

# Middle School Elective Course Descriptions 2023-2024



Codes for the credit category are listed under each class description.

<b>AC</b>	<i>Academic Support and Enrichment</i>
<b>CT</b>	<i>Career and Technical Education</i>
<b>FA</b>	<i>Fine Arts – Art (AR), Music (MU), and Performing Arts (PA)</i>
<b>HU</b>	<i>Humanities – English, Literature and Social Sciences</i>
<b>FL</b>	<i>Foreign Languages – Chinese, French, Spanish</i>
<b>SM</b>	<i>STEM – Science, Technology, Engineering and Math</i>
<b>WE</b>	<i>Wellness, Health and Physical Fitness</i>

## Academic Support and Enrichment

- 1. Academic Strategies (Teachers Vary)** - Designed to help students improve study skills, notes, test taking, writing, following directions, organization, catch up on technology knowledge, and overall how to succeed at Ashbrook and throughout high school.
  - **Homework:** None
  - **Credit:** AC
- 2. Math Lab (Teachers Vary)** - Students at all levels will hone their math skills in this class where each one's individual needs will be addressed. All students can benefit from this class; some students might be assigned to take it.
  - **Homework:** None
  - **Credit:** AC

## Career and Technical Education

- 1. Digital Design (Mr. Hunt)** - Through various projects students will learn the fundamentals of graphic design. This course will allow middle school students to learn the basics of Adobe Photoshop Elements by editing images and using layers. Students will also learn the basics of Adobe Illustrator and use the software to create vector graphics used to make stickers, t-shirt designs, and laser cut/engraved designs.
  - **Homework:** None
  - **Credit:** CT or SM
  - **Fee:** \$25\*
- 2. Introduction to Accounting (Mrs. Washburn)** - Have you ever wondered how businesses figure out how well they're doing financially? If you know accounting, often called "the language of business," you can see how a variety of pieces fit together to determine the financial health of a company. This course will start with the basics set forth in *The Accounting Game: Basic Accounting Fresh From the Lemonade Stand*, but will expand into a business simulation after key concepts are presented.
  - **Homework:** Light
  - **Credit:** CT
- 3. Paper Crafts & Structures (Ms. Duitsman)** - Students will follow patterns to create a structure using paper. Crafts could be simple to complex based on their interests. Students learn to follow detailed and visual instructions in a peaceful environment where they can craft and destress while honing in on their skills of independence and following instructions.
  - **Homework:** None
  - **Credit:** CT or FA: AR or SM
- 4. Tabletop Game Design (Mr. French)** - By playing and studying modern board games, you will learn the common archetypes of new and exciting tabletop games. By the end of the class we will create a card game and have it professionally ordered. This will include some light graphic design, statistics, game design principles, and most importantly team work!
  - **Homework:** None
  - **Credit:** CT or SM

5. **TEDTalks & Genius Projects (Mrs. Washburn)** - Inspired by Google's practice of encouraging employees to spend twenty percent of their time learning about things which interest them and the motto of TEDTalks, "ideas worth spreading," this course is a chance for you to indulge in studying something which matters to you and sharing your findings through a TED-style talk. We'll follow advice from the folks at TED on how to plan, assemble, perform, and record your talk—and possibly have our own TED forum night!
  - **Homework: None**
  - **Credit: CT**
  
6. **Speech and Debate: Conspiracy Theories (Mrs. Capps & Mr. French)** – This is an introduction to speech (intrapersonal vs interpersonal communication, gender communications, nonverbal and verbal communication). We will explore public speaking, presentation, and critical thinking skills through the content of conspiracy theories.
  - **Homework: Light**
  - **Credit: FA: CT**

## Fine Arts

### Art

1. **8th Grade Art (Mr. Olson)** - Students will do a series of culminating activities including the 8th grade graduation boards. 8<sup>th</sup> Grade Art is required during spring term of the 8<sup>th</sup> grade year.
  - **Homework: None**
  - **Credit: FA: AR**
  - **8<sup>th</sup> Grade only**
  
