

# WEST SYLVAN MIDDLE SCHOOL

## 7<sup>th</sup>-8<sup>th</sup> Grade Elective Options

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### Core Physical Fitness Classes

In 2019-20, you will be required to take a half year of a physical fitness course. West Sylvan will have three different courses that meet this requirement. (*Students will be asked to prioritize these choices in their forecasting survey to help us when designing their schedules.*)

#### Physical Education (1 Quarter) Grades 7-8

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) Grades 7-8

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.

#### Dance I (1 Quarter) Grades 7-8

This course offers students an opportunity to learn basic tap and jazz as well as performance skills. Students of all levels participate in the semester's final recital. They will be asked to purchase tap and jazz shoes and appropriate attire for dance class. We do have some tap and jazz shoes available for students to rent at a small cost. Students may use this course to fulfill their PE requirement and may be repeated in future semesters.

#### Dance II – (Full Year Commitment) Grade 8

**Prerequisite: Dance 1 or teacher permission.** This class is a *full year* continuation of Dance I fundamentals for students committed to expanding their technical dance skills and knowledge. Performance requirements and other expectations are the same as Dance I. Students who have not taken Dance I must obtain special permission from Dance Instructors. Curriculum will be supplemented with dance history, dance criticism and other knowledge components through written assignments, projects and tests. The teacher's signature of approval is required.

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## 7<sup>th</sup>- 8<sup>th</sup> Grade Full-Year Electives

#### Spanish I (Full Year Commitment) Grade 7

This is the first of a two year sequence. In this beginning course students will learn the basics of listening, speaking, reading and writing Spanish. They will also learn about the countries that use Spanish and their cultures. Activities include performing dialogues, conversations and presentations, learning songs and poems in Spanish. Music, film and speakers support cultural understanding. This is an academic elective and students will be required to put in regular study time at home. Students will complete the first year with basic conversational skills, a growing vocabulary and Spanish writing skills. Another goal of the course is that students will develop an interest in the language and culture and see the value of continuing to study Spanish as they move on in school and their lives. Students, who maintain a

'C' or higher throughout 7<sup>th</sup> and 8<sup>th</sup> grade, can receive a high school credit of foreign language and can enter Spanish 3-4, at Lincoln High School and other cooperating schools.

### **French 1 (Full Year Commitment) Grade 7**

This is the first of a two year sequence. In this beginning course students will learn the basics of listening, speaking, reading and writing French. They will also learn about the countries that use French and their cultures. Activities include performing dialogues, conversations and presentations, learning songs and poems in French. Music, film and speakers support cultural understanding. This is an academic elective and students will be required to put in regular study time at home. Students will complete the first year with basic conversational skills, a growing vocabulary and French writing skills. Another goal of the course is that students will develop an interest in the language and culture and see the value of continuing to study French as they move on in school and their lives. Students, who maintain a 'C' or higher throughout 7<sup>th</sup> and 8<sup>th</sup> grade, can receive a high school credit of foreign language and can enter French 3-4 at Lincoln High School and other cooperating schools.

### **Mandarin 1 (Full Year Commitment) Grade 7**

This is the first year of a two year sequence. In this beginning course students will learn the basics of listening, speaking, reading and writing Mandarin. They will also learn about China and the Chinese culture. Activities include performing dialogues, conversations and presentations, learning songs and poems in Mandarin. Music, film, and speakers support cultural understanding. This is an academic elective and students will be required to put in regular study time at home. Students will complete the first year with basic conversational skills, a growing vocabulary, and pinyin and character writing skills. Another goal of the course is that students will develop an interest in the language and culture and see the value of continuing to study Mandarin as they move on in school and their lives. Students who maintain a 'C' or higher throughout 7<sup>th</sup> and 8<sup>th</sup> grade, can receive a high school credit of foreign language and can enter Mandarin 3-4 at Lincoln High School and other Portland Public schools.

### **Arabic 1 (Full Year Commitment) Grade 7**

This is the first of a two year sequence. In this beginning course students will learn the basics of listening, speaking, reading and writing Arabic. They will also learn about the countries that use Arabic and their cultures. Activities include performing dialogues, conversations and presentations, learning songs and poems in Arabic. Music, film and speakers support cultural understanding. This is an academic elective and students will be required to put in regular study time at home. Students will complete the first year with basic conversational skills, a growing vocabulary and Arabic writing skills. Another goal of the course is that students will develop an interest in the language and culture and see the value of continuing to study Arabic as they move on in school and their lives. Students, who maintain a 'C' or higher throughout 7<sup>th</sup> and 8<sup>th</sup> grade, can receive a high school credit of foreign language and can enter Arabic 3-4 at Lincoln High school and other cooperating schools.

