



NFA 2024-2025 ELECTIVE COURSE CATALOG

Grades 4-8





NFA's Electives Program provides students with the opportunity to have choice in their academic experience and pursue their passions to grow in an area of interest. NFA electives are connected to the following categories and all directly align with the NFA student vision statement:

Arts

Digital Technology and Communications

Science and Engineering

Life Skills

Physical Wellness

Social and Emotional wellness



01

**Intermediate
Electives**
Grades 4-5

02

**Middle School
Electives**
Grades 6, 7, 8



01

Intermediate

Electives **Grades 4-5**



Choir

Arts

Full Year Commitment

Choir is a yearlong performance-based class that teaches good vocal technique, reading music, and working collaboratively. Students will learn various styles of music, including religious, multicultural, pop, and jazz. In addition to that, students will learn effective stage presence and performance etiquette. The core of this class is making music together while having fun!



Get Energized! The Balance of Fitness, Food, and Rest

Physical Wellness

Trimesters 1, 3

Welcome to Get Energized! In this class, we'll learn how moving our bodies makes us healthier and happier. Through fun activities and games, we'll explore different ways to stay active like playing sports and dancing. We'll also talk about eating well and getting enough rest. By the end, you'll know how to keep your body strong and feel great every day!

01

Intermediate Electives Grades 4-5



Nature Walks ~ Poetry Talks *Arts* **Trimester 1**



In this elective, 4th and 5th graders embark on a journey of exploration and creativity through nature walks and poetry writing. Students will immerse themselves in the beauty of the outdoors, observing and interacting with the natural world around them. Guided by their curiosity and inspired by the works of famous poets, they will learn to express their experiences and emotions through the art of poetry. Through this interdisciplinary approach, students will develop a deeper appreciation for nature while honing their writing skills and nurturing their creativity.



Book Worms, Join Together *Life Skills* **Trimester 2**

The fourth and fifth grade elective Book Club is an exciting opportunity for young readers to explore a diverse range of literature while fostering a love for reading. Through engaging discussions and activities, students will delve into captivating stories that spark their imagination and broaden their understanding of the world around them.

01

Intermediate Electives **Grades 4-5**



Intro to Photography

Arts

Trimesters 1, 2, 3

Welcome to Introduction to Photography! In this course, students will discover the basics of photography, including how cameras work, taking great pictures, and editing the pictures. Through fun activities, we'll explore different types of photos like portraits and landscapes, and learn how to make our pictures tell stories. No experience needed—just bring your iPad, curiosity and get ready to have fun with photography!



Intro to Painting

Arts

Trimesters 1, 2, 3

Welcome to our Intro to Painting class for 4th and 5th graders! Here, young artists will explore painting techniques using watercolors and acrylic paints. They will be guided through fun projects while learning brush strokes, color theory, and self-expression. By the end, students will have developed their artistic skills and unleashed their creativity, leaving with a newfound passion for painting. Join us for an exciting journey into the colorful world of art!



The Green Team: Eco-Adventures in Exploring Sustainability

Science and Engineering

Trimesters 2, 3

This is an engaging, hands-on elective designed for 4th and 5th graders who are passionate about making a difference in the environment. This course combines fun activities with educational lessons to help students understand the importance of sustainability and how they can contribute to a healthier planet.

01

Intermediate Electives Grades 4-5



Yoga & Mindfulness *Physical + Emotional Wellness* **Trimesters 1, 2, 3**



This elective course offers students the opportunity to delve into the transformative practices of yoga and mindfulness. Through a blend of physical postures, breathing techniques, meditation, and self-reflection exercises, students will embark on a journey of self-discovery and holistic well-being.



Coding Explorations *Science and Technology* **Trimesters 2, 3**

In this elective, students will learn about various coding topics, such as game design, music production, data analysis, and even how to create digital art using coding. We'll also explore important themes like the impacts of computing and designing for accessibility. At the end of the elective, students will have the chance to create their very own projects, showcasing all the computer science and coding skills they've learned while diving into their interests.



