



Pine Springs

PREPARATORY ACADEMY

A Challenge Foundation Academy

Middle School 2019-2020 Elective Information Sheet

Next year, 6-8th grade students will have a voice in choosing one elective per semester (in most cases). Below are the electives that we are offering next year. Carefully read each of the options, then, on the attached sheet, mark your priorities for the electives your student would like to take. Please take time to determine which electives would be a good fit for your student. This form is due to homeroom teachers by **Thursday, June 6th.**

Couch to 5K

Train to run a 5K in a fun and effective way.

Yoga

This class is an introduction to yoga. Students will learn the basics of breathing and mindfulness as they explore a variety of poses and sequences. Students will need to provide a yoga mat and bring a change of clothes for this class. This is a great class for anyone wanting to participate in physical exercise, to strengthen their core, to increase flexibility and balance, all while learning the importance of stress relief.

Cheerleading

This class will be an introduction to the skills needed to become a cheerleader: stretching, conditioning (including running), motion placement, cheers, chants, cheerleading dances, basic stunts, and the basics of creating and executing a complete cheer routine.

Boot Camp Physical Fitness

This course is all about outdoor physical training and exercise. Students will focus on bodyweight exercises and endurance building drills to improve their fitness. Students can expect to be outside most days, unless it is raining, regardless of the weather.

Lost!

Have you ever wondered, "What would I do if was stranded in the wilderness?" Well, if you have, or if you are now...This is the class for you! Basic survival skills will be instructed and tested throughout the course that will cover everything from building a shelter to preparing meals to first aid skills.

Robotics (full year)

This elective will focus on project management, programming, engineering activities, controlling motors, competition matches (classroom, local, possibly state and beyond), and demonstrations to classes.

3D Printing

We will focus on how the printers work and how to use them, 3D design methods, and create test prints along the way. We will also be researching the future of 3D printing, some of the controversies that surround it, and even potentially competing with one another with things that we print. This will also include running an online school store. If this is a student's 2nd time taking 3D Printing, they will work on more advanced projects and learn more about 3D design and printing.

Architectural Design

In this elective, you can exercise your interest in skills in the study of the principles of great architectural design, and the use of drawing instruments to draft floor and elevation plans, that you can then turn into 3-D models using various tools for visualization.

Yearbook (full year)

This course is designed to develop students' skills in yearbook production by providing experiences in all aspects of creating the PSPA yearbook. Students will learn principles of yearbook production and develop skills that include writing copy, captions, and headlines; digital photography; desktop publishing and using appropriate technology tools for media production. Yearbook will be a full year commitment.

STEAM Innovation (Shark Tank or Kickstarter)

Interested in becoming an inventor or innovator? In this elective, you will learn the design process, engineering, and programming through engaging hands-on activities using the Arduino microprocessor as the center of your creations. You will first learn through design challenges and then begin to use the Arduino to create new designs and inventions. This is a hands-on, minds-on elective! Consider the possibility of designing clothing with blinking LED lights controlled by your movement! Create a prototype of a small house and use electronics to wire the lights, security alarms, etc. The sky's the limit!

Life Skills*

This class will explore basic skills pertinent to middle school students. Possible topics for class include introductions, handshakes, and etiquette, positive communication, sewing, cooking (basic measurements, how-tos, crockpots, etc), table manners, introduction to ASL, laundry, resumes and cover letters, basic first aid, cleaning and organization, thank you notes and addressing envelopes, and party planning.

*Projects require parent donations. *Only available to students who have not previously taken the course.

Art - Painting and Drawing the Art Masters

Students will be introduced to the elements and principles of art by exploring the great Masters through the centuries. A myriad of projects will focus on skill building in relation to drawing, painting, and mixed media art. Through these various disciplines, students study the visual elements of line, shape, form, and color. Students will learn about great artists like Van Gogh, Roy Lichtenstein, Walt Disney, Vermeer, and Claude Monet. Each student will be encouraged to develop his/her unique talent while understanding the role of observation and personal perception. Students will become aware that art is a visual language through which they can communicate.

Logic & Strategy

This class will dive into logic problems, logic games, and deductive reasoning skills. Students will learn the rules and the strategies for activities and games such as Logic Puzzles, Dots and Boxes, Chess, and Sudoku. Students will have the opportunity to play games against one another and possibly create their own logic puzzles.

Theatre

Lights, camera, action! We will be exploring theatre origins to successfully producing a play! We will discover costume, makeup, and scenery design, in addition to sound and lighting. We will read, act, and adapt scripts. We will be playwrights, actors, and audience members. We will learn the whole world of theatre- from character transformation to being a director. There is a role for everyone in theatre, on stage and off!