# INDIAN RIDGE MIDDLE SCHOOL



# COURSE DIRECTORY 2025 - 2026

## INDIAN RIDGE MIDDLE SCHOOL 1355 Nob Hill Road, Davie, FL 33324 Office (754) 323-3300 Fax (754) 323-3385

https://www.browardschools.com/indianridge

Ian Murray, Principal David Malca, Assistant Principal Cheryl Reep, Assistant Principal Kalebra Jacobs-Reed, Assistant Principal

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## PRINCIPAL'S MESSAGE

Dear Students and Parents,

Welcome to our 2025-2026 Course Directory. This document will assist you in selecting your courses for the upcoming school year.

Indian Ridge is an outstanding school that provides every child with a safe and welcoming learning environment. Your child's middle school years are an integral part of their educational journey. The Ridge provides a variety of classes through academics, electives, enrichment, and athletics that optimize opportunities for success inside and outside the classroom.

Please review the enclosed information together as a family and consult with your school counselor, teachers and/or administrators. We are here to help you in your journey of learning.

Have a fun and successful 2025-2026 school year!

Sincerely,

Mr. Ian Murray Principal

## **MISSION STATEMENT**

We, the staff of Indian Ridge Middle School, are committed to the wellbeing of students and developing highly technologically informed, selfdirected, life-long learners.

## IMPORTANT INFORMATION FOR PARENTS AND STUDENTS

This course directory is designed to help Indian Ridge Middle School students, and their families navigate the course selection process for the 2025-2026 school year. Please review this document carefully, as it will be an essential resource in choosing the right academic path for your child.

At Indian Ridge Middle School, we are committed to providing an environment that promotes academic excellence along with physical, social, and emotional growth. The middle school years offer numerous opportunities to build on existing skills while preparing for future success.

### **REGISTRATION PROCEDURES**

• Core Curriculum: Students will be assigned to their core classes based on FAST scores and teacher recommendations.

• Modified Placement: Teachers may suggest alternative placements if a student's academic performance differs from what their FAST score indicates.

• Elective Selection: Detailed instructions for choosing electives will also be posted on the website. (Please note that elective selection is available only to current Indian Ridge students.)

• Parental Waiver: Parents must sign a waiver for any unique academic placements.

• Final Selections: All course selections are FINAL.

NOTE:

All information in this booklet is subject to change based upon The Florida Department of Education and The School Board of Broward County directives.

### MIDDLE SCHOOL GRADING SCALE

90% - 100%	А
87%- 89%	B+
80% - 86%	В
77% - 79%	C+
70% - 76%	С
67% - 69%	D+
60% - 66%	D
0% - 59%	F

## INDIAN RIDGE MIDDLE COURSE REQUIREMENTS

#### All students will take Language Arts, Mathematics, Social Studies, Science, and two electives\*.

\*Students with a FAST-Reading Achievement Levels of 1 or 2 or district/curriculum-based assessments indicating areas of concern will be placed in the appropriate reading course as needed. Teacher recommendation will also be used to determine appropriate placement. Students will be placed in an Intensive Reading course as recommended by Broward's Middle School Placement guidelines.

### ADVANCED ACADEMIC PLACEMENT RECOMMENDATIONS for MATH

### 6th Grade

- Level 3 or above on the FAST Math.
- Level 3 or above on the FAST Reading.
- Academic quarter grades of A's and B's in the 5<sup>TH</sup> grade mathematics program
- Teacher Recommendation: (Mathematical maturity and confidence, ability to show work mathematically, self-motivated and completes all homework on time)

#### 7th Grade

- Level 3 or above on the FAST Math.
- Level 3 or above on the FAST Reading.
- Academic quarter grades of A's and B's in the 6<sup>™</sup> grade Adv. mathematics program
- Teacher Recommendation: (Mathematical maturity and confidence, ability to show work mathematically, self-motivated and completes all homework on time)

### 8th Grade / Algebra I Honors

- Level 3 on the FAST Math
- Level 3 or higher on the FAST Reading
- Academic quarter grades of at least 80% in advanced 7<sup>™</sup> grade mathematics
- Teacher Recommendation: (Mathematical maturity and confidence, ability to show work mathematically, self-motivated and completes all homework on time.)
- Additionally, it is suggested that students have a strong work ethic and can independently complete homework and study for tests, are self-motivated, give 100% effort, participate in class discussions, and enjoy the challenge of an extremely rigorous curriculum.

#### PRE-ALGEBRA (GEM 6)

Students will be placed into this class based on teacher recommendation. Students will complete three years of course work in one school year. (Mathematical maturity and confidence, ability to show work mathematically, and self-motivation suggested)

### GEM 7 (ALGEBRA I HONORS)

Students need to complete the 6th grade GEM program with test scores of 87% or higher (B+), midterm and final exam scores of 80% or higher, and an overall quarter grade of 80% or higher.

Additionally, it is suggested that students have a strong work ethic and can independently complete homework and study for tests, are self- motivated, give 100% effort, participate in class discussions, and enjoy the challenge of an extremely rigorous curriculum.

### **GEM 8 (GEOMETRY HONORS)**

Successful completion of Algebra I Honors in 7<sup>TH</sup> grade with a grade of "B" or higher and a passing grade on the Algebra EOC exam. Also, it is STRONGLY recommended that students have a chapter test score average of 85% or higher in Algebra I Honors.

### **EMF ONLINE PROGRAM**

Students will be invited by the district by the end of their 5<sup>TH</sup> grade year if they received a perfect score on the 4<sup>TH</sup> grade Math FSA. Parents interested in this program should visit

http://www.elementsofmathematics.com/bcps.htm for more information.

## INDIAN RIDGE ACADEMIC COURSE OFFERINGS

The following courses are available to Indian Ridge Middle School students:

#### 6th Grade Language Arts

LA 6 Traditional LA 6 Advanced LA 6 Gifted LA 6 Access

#### **Mathematics**

Math 6 Traditional Math 6 Advanced Pre-Algebra (GEM 6) EMF 6 Math 6 Access

#### Science (Earth)

Science 6 Traditional Science 6 Advanced Science 6 GEARS/Gifted Science 6 Access

Social Studies (World History)	Social Studies (Civics)	Social Studies (US History)
SS 6 Traditional	SS 7 Traditional	SS 8 Traditional
SS 6 Gifted	SS 7 Advanced	SS 8 Advanced
SS 6 ACCESS	SS 7 Gifted	SS 8 Gifted
	SS 7 Access	SS 8 Access
Reading	<u>Reading</u>	<u>Reading</u>

Intensive Reading 6

### Intensive Reading 7

Intensive Reading 8

#### NOTE:

All ELL students that have an A1 or A2 status will automatically be placed into the ELL reading block. B1 students are subject to the ELL Coordinator's discretion, based on test scores and academic performance.