### **Symphonic Band (Full Year Commitment): Grade 7**

**Prerequisite: at least 1 year of band experience or approval by instructor. Symphonic Band is the group for all 7th 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, Symphonic Band members can expect to be involved in 2-3 evening performances throughout the year, and to march in the 2015 Junior Rose Parade (and perhaps 1 or 2 others) plus possible field trips. Symphonic Band members will be eligible for nomination for the Oregon

All State Middle School Honor Band and the PPS Middle School Honor Band, and will be encouraged to participate in the PPS Middle School Solo and Small Ensemble Festival during the year.

### **Spanish 2 (Full year commitment) Grade 8**

**Prerequisite: Spanish 1 and teacher approval.** This is the second year of a two year sequence. Students coming from other schools should have been studying Spanish in a classroom for at least a year. This year builds on the vocabulary and grammar skills that the students acquired in 7<sup>th</sup> grade. Students should complete the 8th grade year with a much broader vocabulary base, a better command of the present tense and a basic understanding of the simple past. Students who maintain a 'C' or higher throughout 7th and 8th grade, can receive a high school credit of foreign language and can enter Spanish 3-4 at Lincoln High School and other cooperating schools.

### **French 2 (Full year commitment) Grade 8**

**Prerequisite: French 1 and teacher approval.** This is the second year of a two year sequence. Students coming from other schools should have been studying French in a classroom for at least a year. This year builds on the vocabulary and grammar skills that the students acquired in 7<sup>th</sup> grade. Students should complete the 8th grade year with a much broader vocabulary base, a better command of the present tense and a basic understanding of the simple past. Students who maintain a 'C' or higher throughout 7th and 8th grade, can receive a high school credit of foreign language and can enter French 3-4 at Lincoln High School and other cooperating schools.

### **Mandarin 2 (Full year commitment) Grade 8**

**Prerequisite: Mandarin 1 and teacher approval.** This the second year of a two year sequence. Students coming from other schools should have been studying Mandarin in a classroom for at least a year. This year builds on the vocabulary, grammar, pinyin and character writing skills that the students acquired in 7<sup>th</sup> grade. Students should complete the 8th grade year with a much broader vocabulary base, a better command of the present tense and a basic understanding of the simple past. Students will deepen their understanding of the Chinese culture. Students who maintain a 'C' or higher throughout 7th and 8th grade, can receive a high school credit of foreign language and can enter Mandarin 3-4 at Lincoln High School and other cooperating schools.

### **Arabic 2 (Full Year Commitment) Grade 8**

**Prerequisite: Arabic 1 and teacher approval.** This is a second year of a two year sequence. Students coming from other schools should have been studying Arabic in a classroom for at least a year. This year builds on the vocabulary, grammar and writing skills that the students acquired in 7<sup>th</sup> grade. Students should complete the 8th grade year with a much broader vocabulary base, a better command of the present tense and a basic understanding of the simple past. Students will deepen their understanding of the cultures who speak Arabic. Students, who maintain a 'C' of higher throughout 7<sup>th</sup> and 8<sup>th</sup> grade, can receive a high school credit of foreign language and can enter Arabic 3-4 at Lincoln High School and other cooperating schools.

### **Wind Ensemble (Full Year Commitment): Grade 8**

**Prerequisite: at least 2 years of band experience or approval by instructor. Wind Ensemble is the group for all 8th 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, Wind Ensemble members can expect to be involved in 2-3 evening performances throughout the year, to march in the 2015 Junior Rose Parade (and perhaps 1 or 2 others), and participate in a variety of performance oriented field trips. Wind Ensemble members will have opportunities to perform with the Lincoln High School Bleacher Band at one home football and one home basketball game, and will perform at Lincoln High School's "Future Cardinals" concert. Wind Ensemble members will be eligible for nomination for the Oregon All State Middle School Honor Band and the PPS Middle School Honor Band, and will be encouraged to participate in the PPS Middle School Solo and Small Ensemble Festival during the year.

