the proper execution of each movement so that they can get the most benefits from the exercise. Regardless of the activity students are asked to do within a given day, they are encouraged to get up and move for a certain amount of time within each lesson. This expectation helps them to create a routine schedule. Students can be active by performing different exercises, by engaging in different activities or by using items from their grade-appropriate physical education kit, which is available to purchase. This kit, which is designed to work in conjunction with the course content, contains age-appropriate exercise and activity items.

COURSE TOPICS

- Fitness
- Good Health Feels Great
- Fun Games
- Sports
- Exploring Outside Activities

Middle School Courses

Grade 07 Courses

English Language Arts 7

English Language Arts 7 extends beyond the five fundamental English language arts skills of reading, writing, speaking, listening, and understanding language. This course exposes students to a variety of texts from a range of time periods, literary genres, and writers. From classic texts to contemporary creative writers and Evan-Moor pieces, students analyze fiction and nonfiction literature, examining and interpreting multiple literary devices within a single piece. In addition to reading, students strengthen their writing skills through narrative, informative and persuasive compositions. They apply these forms of writing in essays, speeches, presentations, and other media. Students also compose an MLA-style research essay that includes headings, citations and a Works Cited page. In addition, students produce a professional technical or how-to text that includes concise directions and images. The final topic of the course presents a wealth of valuable real-world skills. Notably, students practice important life skills, such as letter writing, filling out forms and interviewing while exploring career interests. Additionally, grammar is integrated regularly throughout the course to introduce and reinforce age-appropriate grammatical concepts. These lessons parallel the main lessons and, at the end of each grammar unit, students complete a summative workshop to apply the skills taught within that unit. Lastly, students complete creative projects, such as a family tree, an original narrative short story, a reinvention of themselves as a superhero, a song, and a writing portfolio. These projects and activities showcase students' abilities based on their learning styles. Overall, this course supports critical thinking and independent learning and application, while also incorporating social-emotional learning opportunities.

Mathematics 7

Students in Mathematics 7 begin their journey on the pathway to developing a strong mathematics framework. Students hone their arithmetic skills in this course, preparing them for more difficult and detailed calculations. Students work through fractions and decimals and begin developing algebraic skills by learning to work with and solve two-step equations. Students also explore probabilities, data and statistics.

COURSE TOPICS

- Equations
- Probability *(Including Experimental and Theoretical Probability)*
- Multi-step Equations
- Ordered Pairs
- Fractions and Decimals
- Rates and Ratios
- Proportions
- Unit Rates
- Absolute Value

Science 7

Science 7 integrates life science, Earth and space science, and physical science while incorporating both engineering and scientific methods. In this course, students explore the ways in which humans have an impact on Earth's ecosystems and resources. They study the different forces at work on Earth and throughout the universe, learning about their importance in technologies and everyday phenomena. Students also investigate evidence of past life on Earth and how it evolved into the life that exists today. This course allows students to dig deeper into the inheritance of organisms and how these organisms adapt to their environments. Finally, students are introduced to waves, exploring how both sound and light waves are used in communication. This course includes multiple-day engineering design projects and hands-on labs, which are driven by real-world phenomena and meaningful storylines.

COURSE TOPICS

- Science and Engineering
- Human Impacts on Earth
- Shaping the Planet
- A Dynamic Planet
- Forces and Motion
- Work and Energy
- History of Life
- Early Earth and Life
- The Basics of Cells
- Reproduction of Cells
- Traits and Heredity
- Adapting for Change
- Electricity and Magnetism
- Sound and Light
- Waves and Technology
- Renewable Solutions

Middle School Courses

Ancient History 7

Ancient History 7 enables students to explore the cultures of ancient civilations throughout the world. They discover each civilation's contributions to art, music, literature, education, religion, science, technology, government, and philosopy. Students explore aspects of humanity from prehistoric to about 500 CE.d.

Art 7

In Art 7, students transition from exploratory art discovery to a more discipline-based approach. This new approach focuses on developing students' skills and techniques as well as content knowledge, while still allowing for exploration and individuality. Students have the opportunity to act as real artists through repeated sketching, concept development and continued research and observation activities while they work with a variety of media. Art 7 includes a strong focus on independent, creative thinking and problem solving through project-based learning. This course is designed to cover a half year of instruction, but it can be completed at each student's own pace. The project-based activities have dedicated, multi-day lessons to allow students time to sufficiently and successfully develop their ideas and artwork.

