

WEST SYLVAN MIDDLE SCHOOL

6th Grade Electives

Core Physical Fitness Classes

In 2019-20, you will be required to take a ONE QUARTER physical fitness course, plus a ONE QUARTER health class. West Sylvan will have two different P.E. courses that meet this requirement. (*Students will be asked to prioritize these choices in their forecasting survey to help us when designing their schedules.*)

Standard Physical Education (1 Quarter) Grades 6

This course offers an introduction to a range of individual, dual, and team activities such as flag football, basketball, golf, hockey, pickle ball, and volleyball. Many of these activities teach lifetime skills and team cooperation.

Ripped and Fit (1 Quarter) Grade 6

You will be introduced to a variety of fitness and conditioning styles: yoga, Pilates, weight training, dance, aerobics, kickboxing and circuit training. You will learn in a comfortable, fun and challenging atmosphere. This class will encourage development of self-discipline, physical flexibility and endurance as well as self-confidence. Students may use this course to fulfill their P.E. requirement and may be repeated in future semesters.

Full-Year Course

6th Grade Band

For all 6th grade band members regardless of experience.

This class is designed to:

- develop individual & group skills in playing band instruments
- explore band music from a variety of musical styles & eras
- develop each student's overall musicianship.

As a performance class, Concert Band members can expect to be involved in 2-3 evening performances throughout the year plus possible performance oriented field trips.

Students with no experience with band instruments are welcome to join, but should come to the first class with an idea of what instruments they would like to play
Instruments in 6 grade band are flute, clarinet, alto saxophone, trumpet, trombone and baritone.

6th grade band members, with prior experience will also be encouraged to participate in the PPS Middle School Solo and Small Ensemble Festival during the year.

Half-Year (1 Semester) Courses

Technology

Technology focuses on developing student's computer skills along with exploring the use of the computer as a creative tool. Sample projects include keyboarding, PowerPoint presentations, word processing, and excel charts, to creating computer animation, music, art, and coding.

Beginning Art

Students will explore art in the studio through a variety of projects that teach the elements of art and design. Media may include ink, graphite, charcoal, pastel, watercolor, acrylics, metals, Papier-Mache, and clay. Within the context of our studio work, students will analyze and interpret works of art and learn to critique their own work and the work of peers. Students will incorporate techniques and ideas based on the work of seminal artists and movements, while developing their own originality and creativity. Studio projects may also incorporate culture studies of historical traditions of both the ancient and modern world, such as ancient Mesopotamia and China, Europe in the Middle Age, and Colonial America(s).

No prerequisite required. \$25.00 materials fee

Makerspace – S.T.E.A.M.

Students will tinker, create, craft, code and more while they learn to invent and invent to learn. This is a self directed project based elective where students will learn skills that develop creative problem solving and collaboration. Students can choose from a variety of projects from a menu of themes that will have them creating objects and gaining skills from knitting to soldering.

Board Games and Logic

Students will play a variety of “Euro-style” strategy games, become familiar with different types of game mechanics, rate and review games, learn about some of the more well-known board game designers, and teach board games to other people. Students will possibly visit a board game store, meet game designers here in Portland, and create a board game of their own.

Introduction to Speech Communication

Speaking in public is the number one fear of most people, but it doesn't need to be! In this sixth grade *Introduction to Speech* class, students will begin to develop skills in oral communication which are fundamental to interacting with others. This semester class is designed to acquaint students with the basic principles of public speaking such as focusing on content and organization as well as delivery, including eye contact, voice inflection and volume. In addition to presenting speeches, students will learn other communication skills including but

not limited to: how to email your teacher to ask for help, how to accept constructive feedback, and how to apologize, all skills necessary in order to be able to communicate effectively.

Creative Writing

Enjoy a creative writing class which will include: narrative and imaginative writing, as well as poetry and possibly playwriting. Student will work on using figurative language and literary devices to enhance their written expression.

Journalism

Students will discover what it means to tell a story: What can be told? What gets left behind? Who tells it? In addition to learning about the first amendment and free press, students will learn about the dangers of journalism. Once they pass the test, students become journalists themselves! They will write a Q&A segment, learn about photography, and work in groups on different articles in various styles.

AVID – Advancement Via Individual Determination ***(Full Year Commitment)***

AVID is an elective class that is one period a day, where students learn organizational and study skills, work on critical thinking and asking probing questions, get academic help from peers and college tutors, and participate in enrichment and motivational activities that make college seem attainable.

The AVID curriculum, based on rigorous standards, was developed by middle and high school teachers in collaboration with college professors. It is based on best teaching practices in writing, inquiry, collaboration, organization, and reading, and it is supported by state and national content standards. AVID curriculum is used in the AVID Elective and content-area classes in AVID schools to guide teachers and students, while planning strategies for success, by focusing on time management and study skills.

(Please visit the following site's for more information about AVID)

<https://www.pps.net/domain/3805>

<https://myork46.wixsite.com/classroom/avid>