

Oakland VLAC

VIRTUAL LEARNING ACADEMY CONSORTIUM

VLAC Course Guide

Grades 6-8

2025-2026 School Year

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Middle School Course Guide

How to use this course guide

Students and Families should use this section of the course book as a guide when choosing their courses. It is important that middle school students, even at the young age of six through eighth grade, start to look forward towards their goals after high school to know which classes to choose in middle school. VLAC offers students the opportunity to participate in Xello career exploration activities, which help students identify pathways they may pursue after middle and high school, such as college, entering the world of work, or military service.

Furthermore, students enrolling with VLAC are doing so knowing that they must meet the high school graduation requirements of their enrolling district and will ultimately graduate from their enrolling district. This becomes important for specific district requirements that may be in place such as health, physical education, and world languages. This is important in middle school because any courses that districts will use for High School Graduation Requirements must meet specific requirements with VLAC.

Some example scenarios are:

- Some school districts require two portions of health be taken: one in the middle level, grades, and one in high school.
- Several local districts require two or more world language credits for high school graduation. It is up to the district to determine if any high school courses taken while in middle school will count towards high school graduation requirements.
- Students who wish to pursue an accelerated pathway in subjects, such as math, which may result in the opportunity to dual enroll in high school, may want to accelerate their math coursework beginning in middle school. This must be approved by the home district.

VLAC staff provide advice to students and families to help you meet your goals. However, the enrolling district will give the final approval on the classes that they will allow students to enroll in and how those classes may or may not be counted towards high school transcripts.

Enrolling districts and VLAC sign intergovernmental agreements, outlining the nature of our relationship, and what is and is not allowed. For example, in our intergovernmental agreements, it states that the VLAC students are allowed to participate in electives, clubs, and sports in their enrolling district.

Below is the typical sequence of courses suggested for middle school students. If your enrolling district middle school suggests you take courses in a different order, please notify our staff so that we can ensure the right courses are on your schedule.

Typical Middle School Course Schedules by Grade

Grade	Language Arts	Mathematics	Science	Social Studies	Elective (Suggested)	Elective (Suggested)
6th	Language Arts 6	6 th Grade Mathematics	Science 6	World Geography	Physical Education	Music / Art
7th	Language Arts 7	7 th Grade Mathematics	Science 7	World History	MS World Language 1	Computer or STEM
8th	Language Arts 8	8 th Grade Mathematics Pre-Algebra HS Algebra1	Science 8	U.S. History	Art / Health	MS World Language 2 or HS World Lang

Middle School Core Courses

Students must choose ALL their courses to be in either the Imagine or Lincoln Platform.

Middle school students must take 6 classes, 4 core courses and 2 Electives. Elective courses will receive a letter grade.

The core course sequence by grade level for both programs is below.

6th Grade Core Courses

Lincoln Courses

Lincoln: MS English Language Arts 6

Course # Semester 1: VL.E006.1 – Course # Semester 2: VL.E006.2

English Language Arts 6 introduces and builds the fundamental skills of English language arts, including reading, writing, speaking, listening, and using language. This course helps transition students from an elementary setting to the middle school learning environment. Students explore a variety of texts from a range of time periods, literary genres, and writers. From classic authors to contemporary creative writers, students study the use of language and literary devices to improve reading comprehension and to apply to their own skill sets. In addition to reading, students strengthen their writing skills through several modes of composition, such as entertainment, persuasive, poetic, and expository texts. They learn how to construct a well-written five-paragraph essay. Notably, students learn to conduct research, cite sources in MLA formatting, and compose a formal research essay. The final topic of the course provides the opportunity for students to either read a novel or examine a variety of excerpts from novels. This topic encompasses the fundamental skill sets built throughout the year. Students complete creative projects such as creating an original piece of folklore and writing an original poem. These projects encourage students to highlight their talents and skills. This course emphasizes the importance of independent and creative thinking and integrates social-emotional learning.

Lincoln: MS Mathematics 6

Course # Semester 1: VL.M006.1 – Course # Semester 2: VL.M006.2

Mathematics 6 introduces students to rational numbers and explores the concept of absolute value. Students work with ratios and rates to analyze relationships, and they connect these concepts to percentages. Students also apply all four operations to decimal numbers, using the concepts to solve real-world application problems. In this course, students begin their study of Algebra by learning about mathematical expressions, equations, and inequalities. They analyze data and display data using statistical methods. Students also explore two- and three-dimensional shapes.

