



SPRING FAMILY GUIDANCE NIGHT

9th Grade – Class of 2027



MEET YOUR COUNSELING TEAM



Vanessa Goulart
Counselor
Last Names:
A-C



Sandy Woosley
Counselor
Last Names:
A-C



Sherry Fazzio
Counselor
Last Names:
D-HUR



Ana Franco
Counselor
Last Names:
HUS-MEK



Dan Amezquita
Counselor
Last Names:
MEL-ROM



Erik Medeiros
Counselor
Last Names:
RON-Z



Brooke Chan
Guidance AP



Lorena Moreno
Guidance Support



Adriana Magallon
College and Career Advisor

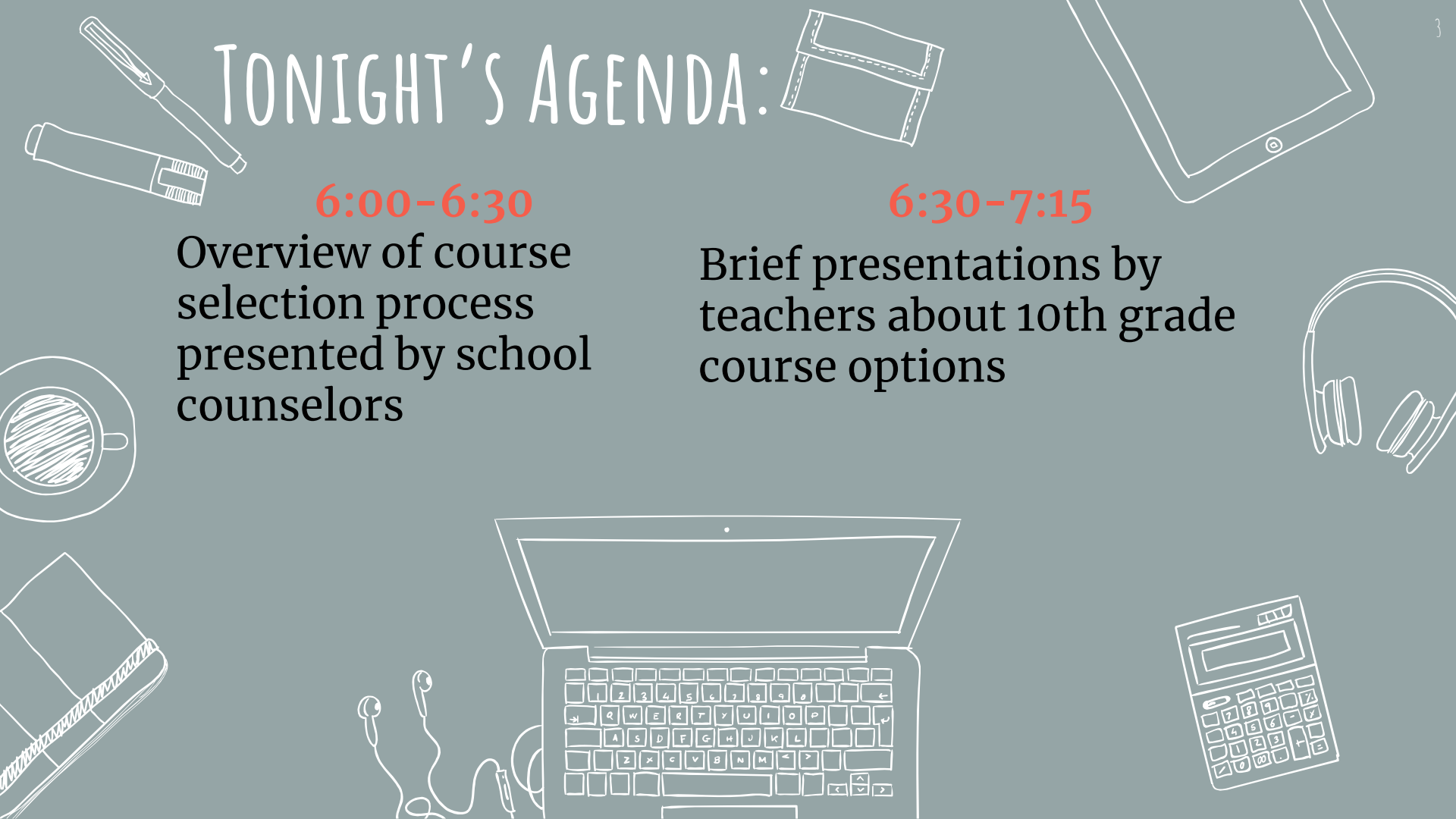
TONIGHT'S AGENDA:

6:00-6:30

Overview of course
selection process
presented by school
counselors

6:30-7:15

Brief presentations by
teachers about 10th grade
course options





COURSE SELECTION TIMELINE

- ✖ School Wide Conversations – **January 23rd-27th**
- ✖ Choose courses for next year (English class) – **February 13th-14th**
- ✖ Course Verification Forms will be sent via Informed K12 – **April 2nd**
- ✖ Any requests to change must be submitted by **April 5th**
- ✖ Final schedule will be given during Firebird Fiesta in August before school begins



COURSE SELECTION - 10TH GRADE

1. World Literature (already added)
2. World History (already added)
3. Math
 - a. Choose next level math course
 - b. If you're taking a class during the summer then sign up for the next course.

Ex: If you're taking Geometry over summer → Algebra 2

4. Science (choose a physical science)
5. Elective (PE*, fine art, applied academic, World Language)
6. Elective #2

*sports count for PE credits beginning in 10th

[For 4-year university, must take World Lang (2 yr) and Fine Art (1 yr)]

BALANCED SCHEDULE

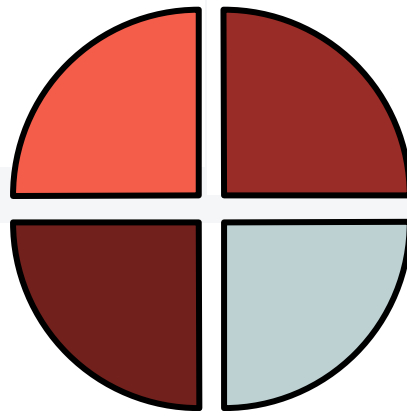


REQUIRED CLASSES

Make sure you have what you need for graduation

Have you considered other commitments next year (ex: college apps)

ACTIVITIES



AP/HONORS

Did you sign up for too many or have you challenged yourself to try one?

Make sure you have time for healthy habits such as rest and exercise

SELF-CARE

COURSE SELECTION RESOURCES





PROMOTING STUDENT WELLNESS

- Sleep (8–9 hours ideal)
- Social time with friends (preferably in person)
- Limits on technology (especially around bedtime)
- Physical activity for mental health (3–5 times/week)
- Time for family connection
- Healthy communication (listening, validating, joint problem solving)

One important way we can promote wellness in our children is by modeling these behaviors for them (as much as possible).

COURSE SELECTION FOLDER

22-23 FHS Course Selection Resources


Students will select courses during their English class on the following dates:

11th grade: February 2 & 3
10th grade: February 9 & 10
9th grade: 14 & 15

Course Selection--Let's get started!

