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# COURSE OF STUDY

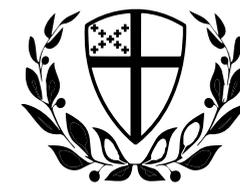
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MIDDLE SCHOOL  
2016-2017



EPISCOPAL  
COLLEGIATE SCHOOL

Jackson T. Stephens Campus  
1701 Cantrell Road  
Little Rock Arkansas 72201  
501.372.1194  
[www.episcopalcollegiate.org](http://www.episcopalcollegiate.org)



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# MIDDLE SCHOOL PROGRAM AT A GLANCE

6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
1. English 6	English 7	English 8
2. Mathematics 6*	Pre-Algebra*	Algebra I*
3. Life Science 6	Earth Science 7	Physical Science 8
4. World History 6 To 1400 CE	World History 7: 1400 CE-Present	History 8: U.S. History and Arkansas History
5. Writing 6	Exploratory Design 7 ½ Writing 7 ½	Latin I
6. Physical Education 6 ½ Spanish 6 ½	Religion 7 ½ Physical Education 7 ½	Exploratory Design 8 ½ Study Hall ¼ Physical Education 8 ¼
7. Religion 6 ¼ Health ¼ Elective ½	Elective 1	Elective 1

\*Advanced courses offered with Department Chair approval.

## GRADE SIX CURRICULUM

English 6  
 Writing 6  
 Mathematics 6\*  
 Life Science 6  
 World History 6: To 1400 CE  
 Spanish 6 ½  
 Physical Education 6 ½  
 Health 6 ¼  
 Religion 6 (Old Testament) ¼  
 Electives (Students Choose One):  
     Exploratory Design 6 ½  
     Art 6 ½  
     Choir 6 ½  
     Creative Drama 6 ½  
     Introduction to Percussion ½  
     Orchestra ½

## GRADE SEVEN CURRICULUM

English 7  
 Writing 7 ½  
 Pre-Algebra\*  
 Earth Science 7  
 World History 7: 1400 CE-Present  
 Exploratory Design 7 ½  
 Religion 7 (New Testament) ½  
 Physical Education 7 ½  
 Electives (1)  
     Spanish 7 ½  
     Art I ½  
     Theatre I ½  
     Episcopal Chorus  
     French I\*\*  
     Orchestra  
     Percussion (Intro ½ and Beginning)



## GRADE EIGHT CURRICULUM

English 8  
 Algebra I\*  
 Physical Science 8  
 History 8: U.S. History and Arkansas History  
 Latin I\*\*  
 Physical Education 8 ¼ and Study Hall ¼  
 Exploratory Design 8 ½  
 Electives (1)  
     Art I or II ½  
     Theatre I or II ½  
     Episcopal Chorus  
     Orchestra  
     Percussion (Intro, Beginning, Intermediate)  
     French I\*\*  
     Spanish I\*\*

\*Advanced courses offered with Department Chair approval.

\*\*Students must complete three years of a world language in Upper School.

