

THUNDER RIDGE MIDDLE SCHOOL

ELECTIVES COURSE GUIDE

2026 - 2027

7th GRADE



Bold * Open-Minded * Learning * Teamwork

Every effort is made to place students in the courses requested but cannot be guaranteed due to scheduling conflicts or enrollment limits. Student's schedules may not contain all of their top choices or be in the order of preference. After courses are assigned, schedule repairs are made to support specific academic or medical needs of students, not by request, and only when space permit.

AVID

AVID (Advancement Via Individual Determination) (Year-long) This year-long college/career elective class is for 7th grade students who desire higher academic achievement. AVID provides motivated students with skills needed to be successful in the rigorous middle and high school curriculum in preparation for college & career pathways. Students receive instruction in writing, inquiry, collaboration, organization, reading, real world connections, and college & career choices. Students interested in AVID have a 2.5 and above grade point average, good school attendance & behavior, average or higher test scores in reading and math, and a willingness to commit to rigorous class work. Interested students must fill out an application and participate in an AVID interview for selection. At Thunder Ridge, all students participate in Organizational Monday by filling out their Planners in Advisory to preplan/back map their week to be a successful student.

PERFORMING ARTS

Band 7 (Year-long) This class is a second year band class for brass, woodwind, and percussion instruments. The focus will be to elaborate on instrument fundamentals and further develop musical expression. Students will study and perform a wide variety of musical styles. Students will have at least two concerts per year; one performance in December, and a final performance in May.

Choir 7 (Year-long) Choir 7 is open to all 7th graders who enjoy singing and want to become stronger, more confident singers. *The 7th grade choir will have at least four required performances*, one per quarter, as a culminating event to show their singing growth. Each quarter, students have the opportunity to audition for solos and small ensemble parts. They will also develop their singing and music reading skills through special choral warm-ups and light sight-singing exercises.

Orchestra 7 (Year-long) Orchestra 7 is a year-long course for students who want to continue learning to play the violin, viola, cello, or string bass. Students usually have one or more years of experience on their instrument. Participation in Orchestra 6 is recommended but not required. This course focuses on developing skills and elaborate on the fundamentals learned before. Class expectations include regular home practice, daily class participation, and attendance at two to three evening concerts during the school year.

Theatre Arts 7 (Quarter-long) This class will teach the fundamental skills students need to become improvisational actors and actresses and use those skills in scripted scenes. Through practicing basic theater skills such as movement, voice and imagination, students will learn to become more confident in their performing abilities. Students will work together to create scenes from well-known literature and original skits. All students are encouraged to take this course; no theater experience is required.

Advanced Theatre 7 (Year-long) Plays and Improv and Performance! This class builds on the theatrical skills developed in a previous Theatre class, but it is open to anyone with an interest in Theatre! Students learn and use advanced acting and improvisation skills and have the opportunity to create and perform plays. Students experience the technical side of theatre through costume, set and light design. Students get to showcase their imagination and knowledge through selecting, creating, and directing plays and movies for the class. Field Trip opportunities include travel to Colorado State Thespian Conference in the Fall. This class changes each year, so students get new experiences and learn new skills and games as a 7th grader and as an 8th grader!

WORLD LANGUAGES

The World Language program at TRMS offers students an opportunity to advance in world languages at the high school level. Our French and Spanish programs allow students the possibility to enter “Year 2” in their first year of high school. Students who successfully complete yearlong French or Spanish classes in both 7th and 8th grade at Thunder Ridge may be eligible.

French A (Year-long) This course offers students a unique opportunity to engage in language learning that promotes the exploration of culture. French is a growing language; in fact, it is the fastest growing language currently. As a part of the language learning experience, students will sample French cuisine, watch a variety of French films, and be introduced to francophone music and art as well. In addition, many students take part in or attend our annual French Food Fair where French students host a school wide French food tasting and exhibition. Successful completion of this course will allow you to advance to French B in 8th grade.

Spanish A (Year-long) This full year course is the equivalent to the first semester of high school Spanish 1. Students will build confidence in speaking, reading, writing, and listening through fun authentic learning experiences. Students will explore culture through art, music, film, theater, and cooking. Successful completion of this course will allow you to advance to Spanish B in 8th grade.

HEALTH

Teen Topics (Quarter-long) In this health class students will expand upon the life-skills introduced in 6th grade. We will continue to build our mental toughness by identifying stressors and strengthening coping skills. Students will continue to practice empathy and tolerance as we learn to understand multiple perspectives of peers and adults in our lives. Teens will continue to work on balanced nutrition choices, and learn the benefits of an active lifestyle. Students will learn more about addiction, and keep strengthening their refusal skills for vaping, illicit drug use, and teenage drinking. Students will continue to navigate healthy versus unhealthy digital relationships and setting safe personal boundaries in their online world. Teens will continue to explore the physical and emotional changes throughout puberty, and parts/functions of the reproductive system. And the favorite topic of all my students in 7th grade is learning how to perform CPR, how to use an AED, and first aid skills.