COURSE TOPICS

- Identity Explosion
- Grass-Growing Clay Pets
- Thief in the Night
- Unconventional Garment
- Figures of Inspiration
- Two-sided Landscape Art
- Daily Food Structure

Music 7

In Music 7, students explore the history, development and attributes of American music. They will learn music theory and music reading skills, which are presented and reinforced within the context of historical musical works. Students interpret sheet music that represents various genres of American music. Additionally, students practice performing music vocally and with a pitched instrument.

COURSE TOPICS

- Foundations of Music
- Musicalities
- Musical Architecture
- Westward Bound
- Turn of the Century
- Take the Stage
- Talk about Pop Music
- Music of the Future

PE 7

Physical Education 7 offers a comprehensive physical education course for students to assist them in creating a healthy lifestyle and living an active life. Students begin by learning about the required, supervised physical activity and how to document their activity in a PE Log. Students can also track their activity by using a physical fitness step tracker. Students then move through the course content, which ranges from topics about healthy living and eating to a variety of fun and challenging activities. Before attempting each activity, students receive instruction on the basic elements and the proper execution of each movement so that they can get the most benefits from the exercise. Regardless of the activity students are asked to do within a given day, they are encouraged to get up and move for a certain amount of time within each lesson. This expectation helps them to create a routine schedule. Students can be active by performing different exercises, by engaging in different activities, or by using items from their grade-appropriate physical education kit, which is available to purchase. This kit, which is designed to work in conjunction with the course content, contains age-appropriate exercise and activity items.

COURSE TOPICS

- Fun Games
- Fitness
- Focusing on Your Muscles
- Total Health
- Sports
- Exploring Outside Activities

Middle School Courses

Grade 08 Courses

English Language Arts 8

English Language Arts 8 introduces students to literature and informational texts. Through lessons on the literary elements, the structure of texts and the basics of grammar and composition, students apply analytical thinking skills to the works that they read. Students also delve into poetry in this course by dissecting the structure of poems, the language and the terminology that is often affiliated with the genre. Students also apply their listening and speaking skills through presentations and projects.

Mathematics 8

Mathematics 8 prepares students for more difficult mathematics courses by exposing students to foundational arithmetic concepts. Students in this course examine the elements of geometry by being introduced to angles, lines and points. Students apply this knowledge to graphs using coordinate planes and by completing calculations between two points' distances. Students also study scientific notation, which assists them in computations and provides a framework for more difficult calculations.

COURSE TOPICS

- Sequences
- Linear and Algebraic equations
- Probability
- Surface Area
- Data Representation
- Pythagorean Theorem
- Number Systems
- Square Roots
- Rational and Irrational Numbers
- Solving Equations

Science 8

Science 8 combines the subjects of life science, Earth and space science, and physical science while incorporating both engineering and scientific methods. Students further their knowledge of the interactions of matter, learning about the properties of the periodic table and how reactions occur. Next, students learn about reproduction in cells and inheritance. In this part of the course, students analyze the difference between types of reproduction in cells, leading them to determine how traits and genetic differences in DNA occur. Students travel back in time and determine how clues from life in the past help to explain, map and classify existing life on Earth. Students also explore ecosystems and how precious they are to life on Earth, analyzing how even the smallest impacts can have large effects on populations. Finally, students investigate wave technologies and how those technologies are used on Earth for advancements in science and economic growth.

COURSE TOPICS

- Science and Engineering
- Properties of Matter
- Definitions of Energy
- The Periodic Table
- Chemical Reactions
- Solutions, Acids, and Bases
- Characteristics of Cells
- Reproduction
- Heredity
- DNA: A Deeper Look
- Evolution of Life
- History of Life on Earth
- Classifying Life
- Interactions in Ecosystems
- Human Impacts
- Climatic Hazards
- Waves and Communication

MS Ancient History

Ancient History enables students to explore the cultures of ancient civilizations throughout the world. They discover each civilization's contributions to art, music, literature, education, religion, science, technology, government, and philosophy. Students explore aspects of humanity from prehistoric to about 500 CE.d.