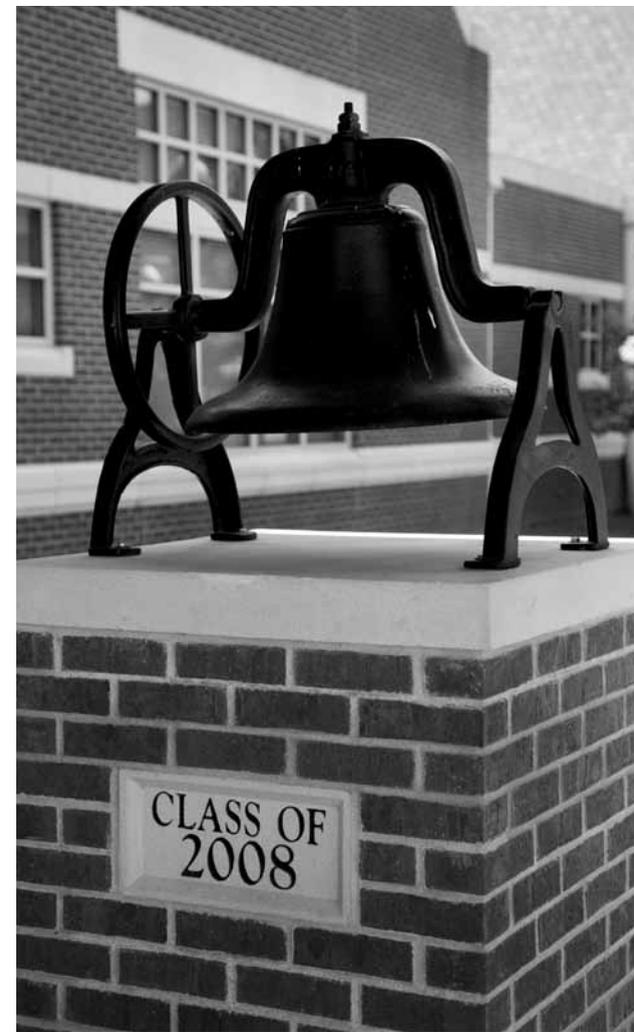
## MINIMUM COURSE ENROLLMENT

All students are required to enroll in seven courses per semester. Each student's advisor will provide guidance to help the student decide what the appropriate courses are for him or her. The Division Head will give final approval.

The School administration begins the scheduling process in the spring. A minimum enrollment is required before a course can be scheduled. The administration attempts to meet every student's request to the best of its abilities; however, the School will occasionally schedule a student into a course he or she did not choose due to scheduling conflicts.

## ACADEMIC STANDARDS

Episcopal Collegiate offers its students the opportunity to become independent learners by providing a curriculum based on high expectations, academic achievement, personal responsibility, and spiritual development. Our students are expected to participate actively in discovering and creating their own solutions to problems, to think critically, and to write analytically. They develop personal responsibility, values for engaged citizenship, a healthy regard for human worth and dignity, tolerance of ideas and experiences different from their own, empathy for those around them, and an appreciation for human diversity. The spiritual foundation of Episcopal Collegiate encourages students and faculty to value each other as children of God worthy of dignity and respect.



## ENGLISH

**Requirements:** English 6, English 7, English 8

### English 6

**Prerequisites:** None

**Grade Level:** 6

**Time Allotment:** 1 Year

**Course Description:** This class emphasizes reading, writing, and critical thinking skills. Students read novels, short stories, drama, and poetry for literal and interpretive comprehension and to gain a greater familiarity with basic literary elements, including character, plot, conflict, setting, and theme. Students write frequently and in a variety of forms, focusing on developing and expressing ideas with clarity and coherence. Students will practice conventions of written English (grammar, punctuation, usage, and spelling) both in exercises and in the context of revising and editing pieces to submit for evaluation. Vocabulary study is based on literary terminology and words taken from the readings.

### English 7

**Prerequisites:** English 6

**Grade Level:** 7

**Time Allotment:** 1 Year

**Course Description:** In English 7, students will read complex literature from multiple genres. The literature will serve as a springboard for regular vocabulary lessons, creative writing assignments, and grammar lessons which reinforce composition skills. An age-appropriate Shakespearean play will introduce students to the genius of Shakespeare. Projects and presentations will allow seventh graders to express themselves creatively and to work cooperatively.

### English 8

**Prerequisites:** English 7

**Grade Level:** 8

**Time Allotment:** 1 Year

**Course Description:** Students will read, analyze, and discuss fiction, poetry, short stories, and non-fiction selections. They will also read a play by Shakespeare. Grammar will be taught to help students read with greater skill and to understand the grammatical options available to them as they write. Students will write in a variety of modes with increasing emphasis on essays to analyze and interpret literature. Critical essays will emphasize logical arrangement, evidence to support interpretations, and proper citations. Along with literary terminology and vocabulary taken from reading selections, students will also complete a study of vocabulary from Latin and Greek roots.

### Writing 6

**Prerequisites:** None

**Grade Level:** 6

**Time Allotment:** 1 year

**Course Description:** This course is designed to study basic components of grammar, including the parts of speech, complements, verbs, clauses, and modifiers. In addition, students will work on more complex sentence structures, sentence combining, and more complicated rules of usage. Writing assignments will include well-developed paragraphs and multi-paragraph essays. Emphasis will be placed on the writing process, including the skills of revising and editing. *Wordly Wise Online* will be used for vocabulary building. This course coordinates with English 6.