2. **Art Core (Mr. Olson)** - Through various slide lectures and classroom activities the students will develop an understanding of the basics of art history and the philosophy of aesthetics. They will be able to walk into any art museum in the world and understand and appreciate the diversity they will find there. The students will understand that the history of art is their legacy and an invitation from their ancestors directly to them. Art Core is required 1 time during Middle School and cannot be repeated.
  - **Homework: None**
  - **Credit: FA: AR**
  
3. **Cartooning (Mr. Olson)** - Through creating many different kinds of cartoons and graphic stories the students will become familiar with the main tools artists use to combine pictures and written stories. We will look at funny cartoons, political cartoons, and graphic novels and analyze the strengths and weaknesses of each type of storytelling device. Then we will use our knowledge to create our own short cartoons.
  - **Homework: None**
  - **Credit: FA: AR**
  
4. **Ceramics (Mr. Olson)** - Through various projects students will learn the fundamentals of ceramics. The students will learn 4 hand building techniques. The course will emphasize creative problem solving to manipulate the clay to meet our artistic requirements.
  - **Homework: None**
  - **Credit: FA: AR**
  
5. **Drawing (Mr. Olson)** - Through various projects students will learn the fundamentals of drawing and drawing tools including a wide variety of pencils, charcoal, graphite, erasers, papers, and smearing tools. The students will complete work in the classic genres: Still life, Landscape, Portrait, and Symbolic self-expression. The course will emphasize how we struggle to really see our world and to understand how we learn about our world by struggling to draw it.
  - **Homework: None**
  - **Credit: FA: AR**

6. **Drawing Projects (Mr. Washburn)** – The students will design their own drawing projects. Paper, pencils, colored pencils, and markers will be supplied. Collaboration on larger, more involved projects is encouraged. Informal discussion and critique of works at various stages of development are essential parts of the artistic community.
  - *Homework: None*
  - *Credit: FA: AR*
7. **Movies are Art (Mr. Olson)** - Movies are art; and they are so much more than just stories. Every element in the movie is carefully designed and crafted. Being aware of those choices adds so much meaning and depth to the stories being told and the movie being appreciated. Becoming aware of the world as it is crafted and designed for us makes our lives richer, better. We will study the details that make several movies work and then try to use the tools to make some of our own short movies. We will look at Labyrinth, Spy Kids, Where the Wild Things Are, Akeelah and the Bee as art works.
  - *Homework: None*
  - *Credit: FA: AR or CT*
8. **Painting (Mr. Olson)** - Through various projects students will learn the fundamentals of painting. The students will learn a wide variety of painting styles and techniques they have likely never tried before. The course will emphasize how we struggle to really see our world and to understand how we learn about our world by struggling to paint it.
  - *Homework: None*
  - *Credit: FA: AR*
9. **Painting Rocks! (Mr. Washburn)** - Painting and hiding rocks has been picking up as a hobby in our area. Learn the art of painting and sealing rocks so you can create pieces of art to leave for others to find or to give as gifts. The \$10 materials fee is for consumable products like rocks, paint, Mod Podge, DuraClear, and resin.
  - *Homework: None*
  - *Credit: FA: AR*
  - *Fee: \$10 for materials*

## Music

1. **Beginning Band (Mr. Hoge)** - This class includes all fifth graders but is also open to older students who wish to begin playing a wind, brass, or percussion instrument. The emphasis is primarily on learning the instrument and performing as a band, though there may be some opportunities to sing or play other types of music and instruments.
  - *Homework: Light*
  - *Credit: FA: MU*
  - *This is a year-long class every other day*
2. **Intermediate Band (Mr. Hoge)** – An ensemble open to all students in 6-8th grades. This course is a great option for students who enjoy playing in an ensemble and feeling musically challenged, but are not ready for the high musical expectations and practicing time commitment of Advanced Band. Homework: Weekly homework/practice assignments are given during class and posted on SmartMusic - Assigned at the beginning of each week and due on Fridays.
  - *Homework: Light*
  - *Credit: FA: MU*
  - *This is a year-long class every other day*