COURSE TOPICS

- Early Humans
- Mesopotamia
- Ancient Egypt
- Ancient Japan
- Ancient Greece
- Ancient Rome

Middle School Courses

Art 8

In Art 8, students will be introduced to design elements and principles, as well as contemporary art-making processes and the act of conceptual thinking. The Art 8 curriculum is designed to cover a half-year of instruction but can be completed at each student's own pace.

COURSE TOPICS

- Art Journaling
- Social Justice Graphic Novel
- Hockney Photographic Collage
- Museum Curation and Narration
- Identifying Group Triptych
- Assemblage
- Masking Tape Murals

Music 8

In Music 8, students are introduced to a variety of music genres and instruments. They explore the concepts of rhythm, melody, timbre, texture, dynamics, form, rhythm, and they learn to sight read music. Students listen to various examples of songs to interpret performances and they compose and perform their own song.

COURSE TOPICS

- Music Theory
- Elements of Music
- Family of Instruments
- Music Genres
- World Music
- Talent Competition
- Sight Reading
- Writing Music
- Composing

PE 8

Physical Education 8 offers a complete physical education experience for students, helping them learn about and implement healthy habits. Whether it is through nutrition, exercise or general life choices, students are educated on the multiple facets of creating a healthy lifestyle. Students begin by learning about the required physical activity and how to document their activity in a PE Log. Students can also track their activity by using a fitness tracker. Next, students begin to work through the course content, which ranges from topics about the F.I.T.T. principle and other fitness components to various fun and challenging activities and exercise techniques. Before attempting each activity, students receive instruction on the basic elements and the proper execution of each movement so that they can get the most benefits from the exercise. Regardless of the activity students are asked to do within a given day, they are encouraged to get up and move for a certain amount of time within each lesson. Students can be active by performing different exercises, engaging in different activities, or by using items from their grade-appropriate physical education kit, which is available to purchase. This kit, which is designed to work in conjunction with the course content, contains age-appropriate exercise and activity items.

COURSE TOPICS

- Fun Games
- Fitness
- Movement Concepts
- Total Health
- Sports
- Exploring Outside Activities

Middle School Courses

MS Mathematics Options

Pre-Algebra

In Pre-Algebra, students explore concepts such as integers, expressions, equations, and fractions. This course provides students with a solid foundation for Algebra I and emphasizes the use of technology, problem solving, critical thinking, and reasoning.

COURSE TOPICS

- Linear Functions
- Plots
- Slopes and Intercepts
- Arithmetic and Geometric Sequences
- Geometry
- Equations
- Pythagorean Theorem

Algebra

In Algebra, students can earn high school credit as they explore variables, function patterns, graphs, and equations. They will describe and translate graphic, algebraic, numeric, and verbal representations of relations and use those representations to solve problems. Students will develop computational, procedural and problem-solving skills throughout this course, building a solid foundation for further study in mathematics.

COURSE TOPICS

- Solving Equations
- Units & Sequences
- Graphs & Functions
- Linear Equations & Graphs
- Exponents/Exponential Functions
- Polynomials & Factoring
- Quadratic Equations

Honors Geometry

In Geometry, students can earn high school credit as they begin to create a solid foundation in mathematics by studying and exploring a wide range of geometric concepts. Students study the basics of geometric equations and how these equations are present in daily life. They calculate perimeter and work directly with angles and arcs to evaluate the importance of geometric math in construction.

COURSE TOPICS

- Angle Relationships
- Parallel and Perpendicular Lines
- Congruence
- Bisectors
- Trigonometry
- Transformations

Middle School Courses

MS Science Options

Earth and Space Science

In Middle School Earth and Space Science, students study the planet Earth and the extensive solar system structure in which it resides. They evaluate Earth's climate and its weather patterns and changes, and they learn about life science and how chemistry and physics play a role in Earth's major processes. Students also investigate climate change and the ways in which global warming impacts Earth. By evaluating the numerous facets of our planet, students prepare for higher level and more subject-specific science courses.