### Writing 7

**Prerequisites:** None

**Grade Level:** 7

**Time Allotment:** 1 Semester

**Course Description:** In this course, students will practice conventions of narrative, descriptive, expository, and persuasive composition. Emphasis on the process of writing will include planning, drafting, revising, and editing. Students are expected to master grammar through exercises and the writing process. This course coordinates with English 7.

## HISTORY

**Requirements:** World History to 1400 CE, World History 1400 CE-Present, United States and Arkansas History

### World History 6: To 1400 CE

**Prerequisites:** None

**Grade Level:** 6

**Time Allotment:** 1 Year

**Course Description:** World History helps students acquire an overview of the world's cultures through the first part of recorded history. Students begin with earliest human social evolution and highlight the significant cultural developments through the Middle Ages. Students also examine the ways that many aspects of society have evolved and the ways that many have remained constant. There is an emphasis on the significance of geography in the development of human adaptations, the elements of different cultures, and cultural interactions.

### World History 7: 1400 CE – Present

**Prerequisites:** None

**Grade Level:** 7

**Time Allotment:** 1 Year

**Course Description:** Students in the seventh grade study the social, cultural, and technological changes that occurred in Europe, Africa, and Asia from the late Middle Ages to the present. After reviewing the great civilizations of the medieval time period, students study the history and geography of great civilizations that were developing concurrently throughout the world during early modern times. Five basic themes are introduced to help the students connect the material with their citizenship: commonality and diversity, conflict and cooperation, continuity and change, individualism and interdependence, and interaction within different environments.

## History 8: United States and Arkansas History

**Prerequisites:** None

**Grade Level:** 8

**Time Allotment:** 1 Year

**Course Description:** United States and Arkansas History is a full-year course which integrates the history of Arkansas as it unfolds in the course of United States history. The study begins with the earliest settlements of indigenous people on this continent and continues to trace the development of the state and country to modern times. Included in the history are major events and people as well as the political history of Arkansas and the U.S.

## MATHEMATICS

**Requirements:** Mathematics 6, Pre-Algebra, or Algebra I

### Mathematics 6

**Prerequisites:** None

**Grade Level:** 6

**Time Allotment:** 1 Year

**Course Description:** Mathematics 6 emphasizes number theory, rational numbers, algebraic reasoning, geometry, proportional reasoning, and statistics. Students are given the opportunity to apply the mathematics they are learning with real-world problems and activities.

### Advanced Mathematics 6

**Prerequisites:** Department Chair Approval

**Grade Level:** 6

**Time Allotment:** 1 Year

**Course Description:** This course emphasizes number theory, rational numbers, algebraic reasoning, geometry, proportional reasoning, and statistics. Students are given the opportunity to apply the mathematics they are learning with real-world problems and activities. This course moves at a faster pace and students are challenged to think abstractly and solve more complex problems.

### Pre-Algebra

**Prerequisites:** Mathematics 6

**Grade Level:** 7

**Time Allotment:** 1 Year

**Course Description:** In this course, students cover many pre-algebra and geometry concepts. Emphasis is placed on algebraic ideas approached through investigations. This process encourages students to search for patterns and relationships in data, and to find ways to express these patterns in words and symbols. Pre-Algebra explores the mathematical concepts of variables, equations, systems, and linear relationships. Problem-solving skills are developed using graphical representations, word problems, comparisons of integer relationships, similarity, and three-dimensional measurements.

### Advanced Pre-Algebra

**Prerequisites:** Mathematics 6 or Advanced Mathematics 6 AND Department Chair Approval

**Grade Level:** 7

**Time Allotment:** 1 Year

**Course Description:** Like the Pre-Algebra course, this course covers many pre-algebra and geometry concepts. Emphasis is placed on algebraic ideas approached through investigations. This process encourages students to search for patterns and relationships in data, and to find ways to express these patterns in words and symbols. Pre-Algebra explores the mathematical concepts of variables, equations, systems, and linear relationships. Problem-solving skills are developed using graphical representations, word problems, comparisons of integer relationships, similarity, and three-dimensional measurements. The Advanced Pre-Algebra course moves at a faster pace than regular Pre-Algebra course. Students will be challenged to think more abstractly and to work more independently throughout the year. They will be asked to apply the Pre-Algebra concepts to more topics and to make connections between them.