Grade Level Schoology Assignment:
Step 1: Click on your current grade level Schoology Assignment sheet
Step 2: Use your resources / teachers to fill it out
Step 3: Refer to it for course selection day

Course Offerings:
Use this handout to see which courses are available to choose from



SCHOOLGY FOLDER

FILL OUT - DO NOT SUBMIT:

- ✗ Course Advising Sheet
- ✗ Time Management Activity & Homework Calculation Guide

RESOURCES:

- ✗ FHS Course Offerings
- ✗ Math Course Sequence
- ✗ AP/Honors Agreement

PRESENTATIONS:

- ✗ Guidance Course Selection Advisory video and slides

COURSE ADVISING SHEET

- We suggest students use this form to prepare for course selection.
- Please talk with current teachers about next year's options.



2023-24 School Year Fremont High School COURSE PLANNING & ADVISING FORM

Current 9TH GRADE

My goal after graduation is: (work, college, military, travel)

Currently, I would like to consider a career in: (occupation, major)

Students in the Fremont Union High School District are allowed to select six courses in the initial registration process and may indicate a seventh (7th) class to be added if space is available. Students will not be allowed to "double up" in any one curriculum area in their first six choices. It is critical that initial course requests be made carefully since changing these requests at a later date may not be possible.

Instructions

- Write down your requested courses.
- Discuss with your teacher your requested courses
- Register for classes online using our Infinite Campus (IC) Portal.

Requested Courses

(If you are planning to take 3 or more AP/Honors classes we strongly encourage you to complete the time management activity.)

Subject	Student Course Request	Course Number
1. English	World Literature	
2. Social Science	World History	
3. Math		
4. Science (No AP courses)		
5. Elective (PE, fine art, applied academic, World Language)		
6. Elective		

No 6th or 7th Block Request (Optional)

*You may ONLY choose one option. Entering two will void ALL requests.

☐ No 6th

☐ No 7th

7th Course Request (Doesn't work if you requested no 6th or no 7th)

Completing this section indicates you would like a 7th course if space is available. Placement is not guaranteed. This 7th course will be selected under the category of "alternate" in the online registration process using our Infinite Campus (IC) Portal.

7 th Course	Course Name:	Course Number:
------------------------	--------------	----------------

Backup Elective Choices: You must provide three class options to be used if one of the elective choices selected is

SCHOOL-WIDE CONVERSATIONS

Instructions

1. Write down your requested courses.
2. Discuss with your teacher your requested courses
3. Register for classes online using our Infinite Campus (IC) Portal.

Requested Courses

Subject	Student Course Request	Course Number
1. English	World Literature	
2. Social Science	World History	
3. Math		
4. Science		
5. Elective		
6. Elective		

Teachers give recommendations, but ultimately it is a family decision.

HOMEWORK CALCULATION GUIDE & TIME MANAGEMENT ACTIVITY

FHS Homework Calculation Guide 2022-23

Please consider the following *ESTIMATES* when planning your course schedule. Actual times and workloads will vary by teacher and student skill level.

English	Hrs/Week
Lit/Writ	2.4
Global Literature	1
World Literature	2.4
Am Lit	1.5
Am Lit Honors	3.5
AP Lang & Comp	4.5
Exp. Reading & Writ.	1.5
Story & Style	2
AP Literature	4
ELD 1A & B	1
ELD 2	2.25
ELD 3	2.25

Social Science	Hrs/Week
World History	1.5
World History-SH	1.5
U.S. History	1.5
U.S. History-SH	1
AP U.S. History	3
Gov/Econ	1.5
Gov/Econ SH	1
AP Gov & Econ	5
AP Microeconomics	5

Arts	Hrs/Week
Art 1-3	0
Ceramics 1-2	1
Ceramics 3-4	0
3-D Design 1	0
AP Studio Art 2-D	5

World Language	Hrs/Week
Levels 1-3/4-AP	2/ 2.5

Mathematics	Hrs/Week
Algebra 1	1-1.5
App of Adv Math	1-2
Geometry	1
Algebra 2	1-3
Algebra 2/trig	1.5
Pre-Calc	1-4
Pre-Calc H	1-2
AP Statistics	2-3
AP Calculus AB	4
AP Calculus BC	4

Science	Hrs/Week
Biology	0.5-1
Science in Society	0.5
Chemistry	1.5
Chemistry-H	3
Physics	1.5
Physics-H	3
Physiology	1.5
AP Biology	1
AP Chemistry	6
AP Env. Science	6
AP Physics	6

Theatre Arts	Hrs/Show
Drama	0.5-1/week
Adv. Drama	30
Adv. Drama H (+ project)	30 +20

Electives	Hrs/Week
Communications	1
AVID	1.75

Career Tech. Ed	Hrs/Week
Principles of Bus.	1
Law	1
Journalism	varies by position
Comp Prog Java	0
AP Comp Science	1-4
Engineering Essentials (EES)	1
Engineering Design (IED)	1
POE/DE	1/0
Sports Medicine	1/mo.
Auto Tech 1 & 2	0.5
All Culinary Classes	5/mo.
Stagecraft	5/mo.
Technical Writing	varies by position

Music	Hrs/Week
Individual Practice	1
Chamber Orchestra	2
All choirs	--
Concert Band	1
Orchestra	1
Symphonic Band	1
Wind Ensemble	2

Activities	Hrs/Week
Club (Average)	1
Robotics (Build season)	12
Leadership	varies by position
Marching Band	14*
Sports Team (Practice)	12.5
Winter Guard/ Percussion	14*

*Includes Saturdays

AP= Advanced Placement; H= Honors

Use the Homework Calculation Guide to help you complete the Time Management Activity

Time Management Activity	
In Class & Homework	Avg Hrs/Wk
In class 5 days per week x 7 hours per day	35
English:	
Social Science:	
Math:	
Science:	
Language:	
Elective:	
Elective:	
PE:	
Total School Hours:	_____ (A)
Extra-Curricular Activities	Avg Hrs/Wk
Paid job	
Hobbies/Interests	
Community Service	
Non-School Sports	
School-Related Activity	
School-Related Activity	
Total Extra-Curricular Hours:	_____ (B)
Daily Living Activities	Avg Hrs/Wk
Sleep (7 days x 9 hours)	63
Necessities (eating, showering, chores)	
Family time	
Free time (friends, etc.)	
Travel time (to/from school, activities)	
Faith/Religious Activities	
Total Daily Living Hours:	_____ (C)
Total School (A)	
Total Extra-Curricular (B)	+
Total Daily Living (C)	+
YOUR Total Hours	=
Total Hours in a Week =	168

- Time Management Activity found on the Homework Calculation Guide.
- This will help you make class choices while maintaining balance and ensuring you have time for other activities.

AP/HONORS AGREEMENT

Student Name: _____ Grade: _____ Student ID # _____

On the left, check the courses you will take and have a conversation with your current teachers about taking the class.
On the right, write in the courses you will be taking next year next to each subject listed. Find the amount of homework or time for each class or activity on the back of this contract. Write in the average hours per week and add up the Total School Hours. Do this for each section to come up with the total number of hours per week you spend in each area. Determine where you need to cut back time or add more to achieve your goals.