3. **Advanced Band (Mr. Hoge)** - An audition-based ensemble for 6-8th grade students. Advanced Band is a class designed for middle school students who are ready for the time commitment and independent practicing expectations this ensemble demands. Homework: Weekly homework/practice assignments are given during class and posted on SmartMusic - Assigned at the beginning of each week and due on Fridays. Auditions for this ensemble will take place during the last two weeks of school. Email dhoge@ashbrookscool.org for the audition music.
  - **Homework: Medium**
  - **Credit: FA: MU**
  - **This is a year-long class every day**
4. **Drumming (Mr. French)** - Students will learn the following: Rhythm reading and foundational music reading Techniques related to all percussion and drumming. Skills required to play music in a group (active listening, blend and balance). Skills required to join band as a percussionist
  - **Homework: None**
  - **Credit: FA: MU**

## Performing Arts

1. **Acting Challenge (Ms. Samantha)** – Do you have experience with acting and want to take it to the next level? Have you been in plays previously? Have you taken *Acting Lab*, or do you consider yourself a more serious acting student? In *Acting Challenge* we will take on more difficult monologues, scenes, skits, and short plays working on advanced techniques and character development.
  - **Homework: Light**
  - **Credit: FA: PA**
2. **Acting Lab (Ms. Samantha)** – In our *Acting Lab* we will cover basic stage skills and techniques. Using a hands-on approach to learning about acting, we will explore a wide range of theatrical experiences: improvisation, pantomime, voice work, **character and world building**, as well as monologues and scenes. Theater terminology will also be studied. Students will present short scenes and/or monologues in class throughout the term. Fall Acting Lab students will be performing a short piece for Grand Day.
  - **Homework: Light**
  - **Credit: FA: PA**
3. **Beginning Scenic Design (Ms. Samantha)** - In this course we will explore the art and elements of scenic design for the theater. Through the use and creation of storyboards, drawings, and models, we will work to create a sense of place on the stage, unique to each production. We will discuss theater terminology and design concepts with a consideration of budget, available materials, practicality, theatricality, and desired mood and aesthetic.
  - **Homework: Light**
  - **Credit: FA: PA or AR**
4. **Behind the Scenes (Ms. Samantha)** - Theater can only happen if **a group** of dedicated, creative, and hard-working people play their parts well. *Behind The Scenes* will allow students to explore all of the different aspects that bring a production together: set design, props, costuming, make-up, set building, lights, sounds, stage management, rigging, running crew, theater maintenance, and marketing.  
**This class will support the winter middle school production. Volunteering for the winter play crew is optional.**
  - **Homework: None**
  - **Credit: FA: PA**

5. **Directing Lab (Ms. Samantha)** - In our *Directing Lab* we will explore what a director does, why the director is important to the overall production, and how to direct well. We will discuss various techniques, philosophies, styles, and terminology of the theater. Students will direct short scenes and/or monologues in class throughout the term using their classmates as cast.
  - **Homework: Light**
  - **Credit: FA: PA**
  
6. **Playwriting Lab (Ms. Samantha)** – In our *Playwriting Lab* we will explore the art of playwriting. Playwriting is different from other forms of writing; we are writing for performance - the work is meant to be *seen* rather than read. We will use writing prompts, brainstorming, various playwriting techniques, and **workshopping** to create and refine scenes, monologues, and short plays. We will discuss *styles* and *genres*, as well as necessary stage terms and directions for the aspiring playwright.
  - **Homework: Light**
  - **Credit: FA: PA or HU**
  
7. **Readers Theater (Ms. Samantha)** - Engaging in script analysis and exploring historical context in *Reader's Theater*, we will bring the written word to life together. We will read various scripts aloud, conveying story, setting, and character using our voices, facial expressions, and gestures. Signature costume pieces and a prop or two might be added for dramatic effect and fun.
  - **Homework: None**
  - **Credit: FA: PA or HU**
  
8. **Tell Your Story (Ms. Samantha)** - This fun and practical course will focus on our own personal narratives, public speaking, and social self-marketing “elevator pitches.” Owing our narrative allows us to gain confidence and increase our comfort telling our stories in academic, professional, and social settings, and also improve overall communication and build leadership skills. Even if you aren't involved in theater, public speaking and strong communication abilities are life skills you will need – think personal essays, scholarship applications, graduation speeches and more.
  - **Homework: Light**
  - **Credit: FA: PA or CT**

## World Languages

**World Languages:** Ashbrook offers French, Mandarin Chinese, and Spanish.

Beginning in 5th grade, students can choose one of two options:

- Middle School WL Sequence 1 - language was started in grade 5
- Middle School WL Sequence 2 - language was continued from Lower School
- Both Sequences move through Beginning, Intermediate and Advanced Levels based on language proficiency.
- New Middle School students will automatically be placed in a Beginning Level Class unless they can demonstrate formal World Language study at their previous school or test out of a Beginning Level Class in the placement test.
- Students remain in the same language for all four years.