Lincoln: MS Science 6

Course # Semester 1: VL.C06.1 – Course # Semester 2: VL.C06.2

Science 6 takes students on a journey that incorporates life science, Earth and space science, and physical science concepts. Students begin by studying topics related to the nature of science and engineering, and they gain the skills necessary to succeed in investigations and engineering labs within the course. They learn how matter and energy interact and aid in creating the world around them. Students discover the unique properties of Earth that make it a sustainable planet for living organisms. Students will take an in-depth look at cells and their specialized structures, a variety of habitable ecosystems, and the abilities plants and animals must adapt to various surroundings. Along with learning about life on Earth, students will study the atmosphere and weather that has made Earth habitable for humans. They investigate ways to be more environmentally conscious by exploring how populations are affected by various environmental factors. Students work toward discovering solutions to these problems. This course includes multiple-day projects and hands-on labs, which are driven by real-world phenomena and meaningful storylines.

Lincoln: MS Earth and Space Science

Course # Semester 1: VL.SCEAR – Course # Semester 2: VL.SCEAR.2

In Middle School Earth and Space Science, students study the planet Earth and the extensive solar system structure in which it resides. They evaluate Earth's climate and its weather patterns and changes, and they learn about life science and how chemistry and physics play a role in Earth's major processes. Students also investigate climate change and the ways in which global warming impacts Earth. By evaluating the numerous facets of our planet, students prepare for higher level and more subject-specific science courses.

Lincoln: Social Studies 6: MS Geography

Course # Semester 1: VL.S006.1 – Course # Semester 2: VL.S006.2

Students learn to study the Earth's landscape in Middle School Geography. In this course, students learn that geography extends beyond physical structures by exploring geographical facets such as regions, ethnicities, and trade routes, in addition to landforms. By studying the geography, history, culture, religion, and contemporary issues facing a certain group of people or a specific area of space, students discover a significant amount of information about people in the present and in the past.

Imagine Courses

Imagine: MS English Language Arts 6

Course # Semester 1: VI.ELA6.1 – Course # Semester 2: VI.ELA6.2

This course eases students' transition to middle school with engaging, age appropriate literary and informational reading selections. Students learn to read critically, analyze texts, and cite evidence to support ideas as they read essential parts of literary and informational texts and explore a full unit on Lewis Carroll's classic novel *Through the Looking Glass*. Vocabulary, grammar, and listening skills are sharpened through lessons that give students explicit modeling and ample practice. Students also engage in routine, responsive writing based on texts they have read. In extensive, process-based writing lessons, students write topical essays in narrative, informative, analytical, and argumentative formats. In this full year course, students develop a mastery of reading, writing, and language arts skills.

Imagine: MS Mathematics 6**Course # Semester 1: VI.M6.1 – Course # Semester 2: VI.M6.2**

This course begins by connecting ratio and rate to multiplication and division, allowing students to use ratio reasoning to solve a wide variety of problems. Students further apply their understanding of multiplication and division to explain the standard procedure for dividing fractions. This course builds upon previous notions of the number system to now include the entire set of rational numbers. Students begin to understand the use of variables as they write, evaluate, and simplify expressions. They use the idea of equality and properties of operations to solve one-step equations and inequalities. In statistics, students explore different graphical ways to display data. They use data displays, measures of center, and measures of variability to summarize data sets. The course concludes with students reasoning about relationships among shapes to determine area, surface area, and volume.

Imagine: MS Integrated Science 6**Course# Semester 1: VI.INTSC.1 - Course # Semester 2: VI.INTSC.2**

This course is based upon the Science objectives from Next Generation Science Standards. The required content covered in this course includes the following topics: cell structure and function, genetics and heredity, diversity of organisms, energy, climate, and Earth's natural resources.

Imagine: MS Physical Science 6**Course # Semester 1: VI.SCPS6.1 – Course # Semester 2: VI.SCPS6.2**

This full-year course focuses on basic concepts in chemistry and physics and encourages exploration of new discoveries in the field of physical science. The course includes an overview of scientific principles and procedures and has students examine the chemical building blocks of our physical world and the composition of matter. Additionally, students explore the properties that affect motion, forces, and energy on Earth. Building on these concepts, the course covers the properties of electricity and magnetism and the effects of these phenomena. As students

refine and expand their understanding of physical science, they will apply their knowledge to complete interactive virtual labs that require them to ask questions and create hypotheses.