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## 7<sup>th</sup>-8<sup>th</sup> Grade Half -Year Electives

### *Speech and Debate –Grade 7*

The number one fear of humans is speaking in public. Yes, before death! Yet, it's one of the most important skills employers look for in their employees – the ability to be an effective communicator. In this speech class, not only will you learn how to gain confidence through giving speeches, but you will also engage in impromptu speaking, debates, and slam poetry. If you're already a confident speaker, this class will further develop your public speaking abilities. Last but not least, the class is a great way to share your voice in a way you don't normally get to do in school and you will make friends with students you might otherwise not get to know.

### *S.T.E.M. - DNA Science and Biotechnology – Grade 7-8*

This course is an exploration into the fascinating world of DNA science and Biotechnology. Students will gain experience on the basic foundations of DNA and Biotech through hands-on experience and laboratory techniques. Students will be introduced to basic principles of molecular genetics, protein synthesis, recombinant DNA technology and genetic engineering. They will also gain hands-on experience in biotechnology methods such as laboratory safety, micro-pipetting, DNA extraction and restriction digestion, gel electrophoresis and PCR. This course is designed for students to gain knowledge and practical skills by preparing for their high school studies.

### *Study Hall (1/2 year class) Grades 7-8*

Students in Study Hall will have the opportunity to catch up on their homework in a structured environment and with the potential support of peers or a Study Hall teacher. Students in Study Hall should expect conversations that support individual monitoring of grades, organizational skills and teaching around effective learning habits, if necessary and appropriate. *This class is a Pass/No Pass course.*

### *Beginning Art - Grades 7, 8*

Students will be introduced to the studio through a variety of 2D and 3D projects that teach the elements of art and design. Media may include ink, graphite, charcoal, pastel, watercolor, acrylics, metals, Papier-Mache, ceramics, and more. 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 model artists and movements, while developing their own originality and creativity. Studio projects may also include cultural studies both modern and ancient.

**Half year** course (semester), no prerequisite required. \$25.00 materials fee

### **Intermediate Art - Grades 7-8**

Explore and solidify fundamental techniques in drawing, painting, collage, printmaking, and sculpture. 2D and 3D Media may include graphite, charcoal, pen & ink, pastel, watercolor, acrylic, metals, papier Mache, fabric, oils, ceramics, and more. Tutorials, individualized technical assistance, and flexible project-based assignments will provide structure and guidance for students as they explore media and ideas. Studies of model artists will inform and inspire our work. Independently but with teacher guidance, students will initiate a *capstone* project that develops a *thematic* and culturally resonant idea, using an independently chosen media. Students are encouraged to push beyond their comfort zone and explore new media.

**Half or full year** course, no prerequisite required. \$25.00 materials fee per semester.

### **Advanced Art - Grade 8**

This advanced art course is for students interested in rigorous and in-depth studies in art, working on both assigned projects and independent explorations. Independent work is supported but driven by the student's interest and skill set, working within a flexible framework provided by the instructor. Students are encouraged to use art to communicate ideas and opinions through a variety of 2D and 3D media. Students will concentrate on the development of thematic ideas while continually honing skills in composition and technique. Students will either complete a *commission* piece, working with a client, or develop an *independent* body of work that includes a portfolio of three projects. Either option must demonstrate quality, concentration and breadth.

**Half or full year** course, prerequisite required (Art 1, 2, or instructor approval for 7<sup>th</sup> grade). \$25.00 materials fee per semester.

### **Media Arts - Grades 7-8**

Students write, produce, direct, act in and edit their own short movies. The best films of the year might make their way into one or more film festival competitions around the country.

### **Technology Education – (Tech. Ed.) - Grades 7-8**

This class blends the best aspects of industrial arts, hands-on science based project, and computer applications. Students explore projects such as carving skateboards, building birdhouses, making model bridges, and designing buildings on the computer.

### **Yearbook Grade 8**

This class lets you use your creative ability to create and design the yearbook. Students will take pictures and learn how to use Photo – shop to edit and arrange them. They will learn about page layout and cover design. Finally, the work will be published as the West Sylvan Yearbook 2019-20. This class is only offered first semester.

### **Ethics –Grade 8**

What is right? What is wrong? Is there such a thing as right and wrong? In this semester class, 8th grade students will have the opportunity to explore what it means to be ethical. Students will learn different ethical philosophies and apply these philosophies to real-world and current issues and situations. Students will ask the questions: What is right? What is wrong? How do we know? How can we, and should we, use an ethical lens to determine the answer to these questions? This is a discussion and debate-based class, so come prepared to share your thoughts as well learn how to listen to ideas that may be different from yours.