Course(s) Check all courses that you plan to take.	
AP Course (Hrs/Week)	
<input type="checkbox"/> AP Biology (6)	
<input type="checkbox"/> AP Calculus AB (4)	
<input type="checkbox"/> AP Calculus BC (4)	
<input type="checkbox"/> AP Chemistry (6)	
<input type="checkbox"/> AP Comp. Sci (1-4)	
<input type="checkbox"/> 11 th AP Lang & Comp (4.5)	
<input type="checkbox"/> 12 th AP English Lit (4)	
<input type="checkbox"/> AP Enviro Science (6)	
<input type="checkbox"/> AP Microeconomics (5)	
<input type="checkbox"/> AP Music Theory (2-3)	
<input type="checkbox"/> AP Physics C: Mechanics (6)	
<input type="checkbox"/> AP Statistics (2-3)	
<input type="checkbox"/> AP U.S. Gov. & Politics (5)	
<input type="checkbox"/> AP U.S. History (5)	
<input type="checkbox"/> AP Chinese (2.5)	
<input type="checkbox"/> AP French (2.5)	
<input type="checkbox"/> AP Japanese (2.5)	
<input type="checkbox"/> AP Spanish (2.5)	
Honors	
<input type="checkbox"/> Adv. Drama H (30 hrs per show + 20 hr project)	
<input type="checkbox"/> American Lit. H (3.5)	
<input type="checkbox"/> Alg. 2/Trig. * (1.5)	
<input type="checkbox"/> Chemistry H (3)	
<input type="checkbox"/> Physics H (3)	
<input type="checkbox"/> Pre-Calculus H (1-2)	
<input type="checkbox"/> Chinese 4H (2.5)	
<input type="checkbox"/> French 4H (2.5)	
<input type="checkbox"/> Japanese 4H (2.5)	
<input type="checkbox"/> Spanish 4H (2.5)	

* While this class is not labeled "honors", it is an accelerated course that requires students to learn at a pace faster than Algebra 2

By reviewing this agreement, my parents/guardians and I understand:

- ✓ The estimated amount of time I will need to commit to be successful in my AP/Honors course.
- ✓ The requirements and expectations for AP/Honors classes outlined above.
- ✓ For AP Courses: I am expected to take the corresponding AP Exam in May.

- AP Agreement must be reviewed to understand the expectations and demands of AP/Honors classes.
- Choose AP/Honors courses carefully and understand that there may not be space available for you to change your schedule once school starts.

COURSE OFFERINGS SHEET

FREMONT HIGH SCHOOL (FHSD) TENTATIVE COURSE OFFERINGS 2022-2023

All students currently enrolled in the 9th or 10th grade must select a MINIMUM OF SIX COURSES from the listing below. When a student selects classes online, some courses will already be listed. These are the required classes by grade level or are determined by placement requirements. Students are expected to discuss course offerings with parents/guardians, and teachers. School personnel are available to assist students in course selection.

ENGLISH DEPARTMENT (ENGLISH)			SCIENCE DEPARTMENT (SCIENCE)			NON-DEPARTMENTAL ELECTIVES CONT.		
1010 P	Lit/Writ	9	Life Science			9050	Lab Assistant (Science)*	10-12
1020 P	World Lit/Writ	10	3110 P	Biology	9	9090	Student Tutor*	10-12
1130 P	Amer Lit/Writ	11	3120 H	AP Biology	11-12	CAREER TECHNICAL EDUCATION (Career Academics)		
1140 H	Amer Lit/Writ H	11	3130 P	Physiology	11-12			
1190 H	AP Lang/Comp	11	Physical Science			Business Department		
1030 P	Exp. Read/Writ (ERWC)	12	3610 P	Chemistry	10-12	4580 P g	Principles of Business	9-12
1034 P	Senior Core (combo w/ 1034/1044)	12	3620 H	Chemistry H	10-12	4850 P g	Law	9-12
1260 P	Story and Style	12	3630 H	AP Chemistry	11-12	Living Skills Department		
1410 H	AP English Lit	12	3710 P	Physics	10-12	5710	Intro to Culinary Careers	9-12
Not English Credit for College			3720 H	Physics H	10-12	7765	Culinary Careers 2	10-12
1360 P g	Journals	10-12	3730 H	AP Physics C: Mech	11-12	Computer Science/Math Electives		
8370	Ac. Reading/Writ Wrkshp*	9-12	Interdisciplinary Science			7810 P g	Digital Innovation & Design	9
SOCIAL STUDIES DEPARTMENT (H/C/SL/AL)			3840 H	AP Environ Sci	11-12	2370 P g	Comp Prog Java	9-12
1620 P	World History	10	3850 P	Science in Society (pending UC approval)	10-12	2350 H c	AP Comp Sci A	10-12
1730 P	U.S. History	11	MATHEMATICS DEPARTMENT (H/C/SL/AL)			CTE Program		
1750 H	AP U.S. History	11	2210 P	Algebra 1	10-12	7530	Auto Tech 1	10-12
12th Graders MUST select 2 courses			2230 P	Geometry	10-12	7535	Auto Tech 2	11-12
1834 P g	Senior Core Econ (combo with 1844)	12	2310 P	Algebra 2	10-12	8380	Yearbook	10-12
1835 P g	Economics	12	2320 P	Algebra 2/Trig	10-12	7770	Stagecraft Tech	9-12
1865 P g	AP Microeconomics	12	2390 P	Pre-Calculus	10-12	7900	Sports Medicine	10-12
1844 P g	Senior Core Gov (combo with 1834)	12	2410 P	Applications of Advanced Math	10-12	7920 P	Kinesiology (stud/enrollment class)	11-12
1845 P g	US Government	12	2420 H	Pre-Calculus Honors	10-12	8180 P d	Engineering Essentials	9-11
1855 H g	AP US Government	12	2430 H	AP Calculus AB	10-12	8345 P g	Intro to Engineering Design	10-12
PHYSICAL EDUCATION DEPARTMENT			2440 H	AP Calculus BC	10-12	8270 P g	Principles of Engineering	10-12
2510	PE 9	9	2460 H	AP Statistics	10-12	8260 P g	Digital Electronics	11-12
2525	PE 9 Band*	9	2330 P	Statway (stud/enrollment class)	10-12	VISUAL AND PERFORMING ARTS (H/C/SL/F)		
2530	PE 10-12	10	WORLD LANGUAGE DEPARTMENT (H/C/SL/F)			Art		
2590	PE Athletics**	10-12	4010 P	Japanese 1	9-12	6110 P	Art 1	9-12
2670	PE Basketball	10-12	4020 P	Japanese 2	10-12	6120 P	Art 2	10-12
2720	PE Racquet Sports	10-12	4030 P	Japanese 3	10-12	6130 P	Art 3	10-12
2740	PE Wk. Training	10-12	4040 H	Japanese 4 H	10-12	6210 P	3D Sculpture and Design 1	9-12
2780	PE Total Fitness	10-12	4050 H	AP Japanese (Level 5)	10-12	6310 P	Ceramics 1-2	9-12
2810 P f	Dance 1	10-12	4110 P	French 1	10-12	6320 P	Ceramics 3-4	10-12
ENGLISH LANGUAGE DEVELOPMENT (ELD)			4120 P	French 2	10-12	6450 H	AP Studio Art: 2D Design	11-12
1013 P g	Lit/Writ*	9-12	4130 P	French 3	10-12	Music		
1043	Global Lit*	9-12	4140 H	French 4 H	10-12	7040 P	Adv. Treble Choir	9-12
1420/30	ELD 1A/1B*	9-12	4150 H	AP French (Level 5)	10-12	7060 P	A Choir (Concert Choir)	9-12
1450	ELD 2*	9-12	4310 P	Spanish 1	10-12	7080 P	Small Musical*	10-12
1460 P g	ELD 3*	9-12	4320 P	Spanish 2	10-12	7120 P	Concert Band*	9-12
1023 P g	World Lit/Writ*	10-12	4324 P	Spanish 2/ Spanish Speakers	10-12	7130 P	Symphonic Band*	10-12
1623 P g	World History*	10-12	4330 P	Spanish 3	10-12	7140 P	Wind Ensemble*	10-12
1733 P g	US History*	11-12	4334 P	Spanish 3/Spanish Speakers	10-12	7240 P	Orchestra	9-12
1833 P g	Economics*	12	4340 H	Spanish 4 H	10-12	7250 P	Chamber Orchestra*	10-12
1843 P g	US Government*	12	4350 H	AP Spanish Language (Level 5)	10-12	7320 P	Music Genesis	9-12
2213 P c	Algebra 1*	9-12	4410 P	Chinese 1	10-12	Theater Arts		
2233 P c	Geometry*	9-12	4420 P	Chinese 2	10-12	6710 P	Drama	9-12
3113 P d	Biology*	9-12	4430 P	Chinese 3	10-12	6720 P	Advanced Drama*	10-12
3713 P d	Physics*	9-12	4440 H	Chinese 4 H	10-12	6730 H	Advanced Drama H*	11-12
SPECIAL EDUCATION GRADES 9-12			4450 H	AP Chinese (Level 5)	10-12	Important Information about Electives		
Courses selected must be directly related to the student's Individual Education Plan as created by the student, parent and Special Education team member(s).			Non-Departmental Electives			FHSD graduation requirements include taking 2		
NOTES:			8290	Leadership*	10-12	yearlong courses (20 credits) in 2 of the 3 elective areas: Applied Academics, Fine Arts, and/or World		
* Teacher /staff approval of application and selection process required.			8300	Comm in 21* Cent*	9	Language. Students also need 70 elective credits that		
** Students are required to play on school sponsored athletics teams AND complete the entire season.			8410	AVID 9*	10	may include classes or additional academic courses		
*** Concurrent enrollment in band or orchestra.			8420	AVID 10*	11	taken beyond the minimum graduation requirements		
† College Prep (H/C/SL/AL)			8430	AVID 11*	11	to meet a requirements for UC/CSU.		
‡ College Prep Honors			8440	AVID 12*	12			
			8460	AVID Tutor*	10-12			
			8480	Academic Foundations*	9-11			
			8490	Excel* (Math)	11-12			
			9020	Student Clerk (office only)*	10-12			