Imagine: MS World Geography

Course # Semester 1: VI.SSWGEO1 – Course # Semester 2: VI.WGEO1.2

Designed to introduce students to the study of geography, this course helps students master important concepts in physical and human geography. Comprehensive and organized by region, this two-semester middle school course helps students understand the Earth's physical and human diversity. Students analyze population and settlement patterns and evaluate the ways that human activities modify the physical environment. While studying humans around the world, students compare development, standards of living, systems of government, and economic factors across the globe. In addition, students gain a rich understanding of global cultures and the historical factors that have shaped the world around them. All units in the course are parallel and include studies in physical and human geography, ancient cultures, regional studies, and modern issues.

7th Grade Core Courses

Lincoln Courses

Lincoln: MS English Language Arts 7

Course # Semester 1: VI.E007.1 – Course # Semester 2: VI.E007.2

English Language Arts 7 extends beyond the five fundamental English language arts skills of reading, writing, speaking, listening, and understanding language. This course exposes students to a variety of texts from a range of time periods, literary genres, and writers. From classic texts to contemporary creative writers and Evan-Moor pieces, students analyze fiction and nonfiction literature, examining and interpreting multiple literary devices within a single piece. In addition to reading, students strengthen their writing skills through narrative, informative, and persuasive compositions. They apply these forms of writing in essays, speeches, presentations, and other media. Students also compose an MLA-style research essay that includes headings, citations, and a Works Cited page. In addition, students produce a professional technical, or how-to, text that includes concise directions and images. The final topic of the course presents a wealth of valuable real-world skills. Notably, students practice important life skills, such as letter writing, filling out forms, and interviewing, while exploring career interests. Additionally, grammar is integrated regularly throughout the course to introduce and reinforce age-appropriate grammatical concepts. These lessons parallel the main lessons, and at the end of each grammar unit, students complete a summative workshop to apply the skills taught within that unit. Lastly, students complete creative projects, such as a family tree, an original narrative

short story, a reinvention of themselves as a superhero, a song, and a writing portfolio. These projects and activities showcase students' abilities based on their learning styles. Overall, this course supports critical thinking and independent learning and application, while also incorporating social-emotional learning opportunities.

Lincoln: MS Mathematics 7

Course # Semester 1: VL.M007.1 – Course # Semester 2 VL.M007.2

Students in Mathematics 7 begin their journey on the pathway to developing a strong mathematics framework. They hone their arithmetic skills in this course, preparing them for more difficult and detailed calculations. Students work through fractions and decimals and begin developing algebraic skills by learning to work with and solve two-step equations. Students also explore probabilities, data, and statistics.

Lincoln: MS Science 7

Course # Semester 1: VL.C007.1 – Course # Semester 2 VL.C007.2

Science 7 integrates life science, Earth and space science, and physical science while incorporating both engineering and scientific methods. In this course, students explore the ways in which humans have an impact on Earth's ecosystems and resources. They study the different forces at work on Earth and throughout the universe, learning about their importance in technologies and everyday phenomena. Students also investigate evidence of past life on Earth and how it evolved into the life that exists today. This course allows students to dig deeper into the inheritance of organisms and how these organisms adapt to their environments. Finally, students are introduced to waves, exploring how both sound and light waves are used in communication. This course includes multiple-day engineering design projects and hands-on labs, which are driven by real-world phenomena and meaningful storylines.

Lincoln: MS Life Science

Course # Semester 1: VL.SCLIFE – Course # Semester 2 VL.SCLIFE.2

Middle School Life Science introduces students to an integrated approach to physical and life sciences. Students study science concepts and problem solving, while exploring the many aspects of the living and nonliving world around them. Students review numerous cycles of life and study their impact on animals, plant, and human life. Students also investigate important topics in histology, heredity, and the biology of living organisms.

Lincoln: Social Studies 7: MS World History

Course # Semester 1: VL.SSWHIST1 – Course # Semester 2 VL.SSWHIST2

Middle School World History enables students to explore significant events, people, and places from prehistoric to modern times. Studying world history allows students to consider the historical relevance of people, places, and events. In this wide-ranging course, students learn

how the world and its inhabitants were shaped over time through conquest, exploration, and trade. Students also gain a better understanding of the role that geography plays in world history.