All reading placements must adhere to the guidelines set forth in Broward County's Middle School Placement Chart and K-12 Plan for 2025- 2026.

#### 7th Grade Language Arts

LA 7 Traditional LA 7 Advanced LA 7 Gifted LA 7 Access

### Mathematics

Math 7 Traditional Math 7 Advanced Algebra 1 Hon (GEM 7) EMF 7 Math 7 Access

#### Science (Life) Science 7 Traditional Science 7 Advanced Science 7 Gifted Science 7 GEARS Science 7 Access

8th Grade Language Arts

LA 8 Traditional LA 8 Advanced LA 8 Gifted LA 8 Access

#### <u>Mathematics</u>

Pre-Algebra Algebra 1 Honors Geometry Hon (GEM 8) EMF 8 Math 8 Access

#### Science (Physical)

Science 8 Traditional Science 8 Advanced Science 8 Gifted Biology Honors Science 8 Access

### INDIAN RIDGE ELECTIVE COURSE OFFERINGS

Students will choose from the following elective courses. Every effort will be made to give students their first choice. However, scheduling conflicts may preclude the first choice. Due to enrollment fluctuations and the number of students requesting a course, some elective courses may not be available. It is important, therefore, to carefully consider alternative elective choices.

### 6th Grade Electives

13020000	Band 1
01010100	Beginning Art (2-D Studio Art)
1700000C	Chess
1700000C	Creative Arts
1700020F	Fundamentals of Finance
91001100	Media Careers
15080000	Physical Education
17000002	Speech and Debate

Half Year Electives

\_1508000A/1508000A Culinary/Yoga

### 7th Grade Electives

#### **ELECTIVE CHOICES (MIDDLE SCHOOL)**

1302000A	Band 1 (Beginning Band)
13020100	Band 2 (Concert Band)
13020200	Band 3 (Symphonic Band)
13020300	Band 4 (Honors Band)
01010100	Beginning Art (2-D Studio Art)
01010200	Art 2 (2-D Studio Art)
1700020P	TV Production
14000000	Peer Counseling
1700020F	Fundamentals of Finance 2
80004000	Digital Tools/Career Exploration
13020000	JROTC
15080000	Physical Education

Half Year Electives

\_\_1508000A/1508000A Culinary/Yoga

#### High School Credit Classes for 7th grade

High school courses have both a Midterm and Final exam. Grades earned in these courses will appear on transcripts and sent to colleges. Only academically sound students, who are committed to their studies should consider selecting these courses. Students should have excellent grades and good homework / study habits.

\_\_\_1006300M Journalism 1 1007300M Speech

### 8th Grade Electives

#### ELECTIVE CHOICES (MIDDLE SCHOOL)

1302000A	Band 1 (Beginning Band)
13020100	Band 2 (Concert Band)
13020200	Band 3 (Symphonic Band)
01010100	Beginning Art (2-D Studio Art)
01010200	Art 2 (2-D Studio Art)
01010400	Art 3 (3-D Studio Art)
01010400	Culinary 2
1700020P	TV Production
1400000	Peer Counseling 2
80004000	Digital Tools/Career Exploration
13020000	JROTC
15080000	Physical Education
1700020L	Law Studies
1700020L	Yoga
82001200	Entrepreneurship/Business Leadership

### High School Credit Classes for 8th grade

High school courses have both a Midterm and Final exam. Grades earned in these courses will appear on transcripts and sent to colleges. Only academically sound students, who are committed to their studies should consider selecting these courses. Students should have excellent grades and good homework / study habits.

 13020300
 Band 4 (Honors Band)

 1007330M
 Debate 1 Honors

 0708340M
 Spanish 1

 1006300M
 Yearbook 1

### SIXTH GRADE CORE CURRICULUM

## Students will be placed into a reading course based on Broward County Middle Schools Placement Criteria Chart and the K-12 Reading Plan.

\*Reading programs subject to change according to district guidelines.

#### **READING INTENSIVE**

This course provides strategic reading intervention focusing on scaffolding the Language Arts Florida Standards with support across texts of increasing complexity. Reading Intervention programs adopted by the district will be used to target instruction at the student's instructional level.

#### DEVELOPMENTAL LANGUAGE ARTS FOR ELL STUDENTS

This course provides intensive ESOL instruction for the development of listening, speaking, reading, writing, and language skills for English language learners.

#### LANGUAGE ARTS

This course provides educational experiences addressing the English Language Arts Florida Standards. The content may include the study of literature, use of the writing process, application of reading, listening, spelling, grammar, speaking, critical thinking, and applications of language arts skills to daily life and the environment.

#### LANGUAGE ARTS ADVANCED

This course provides educational experiences addressing the English Language Arts Florida Standards. The content may include the study of literature, use of the writing process, application of reading, listening, spelling, grammar, speaking, critical thinking, and applications of language arts skills to daily life and the environment. Advanced courses require a greater demand on students through increased academic rigor. Academic rigor is obtained through the application, analysis, evaluation, and creation of complex ideas that are often abstract and multi-faceted. Students are challenged to think and collaborate critically on the content they are learning.

### LANGUAGE ARTS GIFTED

At the gifted level, the Broward County curriculum is accelerated, enriched, and differentiated as needed to meet the needs of gifted students. Additional resources are used to challenge students to a higher level and technology tools are utilized to assist students in the creation and distribution of writing. Students will learn to communicate confidently and effectively and develop reading, writing, speaking, and listening skills. Students will gain advanced reading comprehension and maturity in writing and oral communication. All students participate in the District Literary Fair and outside writing competitions as determined by the teacher. **Gifted Only Class** 

### LANGUAGE ARTS ACCESS

Access courses are for students with the most significant cognitive disabilities. Access courses are designed to provide students access to grade-level general curriculum. Access points are alternate academic achievement standards included in access

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courses that target the salient content of Florida's standards. Access points are intentionally designed to academically challenge students with the most significant cognitive disabilities.

