

First and Last Name printed neatly: \_\_\_\_\_ Grade Level: \_\_\_\_\_ LA Teacher: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

### CESIT Selection for First Six Weeks 2021-2022

Number your first choice with a 1, second with a 2, third with a 3, and so on.....Look at your schedule and only choose a CESIT for the periods your schedule shows a CESIT class or a PE 7/8 Class. If your schedule shows PE 7/8 you must choose a PE 7/8 class taught by a PE certified teacher. If your class shows CESIT you may sign up for a regular CESIT or a PE 7/8.

First Period Classes	Second Period Classes	Third Period Classes
<p><b>Everyday classes:</b></p> <p>____ Art (Pena)</p> <p>____ Art (Leichtenberg)</p> <p>____ Smash Bros</p> <p>____ Imagineering</p> <p>____ Magical Myths</p> <p>____ Gamesapalooza</p> <p>____ Flag Football (PE 7/8 Priority)</p> <p>____ Creative Writing</p> <p>____ Walk it Out</p> <p>____ Video Editing</p> <p>____ Nine Square</p> <p>____ Teacher/Office/Library Assistant (Teacher Signature Required)</p>	<p><b>Everyday classes:</b></p> <p>____ Art (Pena)</p> <p>____ CSA News</p> <p>____ Games Galore</p> <p>____ Power of Words</p> <p>____ Pixar in a Box</p> <p>____ Wellness &amp; Watch</p> <p>____ Gamesapalooza</p> <p>____ Flag Football (PE 7/8 Priority)</p> <p>____ Hollywood Books</p> <p>____ Creative Writing</p> <p>____ Walk it Out</p> <p>____ Therapeutic Coloring</p> <p>____ Teacher/Office/Library Assistant (Teacher Signature Required)</p>	<p><b>Everyday classes:</b></p> <p>____ Switch and More</p> <p>____ CSA Strong (Strength and Fitness)</p> <p>____ Smash Bros</p> <p>____ Imagineering</p> <p>____ Improvisation</p> <p>____ Magical Myths</p> <p>____ Call of the Wild</p> <p>____ FabFitFun (PE 7/8 Priority)</p> <p>____ Yearbook (Yearlong Class)</p> <p>____ Diamond Dotz Painting</p> <p>____ Lunch Time Entertainment</p> <p>____ Teacher/Office/Library Assistant (Teacher Signature Required)</p>

# CESIT Course Descriptions (Alphabetical)

## Term 1

August 23rd to September 23rd

2021-2022

### **Art**

Be Inspired, Get Messy, Leave Happy! Come create!

### **The Call of the Wild**

Have you ever been outside and come across a weird bug or a beautiful flower or an epic tree and wondered to yourself, "what the heck IS that?" If so, The Call of the Wild may be the class for you! Over the course of six weeks you'll learn how to research and identify plants, animals, bugs, fungi, and so much more - you'll even have a chance to submit your own nature observations for scientific research!

### **CSA News**

Come and be a part of our broadcast news program. We will produce the Friday weekly announcements in a video to be shared school-wide. Students will learn how to create and produce a quality video using iPads and green screen effects.

### **Creative Writing**

If you enjoy writing stories and imagining worlds on your own, come to Creative Writing! We will explore different genres of writing and discuss how we can better tell a story. This class will help you in your language arts skills and expand your creative mind.

### **CSA Strong (Strength and Fitness)**

Does utilizing the force of gravity in the form of weighted bars, dumbbells and weight stacks to oppose the force generated by muscle sound like fun to you? I thought so. In plain English, this course is about building strength through resistance training (aka bodyweight movements, lifting weights, using machines etc.) Resistance training carries a plethora of benefits physically and mentally. This CESIT isn't just for those that already like working out, it's for everyone of all levels and goals! Come be a part of a supportive community that is centered around self-betterment, and proving to yourself that you can achieve success.

**DIAMOND DOTZ PAINTING:**

Diamond Dotz Painting is a 5D painting experience that combines cross-stitch and paint-by-numbers into one beautiful piece of art. Colorful gems are used to bring life to your work with textured three-dimensional “diamonds” that sparkle with color. Students will use an applicator to apply hundreds of sparkling resin rhinestones, one-by-one, on an adhesive color-coded canvas painting.

Students & Parents: Use this link for a preview of Diamond Painting

<https://tinyurl.com/y7rcvmtk>

**Fab Fit Fun (PE 7/8 Priority)**

Get your 6-week subscription to FabFitFun! Want to get fit? We are going to do small units of aerobics, yoga, walking, jogging, strength training, and core training! We will also be talking about nutrition using MyFitnessPal and talking about our favorite healthy recipes.