Imagine Courses

Imagine: MS English Language Arts 7

Course # Semester 1: VI.ELA7.1 – Course # Semester 2 VI.ELA7.2

Students grow as readers, writers, and thinkers in this middle school course. With engaging literary and informational texts, students learn to think critically, analyze an author's language, and cite evidence to support ideas. Students complete an in-depth study of Jack London's classic novel *White Fang* and read excerpts from other stories, poetry, and nonfiction. Explicit modeling and ample opportunities for practice help students sharpen their vocabulary, grammar, and listening skills. Students also respond routinely to texts they have read. In extensive, process-based writing lessons, students write topical essays in narrative, informative, analytical, and argumentative formats. In this full-year course, students develop a mastery of reading, writing, and language arts skills.

Imagine: MS Mathematics 7

Course # Semester 1: VI.M7.1 – Course # Semester 2: VI.M7.2

This course begins with an in-depth study of proportional reasoning during which students utilize concrete models such as bar diagrams and tables to increase and develop conceptual understanding of rates, ratios, proportions, and percentages. Students' number fluency and understanding of the rational number system are extended as they perform operations with signed rational numbers embedded in real-world contexts. In statistics, students develop meanings for representative samples, measures of central tendency, variation, and the ideal representation for comparisons of given data sets. Students develop an understanding of both theoretical and experimental probability. Throughout the course, students build fluency in writing expressions and equations that model real-world scenarios. They apply their understanding of inverse operations to solve multi-step equations and inequalities. Students build on their proportional reasoning to solve problems about scale drawings by relating the corresponding lengths between objects. The course concludes with a geometric analysis of angle relationships, area, and volume of both two- and three-dimensional figures.

Imagine: MS Integrated Science 7

Course # Semester 1: VI.INTSC.3 - Course # Semester 2: VI.INTSC.4

This course is based upon the Science objectives from Next Generation Science Standards. The required content covered in this course includes some of the following topics: elements and

compounds, changes of matter, earth's history and plate tectonics, acids bases and biochemistry.

Imagine: MS Life Science

Course # Semester 1: VI.SCLIF.1 – Course # Semester 2: VI.SCLIF.2

Examining a broad spectrum of the biological sciences, Life Science is a full-year course for middle school students that builds on basic principles of scientific inquiry and translates those skills to more complex, overarching biological themes. The course includes units that help students understand the definitions, forms, and classifications of living organisms and learn to analyze the diversity of each unique group of living organisms. Other units introduce students to the structures and functions of cells, cell theory, and cell reproduction. These larger themes are then applied to other topics, such as genetics, Darwinian theory, and human biology and health. An introduction of ecology draws all these concepts together to examine the interrelationships that help to maintain life on Earth.

Imagine: MS Modern World History

Course # Semester 1: VI.MODWH.1 – Course # Semester 2 VI.MODWH.2

The MS Modern World History course presents a cohesive and comprehensive overview of world history from the Middle Ages to the modern era. This yearlong course examines the role of conflict and cooperation in shaping the modern world. Students will draw upon and further develop historical inquiry skills as they examine the expansion of global economic, political, and social interactions and question the impact they had, and continue to have, on cultures and nations. Students will explore the lasting effects that revolutions in government and technology have had on people's, nations, and the environment. Students apply historical inquiry skills to studies of civilizations from the Middle Ages to the modern era. Students study economies and the growth of more complex trade systems, the cultures of and conflicts among peoples and places, the development of political institutions, and the rise and fall of governments. In later lessons, students examine how changes in the arts, technology, and political systems have had a lasting influence on modern civilization. Throughout the course, students analyze maps and primary sources to identify patterns and make connections across time and space. Students are exposed to diverse cultures and learn to explore the past with historical empathy. Students encounter rigorous reading and writing activities for a variety of purposes. These activities allow students to develop literacy and writing skills, as well as critical thinking and communication skills.