COURSE TOPICS

Introduction to Cosmology	Exploring Space	Climate Change
Galaxies and Stars	Human Population	
Earth-Sun-Moon System	Predicting Natural Hazards	

Life Science

Middle School Life Science introduces students to an integrated approach to physical and life sciences. Students study science concepts and problem solving, while exploring the many aspects of the living and nonliving world around them. Students review numerous cycles of life and study their impact on animal, plan, and human life. Students also investigate important topics in histology, heredity and the biology of living organisms.

COURSE TOPICS

Basic Characteristics of Life	Organization of Energy & Matter in Ecosystems	Mendelian Dynamics
Structure & Function of the Cell	Cycles of Matter in Ecosystems	Evidence of Evolution
Levels of Biological Organization	Ecosystem Dynamics	Natural Selection
Growth & Development of Organisms	Heredity	Adaptations

Physical Science

Middle School Physical Science introduces students to the foundational concepts of both physics and chemistry. Students begin by studying topics related to the nature of science and engineering, where they gain the skills necessary to succeed in inquiry-based and engineering labs. They move on to learn the general principles of chemistry and physics, including matter and energy, chemical reactions, motion and forces, and interactions of waves. This course allows students to explore these major concepts through unique labs based on real-world phenomena.

COURSE TOPICS

Matter	Forces & Motion	Light Waves
Energy	Work, Energy, and Power	Electricity
Chemical Bonds & Reactions	Sound Waves	Magnets & Magnetism

Middle School Courses

MS Social Studies Options

MS Geography

Typically taught in 6th grade, students learn to study the Earth's landscape in Middle School Geography. In this course, students learn that geography extends beyond physical structures by exploring geographical facets such as regions, ethnicities and trade routes, in addition to landforms. By studying the geography, history, culture, religion, and contemporary issues facing a certain group of people or a specific area of space, students discover a significant amount of information about people in the present and in the past.

COURSE TOPICS

- Places and Regions
- Geographical Arguments
- Organization of a Region
- Spatial and Cultural Patterns
- Constructing and Using Maps
- Inquiry in Geography
- Valid Sources
- Critiquing Arguments

MS Civic and Government

Typically taught in 7th grade, Middle School Civics and Government introduces students to the basic principles of the democratic government of the United States. Students examine the structure of legislation, including the numerous branches of government and the roles that each branch plays governing the nation. Students look at local and state governments, including mandates and laws and how those laws affect citizens locally and nationally.

COURSE TOPICS

- Political Parties
- Legislative, Judicial, and Executive Branches
- Voting & Civil Rights
- Local Government
- State Government
- Taxation & Tax Structure
- Public & Private Services
- Mandates & Laws
- Origin of Law
- The Constitution
- Amendment Creation

MS US History

Typically taught in 8th grade, Middle School U.S. History explores the history of the United States from before the arrival of Europeans in North America to the events of the 2016 presidential election. Students begin the course by examining North America before the arrival of European explorers and the establishment of colonies. Students learn about life in the colonies, British rule and the events that led to the Revolutionary War. After learning about the American Revolution, students explore early U.S. government, westward expansion, the influence of the Industrial Revolution, and the Civil War. Then, they study life after the Civil War, Progressivism, Imperialism, and the onset of World War I. Next, students analyze the Roaring Twenties, the Great Depression and World War II. Finally, students examine the Civil Rights movement, the Cold War, life in the 1960s and 1970s, and modern-day policies and events.

COURSE TOPICS

- Precolonial America
- Colonial America
- American Revolution
- Early United States
- Westward Expansion
- Industrial Revolution
- The Civil War
- Reconstruction
- Progressive and Labor Movements
- U.S. Imperialism
- WWI
- The Roaring Twenties
- The Great Depression
- WWII
- Civil Rights
- Cold War and Vietnam
- The 1960s and 1970s
- Modern Policies and Events

Middle School Courses

MS US History to 1877

Typically taught in 8th grade, Middle School U.S. History to 1877 encompasses the discovery of North America by European explorers, colonization, the Revolutionary War, and the Civil War. Students begin the course by learning about Native American tribes that existed in North America before the arrival of European explorers and colonization. Students then examine colonial life and the French and Indian War, as well as the events that preceded the Revolutionary War, the development of the U.S. government and westward expansion. Finally, students study the events and circumstances that inspired the Civil War, key aspects of the Civil War and the Reconstruction era.