- This is a list of courses FHS will be offering next year
- Keep in mind, this is subject to change for a variety of reasons



COURSE SELECTION QUESTIONS:

Should I ask my teacher or my counselor?

Teacher Questions

Specific subject/ course questions

- Am I ready to take an Honors or AP class?
- What's the content difference between an Honors or AP class?
- What am I going to do & learn in this class?
- How much homework is given? Class expectations?

Counselor Questions

Overall transcript & scheduling questions

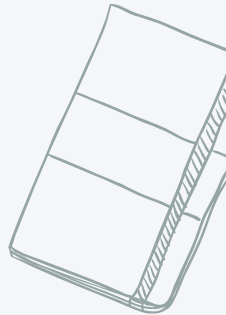
- Based on the rest of my schedule, does it make sense to take this class?
- Outside commitments, am I taking on too much?
- Am I on track for graduation and A-G eligibility?
- Counselors available for drop in questions during brunch and lunch

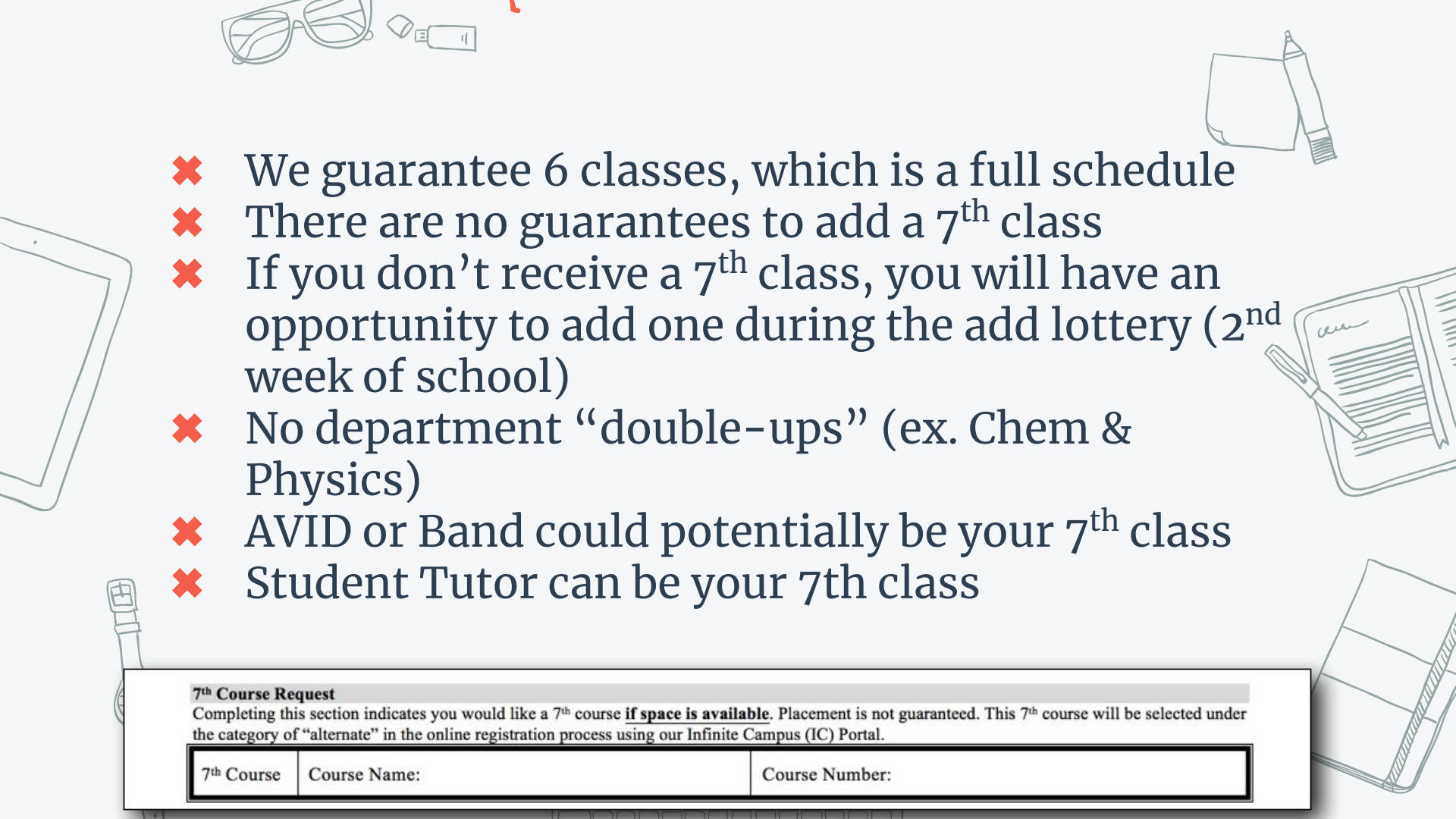


THINGS TO CONSIDER WHEN CHOOSING CLASSES:



- ✗ Graduation & College Requirements (A-G's)
- ✗ Post Secondary Goals/Plan
- ✗ Teacher Advice
- ✗ Other Time Commitments
- ✗ Honors/AP classes*
- ✗ Student interest
- ✗ 4-Year Plan in Schoology



- 
- ✖ We guarantee 6 classes, which is a full schedule
 - ✖ There are no guarantees to add a 7th class
 - ✖ If you don't receive a 7th class, you will have an opportunity to add one during the add lottery (2nd week of school)
 - ✖ No department "double-ups" (ex. Chem & Physics)
 - ✖ AVID or Band could potentially be your 7th class
 - ✖ Student Tutor can be your 7th class

7th Course Request