### Algebra I

**Prerequisites:** Pre-Algebra AND Department Chair Approval

**Grade Level:** 8

**Time Allotment:** 1 Year

**Course Description:** This course focuses on the relationships between functions, graphs, and tables as well as using functions to model real-world relationships. The functions studied in Algebra I include linear, absolute value, and direct variation. Students develop proficiency in writing and simplifying mathematical expressions, performing operations with polynomials, and solving both equations and inequalities. Algebra I also integrates topics such as statistics, probability, and geometry throughout the course.

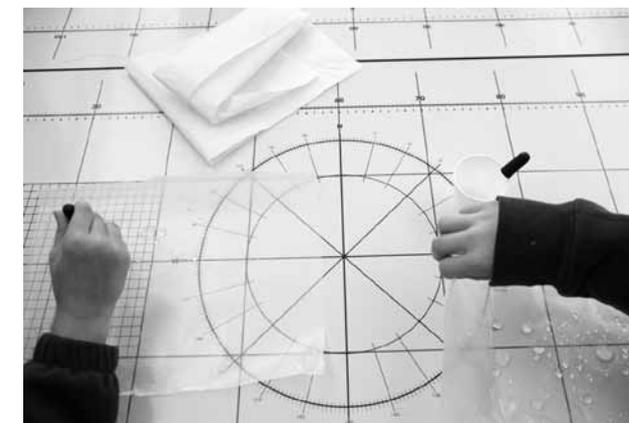
### Advanced Algebra I

**Prerequisites:** Pre-Algebra or Advanced Pre-Algebra and Department Chair Approval

**Grade Level:** 8

**Time Allotment:** 1 Year

**Course Description:** Like Algebra I, this course focuses on the relationships between functions, graphs and tables as well as using functions to model real-world relationships. The functions studied in Advanced Algebra I include linear, quadratic, exponential, and direct and inverse variation. Students develop proficiency in writing and simplifying mathematical expressions, performing operations with polynomials, and solving both equations and inequalities. Students are expected to apply concepts in more abstract situations and to make connections between topics. The pace of this course will be faster than that of the regular Algebra I course, thus allowing students to cover more topics in preparation for Advanced Geometry and Advanced Algebra II.



## SCIENCE

**Requirements:** Life Science 6, Earth Science 7, Physical Science 8

### Life Science 6

**Prerequisites:** None

**Grade Level:** 6

**Time Allotment:** 1 Year

**Course Description:** The year begins with an in-depth consideration of the scientific method, experimental design, and data collection. Throughout the year, students plan and conduct many experiments to reinforce these important concepts as we study cell structure and function, the role of DNA in cells, human body systems, the six kingdoms, natural selection, and ecology. A major goal is for students to appreciate both the amazing diversity and the interconnectedness of life on Earth.

### Earth Science 7

**Prerequisites:** None

**Grade Level:** 7

**Time Allotment:** 1 Year

**Course Description:** Earth Science focuses on the earth and sky as dynamic areas that interact with one another. Students delve into the fascinating world of volcanoes and earthquakes, study the earth's atmosphere, and discover why the ocean is more than just water. Geology, oceanography, meteorology, and astronomy are featured in Earth Science.

### Physical Science 8

**Prerequisites:** None

**Grade Level:** 8

**Time Allotment:** 1 Year

**Course Description:** Physical Science explores the worlds of chemistry and physics. Mysteries of the world unfold as students experiment using everyday objects and substances. From the structure of atoms to the use of atomic energy, students enhance their understanding of the pure and applied physical sciences. Hands-on learning is emphasized through demonstration, simulation and laboratory experiences, leading to problem-solving by use of the scientific method.

## TECHNOLOGY

**Requirements:** Exploratory Design 7, Exploratory Design 8

### Exploratory Design 6

**Prerequisites:** None

**Grade Level:** 6

**Time Allotment:** 1 Semester

**Course Description:** Exploratory Design 6 will engage students in interdisciplinary, real-world design and engineering challenges linked to topics covered in core classes. During the semester students will work in a collaborative environment as part of a project team. Students will develop skills in critical thinking, design thinking, project planning, listening, self-reflection and oral presentation while using programming, 3D design and fabrication, circuitry, digital presentation tools, and video production and editing to meet project challenges.