Imagine: MS Survey of World History

Course # Semester 1: VI.SURWH.1 – Course # Semester 2 VI.SURWH.2

The year-long MS Survey of World History course provides a basic overview of all aspects of World History from the early River Valley civilizations through our modern world. Students will

gain a rich understanding of global cultures and the historical factors that have shaped the world around them. Throughout the course students analyze historical sources and make connections with concepts such as government, economic systems, and technology and innovation. Students encounter rigorous reading and writing activities to develop literacy and writing skills as well as critical thinking and communication skills. The course begins with units covering ancient civilizations in the regions of Mesopotamia, India, China, and Greece and Rome. Students learn what life was like in ancient times and how the empires rose and fell. Students move on to study the social and political changes that were brought about during the Renaissance and that spurred worldwide explorations. Revolutions, imperialism, and world wars follow with in-depth studies on how these events happened and their influence. As one century ends and the next begins, students study the Cold War as well as the political and economic changes across the globe. The course concludes with the issues facing our global society from environmental issues to the role technology plays in our everyday life.

Imagine: MS Ancient World History

Course # Semester 1: VI.ANCWH.1 – Course # Semester 2: VI.ANCWH.2

This yearlong course covers ancient peoples, cultures, civilizations, and innovations from approximately 300 CE. Students are introduced to historical inquiry skills for application to studies of ancient civilizations. Students explore physical and human geography to explain how ancient people interacted with the environment and understand how civilizations developed. Students study early economies and how trade relations affected culture and language. In later lessons, students examine how early forms of government and technology have had a lasting influence on modern civilization. Throughout the course, students analyze maps and primary sources to identify patterns and make connections across time and space. Students are exposed to diverse cultures and learn to explore the past with historical empathy.

8th Grade Core Courses

Lincoln Courses

Lincoln: MS English Language Arts 8

Course # Semester 1: VL.E008.1 – Course # Semester 2: VL.E008.2

English Language Arts 8 introduces students to literature and informational texts. Through lessons on the literary elements, the structure of texts, and the basics of grammar and composition, students apply analytical thinking skills to the works that they read. Students also delve into poetry in this course by dissecting the structure of poems, the language, and the terminology that is often affiliated with the genre. Students also apply their listening and speaking skills through presentations and projects.

Lincoln: MS Mathematics 8

Course # Semester 1: VL.M008.1 – Course # Semester 2: VL.M008.2

Mathematics 8 prepares students for more difficult mathematics courses by exposing students to foundational arithmetic concepts. Students in this course examine the elements of geometry by being introduced to angles, lines, and points. Students apply this knowledge to graphs using coordinate planes and by completing calculations between two points' distances. Students also study scientific notation, which assists them in computations and provides a framework for more difficult calculations. Students will also analyze bivariate data using scatter plots and two-way tables.

Lincoln: MS Pre-Algebra

Course # Semester 1: MA115.1 – Course # Semester 2: MA115.2

In Pre-Algebra, students explore concepts such as integers, expressions, equations, and fractions. This course provides students with a solid foundation for Algebra I and emphasizes the use of technology, problem solving, critical thinking, and reasoning.

***Lincoln: High School Algebra 1 is available. Contact your VLAC Counselor if you would like more information.*

Lincoln: MS Science 8

Course # Semester 1: VL.C008.1 – Course # Semester 2: VL.C008.2

Science 8 combines the subjects of life science, Earth and space science, and physical science while incorporating both engineering and scientific methods. Students further their knowledge of the interactions of matter, learning about the properties of the periodic table and how reactions occur. Next, students learn about reproduction in cells and inheritance. In this part of the course, students analyze the difference between types of reproduction in cells, leading them to determine how traits and genetic differences in DNA occur. Students travel back in time and determine how clues from life in the past help to explain, map, and classify existing life on Earth. Students also explore ecosystems and how precious they are to life on Earth, analyzing how even the smallest impacts can have large effects on populations. Finally, students investigate wave technologies and how those technologies are used on Earth for advancements in science and economic growth.

Lincoln: MS Physical Science

Course # Semester 1: VL.SCPHY.1 - Course # Semester 2: VL.SCPHY.2

Middle School Physical Science introduces students to the foundational concepts of both physics and chemistry. Students begin by studying topics related to the nature of science and engineering, where they gain the skills necessary to succeed in inquiry-based and engineering

labs. They move on to learn the general principles of chemistry and physics, including matter and energy, chemical reactions, motion and forces, and interactions of waves. This course allows students to explore these major concepts through unique labs based on real-world phenomena.