Completing this section indicates you would like a 7th course **if space is available**. Placement is not guaranteed. This 7th course will be selected under the category of "alternate" in the online registration process using our Infinite Campus (IC) Portal.

7th Course

Course Name:

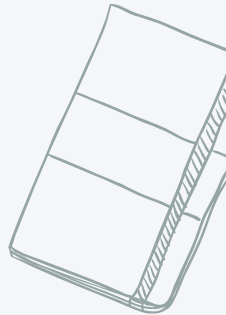
Course Number:



SUMMER CLASSES



- **FUHSD Summer Academy (Summer School-For Credit Recovery)**
 - Term 1: 6/17-7/3
 - Term 2: 7/8-7/25
 - Complete one semester of one class per term (so 10 total credits possible)
 - Classes meet daily and attendance is critical
 - Counselors will be signing students up for Summer Academy in February/March





SUMMER CLASSES

- **Summer Classes for Advancement**

- Typically these courses do not go on the FHS transcript
- Students need to communicate with us if summer plans change. We will be holding a spot for you in the requested class, and changes may not be possible.
- You need to research where to take these classes – we will not make recommendations for outside courses
- Be sure to check the [UC A-G Course List](#) for UC/CSU approved courses



NEXT STEPS:

- 1) Students will input course requests on **February 13th & 14th** (in Lit/Writ classes)
- 2) Students should fill out the **Course Advising Sheet** and **Time Management Activity** found in Schoology to prepare for course selection
- 3) Students will receive course verification list by **April 2nd**, which will give them an opportunity for requesting changes if needed.

Counselor Questions?





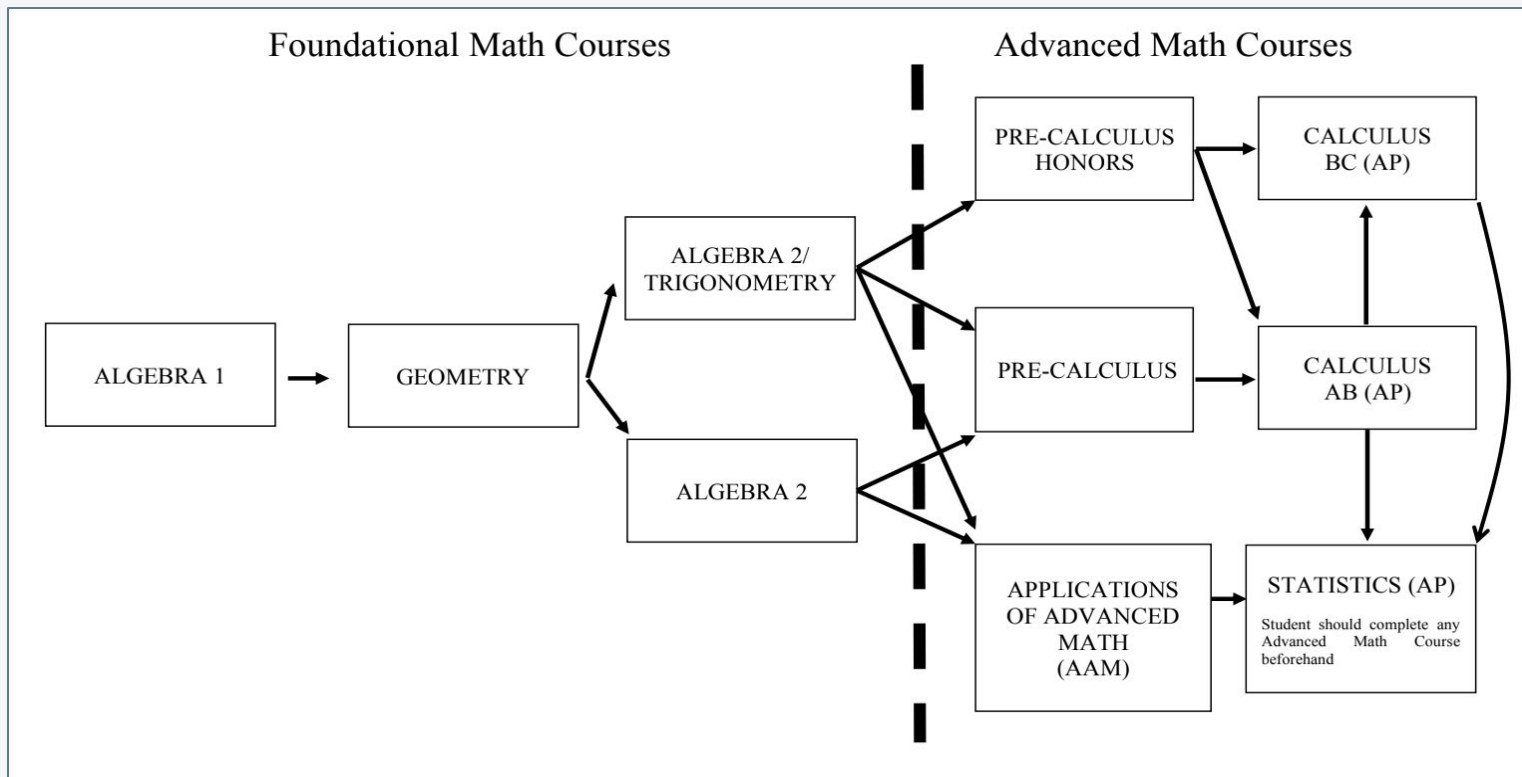
MATH DEPARTMENT

DAVID HEINKE AND BOB CAPRILES

Contact: david_heinke@fuhisd.org
bob_capriles@fuhisd.org (Engineering)