## Humanities

1. **Baker Street Irregulars: A Sherlock Holmes Study (Mrs. Washburn)** – Sherlock Holmes is quite possibly the most recognized character in modern literature. This brief survey course will examine the essential character of Sherlock Holmes, the life of his creator, and his contemporary appeal. Participants will read original Arthur Conan Doyle works, which can be challenging.
  - **Homework: Light**
  - **Credit: HU**
  - **7<sup>th</sup> & 8<sup>th</sup> grade only**

2. **Book Club (Mr. Washburn)** – Students will read books in common, following an established schedule, so that situations and interactions between characters can be discussed as a group. Student input will be used to choose subsequent books as the trimester progresses. Three books, depending upon length and complexity, is the goal for the term.
  - *Homework: None to Light*
  - *Credit: HU*
  
3. **Comic Book History (Mr. Washburn)** – Students will trace the evolution of (mostly superhero) comic books from the 1930s through the current Marvel and DC Cinematic Universes. Stops along the way will include the 1954 Senate hearings on juvenile delinquency, the counterculture boom, and Marvel’s near bankruptcy in 1996.
  - *Homework: None*
  - *Credit: HU*
  
4. **Creative Writing (Mr. Washburn)** – The students will design their own writing projects. In this workshop setting, students are encouraged to collaborate with their classmates and to share their independent work among themselves for insights and varied perspectives.
  - *Homework: None*
  - *Credit: HU*
  
5. **Faeries (Mr. Washburn)** – Students will read some fairytales, but the focus will be on the faeries themselves. Students will examine the similarities and differences of faeries in various cultures and seek out evidence of them in modern day books, movies, and television shows. Faeries are not all Tinkerbell-like pixies. There are scary ones too, like redcaps and kelpies.
  - *Homework: None*
  - *Credit: HU*
  
6. **Heroes, Myths & Legends: The British Isles (Mrs. Washburn)** - Building on the popularity of the original Heroes, Myths, and Legends course, this course focuses exclusively on the tales of the British Isles. Joseph Campbell’s theory of the Hero’s Journey will shape some of the class discussions. Topics may include *Beowulf*, *King Arthur and His Knights*, *Robin Hood*, assorted folktales and faerie creatures, and stories from C.S. Lewis, J.R.R. Tolkien, and J.K. Rowling.
  - *Homework: Light*
  - *Credit: HU*
  
7. **Model United Nations (Mrs. Washburn)** - Ready to save the world? The Oregon Model United Nations Conference brings together high school (and a few select middle school) students from around the state to join together in deliberations designed to resolve major global issues. This class will prepare you to represent the political and social views of a particular country by writing a position paper on an agenda topic set by the Oregon Model United Nations Secretariat. Participation in the Spring Conference is expected. Families of participating students will be responsible for making arrangements for transportation to and from the conference, and for arranging and supervising overnight accommodations if team members choose not to commute back and forth from the conference each day.
 

*Please note: Topics in this course can cover a variety of emotionally-charged issues such as genocide and human rights abuses.*

  - *Homework: None*
  - *Credit: HU*
  - *Fee: \$250-\$350 for 3 day Oregon MUN Annual Conference in April\**
  - *7<sup>th</sup> and 8<sup>th</sup> grade only*