#### **MATHEMATICS**

http://www.cpalms.org/Public/PreviewCourse/Preview/10283

The objective of this course is to provide additional practice and to establish grade level proficiency with the standards established for 6th grade by the Florida Department of Education. The content may include but not be limited to multiplication and division of decimals and fractions, data analysis, ratios, rates, fraction, decimal and percent equivalencies and their applications, algebraic expressions and equations, functions and inequalities and using formulas in geometry. Many of these concepts will be taught through word problems.

#### MATHEMATICS ADVANCED

#### http://www.cpalms.org/Public/PreviewCourse/Preview/10284

The objective of this course is to provide additional practice and to establish proficiency with the standards established for 6th grade by the Florida Department of Education. The content may include but not be limited to multiplication and division of decimals and fractions, data analysis, ratios, rates, fractions, decimals, and percent equivalencies and their applications, algebraic expressions and equations, functions and inequalities and using formulas in geometry. Many of these concepts will be taught through word problems. Additionally, students will explore integers, operations with rational numbers and measurement specifically volume and surface area. This course involves independent work, follows chapter sequence of the text which builds on previously taught concepts and requires students to apply the skills that they have learned. The pace is accelerated and requires at least 15 minutes of homework daily.

Advanced Math Placement Recommendation: Level 4 or above on FAST Mathematics, Level 3 or above on FAST Reading, Academic grades of A's and B's in the 5th grade mathematics program. It is suggested that students have a strong work ethic, can independently complete homework and study for tests, are self-motivated, and enjoy the challenge of a rigorous curriculum.

#### PRE-ALGEBRA GEM (Great Explorations in Mathematics)

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#### http://www.cpalms.org/Public/PreviewCourse/Preview/10286

GEM 6 "PRE-ALGEBRA" pulls almost all the standards from both 6th and 7th Grade Advanced Math. Students eligible for this class are identified during their fifth- grade year. The objective of this course is to incorporate and master all critical mathematical content fundamental to high school level course work, specifically Algebra I Honors. The content may include, but not be limited to, algebra, estimation, geometry, graphing, number theory, percent, probability, statistics, problem solving, ratio, proportion, scientific notation, and rational numbers. This mostly digital course is very fast paced and is a combination of direct, teacher- led lessons and online virtual lessons. GEM 6 requires approximately 60 minutes of online homework daily which will involve independent learning via online videos and practice.

GEM 6 Math Placement Recommendation: Level 5 on FAST Mathematics, Level 4 or

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above on FAST Reading, Academic grades of A's in the 5th grade mathematics program. It is strongly recommended that students who choose this course do so with the understanding that the curriculum is incredibly fast-paced and covers the equivalent of three years (6th, 7th, and 8th Grade) of mathematics in a single year.

#### EMF (Elements of Mathematics Foundations) Online Program

EMF is a self-contained, self-study program delivered by the Institute for Mathematics & Computer Science that allows independent and high achieving students to earn four credits of High School Mathematics as well as complete middle school mathematics course standards before leaving middle school. The EMF curriculum exposes students to subject areas not found in the standard curriculum such as operational systems, set theory, number theory, abstract algebra, and probability and statistics. The EMF program is a 6th through 8th grade program. If completion of all 3 years is reached, students will have credits in Algebra 1 Honors, Geometry Honors, Algebra 2 Honors and Precalculus Honors. Throughout the 3 years, all students must maintain an 80% on each module or higher and must follow the timeline set forth by EMF. This timeline does not account for holidays and days off so students should budget additional hours outside of school each day to complete the program and stay within the desired timeline. This program is extremely fast paced and requires the student to put in double homework time, compared to other classes, in order to complete the required online curriculum in three years.

### Math 6 ACCESS

Access courses are for students with the most significant cognitive disabilities. Access courses are designed to provide students access to grade-level general curriculum. Access points are alternate academic achievement standards included in access courses that target the salient content of Florida's standards. Access points are intentionally designed to academically challenge students with the most significant cognitive disabilities.

### EARTH-SPACE SCIENCE

The Earth Science curriculum builds on the natural curiosity of students. By connecting them to the beauty of geological history, the amazing landforms around the globe, the nature of the sea and air, and the newest discoveries about our universe, the curriculum gives students an opportunity to relate to their everyday world. Students will explore topics such as the fundamentals of geology, oceanography, meteorology, and astronomy; Earth's minerals and rocks; Earth's interior; plate tectonics, earthquakes, volcanoes, and the movements of continents; geology and the fossil record; the oceans and the atmosphere; and the solar system and the universe. Lesson assignments help students discover how scientists investigate the science of our planet.

### EARTH-SPACE SCIENCE ADVANCED

At the advanced level critical thinking and application skills are emphasized. Additional course requirements will include a more in-depth exploration of topics of interest to the student and will require that each student demonstrate proficiency in the practice of science by completing an independent, experimentally based research project suitable for competition in the district required science fair.

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#### SCIENCE – GEARS (COMPREHENSIVE SCIENCE ACCERALERATED)

This is the first part of a series of a two courses progression designed to accelerate high ability students through the science content of the middle school curriculum. This course focuses on the Next Generation Sunshine Standard (NGSSS) from the Nature of Science. Physical Science, and the Earth Space Science bodies of knowledge. Laboratory investigations to develop a growing understanding of the complexity and ambiguity of empirical work and that include the use of scientific inquiry, research, measurement, problem solving, laboratory apparatus, technologies, experimental procedures, and safety procedures are an integral part of this course. Learners will understand measurement error and acquire the skills necessary to calibrate and troubleshoot equipment used to make observations and to aggregate, interpret, and present the resulting data. The Florida Core Standards for literacy are infused through instructional practices that ensure reading from a wide range of informational texts and those that provide research and writing opportunities, while the mathematical focus on critical thinking skill development and logical reasoning.

#### **WORLD HISTORY**

The objective of this course is to understand that the world is comprised of many diverse cultural groups who have made significant contributions to both the past and present. Students will explore the development of civilizations in historical and geographical settings, as well as the individuals and events that have significantly influenced culture and history. They will examine the major political, economic, social, and religious beliefs and institutions of selected Eastern and Western cultures. The content will include, but not be limited to, the study of ancient societies such as Egypt, Greece, and Rome. Additional Requirements:

At the Advanced and Gifted level, critical thinking and application skills are emphasized when comparing/contrasting historical and contemporary issues. They will develop collaborative skills, as well as public speaking skills, through individual and group projects. Additional course requirements may include outside readings, having access to news articles for current events, and Internet access for research objectives. Students must complete a research-based project that emphasizes the use of primary sources, has a thesis statement, and has a conclusion that demonstrates original student analysis.