COURSE TOPICS

- Native Americans
- Early European Explorers
- North American Colonization
- French and Indian War
- American Revolution (1764-1775)
- American Revolution (1776-1783)
- Early American Government
- United States Expansion
- War of 1812
- Industrial Revolution
- Jacksonian Era
- Early Nineteenth Century
- Tension Grows
- Union and Confederacy
- Events of the Civil War
- Reconstruction

Middle School Courses

Middle School Courses

Introduction to Computer Programming

The Introduction to Computer Programming course, a course for middle school students, provides a foundation for future programming courses. Students gain a broad overview of computer programming by exploring the logic, thought processes and basic elements of writing code. As part of this exploration, students examine various programming languages, databases and the Internet. Through this overview of computer programming, students relate the course concepts to daily life by investigating careers in technology and by learning how to responsibly navigate through our digital society.

COURSE TOPICS

- Technology Careers
- Data Protection
- Programming Process Overview
- Programming Languages
- Computational Thinking

Coding 1

Do you find yourself wondering how your favorite apps, websites and games were made? Maybe you want to try building your own. Well, now you can! In Middle School Coding 1a, you will get an introduction to the basics of computer science, HTML, CSS, JavaScript, and Python. You'll leave the course with a portfolio of work you can show off!

Coding 2

Building on the prior prerequisite course, expand your knowledge of programming languages and web development by further exploring Python, HTML, CSS, and JavaScript. Analyze the differences between web development and web application development, while growing your portfolio, which will serve to highlight everything you have learned and created in the course.

Game Design 1

We love to play video games, but have you ever wanted to build your own? If you are interested in a career in technology, but also want a creative outlet, Game Design might be the field for you. Learn how to build a game from the ground up in this interactive and hands-on course that will teach you all the ins and outs of making your own game.

Game Design 2

Building upon the prior prerequisite course, students will further advance their knowledge of game design by taking this course. Delving into the development process, students will create details and add component pieces in a game while learning to prototype, troubleshoot and test. Additionally, exploring how to critique a game and advertise it will strengthen the student's ability to create a fully functioning game from start to finish.

Exploring IT

If you've ever dreamed of a job in technology, but aren't sure where to start, then it's time to explore the different career options available to you in the field of IT. You'll examine various IT pathways of web and digital communications, information and support services, network systems, and programming and software development. The world of IT careers is in high-demand, so let's get to investigating which career pathway is right for you.

Creative Engineering

This course is available to students who have established a baseline of hard work and focus. Former NASA engineer and YouTuber Mark Rober teaches you everything he knows in this one-month class. Immerse yourself in the process and leave the class with 3 personalized engineering builds and a new set of lifelong creative engineering skills. (limited space)

Middle School Courses

2D Studio Art

Close your eyes and imagine you're standing in an art studio—the smell of paint, the heat of the kiln and the infinite creative possibilities that linger in the air. This is where art is born and, in 2D Studio Art, you'll learn how to bring your art visions to life. Whatever medium you prefer—painting, drawing, photography—this course will teach you the design elements and principles needed to create a work of art, explore your artistic inspirations, travel back in time to look at art in different cultures, and gain insight about the art of critiquing. If you've ever dreamed about making a living as an artist, this course will give you the tools and background that you need to turn those dreams into a reality!

Photography 1

Photographs are all around us, and each helps to tell a story. Now it's time for you to create your story through photos you learn how to take in this course. Learn the basics of using a camera, lighting and how to choose great subjects to create magazine-worthy photos and amaze your friends and family with your skills.

Photography 2

Do you have vacation photos or pics of your pet that need a little editing? How about getting ready to add that new selfie you took to your social media platform? Taking photos is an art and editing photos is a skill that many photographers seek to master. Explore how to manipulate angles and lighting, the purpose for different types of photo files, how to use different software to edit photos, and safe places you can store them. You'll be well on your way to being an editing guru when you're done with this course.