- 8. Monsters in Literature (Doc)** – Monsters in Literature students will explore literature that includes monsters as a significant narrative element. Discussions will focus on the role of monsters in literature, the pleasure we derive from being frightened, and how the nature of “the scary” has changed over the past four centuries. More broadly, the history surrounding the writing of these texts, written during the Elizabethan and Romantic Eras, will be discussed.
- *Homework: None*
  - *Credit: HU*
  - *7<sup>th</sup> and 8<sup>th</sup> Grade Only*
- 9. Oregon History Day (Mrs. Washburn)** - National History Day is a chance for you to engage in independent historical research, and then create an exhibit, website, group performance, documentary film, or paper about your findings. You’ll also be eligible to compete in the Oregon History Day competition, which brings together students from across the state to show their work to a panel of judges who provide feedback—and announce prize winners! The 2024 theme is *Turning Points in History*.
- *Homework: None*
  - *Credit: HU or CT*
- 10. Shakespeare (Mr. Washburn)** – The students will study and view two Shakespeare plays as well as several sonnets. Special emphasis will be taken on significant speeches in the plays and on the specific conventions of the Elizabethan sonnet. Occasionally, students will be called upon to act or recite in front of their classmates.
- *Homework: None*
  - *Credit: HU*
- 11. Student Podcast Challenge (Mrs. Washburn)** - Each year, National Public Radio challenges middle- and high-school students around the country to create and present an original podcast. This elective will walk students through the process: brainstorming an idea, researching a topic, writing a script, producing an episode, and recording the result. After creating their podcasts, students may choose to enter the contest, but participating in the contest is not a requirement for the course.
- *Homework: None*
  - *Credit: HU*
- 12. The ‘80s (Mr. Washburn)** – The students will examine the decade of 1980-1989. Important historic events will be examined, but most of the time will focus on popular music, movies, television, fashion, and games. Assignments will include slideshows, written reviews, and collages.
- *Homework: None*
  - *Credit: HU*
- 13. Tolkien Lore (Mr. Washburn)** – Students will start with a brief overview of the history of Arda, which is the world that contains Middle Earth. Once they have their bearings, students will be invited to research characters and events which intrigue them and then share their findings with the class. Characters who appear in *The Hobbit* and *The Lord of the Rings* often have rich and very long histories, and this is a chance for some deep dives.
- *Homework: None*
  - *Credit: HU*
- 14. The National Parks (Mrs. Washburn)** - With the establishment of Yellowstone National Park in 1872, the United States embarked upon a journey to preserve natural spaces for the benefit of its citizens. This course will examine the history of the National Park Service, highlight some of the major National Parks, and engage students in planning a dream family vacation to the Park of their choosing.
- *Homework: Light*
  - *Credit: HU*

## STEM

- 1. Biology 2.0 (Ms. Duitsman)** - This class is for the 2023/2024 8th grade students that took Biology the previous year. In this elective we will finish covering the topics we did not get to in the book the year before in an informal fashion. We will simply learn the material through labs, activities, and class discussions. The emphasis will be on Ecology and Natural Selection.
  - **Homework: None**
  - **Credit: SM**
  - **8<sup>th</sup> grade only**
- 2. Boat Building (Mr. Hunt)** - This boat is not a mini-boat for your bathtub. Groups will be responsible for constructing a sea-worthy vessel capable of carrying one or more members of the group in a water race at the end of the school year. Boats will be built out of cardboard or recycled materials such as milk cartons, bottles, or cans. One of the goals of the project is to build group skills and improve the student's ability to work cooperatively with others.
  - **Homework: None**
  - **Credit: SM or FA: AR**
  - **Fee: \$25 for boat supplies\***
  - **7<sup>th</sup> and 8<sup>th</sup> grade only**
- 3. Chemistry – (Dr. Steckler)** - H.S. Chemistry 1 is a one year double elective that covers high school chemistry. It is open to all students in grades 7 and 8 who want to study chemistry at an advanced level and are willing to put in the work that is required. We will cover all the major topics of high school chemistry including the structure of the atom, ionic and covalent compounds, nomenclature, chemical reactions, stoichiometry, gasses, energy and chemical change, reaction rates, chemical equilibrium, and acids and bases. We move at a rate that matches the ability of the class. Students choosing this elective should be very interested in a challenge and are willing to work hard with strong support from the instructor. Note - this elective will meet every day of the week. It will be both an A class and a B class.
  - **Homework: Heavy**
  - **Credit: SM**
  - **7<sup>th</sup> and 8<sup>th</sup> grade only**
  - **This is a year-long class**
  - **Fee: \$40 for labs\***
- 4. Forensics (Ms. Duitsman)** - This is a lab based course in solving crimes using science. We will learn about common forensics methods through an interactive computer based crime scene which requires each student to explore and solve. We will then move into the lab and try many different techniques such as ink analysis (paper chromatography), fingerprinting, drug analysis (chemical analysis), DNA fingerprinting (gel electrophoresis), hair and fiber analysis (microscope skills), urine and blood stains, and finally maggots. After learning these individual skills, we will tackle the solving of a few simulated crimes using skills we have learned.
  - **Homework: None**
  - **Credit: SM**
  - **7<sup>th</sup> and 8<sup>th</sup> grade only**
  - **Fee: \$25\***
- 5. Genetics (Ms. Duitsman)** - This is a lecture, hands on activities, and lab based elective. Students will explore the science of genetics in humans, other animals, and plants. They will examine how genetics are used in fields such as agriculture, the medical field, and animal sciences.
  - **Homework: Light**
  - **Credit: SM**
  - **7<sup>th</sup> and 8<sup>th</sup> grade only**
  - **Fee: \$25\***



