

Step Up-7th & 8th Grade

Course Catalog 2019-2020

Electives



Introduction

Welcome to the course catalog that defines for you the descriptions of the electives, the prerequisite (if any), and if any fees are associated with the course.

Students will operate under a block schedule. One day is Navy, the next day is Burgundy continuing in this pattern for the school year. If you forget which day it is, please look at the Middle School Snapshot on the Lincoln website.

Students that are entering the 8th grade will be scheduled first followed by 7th graders.

Students will need to complete the document labeled, 'My Electives Choices' and turn them into the front office by **May 14th**. If they are not turned in by that deadline, students will automatically be placed into a class that has an opening.

Students will pick their first and second choices and fill them in. Please note, some electives may need a teacher's signature before the student is scheduled.

Please note, there may be a class your student is required/suggested to be in based on grades and work production. If this is the case, we will reach out to you to discuss this.

Academic Focus (AF)

Students are scheduled into Academic Focus class by teachers/ADM, if they have an identified need for support in the following areas

Expectations:

Organization

- Keep an organized Binder for Math, Science, Social Studies, and Language Arts - binders and grades will be checked weekly by Mrs. MC and student
- Keep an organized locker
- Bring appropriate materials to class, including things with which you need help

Participation

- Ask for clarification or help with your academics. If you don't ask Mrs. MC she will not always be able to tell that you need help
- We will be spending part of every class reviewing and organizing your class notes from Science, Social Studies, Language Arts, and Math and completing or reviewing study guides
- Practice your spelling and vocabulary word/roots for weekly test in Language Arts
- Each class check the board inside Mrs. MC's classroom, Middle School Snapshot and individual teacher websites

Absent work – when absent each student is responsible for the following:

- Check your teacher's websites first to see what you have missed
- Check the absent folder in each classroom for work that you may have missed
- Ask your teachers and Ms. MC for help if needed to complete missed assignments

Goals

- Finish your classwork and homework by the due dates (**all study guides will be given to students as a paper copy and most study guides will also be shared on the google drive**).

Advanced Learning Plan (ALP)

Available to all ALP students and ALP Watch Students

ALP Critical Thinking Games

Students will sharpen their problem solving ability by completing a wide variety of critical thinking games, puzzles, and activities. We will also complete Breakout Box activities that require critical thinking, collaboration, creativity and communication. We will alternate from group games and activities to individual problem solving and puzzle activities. Games and puzzles help improve strategic planning, rational thinking skills, communication skills, patience, social skills, concentration, and general knowledge.

ALP Creativity Elective

Available to all ALP students and ALP Watch Students

Students will design and implement creative group or individual projects. It could be writing, producing, and presenting a Core Knowledge puppet show to a younger grade. Maybe it is learning how to make a presentation with stop motion. A project using the connection between Math and Art could be developed. The possibilities are endless!

ALP

***other contact offered to 5th – 8th**

Optional drop in time during their other elective. Currently we are offering this option. It has been 30 minutes with permission from their elective teacher to come down for a predetermined period for each grade. We would like to offer it the second Navy day of each week (or second burgundy depending on which color our elective is offered). Offering it the second day for that block would enable both of us to be at school.

- 1st Trimester – try a 6 week Morning ALP Club offered from 7:25-7:55 one day per week. We would try a Rubik's Cube Club for ALP and Watch students.
- 2nd Trimester – We would offer a lunch club for 4 weeks, one day per week to do challenges while they eat.
- 3rd Trimester – we would reevaluate and see if either plan worked and increased beneficial ALP contact.



Art 2D

Fee: \$5

This class continues to explore different kinds of art media and covers the next stages of art history.

Art 3D

Fee: \$5

This class explores different kinds of art media and covers early art history over the course of 3-4 projects.

Based On a True Story

Have you ever watched a movie that was "based on a true story" and wanted to know what was truth and what was fiction? We will be looking at historical events that have been portrayed in movies. We will look at the historical event, analyze primary resources, watch films, and discuss the differences between the event and the movie version. This elective will be a great opportunity for students to discuss how and why things are changed when translating a history to film. **This class is rated PG-13 and parent permission will be required.**

Beginning Woodshop

Fee: \$20

This class will introduce students to the work of woodwork. Students learn to identify wood by characteristics and uses, basic instruction on safe use of hand tools such as hand saws, screwdrivers, chisels, hammers, try squares, and measuring, basic instruction in math; fractions, decimals, reading a ruler (addition, subtraction, multiplication and division), and some individual instruction on power equipment such as the belt sander, disc sander, and hand drills. Continuous focus on safety!