Lincoln: MS Social Studies 8: U.S. History

Course # Semester 1: VL.SSUSH – Course # Semester 2: VL.SSUSH.2

Middle School U.S. History explores the history of the United States from before the arrival of Europeans in North America to the events of the 2016 presidential election. Students begin the course by examining North America before the arrival of European explorers and the establishment of colonies. Students learn about life in the colonies, British rule, and the events that led to the Revolutionary War. After learning about the American Revolution, students explore early U.S. government, westward expansion, the influence of the Industrial Revolution, and the Civil War. Then, they study life after the Civil War, Progressivism, Imperialism, and the onset of World War I. Next, students analyze the Roaring Twenties, the Great Depression, and World War II. Finally, students examine the Civil Rights movement, the Cold War, life in the 1960s and 1970s, and modern-day policies and events.

Imagine Courses

Imagine: MS English Language Arts 8

Course # Semester 1: VI.ELA8.1 – Course # Semester 2: VI.ELA8.2

In this course, students build on their knowledge and blossom as thoughtful readers and clear, effective writers. A balance of literary and informational texts engages students throughout the course in reading critically, analyzing texts, and citing evidence to support claims. Students sharpen their vocabulary, grammar, and listening skills through lessons designed to provide explicit modeling and ample opportunities to practice. Students also routinely write responses to texts they have read, and use more extensive, process-based lessons to produce full-length essays in narrative, informative, analytical, and argumentative formats. In this full-year course, students develop a mastery of reading, writing, and language arts skills.

Imagine: MS Mathematics 8

Course # Semester 1: VI.M8.1 - Course # Semester 2: VI.M8.2

The course begins with a unit on input-output relationships that builds a foundation for learning about functions. Students make connections between verbal, numeric, algebraic, and graphical representations of relations and apply this knowledge to create linear functions that can be used to model and solve mathematical and real-world problems. Technology is used to build deeper connections among representations. Students focus on formulating expressions and equations, including modeling an association in bivariate data with a linear equation, and

writing and solving linear equations and systems of linear equations. Students develop a deeper understanding of how translations, rotations, reflections, and dilations of distances and angles affect congruence and similarity. Students develop rules of exponents and use them to simplify exponential expressions. Students extend rules of exponents as they perform operations with numbers in scientific notation. Estimating and comparing square roots of nonperfect squares to perfect squares exposes students to irrational numbers and lays the foundation for applications such as the Pythagorean theorem, distance, and volume.

Imagine: MS Pre-Algebra

Course # Semester 1: VI.MPALG.1 – Course # Semester 2: VI.MPALG.2

This course is an advanced mathematics course. The course reviews key algebra readiness skills from 6th-8th grade and introduces basic Algebra 1 work. Students will revisit concepts in numbers and operations, expressions and equations, ratios and proportions, and basic functions. By the end of the course, students are ready to begin a more formal high school Algebra 1 curriculum.

***Imagine: High School Algebra 1 is available. Contact your VLAC Counselor for more information.*

Imagine: MS Earth Science

Course # Semester 1: VI.EAR - Course # Semester 2: VI.EAR.2

Students enrolled in this dynamic course explore the scope of Earth sciences, covering everything from basic structure and rock formation to the incredible and volatile forces that have shaped and changed our planet. As climate change and energy conservation become increasingly prevalent in the national discourse, it will be important for students to understand the concepts and causes of our changing Earth. Earth Science is a two-semester course that provides a solid foundation for understanding the physical characteristics that make the planet Earth unique and examines how these characteristics differ among the planets of our solar system.

Imagine: MS Integrated Science 8

Course # Semester 1: VI.INTSC.5 - Course # Semester 2: VI.INTSC.6

This course is based upon the Physical Science objectives from Next Generation Science Standards. The required content covered in this course includes some of the following topics: earth and the universe, the changing earth, genetics and evolution, and motion.

Imagine: MS U.S. History

Course # Semester 1: VI.HIST.1 – Course # Semester 2: VI.HIST.2

Offering an interactive and comprehensive overview of American history, this course engages and inspires students to learn about the rich and diverse history of America's native peoples, early European colonization and settlement in America, and the creation of a new nation through the American Revolution. Middle school students enrolled in this course will closely examine major changes brought about by the nation's reconstruction, industrialization, urbanization, and progressive reforms and consider the implications each of these events had on the expansion of the United States' global influence through modern times. Over the course of two semesters, interesting course content encourages students to think carefully about the challenges and opportunities facing the United States in the twenty-first century.