### Exploratory Design 7

**Prerequisites:** None

**Grade Level:** 7

**Time Allotment:** 1 Semester

**Course Description:** Exploratory Design 7 will engage students in interdisciplinary, real-world design and engineering challenges linked to topics covered in core classes as well as build on the Exploratory Design 6 curriculum. During the semester students will work in a collaborative environment as part of a project team. Students will develop skills in critical thinking, design thinking, project planning, listening, self-reflection and oral presentation while using programming, robotics, 3D design and fabrication, circuitry, digital presentation tools and video production and editing to meet project challenges.

### Exploratory Design 8

**Prerequisites:** None

**Grade Level:** 8

**Time Allotment:** 1 Semester

**Course Description:** Exploratory Design 8 will engage students in interdisciplinary, real world design and engineering challenges linked to topics covered in core classes as well as build on Exploratory Design 6 and 7. During the semester students will work in a collaborative environment as part of a project team. Students will develop skills in critical thinking, design thinking, project planning, listening, self-reflection and oral presentation while using programming and electrical engineering with Arduino and Raspberry Pi, Minecraft using Java, Eclipse and Gimp, robotics, 3D design and animation, digital presentation tools and video production and editing to meet project challenges.

## RELIGION

**Requirements:** Religion 6, Religion 7

### Religion 6

**Prerequisites:** None

**Grade Level:** 6

**Time Allotment:** 1 Quarter

**Course Description:** The Sixth Grade Religion class will survey the Old Testament, beginning with Genesis and ending with a study of notable prophets. The class will also examine the book of Exodus from Moses and the Ten Commandments through the trials of the Israelites. Students will gain a practical understanding of God's influence on the people of the Old Testament and how that compares with our needs today.

### Religion 7

**Prerequisites:** None

**Grade Level:** 7

**Time Allotment:** 1 Semester

**Course Description:** In the seventh grade, students study the life and teachings of Jesus as found in the Gospels of the New Testament. General content and style will be studied, along with the culture, historical events, and religious beliefs relative to the era. The curriculum is also designed for continuing the development of Christian theological concepts, such as the Trinity, Incarnation, prayer, worship and the cycle of sin, judgment, and redemption.

## VISUAL AND PERFORMING ARTS

### Art 6

**Prerequisites:** None

**Grade Level:** 6

**Time Allotment:** 1 Quarter

**Course Description:** Sixth grade art students will learn how to look at and analyze art with increasing confidence. The students will be introduced to drawing, painting, sculpture, and printmaking. They will explore traditional and non-traditional media. The students will create artwork inspired from cultural crafts and fine art. All assignments will focus on nurturing the students' creativity and their ability to express themselves nonverbally. The students will learn proper care and usage of art supplies, and they will become familiar with the art studio environment. Students will maintain a sketchbook throughout the course.

### Art I

**Prerequisites:** None

**Grade Level:** 7 – 8

**Time Allotment:** 1 Semester

**Course Description:** This one-semester course will focus on learning the key elements and principles of design in art. An emphasis will be placed on students taking ownership of their creativity, considering

craftsmanship, and developing details in artwork. Work will be completed using traditional and non-traditional media and techniques. Students will write about art, present their artwork, and learn of art from other cultures and time periods. Students will be introduced to critique methods including written, verbal, individual, and group formats. Students will maintain a sketchbook throughout the course.

### Art II

**Prerequisites:** Art I

**Grade Level:** 8

**Time Allotment:** 1 Semester

**Course Description:** This is a one-semester course offered to students who wish to hone the skills and techniques learned in Art I. Students will explore art history, aesthetics, and art criticism. Students will further develop observational drawing skills. Students will work with a variety of traditional and non-traditional media including drawing, painting, printmaking, and sculpture. A higher emphasis is placed on exploring self-expression and self-guided experimentation. They will become more refined in craftsmanship and details as introduced in Art I, and continue practicing a variety of critique methods. Students will also begin considering the topic of presentation of artworks. Students will maintain a sketchbook throughout the course.



## Orchestra 6

**Prerequisites:** None

**Grade Level:** 6

**Time Allotment:** 1 Quarter

**Course Description:** This introductory course will instruct students in reading music and in the playing of violin, viola, cello, double bass, or piano.