#### WORLD HISTORY ACCESS

Access courses are for students with the most significant cognitive disabilities. Access courses are designed to provide students access to grade-level general curriculum. Access points are alternate academic achievement standards included in access courses that target the salient content of Florida's standards. Access points are intentionally designed to academically challenge students with the most significant cognitive disabilities.

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## SEVENTH GRADE CORE CURRICULUM

#### Students will be placed into a reading course based on Broward County's Middle School Placement Criteria Chart and the K-12 Reading Plan.

\*Reading programs subject to change according to district guidelines.

### **READING INTENSIVE**

This course provides strategic reading intervention focusing on scaffolding the Language Arts Florida Standards with support across texts of increasing complexity. Reading Intervention programs adopted by the district will be used to target instruction at the student's instructional level.

### **DEVELOPMENTAL LANGUAGE ARTS FOR ELL STUDENTS**

This course provides intensive ESOL instruction for the development of listening, speaking, reading, writing, and language skills for English language learners.

### LANGUAGE ARTS

This course provides educational experiences addressing the English Language Arts Florida Standards. The content may include the study of literature, use of the writing process, application of reading, listening, spelling, grammar, speaking, critical thinking, and applications of language arts skills to daily life and the environment.

### LANGUAGE ARTS ADVANCED

At the advanced level, content and curriculum addressed in Language Arts may be accelerated and covered in greater depth utilizing more challenging, complex texts.

### LANGUAGE ARTS GIFTED

At the gifted level, the Broward County curriculum is accelerated, enriched, and differentiated as needed to meet the needs of gifted students. Additional resources are used to challenge students to a higher level and technology tools are utilized to assist students in the creation and distribution of writing. Students will learn to communicate confidently and effectively and develop reading, writing, speaking, and listening skills. Students will gain advanced reading comprehension and maturity in writing and oral communication. All students participate in the District Literary Fair and outside writing competitions as determined by the teacher. Gifted Only Classes

### LANGUAGE ARTS ACCESS

Access courses are for students with the most significant cognitive disabilities. Access courses are designed to provide students access to grade-level general curriculum. Access points are alternate academic achievement standards included in access courses that target the salient content of Florida's standards. Access points are intentionally designed to academically challenge students with the most significant cognitive disabilities.

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#### MATHEMATICS

#### http://www.cpalms.org/Public/PreviewCourse/Preview/10285

The objective of this course is to provide additional practice and to enable proficiency with the standards established for 7th grade by the Florida Department of Education. Students will continue to develop mathematical content fundamentals for grade level proficiency. Emphasis is placed on computational proficiency. The content may include, but not be limited to, computational and applicational work with integers, rational numbers, percent, linear equations and functions, proportions and similarity, data analysis and probability, surface area and volume, measurement, and proportional reasoning.

#### MATHEMATICS ADVANCED

#### http://www.cpalms.org/Public/PreviewCourse/Preview/10286

The objective of this course is to provide additional practice and to enable proficiency with the standards established for 7th grade by the Florida Department of Education. Students will continue to develop mathematical content fundamentals for higher level coursework. Emphasis is placed on computational proficiency. The content may include, but not be limited to, computational and applicational work with integers, rational numbers, percent, linear equations and functions, proportions and similarity, data analysis and probability, surface area and volume, measurement and proportional reasoning. Additionally, students will explore geometry and spatial reasoning, statistics and inequalities. This is a Pre-Algebra course and students who successfully complete this course may meet the requirements for Algebra 1 Honors as 8th graders.

Seventh Grade Advanced Math Placement Recommendation: Level 4 or above on FAST Mathematics, Level 4 or above on the FAST Reading, Academic quarter grades of A's and B's in the 6th grade advanced mathematics program. It is suggested that students have a strong work ethic, can independently complete homework and study for tests, are self- motivated, and enjoy the challenge of a rigorous curriculum

#### ALGEBRA I HONORS GEM (Great Explorations in Mathematics)

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http://www.cpalms.org/Public/PreviewCourse/Preview/10290

This is a high school course for high school credit. Algebra I Honors in the 7th grade is a continuum of GEM 6. The objective of this course is to provide a rigorous and in- depth study of Algebra I Honors, emphasizing deductive reasoning skills, as a foundation for more advanced mathematics courses. The content may include, but not be limited to, operations and properties used within the real number system, algebraic and graphical solutions to first-degree equations and inequalities in one and two variables, operations with polynomials, rational and irrational algebraic expressions, quadratic equations, quadratic inequalities, quadratic functions and the use of a graphing calculator. Throughout this course students are expected to develop the skills needed to solve mathematical problems. There is a strong emphasis on algebraic problem solving. This course has a fast pace requiring 30-60 minutes of homework daily and involves independent work. Students should be highly motivated, responsible, self-directed, and committed to spending the time required to gain proficiency with the content skills.

Additionally, there will be a midterm exam, an End of Course State Exam which counts

as 30% of the overall grade, and the letter grade will count towards their high school GPA. Students who successfully complete the course requirements will receive one high school honors credit. GEM 7 Placement Recommendations: The recommendations are made by the 6th grade GEM teachers based on the following criteria in addition to the district requirements. Students need to complete the 6th grade GEM program with test scores of 87% or higher, midterm and final exam scores exam scores of 80% or higher and score an 80% or higher on the Algebra Placement Test as well as overall quarter grades of 90% or higher. Additionally, it is suggested that students have a strong work ethic, can independently complete homework and study for tests, are self-motivated, give 100% effort, participate in class discussions, and enjoy the challenge of an extremely rigorous curriculum.

#### EMF (Elements of Mathematics: Foundations) Online Program

EMF is a self-contained, self-study program delivered by the Institute for Mathematics & Computer Science that allows independent and high achieving students to earn four credits of High School Mathematics as well as complete middle school mathematics course standards before leaving middle school. The EMF curriculum exposes students to subject areas not found in the standard curriculum such as operational systems, set theory, number theory, abstract algebra, and probability and statistics. The EMF program is a 6th through 8th grade program. If completion of all 3 years is reached, students will have credits in Algebra 1 Honors, Geometry Honors, Algebra 2 Honors and Precalculus Honors. Throughout the 3 years, all students must maintain an 80% on each module or higher and must follow the timeline set forth by EMF. This timeline does not account for holidays and days off so students should budget additional hours outside of school

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each day to complete the program and stay within the desired timeline. This program is extremely fast paced and requires the student to put in double homework time, compared to other classes, in order to complete the required online curriculum in three years.