MATH COURSE SEQUENCE 2024-2025

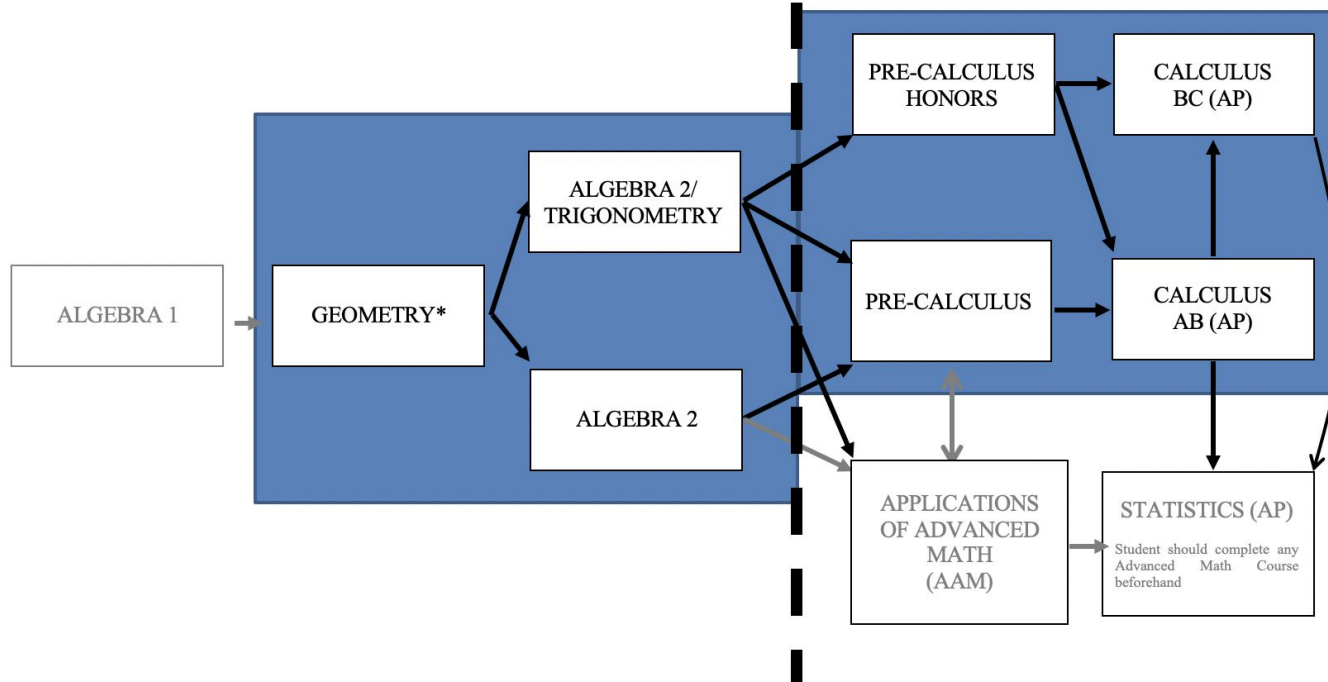


AP Calculus Track

The standard course sequence for students interested in taking AP Calculus.

Foundational Math Courses

Advanced Math Courses

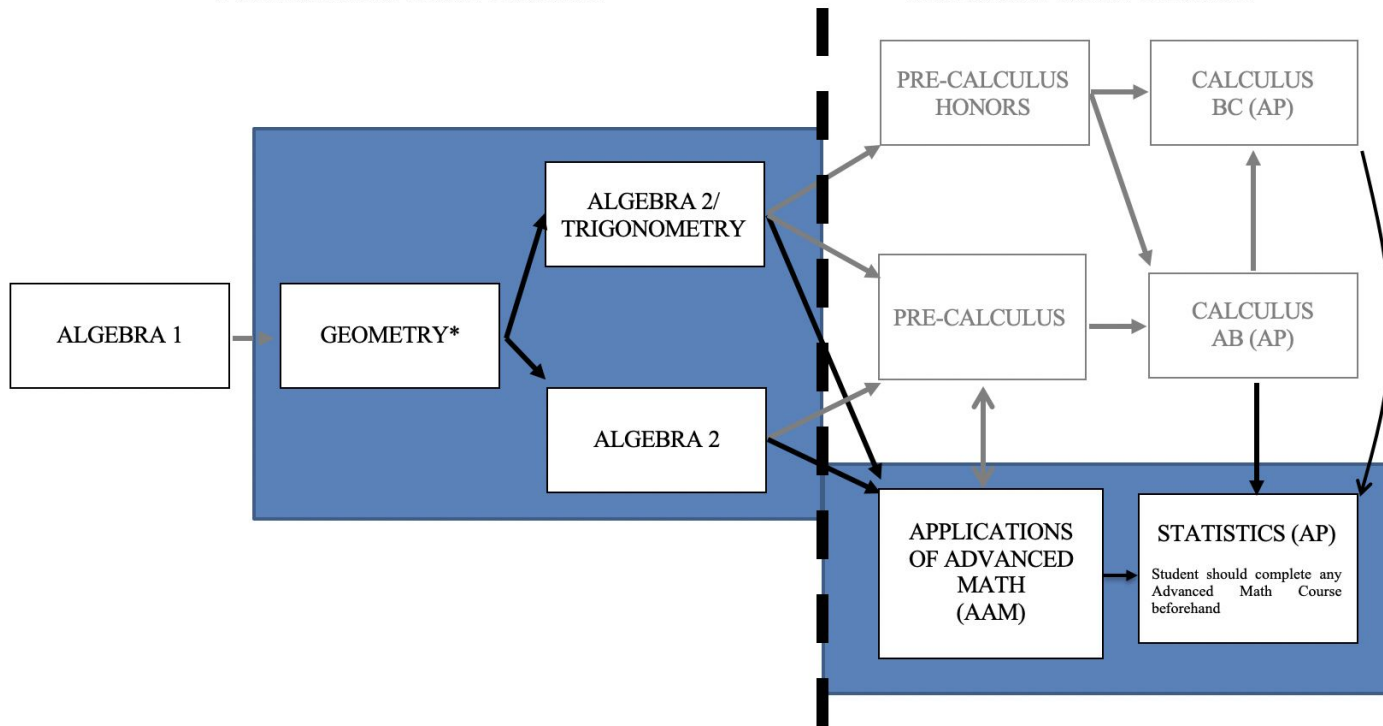


AP Statistics Track

The standard course sequence for students interested in taking AP Statistics.