**Flag Football (PE 7/8 Priority)**

You will learn the fundamental techniques required to play and participate in team flag football. Rules, skills, and teamwork will be emphasized.

You will acquire basic to advanced instruction in passing, catching, offensive strategy, defensive strategy, and team play. Team round robin play will make up the majority of the six-week period with a tournament at the end of the six-weeks to determine a class champion team.

**Gamesapalooza**

“It won’t be a “Risk” to take Gamesapalooza! You’ll be “Sorry!” if you don’t give it a chance. Grab all your friends and give them a “Clue” at how awesome it will be to compete in all sorts of games. You’ll be the “Mastermind” as you have fun exploring all the exciting games out there with Ms. Englund!”

**Games Galore!** – Do you love competing with your friends playing a variety of games? Join us 2<sup>nd</sup> period where we’ll play a variety of games each week including Monopoly, Scattergories, Taboo, Clue, and many more! We can also add your favorite game into our mix, be ready to take the lead!

**Imagineering: Fairytale to Film**

Fairytales have been retold and adapted for years. This course will look at the original fairytale in its written form and compare it with the Disney movie counterpart. In conjunction, at the end of the course, you will create your own rewritten adaptation of one of the fairytales we’ve studied.

### **Improvisation**

Do you want to play theatre games and explore Comedy Sportz? Come experience the world of improv! Everyone welcome.

### **Lunch Time Entertainment**

You will be the entire lunchtime operation including creating the venues and locations for lunchtime entertainment. You will oversee the Karaoke machine, game boards, outdoor games...Requires a commitment to set up and take down entertainment areas during lunch.

### **Magical Myths**

Zeus, Anubis, and Leprechauns; OH MY! Have you ever wondered about the myths behind the some of the most famous mythological names of all time? In this class we will analyze, debate, and dissect the meaning behind some of the most famous Myths. Greek, Roman, Egyptian and some you may have never even heard of! Come and join where sharing is caring (just ask the Romans).

Each week in this class we will focus on a different theme using famous mythology from various cultures. I just need a classroom with a screen so you can plop me anywhere.

### **Nine Square**

Enjoy the game that everyone loves to play at lunch but without the line. Come out and have a blast.

### **Pixar in a Box**

Pixar in a Box is a behind-the-scenes look at how Pixar artists do their jobs. You will be able to animate bouncing balls, build a swarm of robots, and make virtual fireworks explode. The subjects you learn in school — math, science, computer science, and humanities — are used every day to create amazing movies at Pixar.

### **The Power of Words**

Do you like songwriting, rapping, or poetry? Would you like dedicated time to work on your lyrical writing and share it with classmates? Then sign-up for The Power of Words! This class is all about learning new forms of lyrical writing and letting your creative ideas flow through your work!

### **Smash Bros./Gaming**

A place for both casual and competitive gamers. Showcase your skills in one of the most popular fighting games on the Nintendo Switch!

### **Switch and More**

Do you want to learn a new game? Do you need some extra time to practice your skills in playing Mario Kart, Just Dance, or Super Mario Brothers U? How about some time to discover the most effective strategy to use while playing with friends? If so, bring your own device or play on our big screen 3<sup>rd</sup> period and be ready to be challenged!

### **Therapeutic Coloring**

Did you know coloring is more than just a fun way to reduce stress and relax? It also forces the two hemispheres of your brain to communicate. While logic helps you stay inside the lines, choosing colors generates a creative thought process. Join us 3<sup>rd</sup> period to stimulate your brain with sophisticated anti-stress coloring pages that include many different patterns and designs for everyone to enjoy!

### **Video Editing**

School can be draining and analytical, so sometimes we need a creative outlet. In video editing we will have a blast getting to learn the ins and outs video editing software has to offer; all while preparing videos aligned with your interests to share with classmates. Lights, Camera, ACTION!

### **Walk It Out**

We will take a break from the classroom and we will be walking around campus, stretch our legs, and our minds.

### **Wellness & Watch**

Love watching movies or binging your favorite show?!?! ME TOO!! Well... Let's get moving while being entertained. We will take our favorites and complete mini exercises while we watch. For example... every time Dory forgets → you AND I will complete 10 jumping jacks.... every time Rapunzel lets down her hair → you AND I will complete 15 lunges. You will also have the opportunity to create a fun and engaging workout routine with a group to your favorite movie or show.

### **Yearbook (Yearlong Course)**

Using online software provided by Balfour Publishing, students will plan, design and create the 2021-2022 yearbook. Students will learn photography, layout and editing skills. We work very hard but have lots of fun too!