#### **MATHEMATICS 7 ACCESS**

Access courses are for students with the most significant cognitive disabilities. Access courses are designed to provide students access to grade-level general curriculum. Access points are alternate academic achievement standards included in access courses that target the salient content of Florida's standards. Access points are intentionally designed to academically challenge students with the most significant cognitive disabilities.

### LIFE SCIENCE

The Life Science program invites students to investigate the world of living things— at levels both large and small—by reading, observing, and experimenting with aspects of life on Earth. Students explore an amazing variety of organisms, the complex workings of cell and cell biology, the relationship between living things and their environments, and discoveries in the world of modern genetics. Students tackle such topics as ecology, microorganisms, animals, plants, cells, animals, species, adaptation, heredity, genetics, and the history of life on Earth. Lesson activities and assignments help students discover how scientists investigate the living world.

### Additional Requirements:

At the advanced and gifted level in each grade, critical thinking and application skills are emphasized. Additional course requirements will include a more in-depth exploration of topics of interest to the student and will require that each student demonstrate proficiency in the practice of science by completing an independent, experimentally based research project suitable for competition in the district required science fair.

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#### COMPREHENSIVE SCIENCE 2 ACCELERATED ADVANCED (GEARS 2)

This is the second part of a 2 series course progression designed to accelerate high ability students through the science content of the middle school curriculum. This course focuses on the Next Generation Sunshine State Standards (NGSSS) from the Nature of Science, Life Science, and Physical Science bodies of knowledge. Laboratory investigations to develop a growing understanding of the complexity and ambiguity of empirical work and that include the use of scientific inquiry, research, measurement, problem solving, laboratory apparatus, technologies, experimental procedures, and safety procedures are an integral part of this course. Learners will understand measurement error and acquire the skills necessary to calibrate and troubleshoot equipment used to make observations and to aggregate, interpret, and present the resulting data. The Florida Core Standards for literacy are infused through instructional practices that ensure reading from a wide range of informational texts and those that provide research and writing opportunities, while the mathematical focus on critical thinking skill development and logical reasoning.

#### LIFE SCIENCE ACCESS

Access courses are for students with the most significant cognitive disabilities. Access courses are designed to provide students access to grade-level general curriculum. Access points are alternate academic achievement standards included in access courses that target the salient content of Florida's standards. Access points are intentionally designed to academically challenge students with the most significant cognitive disabilities.

#### CIVICS

Civics is an empowering course that provides students with the critical skills to analyze and study the duties and rights of citizens. Using guided questioning, students will learn the importance of knowing the rights and responsibilities that are guaranteed under the Constitution of the United States. Students will examine the different forms and functions of government and assess their knowledge of the American colonies and their early doctrines and government. The influence that England and the Age of Enlightenment had on the foundations of democracy will be studied. Students will use research and higher thinking skills to create collaborative projects to extend their knowledge of the Constitution and its principles. An in-depth study of the Bill of Rights will reinforce an understanding of the purpose and goals of the Legislative, Executive and Judicial Branches of government. Units on voting, political parties and public opinion about national, state and local governments will enable students to better understand society and the challenges people face.

#### Additional Requirements:

At the advanced and gifted level in each grade, critical thinking and application skills

are emphasized. Additional course requirements will include a more in-depth exploration of topics of interest to the student and will require that each student demonstrate proficiency in the practice of science by completing an independent, experimentally based research project suitable for competition in the district required science fair

End Of Corse Exam: All students will be required to take the Florida State End Of course Exam (EOC). The test score will account for 30% of their overall Civics grade. Pacing to prepare for this exam will be adjusted accordingly, depending on whether the class is working at the regular, advanced, or gifted level. Group projects, research papers, mock trials, and additional reading passages will be

#### **CIVICS ACCESS**

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Access courses are for students with the most significant cognitive disabilities. Access courses are designed to provide students access to grade-level general curriculum. Access points are alternate academic achievement standards included in access courses that target the salient content of Florida's standards. Access points are intentionally designed to academically challenge students with the most significant cognitive disabilities.

used to enhance class material at the advanced and gifted levels.

### **EIGHTH GRADE CORE CURRICULUM**

#### Students will be placed into a reading course based on Broward County's Middle School Placement Criteria Chart and the K-12 Reading Plan.

\*Reading programs subject to change according to district guidelines.

#### **READING INTENSIVE**

This course provides strategic reading intervention focusing on scaffolding the Language Arts Florida Standards with support across texts of increasing complexity. Reading Intervention programs adopted by the district will be used to target instruction at the student's instructional level.

DEVELOPMENTAL LANGUAGE ARTS FOR ELL STUDENTS 8 This course provides intensive ESOL instruction for the development of listening, speaking, reading, writing, and language skills for English language learners.

#### LANGUAGE ARTS

This course provides educational experiences addressing the English Language Arts Florida Standards. The content may include the study of literature, use of the writing process, application of reading, listening, spelling, grammar, speaking, critical thinking, and applications of language arts skills to daily life and the environment.

#### LANGUAGE ARTS ADVANCED

At the advanced level, content and curriculum addressed in Language Arts may be accelerated and covered in greater depth utilizing more challenging and complex text.

#### LANGUAGE ARTS GIFTED

At the gifted level, the Broward County curriculum is accelerated, enriched, and differentiated as needed to meet the needs of gifted students. Additional resources are used to challenge students to a higher level and technology tools are utilized to assist students in the creation and distribution of writing. Students will learn to communicate confidently and effectively and develop reading, writing, speaking, and listening skills. Students will gain advanced reading comprehension and maturity in writing and oral communication. All students participate in the District Literary Fair and outside writing competitions as determined by the teacher. **Gifted Only Classes** 

#### LANGUAGE ARTS ACCESS

Access courses are for students with the most significant cognitive disabilities. Access courses are designed to provide students access to grade-level general curriculum. Access points are alternate academic achievement standards included in access courses that target the salient content of Florida's standards. Access points are intentionally designed to academically challenge students with the most significant cognitive disabilities.

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#### MATHEMATICS PRE-ALGEBRA

#### http://www.cpalms.org/Public/PreviewCourse/Preview/10287

The objective of this course is to strengthen and build upon arithmetic skills while preparing for Algebra I in high school as well as to provide additional practice and to establish proficiency with the standards established for 8th grade by the Florida Department of Education. The content may include, but not be limited to real numbers, exponents, scientific notation, proportional and non-proportional relationships and functions, solving equations and systems of equations, transformational and measurement geometry, and statistics.

