
COURSE OF STUDY

MIDDLE SCHOOL
2021-2022



EPISCOPAL
COLLEGIATE SCHOOL

Jackson T. Stephens Campus
1701 Cantrell Road
Little Rock Arkansas 72201
501.372.1194
www.episcopalcollegiate.org

6 th	7 th	8 th
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 1500 CE	World History 7: 1500 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 ¼ Biblical Studies: OT ¼	Biblical Studies: NT ½ Physical Education 7 ¼ Health 7 ¼	Exploratory Design 8 ½ Study Hall ¼ Physical Education 8 ¼
7. Chorus 6 ¼ Art 6 ¼ Instrumental Music 6 ¼ Creative Drama 6 ¼	Elective 1	Elective 1

*Advanced courses offered with Department Chair approval.

** Students who take French I or Spanish I in 7th Grade may choose to take French II or Spanish II in 8th grade in lieu of Latin I.

GRADE SIX CURRICULUM

English 6
Writing 6
Mathematics 6*
Life Science 6
World History 6: To 1500 CE
Spanish 6 ¼
Physical Education 6 ½
Biblical Studies: Old Testament ¼
Art 6 ¼
Choir 6 ¼
Creative Drama 6 ¼
Instrumental Music 6 ¼

GRADE SEVEN CURRICULUM

English 7
Writing 7 ½
Pre-Algebra*
Earth Science 7
World History 7: 1500 CE-Present
Exploratory Design 7 ½
Biblical Studies: New Testament ½
Physical Education 7 ¼
Health 7 ¼
Electives (1)
 Art I or II ½
 Theatre I or II ½
 Episcopal Chorus 1 Year or ½
 Spanish I**
 French I**
 Orchestra
 Percussion Ensemble I

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)
 Creative Writing ½
 Art I or II ½
 Theatre I or II ½
 Episcopal Chorus 1 Year or ½
 Orchestra
 Percussion Ensemble I or II
 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: In English 6, emphasis is placed on reading, writing, and critical thinking skills. Students will read novels, short stories, and poetry for literal and interpretive comprehension and to gain a greater familiarity with basic literary elements. Students will learn to annotate purposefully to enhance close reading. Students will write in a variety of forms focusing on developing and expressing ideas with clarity, coherence, and textual evidence. Students will practice conventions of written English (grammar, punctuation, usage, and spelling) 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 literature from multiple genres to develop close reading skills and analytical techniques. Independent reading will also help students develop and practice comprehension skills. Students will continue to annotate purposefully to enhance close reading. Emphasis will be placed on integrating textual evidence and commentary to support claims made by the students as they analyze characters and plot elements in a variety of writing activities based on their literature studies. Students will also have opportunities to write creative pieces. Grammar lessons will reinforce composition skills. Vocabulary study will be based on both literary terminology and words taken from reading selections.

English 8

Prerequisites: English 7

Grade Level: 8

Time Allotment: 1 Year

Course Description: In English 8, students will read increasingly complex literature from multiple genres to further develop close reading skills and critical analysis of author purposes and language choices. Independent

reading will help strengthen students' comprehension skills and encourage a joy of reading. Students will continue to annotate purposefully to enhance close reading. The careful study of literature in this course will bolster creative and analytical writing assignments, researched writing projects and presentations, contextual grammar lessons, and vocabulary study.

Writing 6

Prerequisites: None

Grade Level: 6

Time Allotment: 1 year

Course Description: Writing 6 is designed to study the basic components of grammar, including the parts of speech, complements, verbs, clauses, and modifiers. Through purposeful writing, students will learn complex sentence structures, sentence combining, and more complicated rules of grammar. Writing assignments include well-developed paragraphs and multi-paragraph essays. Emphasis will be placed on the writing process, including the skills of revising and editing. A separate vocabulary study will enhance student writing, build reading comprehension, and strengthen overall verbal skills. This course coordinates with English 6.

