

West Sylvan 7th Grade Elective Options

Physical Education Choices

Students are required to take one quarter of a Physical Education course and one quarter of health that is grade level specific.

Standard P.E.

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

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 - (Will be offered for 3 quarters and pair with 1 quarter, 7th grade health)

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.

Electives in 'World Language'

Students will need to take at least one class from this category during the course of the year.

Spanish 1

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 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 1

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 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 1

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 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 Portland Public schools.

Arabic 1

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 7th and 8th grade, can receive a high school credit of foreign language and can enter Arabic 3-4 at Lincoln High school and other cooperating schools.

Electives in ‘DESIGN’

Students will need to take at least one class from this category during the course of the year.

Tech. Ed. - (Pre-Engineering Education)

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.

Speech and Debate

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.

Leadership

In Leadership Class you will be planning and providing service both to the school and community. You will plan, organize and carry out activities and projects that encourage school spirit and provide opportunities to make our school a positive and encouraging place to be. Students will identify, develop and refine personal characteristic needed to be an effective leader. The students will be involved in administering school wide programs and assisting in important events on our campus.

Electives in 'ART'

Students will need to take at least one class from this category during the course of the year.

Beginning Art

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. **\$25.00 materials fee**

Intermediate Art

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. **\$25.00 materials fee.**

Media Arts

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.

Symphonic Band (Full Year Commitment):

Prerequisite: at least 1 year of band experience or approval by instructor.

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 Junior Rose Parade, or perhaps 1 or 2 other 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.