#### **ALGEBRA I HONORS**

#### http://www.cpalms.org/Public/PreviewCourse/Preview/10290

This is a high school course for high school credit. The objective of this course is to provide a rigorous and in-depth study of algebra, emphasizing deductive reasoning skills as a foundation for more advanced mathematics courses and developing the skills needed to solve mathematical problems. The content may include, but not be limited to, operations and properties used within the real number system, algebraic and araphical solutions to first dearee equations and inequalities in one and two variables, relations and functions, direct and inverse variations, operations with polynomials, including all forms of factoring, rational and irrational algebraic expressions, quadratic equations, quadratic inequalities, quadratic functions, and use of the graphing calculator. Students who successfully complete the course requirements will receive one high school credit. It is strongly recommended that students have completed the 7th Grade Advanced Textbook in their seventh-grade year. Additionally, there will be a midterm exam, and a State End of Course Exam, which counts as 30% of their overall grade, and the letter grade will count towards their high school GPA. There will also be approximately 30-60 minutes of homework daily. There will be a summer assignment which will cover 8th grade skills which will be necessary for success in this 9th grade high school class.

#### **GEOMETRY HONORS GEM (Great Explorations in Mathematics)**

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<u>http://www.cpalms.org/Public/PreviewCourse/Preview/10295</u> This is a high school course for credit. Students who enroll in this course should be A/B

This is a high school course for credit. Students who enroll in this course should be A/B Algebra I Honors students who have demonstrated mastery of algebra skills as evidenced by their grades and exam scores. This course is a rigorous and in- depth high school course which helps lay the foundation for higher level math work such as AICE, AP coursework, and college entrance exams. The emphasis is on methods of proof, the formal language of mathematics, the fundamental properties of geometry, the understanding of deductive and inductive reasoning, solving real-world problems by applying the geometric properties and algebraic skills, and using transformational and coordinate geometry. This course has a fast pace requiring 45-60 minutes of homework daily and involves a good deal of independent work since the approach of the course is the discovery method. Students should be highly motivated, responsible, self-directed, and committed to spending the time required to gain proficiency with the content skills. It is highly recommended (and necessary for success) that students have a strong working

knowledge of algebra for this class. Tests involve questions requiring the application and

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proof (both formal and informal) of skills learned. Additionally, there will be a midterm exam, and a State End of Course Exam and the letter grade will count towards their high school GPA.

#### EMF (Elements of Mathematics: Foundations) Online Program

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EMF is a self-contained, self-study program delivered by the Institute for Mathematics & Computer Science that allows independent and high achieving students to earn four credits of High School Mathematics as well as complete middle school mathematics course standards before leaving middle school. The EMF curriculum exposes students to subject areas not found in the standard curriculum such as operational systems, set theory, number theory, abstract algebra, and probability and statistics. The EMF program is a 6-8 grade program. If completion of all 3 years is reached, students will have credits in Algebra 1 Honors, Geometry Honors, Algebra 2 Honors and Precalculus Honors. Throughout the 3 years, all students must maintain an 80% on each module or higher and must follow the timeline set forth by EMF. This timeline does not account for holidays and days off so students should budget additional hours outside of school each day to complete the program and stay within the desired timeline. This program is extremely fast paced and requires the student to put in double homework time, compared to other classes, in order to complete the required online curriculum in three years.

#### **MATHEMATICS 8 ACCESS**

Access courses are for students with the most significant cognitive disabilities. Access courses are designed to provide students access to grade-level general curriculum. Access points are alternate academic achievement standards included in access courses that target the salient content of Florida's standards. Access points are intentionally designed to academically challenge students with the most significant cognitive disabilities.

#### PHYSICAL SCIENCE

The Physical Science program introduces students to many aspects of the physical world, focusing first on chemistry and then on physics. The course provides an overview of the physical world and gives students tools and concepts to think clearly about matter, atoms, molecules, chemical reactions, motion, force, momentum, work and machines, energy, waves, electricity, light, and other aspects of chemistry and physics. Among other subjects, students study the structure of atoms; the elements and the Periodic Table; chemical reactions; forces, including gravitational, motion, acceleration, and mass; and energy, including light, thermal, electricity, and magnetism.

#### Additional Requirements:

At the advanced and gifted level in each grade, critical thinking and application skills are emphasized. Additional course requirements will include a more in-depth exploration of topics of interest to the student and will require that each student demonstrate proficiency in the practice of science by completing an independent, experimentally based research project suitable for competition in the district required science fair.

#### **BIOLOGY HONORS**

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Biology I Honors will provide opportunities to students for general exploratory experiences and activities in the fundamental concepts of life. Topics will include but not be limited to: the scientific method, laboratory apparatus usage and safety, biochemistry, cell biology, genetics, botany, zoology, human anatomy and physiology, and ecological relationships. Laboratory activities that include the use of the scientific method, measurement, laboratory apparatus, and safety are an integral part of this course. A state written End of Course (EOC) exam will count as 30% of the student's final course grade.

#### **SCIENCE 8 ACCESS**

Access courses are for students with the most significant cognitive disabilities. Access courses are designed to provide students access to grade-level general curriculum. Access points are alternate academic achievement standards included in access courses that target the salient content of Florida's standards. Access points are intentionally designed to academically challenge students with the most significant cognitive disabilities.

#### **UNITED STATES HISTORY**

Primary content emphasis for this course pertains to the study of American history from the Exploration and Colonization Period to the Reconstruction Period following the Civil War. Students will be exposed to the historical, geographic, political, economic, and sociological events, which influenced the development of the United States and the resulting, impact on world history. This course offers scaffolded learning opportunities for students to develop the critical skills of analysis, synthesis, and evaluation in a more rigorous and reflective academic setting. Students are empowered to perform at higher levels as they engage in the following: analyzing historical documents and supplementary readings, working in the context of thematically categorized information, becoming proficient in notetaking, and participating in an extended research-based paper/project. Students will also participate in Junior Achievement, which teaches the key concepts of work readiness, entrepreneurship, and financial literacy.

