

O. Henry Middle School 2012-2013 Elective Course Descriptions for Sixth Grade

Required Physical Education Courses:

- a. **6th Grade PE:** Students in 6th grade will understand in greater detail the function of the body and learn to use technology to measure their own performance, such as using a pedometer to track physical activity. Students will be able to identify types of physical activities that provide them with enjoyment and challenge to encourage them to be physically active throughout life. The 6th grade physical activity focus is: Basketball, Flag Football, Jump Rope, Soccer, Tennis, Track and Field, Volleyball and Fitness skills.
- b. **6th Grade Functional Fitness:** Functional Fitness is a course designed to improve all aspects of individual health-related fitness. Students will focus on improving their cardiovascular endurance, muscular strength and endurance and flexibility. Each day the students will participate in popular health club type activities such as Core Strength Training, Pilates, Plyometrics, Dynamic Stretching, Exercise Balls and Bands and Aerobic activities and games. Students will also design and monitor their own personal fitness program.
- c. **6th Grade Dance:** Students will learn basic ballet, jazz, tap, precision and hip hop techniques. They will also learn basic dance vocabulary, body science, fitness, health and nutrition. Dance may have a performance component.

Fine Arts:

- a. **Band:** Band is offered at three levels of instruction. Students are introduced to the fundamentals of band instruments. Students are required to furnish their own instruments. However, some instruments may be available for use. Rapidly progressing students may be transferred to a more advanced band level as scheduling permits. Out-of-school rehearsals and performances are required.
- b. **Choir:** Choir classes are designed at three levels for students whose interests lead them toward a sequential, continuing study of choral music. This course is a performance oriented course and teaches unison, two, three and four-part choral literature. Musicianship is developed through the study of vocal techniques, sight-reading skills, and music listening. Out-of-school rehearsals and public performances are required.
- c. **Orchestra:** Orchestra is offered at three levels of instruction. Students furnish violins and the school provides violas, cellos, and string basses. Basic fundamentals of stringed instruments are introduced, and rapidly progressing students may be transferred to a more advanced orchestra as scheduling permits. Out-of-school rehearsals and performances are required.
- d. **Art:** This class is designed to reinforce, as well as, acquire new art skills and techniques learned at the elementary level. All art classes are taught through an exploration of historical art periods, using a variety of art materials while developing skills and creativity at all levels.
- e. **Theatre Arts:** Theatre Arts is a course designed to provide students broad, unifying structures for organizing knowledge and skills. Through perceptual studies, students will increase their understanding of self and others and develop clear ideas about the world. Through a variety of theatrical experiences, students communicate in a dramatic form, make artistic choices, solve problems, build positive self concepts, and relate interpersonally. Students will also increase their understanding of heritage and traditions through historical and cultural studies in theatre.

Career and Technology Course:

- a. **Tech I:** This course will increase the student's understanding of the development and impact of technology on society and the environment. The student will design, build and test products and systems to solve real world problems. The students will be able to use and manage resources of technology. The course introduces real world applications in the areas of transportation, power and energy, construction, manufacturing, multimedia, desktop publishing, graphic design, video production and bio-related technology. Hands on problem solving activities may include designing and making products, accessing technology, constructing models of building, using computers and using power tools and equipment. Tech I is a prerequisite for Tech II, which is offered in seventh and eighth grade.

Language:

- a. **Language Discovery:** This course is designed to give students an introduction to a variety of languages other than English. The emphasis of this course is on the culture of the language being studied and on basic communication.