Foundational Math Courses

Advanced Math Courses



MATH COURSE SEQUENCE 2024-2025

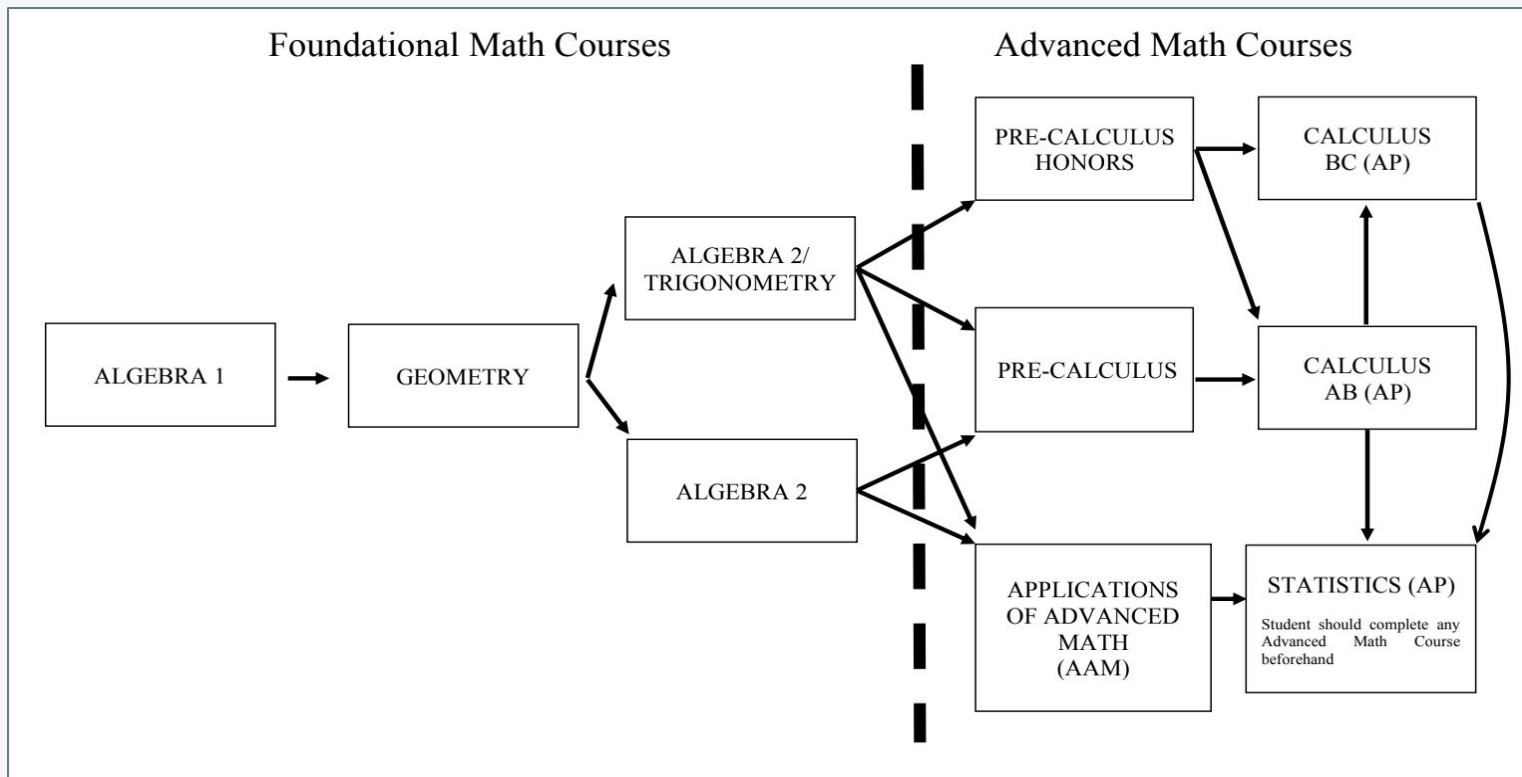
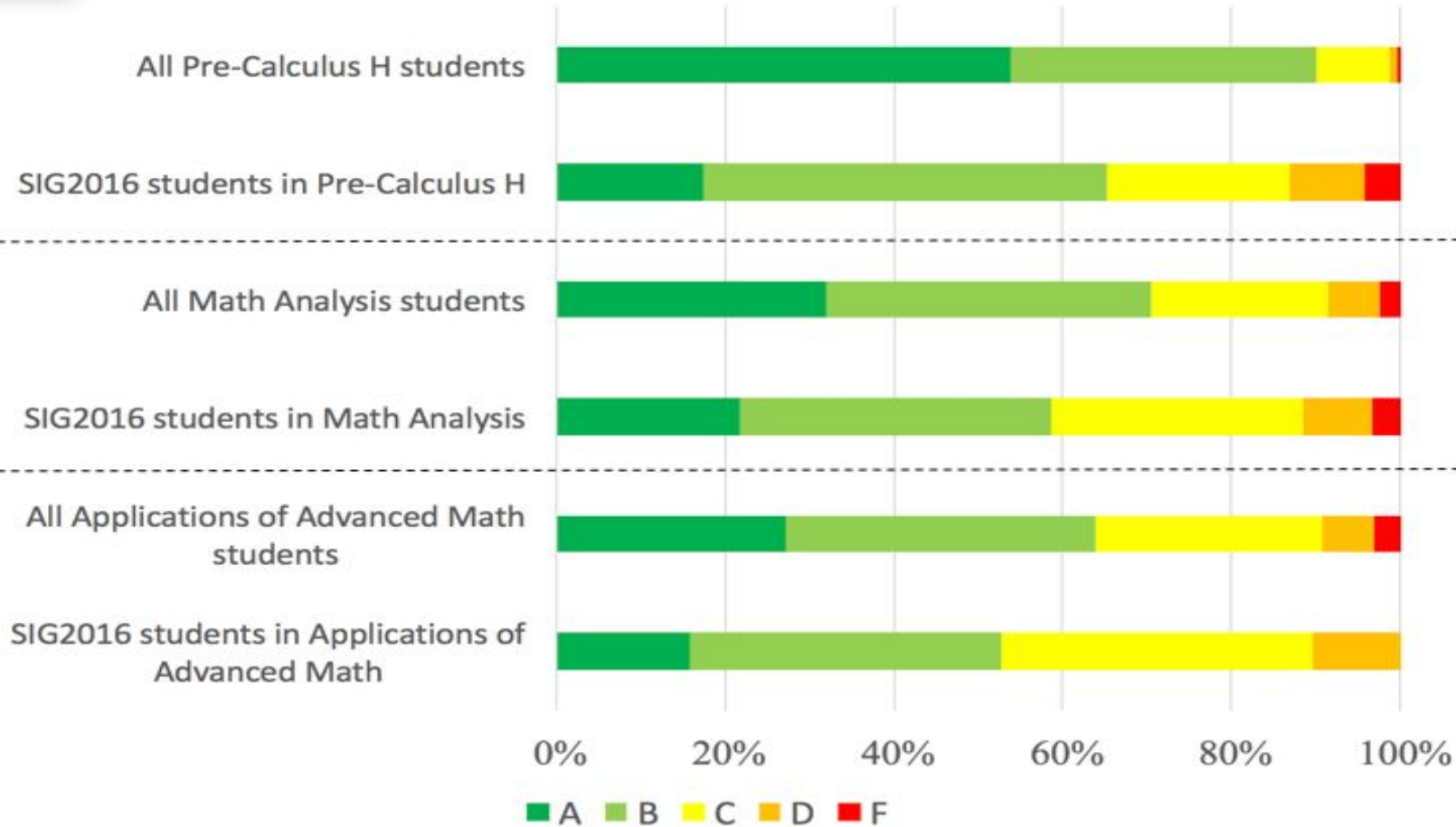