6. **Intro to Wolfram Language (Mrs. Capps & Mr. French)** - Learn Wolfram Language and modern computational thinking. You'll learn to write programs in Wolfram Language, do computations with real-world data, create graphics and visualizations, work with AI methods, and more!
  - *Homework: Light*
  - *Credit: SM*
  
7. **Intro to Zoology (Ms. Duitsman)** - This is a lecture, hands on activities, and lab based elective. Students will learn about the science of zoology. There will be a dissection at the end of the class that will have students apply their knowledge to a once living specimen as they examine its autonomy and physiology.
  - *Homework: None*
  - *Credit: SM*
  - *Fee: \$25\**
  
8. **Invert Zoology (Ms. Duitsman)** - This is a lecture, hands on activities, and lab based elective. Students will learn about invertebrates in the animal kingdom and the science of zoology. There will be a dissection at the end of the class that will have students apply their knowledge to a once living specimen as they examine its autonomy and physiology. Must have taken Intro to Zoology prior.
  - *Homework: None*
  - *Credit: SM*
  - *Fee: \$25\**
  
9. **Marine Biology (Ms. Duitsman)** - This is a lecture, hands on activities, and lab based elective. Students will learn about oceanic life and the ecosystems that support this life. In the class there is to be a dissection for the purpose of learning about oceanic fauna autonomy and physiology. Students will also take a trip to seal rock in the morning towards the end of the term where they will apply their knowledge in the tide pools.
  - *Homework: Light*
  - *Credit: SM*
  - *7<sup>th</sup> and 8<sup>th</sup> grade only*
  - *Fee: \$25\**
  
10. **Rube Goldberg (Ms. Duitsman)** - This class is for the students who would be interested in participating in the Ashbrook Independent School Rube Goldberg Competition in the spring. The elective allows students to prepare for the competition without having to contribute as much time after school. To learn more about the competition visit <https://www.ashbrookschoool.org/rube-goldberg-challenge/> to learn more.
  - *Homework: None*
  - *Credit: SM*
  
11. **Study of Probability (Mr. Hunt)** - Students will practice various card games, including poker, to exercise their brains, lift their spirits, and develop an acute sense of probability. Students must maintain a B- or above in all classes in order to participate in that day's games, otherwise it can be used as a study period.
  - *Homework: None*
  - *Credit: SM*
  
12. **Space and Flight (Mrs. Capps & Mr. French)** - Learn about the science behind aeronautics, the history of flight, space, and space travel. We will explore what makes planes fly and what it would take to launch a shuttle to Mars.
  - *Homework: Light*
  - *Credit: SM*
  
13. **Space Math @NASA (Mrs. Capps & Mr. French)** - We will explore math problems related to major astronomical objects from asteroids and planets to galaxies and black holes. We will also work on math problems specific to missions and mission investigations.
  - *Homework: Light*
  - *Credit: SM*

- 14. Vert Zoology (Ms. Duitsman)** - This is a lecture, hands on activities, and lab based elective. Students will learn about vertebrates in the animal kingdom and the science of zoology. There will be a dissection at the end of the class that will have students apply their knowledge to a once living specimen as they examine its autonomy and physiology. Must have taken Intro to Zoology prior.
- *Homework: None*
  - *Credit: SM*
  - *Fee: \$25\**
- 15. Video Game Design (Mrs. Capps & Mr. French)** - Learn to create a platformer style game for the Chromebook friendly game engine Construct 3.
- *Homework: light*
  - *Credit: SM*