Writing 7

Prerequisites: None

Grade Level: 7

Time Allotment: 1 Semester

Course Description: Writing 7 is designed to study and practice the conventions of narrative, descriptive, expository, and persuasive composition. Through integrated writing strategies, students will develop a strong writing voice and style with a focus on ideas, organization, word choice, conventions, voice, and sentence fluency. Continual drafting, revising, conferencing, and editing will reinforce the importance of the writing process. Writing assignments include well-developed paragraphs and multi-paragraph essays. In addition, a separate vocabulary study will enhance student writing, build reading comprehension, and strengthen overall verbal skills. This course coordinates with English 7.

Creative Writing

Prerequisites: None

Grade Level: 8

Time Allotment: 1 Semester

Course Description: For those who love to write and

those who simply want to explore new ideas, Middle School creative writing provides students in 8th grade with an opportunity to develop strong personal voices through the study and creation of multiple types of writing such as short stories, poetry, drama, and creative essays. Students will explore their own ideas and learn how to refine those ideas through genres they choose. Students will also become publishing pioneers by defining and creating a new student publication for the Middle School created completely by Middle School students.

HISTORY AND SOCIAL SCIENCES

Requirements: World History to 1500 CE, World History 1500 CE-Present, United States and Arkansas History

World History 6: To 1500 CE

Prerequisites: None

Grade Level: 6

Time Allotment: 1 Year

Course Description: World History 6 helps students acquire an overview of the origins and development of humankind beginning with a foundation in prehistory and geography. Students begin with precursors to the earliest human societies and highlight 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 civilizations, and cultural interactions.

World History 7: 1500 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 across the globe from the late Middle Ages to the present. After reviewing the great civilizations of the medieval time period, students study the history 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, 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 to 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 than in Mathematics 6 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 Instructor 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 Pre-Algebra. 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 Instructor Approval

Grade Level: 8, 9

Time Allotment: 1 Year

Course Description: This course focuses on the relationships between functions, graphs and tables as well as the use of functions to model real-world relationships. Algebra I studies linear functions. Students develop proficiency in writing and simplifying mathematical expressions, perform-

ing operations with polynomials, and solving both equations and inequalities. Algebra I also integrates geometry throughout the course.

Advanced Algebra I

Prerequisites: Pre-Algebra or Advanced Pre-Algebra and Instructor Approval
Grade Level: 8, 9
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 both linear and quadratic. 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 this course, thus allowing them 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: Life Science is the study of living things. Students will use the scientific method to study a variety of organisms through research, biological studies, and experimentation. Major units of study will include plants, animals (invertebrates

and vertebrates), and human systems. 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 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. During the semester students will work in a collaborative environment as part of a project team to develop skills in critical thinking, design thinking, project planning, listening, self-reflection and oral presentation.



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. Project challenges will build on skills explored in Exploratory Design 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 to meet project challenges.

RELIGIOUS STUDIES

Requirements: Biblical Studies: Old Testament, Biblical Studies: New Testament

Biblical Studies: Old Testament

Prerequisites: None
Grade Level: 6
Time Allotment: 1 Quarter

Course Description: The Sixth Grade Biblical Studies class will survey the Old Testament, beginning with Genesis and ending with a study of notable patriarchs and matriarchs. 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.



Biblical Studies: New Testament

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: 7-8

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 making, 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 self-expression and self-guided experimentation. Pupils will become more capable in craftsmanship and details 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. *Students who wish to continue developing their art portfolios may take Art II multiple semesters with instructor approval.

Instrumental Music 6

Prerequisites: None

Grade Level: 7 - 8

Time Allotment: 1 Year

Course Description: Instrumental Music 6 is divided into two sections: violin/piano and percussion. Each section is approximately four and a half weeks in length.

In the violin/piano portion students will learn bow hold, violin hold, tuning, and fingering, as well as basic piano playing. Students will also receive instruction in reading/writing treble and bass clef, beginning music theory, and basic music terminology.