PHYSICAL EDUCATION

Outdoor Physical Education 7 (Quarter-long) This course enhances the motor, intellectual, and social development of students through physical movement. Students will learn cooperation, team play, and sportsmanship through various activities including soccer, flag football, track and field, lacrosse, rugby, and an Olympics unit. Fitness components and wellness concepts are integrated into the activities as well.

Indoor Physical Education 7 (Quarter-long) This course enhances the motor, intellectual, and social development of students through physical movement. Students will learn cooperation, team play, and sportsmanship through various activities, including, tchoukball, basketball, volleyball, pilo polo, gaga ball and team handball. Fitness components and wellness concepts are integrated into the activities as well.

Team Sports 7 (Quarter-long) This course enhances the motor, intellectual, and social development of students through physical movement. Students will learn cooperation, team play, and sportsmanship through various activities including indoor backward soccer, volleyball, gaga ball, spikeball, cornhole, ultimate frisbee and badminton.

TECHNOLOGY

STEAM Explorations (Quarter-long) In this hands-on and highly creative STEAM (science, technology, engineering, arts, and mathematics) course, students will engage in exciting projects. This course is perfect for students who enjoy hands-on learning, solving puzzles, and exploring how the world can be built and improved. Projects range from LEGO Mindstorms mini project, building design, bridge building, cardboard engineering, and reverse engineering of a car. Students will finish the quarter by designing, making, and racing a CO2 car. \$10 fee for project supplies (scholarships are available).

Robotics 7 (Quarter-long) The robotics adventure continues as students explore the world of robotics with the VEX IQ robotics system. Students will build on what they learned in 6th grade robotics (no prior experience required) and be challenged to try more difficult coding and builds. The VEX system introduces students to new engineering problems and parts like the claw attachment and optical sensor. Students will work in groups to design, build, and program a robot that will interact with its surroundings and explore the world of robotics.

Engineering Our World (Quarter-long) Calling all engineers and designers! Do you like hands-on activities and designing/building? Students will learn and actively use the Engineering Design Process to bring designs and prototypes to life to solve problems and challenges. Projects range from CAD and 3-d drawing and printing tools, roller coaster models, arduino circuitry, and Sphero robotics. \$5 fee for project supplies (scholarships are available).

Video Game Design (Quarter-long) Students will explore more in depth the areas of computer programming (beginner to advanced) with game design. This class combines problem solving techniques with computer game design and implementation using a variety of different avenues. After learning the basics, students will explore character creation, writing a storyline, and students will create slide scrolling for their game. No prior experience is required.

VISUAL ARTS

Drawing and Painting 7 (Quarter-long) This class is an opportunity for students to develop their creative ideas within the world of drawing and painting. Students will be working with materials such as HB pencils, watercolor, acrylic paint, charcoal and colored pencils. Students will learn various techniques and applications that will set themselves up for their highschool art careers. By the end of the class, students will have a portfolio of original projects that reflect their creativity and personal artistic style. **\$10 Class fee - Scholarships available**

Art 7 Enrichment (Quarter-Long) This class is an opportunity for students to develop their creative ideas while using many different media and learning about different styles of art. Students will experience media like printmaking, sculpting, ceramics, painting and collage. Students will learn various techniques and applications that will set themselves up for their highschool art careers. By the end of the class, students will have a portfolio of original projects that reflect their creativity and personal artistic style **\$10 Class fee - Scholarships available**

Art-Digital Art 7 (Quarter-long) Graphic design is everywhere! Learn to recognize and create designs and illustrations. We will explore graphic imagery through elements of art and principles of design using Adobe Creative Cloud products including Adobe Illustrator and Photoshop in creating digital art and design. We will design graphics and learn about career skills and processes used by Graphic Designers. This class also includes illustration skills and art imagery created through Adobe. **\$10 Class fee - Scholarships available**

Art-Drawing and Drafting 7 (Quarter-long) Drawing is the foundation for all types of artwork and design skills. The course will cover the major technical aspects of fine art and design drawing including: figure and face, shading and texture, observational, perspective and digital 3D rendering and printing. This class is for students interested in developing the skills to make their art more advanced and realistic. This course culminates in a capstone design project where students will put their skills to work creating an original design in their choice field using relevant processes and media that they have learned in the class. **\$10 Class fee - Scholarships available**

Art-Movie Production 7 (Quarter-long) Students will develop skills and knowledge to create effective video and media productions used as a form of communication and creative expression. This course encourages students to engage in creative and critical processes while learning relevant tools to create media artwork such as short films, animations, stop motion and more. This course will cover composition, lighting, editing software, storytelling, and the creative process for students to create relevant and professionally crafted content in video form. **\$10 Class fee - Scholarships available**