Through traditional methods, students may learn the instrument of their choice.

## Orchestra

**Prerequisites:** Department Chair Approval

**Grade Level:** 7 – 8

**Time Allotment:** 1 Year

**Course Description:** This course is for those students who have mastered the basic techniques involved in playing a string instrument and would like to further develop their playing ability. The music will become increasingly more difficult as the year progresses and as students work on advancing their techniques and sound. Orchestra members will perform regularly at concerts, chapel, competitions and special events.

## Introduction to Percussion

**Prerequisites:** None

**Grade Level:** 6

**Time Allotment:** 1 Semester for electives of 6th grade music

**Course Description:** Sixth grade percussion provides students an opportunity to experience all the different facets of drumming that make up the percussion classes at Episcopal Collegiate. Students will learn basic technique and music on snare drum, African drums, mallet percussion, drum set, and even steel band! Students will continue their music theory studies with further development in note and rhythm reading, scales, and basic notation skills. Students enrolled in the fall semester will perform at various school functions, including home football games. Spring semester student performances will include our annual Percussion Ensembles Concert in March.

## Beginning Percussion

**Prerequisites:** None

**Grade Level:** 7 – 8

**Time Allotment:** 1 Year

**Course Description:** This course allows seventh or eighth grade students to study drumming and percussion while being part of a performing ensemble. This beginning percussion course will introduce students to snare drum and timpani, mallet and keyboard percussion, percussion ensemble, African drumming, and steel drums. Not only do the students study this music, they have the opportunity to perform the music on a daily basis in a variety of venues, including chapel performances, community events, school-sponsored events, home football games, pep rallies, and the annual Percussion Ensemble concert. Students will continue their basic theory and musicianship studies.

## Intermediate Percussion Ensemble

**Prerequisites:** Beginning Percussion

**Grade Level:** 7 – 8

**Time Allotment:** 1 Year

**Course Description:** Intermediate Percussion Ensemble puts into practice and further explores the skills and techniques acquired in Beginning Percussion. Students will acquire the knowledge and skills to play a greater number of the accessory percussion instruments including bass drum, cymbals, triangle, tambourine and timpani. In addition, the repertoire will increasingly feature one player per part, developing the student's ability to play independently of other instruments. Steel band and drum set studies will be further developed. As opposed to Beginning Percussion, Intermediate Percussion classes will perform more frequently throughout the year, both on and off campus. 6th grade students having one semester of Introduction to Percussion will have the opportunity to audition for Intermediate Percussion.



## Choir-Grade 6

**Prerequisites:** None

**Grade Level:** 6

**Time Allotment:** 1 Semester

**Course Description:** Sixth grade choir requires no previous musical experience. Students focus on music making, exploring the fundamentals of various styles of singing, and learning the vocabulary and notation of written music. Beginning choir offers students a chance to sing for the first time or for those who wish to build on their successful experiences in elementary choir. Participation in concerts is required. Students enrolled in sixth grade choir during the fall semester will perform in the Fall Concert and Christmas Concert, including performances at the State Capitol. Students enrolled in the sixth grade choir in the spring semester will perform in the Fine Arts Showcase and the Spring Pop Music Show.

## Episcopal Chorus

**Prerequisites:** None

**Grade Level:** 7 – 8

**Time Allotment:** 1 Year

**Course Description:** The Episcopal Collegiate Chorus will provide students an opportunity to apply musical knowledge and to improve sight-reading ability through daily rehearsal. Students will gain a

better understanding of the proper technique needed to extend range and improve tone quality. Competitive opportunities are also made available through this course. Chorus members perform studied literature at a variety of venues, including chapel, evening concerts, competitions, and special events.

## Creative Drama 6

**Prerequisites:** None

**Grade Level:** 6

**Time Allotment:** 1 Semester

**Course Description:** Creative Drama 6 will immerse students in the process of theatrical playing. Students will explore improvisation, theatre games, and playmaking in ways that will develop skills in creativity, teamwork, humor, communication, and theatrical performance.

## Theatre I

**Prerequisites:** None

**Grade Level:** 7 – 8

**Time Allotment:** 1 Semester

**Course Description:** Theatre I focuses on the acting and script-reading elements of theatre while retaining elements of creative drama. The course will culminate in a public performance of scenes from plays that students have read and prepared in class.