**Wellness, Health and Physical Fitness (6<sup>th</sup>-8<sup>th</sup> grade PE/Health are required courses)**

- 1. Active Oregon (Mrs. Weber)** - Students would learn how to stay physically active and safe while utilizing the great outdoors of the Pacific Northwest. We live in such a beautiful state and I would love to show students just how much is out there for them to explore. We would learn skills like:  
 Team building and challenge by choice - The importance of leadership and communication in any outdoor adventure model/ setting  
 Hiking Safety- Hiking safety, hiking courtesies, how to find local hiking trails, how to read trail heads  
 Camping Tips and Tricks - What and how to pack, tent pitching, fire building, camp cooking, nature and animal safety, knot tying, no trace policy  
 Wilderness First Aid - When something goes wrong in the field, how do we handle it? How to utilize things you have on you, as well as what is around you  
 Orienteering- map reading, compass skills, and tracking  
 Fishing - Casting, knot tying, lure building/design, knowing local regulations, etc.  
 Activity Options - Kayaking/canoeing, biking, mountain biking, snowshoeing, XC skiing, paddle boarding, rock climbing, ropes course, rafting, etc.
- *Homework: Light*
  - *Credit: WE*
- 2. Cultured Pursuits for Gentle Folk (Mrs. Washburn)** - Can croquet be a cut-throat sport? Can you bash someone at badminton? Cultured ladies and gentlemen would look down their noses at such audacity. We'll learn the basics of these lawn sports, honing our skills as the term progresses. In addition to athletic endeavors, participants will relax by experiencing the calming rituals of afternoon tea. Other topics will include—but are not limited to--setting a table properly for different functions, and rediscovering the lost art of writing a thank-you note.
- *Homework: None*
  - *Credit: WE*
- 3. Fit for Life (Mrs. Weber)** - Students get to explore different opportunities to stay fit and active throughout their lifetime! This class allows us the freedom to explore activities and programs important to individual students! Some activities could include: Yoga, Weight Lifting, Gym etiquette and protocols, Running / Jogging, Games & Sports, What we cover will be completely customizable to the students of this course!
- *Homework: None to Light*
  - *Credit: WE*
- 4. Invasion Games (Mrs. Weber)** - Sports and activities are broken up into different categories of play. This class is set up for us to take a deeper dive into a variety of invasion style games (games with an interacting offense and defense, where you can “invade” the other teams playing area). This includes games like soccer, basketball, football, ultimate Frisbee, rugby, hockey, polo, quidditch, etc.
- *Homework: None*
  - *Credit: WE*

5. **Muggle Quidditch (Mrs. Weber)** - A fast paced, high energy game, adapted right from the wizarding world of Harry Potter. The game involves 2 teams competing to earn the most points. You do play on brooms and there are quaffles, bludgers and a snitch to catch! We will sort you into your own house teams, break down and practice each position, get to know the rules of play, compete for house points and hold an end of term Quidditch cup tournament!
  - *Homework: None*
  - *Credit: WE*
  
6. **Net, Wall, & Target Games (Mrs. Weber)** - Sports and activities are broken up into different categories of play. This class is set up for us to take a deeper dive into a variety of net and wall games (games that utilize a net divider or wall during play). This includes games like volleyball, tennis, ping pong, badminton, spike ball, pickleball, eclipse ball, squash and racketball. Target style games include; bowling, KanJam, all forms of golf (regular, disc golf, soccer golf, put put), bocce, kubb, polish horseshoes, shuffleboard, horseshoes, and archery.
  - *Homework: None*
  - *Credit: WE*
  
7. **Ultimate Frisbee (Mr. Hunt)** – Students leaving this class have been successful ultimate players in high school and beyond. Students will primarily participate in ultimate games, but also may play Durango Boot, Box, or other Frisbee related games.
  - *Homework: None*
  - *Credit: WE*

*\*Elective course fees are waived for students receiving financial aid.*