Chart Area

Upper Level Math Fall 2017 Grade Distributions



FHS Engineering Program

Engineering Essentials (EES)

**Must be enrolled in Algebra 1 (or higher)*

Engineering Design (IED)

**Must have passed EES (or cleared with Mr. Bob Capriles)*

Principles of Engineering (POE)

**Must have passed EES (or cleared with Mr. Bob Capriles)*

Digital Electronics (DE)

**Must have passed EES (or cleared with Mr. Bob Capriles)*

Mr. Bob Capriles
bob_capriles@fuhisd.org

Engineering Essentials (EES)

Engineering Design (IED)

Principles of Engineering (POE)



<https://tinyurl.com/fhsengr22>

Digital Electronics (DE)





PE DEPARTMENT

LAUREN IRWIN

Contact: lauren_irwin@fuhsd.org



PE BASKETBALL

A course for students that want to:

- ✗ Gain knowledge of basic team basketball skills.
- ✗ Better understand the rules of basketball.
- ✗ Learn both offensive and defensive strategy for basketball

Basic skills may include:

- ◆ *Dribbling*
- ◆ *Passing*
- ◆ *Pivot Screens*
- ◆ *Shooting*
- ◆ *Goal Keeping*
- ◆ *Offensive strategy*
- ◆ *Defensive strategy*

This course would be a good fit for students that do not enjoy the traditional physical education model. Students will engage in predominantly basketball skill and play for the entire year.

DANCE 1

Students do not need to have a background in dance to do well in this course but they should have a desire to learn more about dance and increase their dance ability, performance and flexibility.

Satisfies A-G as a visual or performing art(F) for college.

Students that are advanced in dance will be challenged in the Dance 1 class with alternate technique combinations. They will also be given an opportunity to choreograph and stage routines.

In addition to what is mentioned in the course selection guide students will also:

- ❖ Participate in IN CLASS performance assessments for all units. Around 4 performances a semester.
- ❖ Students will be assessed on technique and performance quality.
- ❖ Participate in dance warm ups during class that are designed to warm up the muscles, increase flexibility and improve balance and posture.
- ❖ Participate in a Student Choreography Showcase for their year end final. This is outside of school hours and open to the public.

PE RACQUET SPORTS

A course for students that want to:

- ✗ Develop their skills in various racquet sports.
- ✗ Work on developing strategy across the racquet sports
- ✗ Participate in individual and dual in class competitions.

Units may include:

- ❖ *Tennis*
- ❖ *Pickleball*
- ❖ *Speedminton*
- ❖ *Badminton*
- ❖ *Table Tennis*

A good fit for students that have not liked the traditional team sports model and who enjoy racquet sports and improving their individual skill.

TOTAL FITNESS

In addition to what is mentioned in the course selection guide students will also:

- ❖ Participate in yoga/meditation on Monday's
- ❖ Track your fitness through fitness profiles throughout the year
- ❖ Learn about nutrition and track this during the unit.
- ❖ Create an Individual Fitness Plan

Units may include:

- ❖ Pilates
- ❖ Water Aerobics
- ❖ Power Walking
- ❖ Jogging
- ❖ Weight Training/Lifting
- ❖ Dance Fitness/Step Aerobics
- ❖ Kickboxing

Students do not need to be physically fit or have background knowledge of any of the above activities to be successful in this course. It would be a good fit for someone looking to improve their fitness and emotional well-being. A great alternative for students who prefer focusing on individual fitness.

PE WEIGHT TRAINING

Students will utilize free weights, weight machines as well as body weight exercise.

Students will also set goals and work towards achieving those fitness goals.

A course for students that want to:

- ✗ Develop their body strength for advanced sports skills and improved health.
- ✗ Engage in weight lifting, cardiovascular conditioning and flexibility exercises.
- ✗ Learn more about fitness.

A good fit for students that have not liked the traditional team sports model and would like to focus on improving their individual fitness through weight lifting and cardiovascular exercise.



PE 10/12 AND PE ATHLETICS

PE 10/12

- ✗ Traditional physical education class with a strong focus on team sports and fitness. Students in the 10/12 class will participate in fitness activities including running at least twice a week.

PE Athletics

- ✗ Adding this during course selection is a way to let your counselor know that you plan to play a sport at FHS and do not need to be enrolled in a physical education class.



SCIENCE DEPARTMENT LEAD

MARY SARGIOUS

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RECOMMENDED SEQUENCE:

Biology

Chemistry OR Chemistry Honors

Physics OR Physics Honors

AP Biology

AP Chemistry

AP Physics C

**AP Environmental
Science**

Science and Society

Physiology

9th grade

10th grade

11th grade

12th grade

WHAT WILL I BE LEARNING?

CHEMISTRY	PHYSICS
Will your head explode if your helmet broke in space?	How is energy used in the design of roller coasters?
How do we know how old Earth is using nuclear chemistry?	How is the electricity I use on a daily basis generated?
CSI: How do we identify unknown chemicals?	Can cell phones cause cancer?
Why do fireworks have different colors?	How do stars create light?
What is the universe made of?	How can we design devices to protect people during collisions?

WHAT LEVEL SHOULD I TAKE?

INFO VIDEO AVAILABLE ON THE GUIDANCE WEBSITE

COLLEGE PREP	HONORS
Focus on concepts	Additional focus on problem solving and more depth
Math present but not emphasized	Math integral to class
30 min of HW per class	60 min of HW per class
More support in class to develop foundational skills & knowledge	More independent learning and faster pacing
	Strongly recommended prior to taking AP science courses



SOPHOMORE YEAR



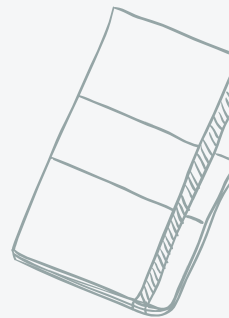
College Prep Chemistry

- Concurrent enrollment in Algebra 1 or higher

Chemistry Honors

- B or better in previous science course(s)
- B or better in previous math class
- Concurrent enrollment in **Geometry** or higher

May only take one or the other during high school





SOPHOMORE YEAR

College Prep Physics

- Concurrent enrollment in Algebra 1 or higher

Physics Honors

- B or better in previous science course(s)
- B or better in previous math class
- Concurrent enrollment in **Algebra 2** or higher

May only take one or the other during high school

SOPHOMORE YEAR

Science and Society

- Grades 10–12; can earn credit for life OR physical science
- Science and Society is a project-based course that connects scientific concepts with current societal issues, such as:
 - Energy resources
 - Water quality and sustainability
 - Waste management
 - Space mining
 - Humanity of genetics
 - Addiction
- Consistent attendance, group participation, and engagement with alternate assessments (such as presentations) are critical to success in the course