## Theatre II

**Prerequisites:** Theatre I

**Grade Level:** 8

**Time Allotment:** 1 Semester

**Course Description:** Theatre II focuses on the playwriting, directing, and technical elements of theatre while retaining elements of creative drama and acting. The course will culminate in a public performance that the students have written and directed themselves throughout the semester.

## WORLD LANGUAGE

**Requirements:** Latin I, Spanish 6

### Spanish 6

**Prerequisites:** None

**Grade Level:** 6

**Time Allotment:** 1 Semester

**Course Description:** The focus is on developing familiarity with the Spanish language. Students begin to learn how, when, and where to say what to whom and why. The main goal of the course is to comfortably expose students to the language and cultures while engaging in basic speaking, listening, reading and writing. Students will learn and use essential vocabulary to describe themselves, friends, school, home, and family. Students are immersed in the Spanish language.

### French I

**Prerequisites:** None

**Grade Level:** 8

**Time Allotment:** 1 Year

**Course Description:** This course will develop communication skills in French, targeting speaking, writing, reading, and listening. The learning process is achieved through content-based lessons using common daily themes such as time, weather, school, home, etc. Students will not only learn basic French grammar, verb tenses, sentence structures, and useful expressions, but they will also gain insights into French culture, as well as other francophone cultures and countries throughout the world.

## Latin I

**Prerequisites:** None

**Grade Level:** 8

**Time Allotment:** 1 Year

**Course Description:** Latin I establishes a firm foundation in vocabulary and grammar principles. Students develop comprehension through practice readings and translations. In addition, the course introduces students to the lasting connections of the Classical World to our own, in particular through exploring English derivations, mythology, and an overview of the social and political history of Ancient Rome.

## Spanish I

**Prerequisites:** None

**Grade Level:** 7 and 8

**Time Allotment:** 1 Year

**Course Description:** Spanish I focuses on a beginning level of communication by developing competency with the four skills of language: listening, speaking, reading, and writing. Students will use these components to perform a variety of language functions, such as listening, asking questions, describing, giving and following directions, and expressing opinions using the present, present progressive or preterit tenses. Students will gain a basic overview of the Spanish language and cultures. Students will learn how, when, and where to say what to whom and why. Students are immersed in the Spanish language.



## HEALTH AND PHYSICAL EDUCATION

**Requirements:** Health 6, Physical Education

### Health 6

**Prerequisites:** None

**Grade Level:** 6

**Time Allotment:** 1 Quarter

**Course Description:** The goal of the health program is to teach students how to lead an informed, healthy lifestyle and how to take an active role in their own physical, mental, and social health and in the health of others. Students are challenged to explore how all health concerns relate to other issues and how to consider the legal, moral, and ethical ramifications of their decisions.

### Physical Education 6

**Prerequisites:** None

**Grade Level:** 6

**Time Allotment:** 1 Quarter

**Course Description:** The objective of the one-semester required Physical Education course in the sixth grade is to emphasize all dimensions of wellness. The course is designed to promote the health benefits derived from vigorous musculoskeletal and cardio-respiratory activities. The course is designed to enhance movement and the quality of motor skills. The students will learn basic strategies in team sports to enhance personal and social behavior.

### Physical Education 7

**Prerequisites:** None

**Grade Level:** 7

**Time Allotment:** 1 Semester

**Course Description:** This course builds on the foundations of physical education to create a lifestyle of fitness. The course will emphasize life skills, including teamwork, health, strength and aerobic conditioning, team sports, and research relating to sports. Some of the activities by which these concepts will be achieved include: recreational activities, fitness and cardiovascular conditioning, strength conditioning, and a variety of games which prepare the student to participate in team sports.

### Physical Education 8

**Prerequisites:** None

**Grade Level:** 8

**Time Allotment:** 1 Quarter

**Course Description:** This course builds on the foundations of physical education to create a lifestyle of fitness. The course will emphasize life skills, including teamwork, health, strength and aerobic conditioning, team sports, and research relating to sports. Activities to teach these concepts include: recreation, fitness and cardiovascular conditioning, strength conditioning, and a variety of games which prepare the student to participate in team sports.