Digital Art and Design

There are so many different types of art in this world—fine art, classical art, visual art—but the impact of digital art and design is all around us, often in ways that you probably aren't even aware of! After taking Digital Art and Design, you'll enjoy a deeper understanding and appreciation for all things digital as you explore this special genre of art found in everything from advertising to animation to photography and beyond. In this course, you'll learn about the evolution of art, the basic principles of art and design and the role of art in politics and society. Additionally, you will actually create your own digital art and make it come alive. Give your creative side a boost with this Digital Art and Design course!

Journalism: Tell Your Story

Who? What? When? Where? Journalism provides us with the answers to these questions for the events that affect our lives. In this course, students will learn how to gather information, organize ideas, format stories for different forms of news media, and edit their stories for publication. The course will also examine the historical development of journalism and the role of journalism in society.

Exploring Health Science

Where do healthcare workers spend their days? What do they really do? From cruise ships to sports arenas, you can find healthcare workers in many places that you might not expect. Explore this field, including what it would be like to work in a medical lab. Learn what it takes to keep you and your patients safe and begin to learn about the human body and basic first-aid.

Exploring Business

Are you interested in business, leading people or making decisions to help a business be successful? While there are many different career choices in the field of business, in this course you'll discover options such as management, human resources, business operations, information management, and accounting. Explore the skills you'll need, common tasks, the technology used, and characteristics of various business careers.

Career Exploration 1

How do you pick a career path when you're not sure what's even out there? This course allows you to begin exploring options in fields such as teaching, business, government, hospitality, health science, IT, and more! You'll align your interests, wants and needs to career possibilities, including the required education for each. Let's find a pathway that works for you.

Middle School Courses

Career Exploration 2

With all the careers options available, it can be difficult to narrow down a choice for the future. Explore more careers and see what it takes to succeed and what steps are needed to prepare. Compare the pros and cons of different career choices and try out parts of different careers to see if your skills and preferences align!

Fitness

Are you physically fit? What does being fit mean to you? Physical fitness is a lot more than just a number on a scale – and that's exactly what you'll learn in this course! This course will help you understand the basics behind what it means to be physically fit; allow you to gain a deeper understanding about how your body functions; learn the complex science behind exercise; explore what it means to be mindful and what inspires you; and determine how you can test your current level of fitness. Being and staying physically fit is a lifelong endeavor and, just like human beings, there are many complexities involved! Learning about and improving your physical fitness is a smart choice to make at any age - and by signing up for this course, you will be doing exactly that! Consider this course to be the first step on your exciting journey to understanding and improving your physical fitness!

MS Health

Middle School Health explores each of the health dimensions, including physical health, social health, emotional health, and intellectual health. Students learn about healthy eating habits, safe exercise routines, and ways to prevent disease. They also study how to improve their emotional and intellectual well-being, including methods for boosting their self-confidence and enhancing their decision-making skills. In addition, students learn to apply refusal skills when faced with peer pressure while maintaining healthy relationships. By the end of the course, students will have the tools necessary to improve all areas of health in order to achieve total wellness and make healthier lifestyles choices.

COURSE TOPICS

- Wellness
- Social Health
- Healthy Food Choices
- Personal Fitness
- Emotional Health
- Intellectual Health
- Evaluating Choices
- Substance Abuse
- Communicable Diseases
- Noncommunicable Diseases

MS Nutrition and Personal Fitness

In Middle School Nutrition and Personal Fitness, students explore nutrition, dietary needs and physical fitness. With a foundation in nutrition principles and practices, students read food labels and identify food safety concerns. With regard to physical fitness, students analyze exercise guidelines that promote healthy lifestyles.

COURSE TOPICS

- Flexibility
- Assessing Habits
- Planning for Diet Needs
- Food Groups
- Fitness Components

Exploring Music

What comes to mind when you hear the word 'music'? Do you think about your favorite band or artist? Or do you think about instruments and scales and chords? The word music means something different to everyone. Which is why in this Music course, there's a little bit of something for everyone! You will learn about how we hear music; how music affects our lives; important elements of music like rhythm, pitch, and harmony; different musical genres; singing and your voice; various instruments; music composition; and the history and culture of music over the years. Tune up your understanding and appreciation for all things music by signing up for this course!