#### Additional Requirements:

Advanced and gifted students will develop and demonstrate their skills through participation in a capstone and/or extended research-based paper/project (e.g., history fair, participatory citizenship project, mock congressional hearing, projects for competitive evaluation, investment portfolio contests, or other evaluation, investment portfolio contests, or other teacher-directed projects). Expectations include reading assignments from longer text passages as well as shorter ones when text is extremely complex, making close reading and rereading of texts central to lessons, asking highlevel, text-specific questions and requiring high-level, complex tasks and assignments, requiring students to support answers with evidence from the text, and providing extensive text-based research and writing opportunities (claims and evidence).

#### **SOCIAL STUDIES 8 ACCESS**

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courses that target the salient content of Florida's standards. Access points are intentionally designed to academically challenge students with the most significant cognitive disabilities.

## **EXCEPTIONAL STUDENT LEARNING SUPPORT (ESLS)**

Placement in these classes is determined by the student's (IEP), Individualized Education Plan as decided annually by the IEP committee. Reading placement will be based on State/Broward District's k-12 Reading Plan.

#### **ESE SUPPORT**

Students in these classrooms are attempting to earn an academic diploma in General Education to acquire Common Core Standards without modifications only accommodations. Exceptional Education Students participate in the general education classroom with support. Support Facilitators, along with classroom teachers, collaborate or consult on student success by providing a variety of services and strategies. Support Facilitation is designed to provide assistance within the general education setting. The degree of services is determined by student need and committee recommendation

# SPECIALIZED VARYING EXCEPTIONALITIES – SPECIAL DIPLOMA STUDENTS TAKING FLORIDA ALTERNATE ASSESSMENT.

Courses are offered in a Specialized Varying Exceptionalities classroom for the following subject areas: language arts, math, science, and social studies. The curriculum in the Specialized Varying Exceptionalities classrooms is based on individualized student academic and behavioral needs. Instruction is presented through an intensive curriculum using a variety of modalities such as very small group instruction, continuous hands-on learning activities, infused sensory activities and social training.

### **ELECTIVES**

#### ART 1 Available to Grades 6/7/8

Students explore media and techniques used to create a variety of 2-D artworks through developing skills in drawing, painting, printmaking, and collage. Students practice, sketch, and manipulate the structural elements of art. Investigation of artworks from Western and non-Western cultures provide a means for students to expand their understanding and appreciation of the role of art in global culture. Student artists use an art criticism process to evaluate, explain, and measure artistic growth in personal or group works. This course incorporates hands-on activities and consumption of art materials.

#### ART 2 Available to Grades 7/8

Students refine techniques used to create a variety of two-dimensional (2-D) artworks through developing skills in drawing, painting, printmaking, and collage. Students manipulate the structural elements of art to promote creative risk-taking in 2-D artwork. Investigation of artworks from Western and non-Western cultures provides a means for students to expand their understanding and appreciation of the role of art in global culture. Student artists use an art criticism process to evaluate, explain, and measure artistic growth in personal or group works. This course incorporates hands-on activities and consumption of art materials.

#### ART 3 (3D Art) Available to Grade 8

Students begin an exploration of the structural elements of art used when creating 3-D forms. Additive and subtractive processes are used to manipulate and construct sculptural or ceramic forms in media that may include, but are not limited to clay, wood, plaster, found objects, and paper maché, with consideration of the workability, durability, cost, and toxicity of the media used. Student artists examine the effects of attention to detail, size, position, overlapping, visual pattern, and texture, and these considerations will be reflected in the surface and structural qualities of completed art forms. Students in the 3-D art studio focus on use of safety procedures for process, media, and techniques. Student artists use an art criticism process to evaluate, explain, and measure artistic growth in personal or group works. This course incorporates hands-on activities and consumption of art materials.

#### **BEGINNING BAND** Available to Grades 6/7/8

The objective of this course is to introduce students with limited or non-musical backgrounds to the fundamentals of band. Students will develop a basic understanding of music notation and perform 12 major scales. Students are expected to practice 30 minutes per day. Optional activities are Solo Ensemble and Band Festivals. This course may also require students to obtain a musical instrument (e.g., borrow, rent, purchase) from an outside source.

#### BAND INTERMEDIATE – CONCERT BAND Available to Grades 7/8

The objective of this course is to continue the development of skills gained from the beginning band level. The band will perform medium to difficult music. Students will perform 12 memorized major scales. Selected students must attend all rehearsals,

concerts and perfect music. A minimum of 30 minutes per day of practice is expected. All students must attend the Solo Ensemble, Band Festival, and All County Band Audition.

#### BAND ADVANCED - SYMPHONIC Available to Grades 7/8

The objective of this course will be to perfect musical skills accomplished in prior classes. Students will perform 12 memorized major scales. Selected students must attend all scheduled rehearsals and concerts, as well as perfect all music assigned. Practice is a minimum of 40 minutes per day. As a requirement for this course, all students will attend All County Band, All County Jazz Band, Area Honors Band, and All State Auditions.

**BAND HONORS- APPROVAL REQUIRED (Highschool Credit Option)** Available to Grades 7/8 Students with considerable band experience strengthen their instrumental technique, music literacy, and aesthetic response through rehearsal, performance, and study of a variety of advanced, high-quality band literature. Instrumentalists refine their knowledge of music notation and theory, sound production, and personal and group rehearsal strategies. Public performances may serve as a culmination of specific instructional goals. Students may be required to attend and/ or participate in rehearsals and performances outside the school day to support, extend, and assess learning in the classroom.

**BUISNESS LEADERSHIP SKILLS (Entrepreneurship)** Available to Grade 8 Develop essential leadership and business skills to prepare for skills in school, careers and beyond. Introduce student to the concept of entrepreneurship.

#### CHESS Available to Grade 6

This is a beginner's chess course designed to introduce the game and hopefully create lifelong chess players. Students will use the game of chess to improve problem-solving, critical thinking, pattern recognition, focus and concertation.

#### **CREATIVE ARTS** Available to Grade 6

Creative Arts will teach students the skills they need to tell stories effectively through creative writing, photography, art, drama, music analysis and social-emotional activities.

#### CULINARY Available to Grades 6/7/8

This course includes but is not limited to the development of leadership skills, communication skills, and employability skills; resource management; exploration of careers in the culinary field; food safety and sanitation; safe, proper use of culinary tools/equipment; interpreting recipes and developing menus; basic food preparation skills; front-of-the-house responsibilities; artistic presentation of food; and the use of technology in the culinary field.