02

Middle School Electives

Grades 6-8

02 Middle School

Electives Grades 6, 7, 8



Environmental Science *Science and Engineering*

Trimesters 1, 2, 3

In this course, students will explore topics such as ecosystems, clean air, and water, and how we can make a difference. Through hands-on projects and interactive lessons, they will develop practical skills for environmental stewardship and gain a deeper understanding of the impact of their actions on the planet. Join us to become a proactive advocate for a sustainable future!



Strength and Conditioning *Physical Wellness*

Trimesters 1, 2, 3

Get moving and build your fitness in our Middle School Strength and Conditioning elective! This course introduces students to the basics of strength training, flexibility, and cardio through fun and engaging activities. Students will:

- **Build Strength:** Try out age-appropriate resistance exercises.
- **Improve Flexibility:** Practice stretching and mobility exercises.
- **Boost Endurance:** Participate in cardiovascular workouts.
- **Learn Healthy Habits:** Understand the role of nutrition and recovery.
- **Set Goals:** Learn to set and achieve personal fitness goals.

Join us to develop your fitness skills, foster a love for physical activity, and build a strong foundation for a healthy lifestyle!

02 Middle School

Electives Grades 6, 7, 8



Photography

Arts

Trimesters 1, 2, 3

Students will have the opportunity to explore photography through the use of iPad cameras, additional camera equipment, and editing technology. Classes will cover various photographic techniques and styles, allowing students to experiment and express their creativity through hands-on projects.



Broadcasting Basics

Digital Technology and Communications

Trimesters 1, 2, 3

Students will learn the basic elements of news vocabulary specific to broadcast scripting. They will also identify various trustworthy news sources and use interview skills to create stories using video and editing apps.



Yoga & Mindfulness

Physical and Emotional Wellness

Trimesters 1, 2, 3

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02 Middle School Electives

Grades 6, 7, 8



Choir Arts

Full Year Commitment



Choir is a yearlong performance-based class that teaches good vocal technique, reading music, and working collaboratively. Students will learn various styles of music, including religious, multicultural, pop, and jazz. In addition to that, students will learn effective stage presence and performance etiquette. The core of this class is making music together while having fun!



Financial Literacy

Life Skills

Trimesters 1, 2, 3

Students will explore the basics of personal finance through interactive activities and real-world scenarios. They'll learn how to budget, save, invest, and make informed financial decisions. The course emphasizes how to make informed financial decisions that promote financial well-being over their lifetime.

02 Middle School Electives

Grades 6, 7, 8



Engineering: Bridge Project

Science and Engineering

Trimesters 1, 2, 3

This elective will first examine the forces involved in building and maintaining bridges. We will then look at internal and external forces acting on the different parts of a bridge including stress and strain. Some of the methods that engineers use to design strong bridges will be explored. Students will investigate how to make strong structures and then examine the many different types of bridges. Students will then be put in teams to design and plan the construction of their own bridge using toothpicks while also keeping a budget.



Mind Masters: Unlocking your Potential

Life Skills

Trimesters 1, 2, 3

An engaging and interactive middle school elective designed to help students enhance their executive functioning skills. In this course, students will learn how to master the essential skills needed for academic and personal success. Through fun activities, practical exercises, and collaborative projects, students will develop abilities such as organization, time management, goal setting, and decision-making.

02 Middle School Electives Grades 6, 7, 8



Newspaper: Bear Print

Digital Tech and Communications

Trimesters 1, 2, 3



This elective course is designed to provide middle school students with the opportunity to gain hands-on experience in running a school newspaper. Students will learn the fundamentals of journalism, editorial decision-making, layout and design, and digital media production as they collaborate to produce a regular publication for the school community.



Digital Arts and Design

Arts

Trimesters 1, 2, 3

Welcome to Digital Arts and Design! In this middle school elective, students will dive into the world of creativity and technology, exploring various digital tools and techniques to bring their artistic visions to life. This class is perfect for students who are passionate about art and interested in how technology can enhance and transform creative expression.

In this elective students will explore the elements of art and principles of design while learning to make digital art. They will use iPads, Procreate, and other online tools to delve into the art forms of digital art, graphic design, advertising, animation and beyond. The curriculum will cover key concepts such as color theory, composition, and visual storytelling, with hands-on projects that encourage innovation and personal style. No experience required – just bring your iPad and creativity!