The percussion portion will introduce students to the world of percussion, not only through acquiring the ability to perform on the individual instruments of the percussion family, but through focused reading and research of drumming and the percussion heritage of different cultures from around the world. Students will find themselves in many different scenarios: group instruction, percussion ensemble, clinic settings, master class meetings, and individual practice. All of these serve to provide the students with the best chance for processing the information that they are learning and improving their performance and understanding. Students will be given a foundation in music theory, including reading and writing music in the treble and bass clefs, rhythm studies, and basic music terminology.



Orchestra

Prerequisites: None

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.

Percussion Ensemble I (formerly 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.

Percussion Ensemble II (formerly Intermediate Percussion)

Prerequisites: Percussion Ensemble I

Grade Level: 8

Time Allotment: 1 Year

Course Description: Percussion Ensemble II puts into practice and further explores the skills and techniques acquired in Percussion Ensemble I. 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 Percussion Ensemble I, Percussion Ensemble II classes will perform more frequently throughout the year, both on and off campus. Sixth grade students having one semester of Introduction to Percussion will have the opportunity to audition for Intermediate Percussion.

Choir 6

Prerequisites: None

Grade Level: 6

Time Allotment: 1 Quarter

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 give those who have sung before an opportunity to build on prior experiences. Participation in concerts is required. Students enrolled in sixth grade choir during the fall semester will perform either in the Fall Concert or Christmas Concert. Students enrolled in the sixth grade choir in the spring semester will perform in the Fine Arts Showcase or the Spring Pop Music Show.

Episcopal Chorus

Prerequisites: None

Grade Level: 7 – 8

Time Allotment: 1 Semester or 1 Year

Course Description: The Episcopal Collegiate Chorus provides 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 Quarter

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 culminates in a public performance of scenes from plays that students have read and prepared in class.

Theatre II

Prerequisites: Theatre I

Grade Level: 7 - 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 culminates in a public performance that students have written and directed throughout the semester.

WORLD LANGUAGE

Requirements: Spanish 6, Latin I

Spanish 6

Prerequisites: None

Grade Level: 6

Time Allotment: 1 Quarter

Course Description: Students will understand and appreciate the importance of acquiring other languages and connecting to other cultures' products, practices, and perspectives. In a comfortable and supportive learning environment, students will learn and practice essential vocabulary and syntax in order to develop proficiency, become confident when producing another language, and authentically make linguistic and cultural comparisons. Students are progressively immersed in Spanish.

Spanish I

Prerequisites: None

Grade Level: 7 - 12

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 are immersed in the Spanish language.

Spanish II

Prerequisites: None
Grade Level: 8 - 12
Time Allotment: 1 Year

Course Description: Spanish II is designed to build on the student's level of communication through listening, speaking, reading, and writing competencies. Grammatical concepts and vocabulary will be expanded through a cultural framework that students will be able to apply to everyday life. Increased emphasis on vocabulary and verb tenses (preterite, imperfect, and commands) will enable students to comprehend and produce more complex material that they can apply to the in-class opportunities as they communicate with others. The course is an immersive one and will be conducted in the Spanish language.

French I

Prerequisites: None
Grade Level: 7-12
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.

French II

Prerequisites: French I
Grade Level: 8-12
Time Allotment: 1 Year

Course Description: This course will expand upon content and skills from French I. Students will continue to develop speaking, listening, reading and writing skills. More advanced grammatical structures and complex

tenses, such as the past perfect and object pronouns, will be introduced. Grammar lessons will be reinforced through daily conversation practice and varied written activities. Francophone culture will continue to be explored, with a focus on France.

Latin I

Prerequisites: None
Grade Level: 8 - 12
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.

HEALTH AND PHYSICAL EDUCATION

Requirements: Health 7, Physical Education 6,7,8

Health 7

Prerequisites: None
Grade Level: 7
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 Semester

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 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. 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 learned in previous years while students take more leadership in their learning. The course will emphasize life skills including; teamwork, communication, self-awareness, and social skill through strength and aerobic conditioning activities as well as team and individual sports.