Beginner Guitar

This course is an introduction to Guitar. With the guitar being one of the most versatile instruments, a variety of styles are illustrated for students. These include rock, blues, flatpicking, Spanish fingerstyle, folk fingerstyle etc. Students are taught basic skills that will prepare them to play in a band situation. Beginning rhythm is learned as students memorize all the essential common guitar chords. The concept of solo guitar is learned through the memorization of basic guitar scales. Easy, enjoyable, popular songs are learned and memorized in an effort to help each student begin to build their own repertoire.



Book Club

Calling all readers! This class will allow students to choose and read various fiction and non-fiction texts throughout the trimester. Students will be in complete control of the material they choose to read and will only need to have each text approved by the teacher. While reading, the students will complete various in class responses to the text, as well as engage in small group and whole group discussions of what they are reading. This class is a great option for students who love to read.

Choir

Do you love music? Have you always wanted to sing? Join choir! This choir is an opportunity to discover your inner voice and express your creativity while learning a variety of music and styles. Our voices will join together to create beautiful music for everyone to hear!

Creative Writing

This course will develop students' imagination and encourage them to look at the world through the eyes of a writer. As such, the course will run as a writing workshop. This means students will spend lots of time in class writing, sharing their writing with individuals or the whole class, conferencing with others about their writing, responding to the writing of others, revising, and studying the moves of writers they admire. This also means that the focus of most of the written work will be the student's decision. The teacher will challenge the students with writing exercises to push and develop their imagination, but in the end, what you write will be largely up to each student. A writing workshop also means that student success depends on active engagement in their own work. Students need to dive in and work hard.

Drama

Have you always wanted to be a drama queen or king? Join drama! We will learn how to build and express different characters while creating our own confidence! Drama is place to be yourself, own the stage, and create a story for everyone!



Drawing/Painting

Fee:\$10

This class teaches basic drawing and painting skills that will allow students to find success in any kind of art in the future This class also incorporates early art history over the course of 3-4 projects.

Ethnic Foods

Fee:\$25

Do you like to try new foods? Do you enjoy cooking or wish you knew how to cook? Do you enjoy travel? Then this is the elective for you! Join us as we travel around the world (virtually) to learn about the people, places, cultures, and foods of far-away places. No cooking skills are necessary for this class. Students will be taught basic cooking skills as we navigate the globe. Students will prepare and taste a variety of international dishes.

Fitness Elective

Students will learn to create and design a goal specific strength training program. They will learn basic anatomy and physiology as well as mental/emotional benefits of exercise.

Golf Elective

Fee: \$15

Students will learn proper grip, swing, and stance specifics while also learn rules, procedures and etiquette of the game. Technology will be utilized and students will analyze videotape of their swing. Student's will also learn how to keep their own score.

Hawaii Science Adventure

This elective is designed for the students that are registered for the Hawaii trip for Mar 2020. We will study and learn about the activities that we'll be doing on the trip, including Diamond Head extinct volcano, Polynesian Cultural Center, Hawaii Institute of Marine Biology, Pearl Harbor, Volcanoes National Park and Snorkelling at Kealakekua Bay.



Hiking Elective

This class will combine physical activity with student learning centered around an outdoor environment. Students will learn topics such as topography, geology as well as biology. Student's will use heart rate monitors and pedometers and will analyze their data after each class.

Instrumentals (INSTR)

The course is for students who play the following instruments: snare drum, clarinet, flute, saxophone, trumpet, trombone, French horn, string instruments. Students will need their own instrument. Guitar will not be taught in this class.

Intermediate Guitar

This class is designed for students who have a basic knowledge of common guitar chords and scales, as well as the ability to read guitar tablature. In this class we will learn and memorize intermediate to advanced guitar scales. Learn to read intermediate tablature songs. Begin closed chords and power chords moving up the fretboard. Students will play and work on songs and exercises in a group as well as independent study.

Math Study Support

Support students with Math skills and give them a place to get concepts clarified and complete homework. I'd like this class to be open to 7th and 8th grade students. We will spend the beginning of each class discussing study skills topics and practicing note-taking skills. The remainder of every class will be devoted to homework, test corrections, or general Math topic clarification.

Media Production

To select this elective, students must receive teacher approval from Mr. Nishida.

In this yearlong class, students will participate in the production of school wide publications and media presentations including: LA805 (morning announcements), assembly videos and photography, event flyers, and public service announcements. Students will be required to meet deadlines on both individual and group assignments.



Musical Film Studies

History influences new films every year. Musicals are a large part of film history. In this class we will combine the study of history and the enjoyment of musical films. Students will look at the importance of musicals in portraying periods of history and will learn how musicals portray important topics through song, dance, lyrics, costuming, and storylines. Warning: Catchy tunes, smiles, laughter and dancing feet may be side effects of this class.