#### DEBATE 1 (High school Credit) Available to Grade 8

The objective of this course is to increase students' understanding of argument, critical thinking, and public speaking through a myriad of current event-related debates. Students will use a variety of means to demonstrate their knowledge and understanding of course content. Students participate in Extemporaneous Speech, Congressional Debate, Public Forum Debate and Lincoln-Douglas Debate. A foundation for effective argumentation will be built by participating in mock debates to prepare for monthly

competitions. Due to the high school Honors requirement, students in this course will BE REQUIRED to attend monthly competitive debate tournaments to earn competition points. Students will earn honors high school credit for successfully completing this course. **Instructor Approval Required** 

#### FUNDAMENTALS OF FINANCE Available to Grade 6

Emphasis will be placed on economic decision-making and real-life applications using real data. The primary content for the course pertains to the study of learning the ideas, concepts, knowledge and skills that will enable students to implement beneficial personal decision-making choices; to become wise, successful, and knowledgeable consumers, savers, investors, users of credit and money managers; and to be participating members of a global workforce and society.

#### **INTRO TO FINANCE** Available to Grade 7

This course is a year-long class designed to prepare students to be financially educated. Students will learn about personal finance management strategies. This course will include banking, different types of insurance, and investing.

#### **INTRO TO SPEECH AND DEBATE** Available to Grade 6

This is an introductory course to develop the student's skills, knowledge, and understanding of the public speaking process. Topics include the principles of reasoning, audience analysis, and collection of materials, outlining, and delivery. Emphasis is on the oral presentation of well- prepared speeches, using computer technology when appropriate

#### JOURNALISM I (High School Credit) Available to Grade 7

The purpose of this course is to enable students to develop fundamental skills in the production of journalism across print, multimedia, and web platforms and to become aware of journalism history, careers, ethics use, and management techniques related to the production of journalistic media. Time management, interview skills, and photography are also taught in this course. Some activities may be required outside of the school day. **This is a pre-requisite for 8th grade yearbook. Application with project required.** \*

#### LAW STUDIES Available to Grade 8

In law studies, students will learn their rights and responsibilities by examining real-world legal issues. Students will have the opportunity to "act like a lawyer" by crafting arguments, examining evidence in real cases, gaining insight into courtroom proceedings, and role playing in mock trials and mediations. Students will also delve into the purposes of laws and the consequences of breaking them. The goal of law studies is to provide students with a practical understanding of law and the legal system useful to students in their everyday lives while they learn the fundamental principles of our Constitution, criminal and civil laws, and legal systems.

#### MEDIA CAREERS Available to Grade 6

The objective of this course is to support students in developing the skills needed to thrive in a modern media or technology-based work environment. Curriculum includes research skills, digital communication, social media literacy, resume writing, computer

hardware, coding, game design, eSports management, and film studies. This course also has an emphasis on learning skills for high school and college preparation.

**DIGITAL TOOLS (ORIENTATION TO CAREERS AND TECHNOLOGY)** Available to Grades 7/8 Students will learn Microsoft Word and PowerPoint along with other skills essential in high school, college, and business. Learn about occupations in a diverse range of careers.

#### PEER COUNSELING Available to Grades 7/8

The objective of this course is to provide knowledge and opportunities for students to assist their peers. This is accomplished through enhancing interpersonal skills; role-playing, teambuilding and skill building activities are used. The content will include, but not be limited to, peers as tutors, counselors, mentors, mediators and helpers. Various teen and social issues are discussed. Guest speakers are invited to share their expertise with students. **Application process and instructor's approval required**.

#### PHYSICAL EDUCATION Available to Grades 6/7/8

This course is designed to help students develop healthy lifestyles during their time in middle school and to develop positive lifetime attitudes regarding physical activity. The sports and physical fitness curriculum are based upon the belief that 1. Lifelong learning and skill development are on-going and progressive, 2. Lifetime activity attitudes are best internalized by continued practice, 3. Students need to incorporate principles of fitness into their daily lives.

#### SPANISH I (High School Credit) Available to Grade 8

Spanish 1 introduces students to the target language and its culture. The student will develop communicative skills in all 3 modes of communication and cross-cultural understanding. Emphasis is placed on proficient communication in the language. An introduction to reading and writing is also included as well as culture, connections, comparisons, and communities.

#### SPEECH I (High School Credit) Available to Grade 7

The purpose of this course is to introduce students to the competitive speech events as sanctioned by the National Speech and Debate Association. Students will learn the basics of speech and debate competition and other necessary components such as tournament etiquette and performance strategies. Students will learn speech events such as poetry and prose, impromptu, declamation, original oratory, dramatic interpretation, humorous interpretation, duo interpretation, and extemporaneous speaking. The students will earn high school credit for successfully completing the course. **Audition process and instructor's approval required** 

#### **Student's Leadership Development Corps (SLDC)** Available to Grades 7/8

The purpose of this course is to enable students to develop knowledge of the history, customs, traditions and function of the Junior Reserve Officer Training Corps (JROTC) as well as to stimulate an enthusiasm for scholarship as a foundation for higher citizenship and leadership goals. The course includes the development of basic leadership skills including leadership principles, values, and attributes. Students also develop knowledge of self-control, citizenship, wellness and fitness. **\*Application Required\*** 

#### **TELEVISION PRODUCTION** Available to Grades 7/8

This course introduces students to the essentials of film production while they create the daily school news broadcast and produce all school media coverage. Students work in a hands-on environment while learning the necessary production, reporting, and video editing skills. Students should be self-motivated and able to work

#### independently. Application process, audition, and teacher approval required.

#### YEARBOOK (High School Credit) Available to Grade 8

This course provides instruction in aspects of journalism and photography in the publication of the schools' yearbook in a workshop setting/experience. The content stresses instruction and practice in applying all aspects of the writing process (including pre-writing, drafting, editing, and proofreading) to written work prepared according to journalistic standards. Students will learn photography, graphic design, layout techniques, and interview skills. Organization and management techniques related to journalistic productions will be stressed, including leadership skills, record keeping, time management, utilization of personnel, and task organization. Students of this course will have additional responsibilities after school and/or before school as part of assignments. Computer programs including Balfour Studioworks, Canva, and Adobe Creative Cloud will be taught and utilized on a regular basis. **\*Application Required\*** 

#### YOGA Available to Grades 6/7/8

This course is designed to introduce students, safely and accessibly, to the basic postures, breathing techniques, and relaxation methods of yoga. Students will begin to experience the benefits of stretching, moving, and breathing freely as they relieve built up stress, learn to relax, and ultimately get more out of day-to-day life. The aim of this course is to promote vibrant health and to tap the body's latent energy reserves.