Myth Busters

Ever wondered if double-dipping really spreads germs? Does toast really always land butter-side down? Can you make a glow stick out of Mountain Dew, vinegar, and baking soda as claimed on the internet? Separating truth from fiction can be tough! In this elective we will endeavor to find the truth as we investigate claims using research and the scientific method. We will also watch episodes of MythBusters as inspiration and to analyze and critique the investigative methods demonstrated on the show.

Outdoor P.E.

This class will focus on playing different sports outdoors most days (weather permitting) indoors will be used if need be. Class will participate in outdoor sports which include: volleyball, soccer, flag football, kickball, snowshoeing and many more outdoorsy adventures.

P.E.

This team sports class is designed for students who enjoy high energy activities and can work with others on teams of different sizes. This class will place an emphasis on Students will be presented with the rules and regulations of each sport and practice the skills to be successful at each sport, along with lots of game play. You will have the opportunity to take a leadership role as a captain or team member to make your team successful. Sneakers are a must in order to participate. several different types of sports including soccer, tchoukball, flag football, team handball, lacrosse, outdoor kickball, disc golf, croquet, basketball, and ultimate frisbee.



Photography 1

Fee: \$5

Students will learn to see the world through the lens of a camera by learning the functions of a camera and exploring different photography techniques and genres. This will be accomplished by first learning about the technique or genre then going out and putting what we just learned into practice by taking photos. By the end of the trimester students will have developed a photography portfolio that show the skills and techniques they developed throughout the class.

Photography 2

Fee:\$5

Students will build off of the basic skills developed in Photography 1 and focus on a genre that they are personally drawn to, for example, lifestyle, landscape, portrait, etc.

Printmaking

The class introduces the many different kinds of art media and covers more modern art history time periods

Problem Solving Through Games

This course is designed to provide students an opportunity to play a variety of board (not computer) games that will be fun! It's also an opportunity to work with peers who they might otherwise not work

Teacher Aide (TA)

Students offer support to various staff members throughout the building, including teachers, administration, office staff, custodians and many more.



Teen TED Talks

TED stands for Technology, Entertainment, and Design. TED Talks is a media organization that posts talks online for free distribution, under the slogan "Ideas worth spreading", believing that spreading ideas can change the world. In this elective, we will watch TED Talks (beginning with TED Under 20), and have group discussions based on their ideas. Throughout the trimester, students will take an idea of their own and develop it into a Teen TED Talk. Students will use the elective period developing their idea and talk, and practicing their presentation. Ultimately, students' TED talks will be video recorded and presented.

Solar Car Competition **First and Third Trimester**

***Students would need to be in both first and third trimester classes**

Design, construct and test a model solar or lithium-ion battery car to compete at the NREL Races in May of 2020. NREL has specific design criteria for the solar panel, battery and motor They also have size requirements. 2 teams in each category will represent Lincoln Academy at the NREL competition.

Spanish

Fee: \$5

How would you like to learn Spanish live? Please join this class to learn Spanish at a beginner level. Class will be delivered via the web with a native speaker from Columbia. Students will interact with the teacher on line while learning Spanish. Students will also get to see many things about the culture and hear first hand experience from their teacher.

Strings

String Fling! Have you ever been interested in playing one of those beautiful string instruments? Now's your chance! Sign up for this class and learn how to play, or sharpen your existing skills, on the violin, viola or cello! If you have your own instrument, that's great! If not, we will work with you to get one! Sign up now... you won't regret it!

Study Skills

This class will serve as an overflow to Academic Focus. This class is for students who are eager to complete their homework and receive concrete study habits. This class will focus on planning, organization, time management, test taking strategies, and note taking skills.

Student Government

Fee: \$5

Students are charged with managing a wide range of events, activities and fundraising. We are looking for students who want to be actively involved in the school wide community. Student Government members are representatives of the best interests of our school's student body and will help shape the student experience on campus. We will elect 4 officials to help plan, organize, advertise, prepare, execute and evaluate school activities for Lincoln Academy. Those officials' will also run student government meetings, delegate the needs of the student government to the other members and maintain and run the budget. We will focus on the necessary skills of teamwork, leadership, organization and project planning.

Yearbook

To select this elective, students must receive teacher approval from Mr. Nishida or Mrs. Turano.

This **yearlong** class allows students to participate in the production of the school yearbook! Students in this course are required to learn: layout design; write and fit copy, captions, and headlines; and basic photography skills. Individual responsibility as well as working together as a team is essential toward completion of assignments for deadlines. Students will also have the opportunity to accept leadership positions and develop new skills as they build the yearbook.