Middle School Electives - Lincoln

Lincoln: Art 6

Course # VL.ELE106A: One Semester Course

Art 6 encourages students to collaborate to create art. Students investigate how art can be personally significant while learning to be open to new artistic ideas, materials, methods, and creative approaches. In this course, students also explore the ways in which art equipment and materials can affect the environment. They study why and how artistic design can influence people, and they design art for a diverse population. Students also determine whether works of art successfully communicate their intended message. This course introduces three-dimensional art, and students compare two-dimensional and three-dimensional pieces before creating their own 3-D artwork. They will view art from around the world and determine what the works reveal about the values and lifestyles of the people depicted in the works. Finally, students learn the importance of preserving art and the ways in which to critique art.

Lincoln: Art 7

Course # VL.ELE107: One Semester Course

In Art 7, students transition from exploratory art discovery to a more discipline-based approach. This new approach focuses on developing students' skills and techniques as well as content knowledge, while still allowing for exploration and individuality. Students have the opportunity to act as real artists through repeated sketching, concept development, and continued research and observation activities while they work with a variety of media. Art 7 includes a strong focus on independent, creative thinking and problem solving through project-based learning. This course is designed to cover a half year of instruction, but it can be completed at each student's own pace. The project-based activities have dedicated, multi-day lessons to allow students time to sufficiently and successfully develop their ideas and artwork.

Lincoln: Art 8**Course # VL.ELE108: One Semester Course**

In Art 8, students will be introduced to design elements and principles, as well as contemporary art-making processes and the act of conceptual thinking. The Art 8 curriculum is designed to cover a half-year of instruction but can be completed at each student's own pace.

Lincoln: Music 6**Course # VL.ELE112: One Semester Course**

In Music 6, students' express ideas and creativity through music. Students apply music terminology to different instrument groups and learn to read music. Additionally, students discuss different forms of music and popular songs within Western and worldwide music.

Lincoln: Music 7**Course # VL.ELE113: One Semester Course**

In Music 7, students explore the history, development, and attributes of American music. They will learn music theory and music reading skills, which are presented and reinforced within the context of historical musical works. Students interpret sheet music that represents various genres of American music. Additionally, students practice performing music vocally and with a pitched instrument.

Lincoln: Music 8**Course #: VL.ELE113: One Semester Course**

In Music 8, students are introduced to a variety of music genres and instruments. They explore the concepts of rhythm, melody, timbre, texture, dynamics, form, and rhythm, and they learn to sight read music. Students listen to various examples of songs to interpret performances, and they compose and perform their own song.

Lincoln: Physical Education 6**Course # VL.ELE149: One Semester Course**

Physical Education 6 provides a complete physical education experience, allowing students to learn the basics of living a healthy life and the benefits of being active as often as possible. Students begin by learning about the organized, supervised physical activity required for the course. They also learn how to document their activity within a PE Log. Next, students move into the content, studying topics ranging from health, nutrition, and safety to new, fun, and challenging activities. Before attempting each activity, students receive instruction on the basic elements and the proper execution of each movement so that they can get the most benefits from the exercise. Regardless of the activity students are asked to do within a given day, they are encouraged to get up and move for a certain amount of time within each lesson. This expectation helps them to create a routine schedule. Students can be active by performing

different exercises, by engaging in different activities, or by using items from their grade-appropriate physical education kit, which is available to purchase. This kit, which is designed to work in conjunction with the course content, contains age-appropriate exercise and activity items.

Lincoln: Physical Education 7

Course #VL.ELE150: One Semester Course

Physical Education 7 offers a comprehensive physical education course for students to assist them in creating a healthy lifestyle and living an active life. Students begin by learning about the required, supervised physical activity and how to document their activity in a PE Log. Students can also track their activity by using a physical fitness step tracker. Students then move through the course content, which ranges from topics about healthy living and eating to a variety of fun and challenging activities. Before attempting each activity, students receive instruction on the basic elements and the proper execution of each movement so that they can get the most benefits from the exercise. Regardless of the activity students are asked to do within a given day, they are encouraged to get up and move for a certain amount of time within each lesson. This expectation helps them to create a routine schedule. Students can be active by performing different exercises, by engaging in different activities, or by using items from their grade-appropriate physical education kit, which is available to purchase. This kit, which is designed to work in conjunction with the course content, contains age-appropriate exercise and activity items.

Lincoln: Physical Education 8

Course # VL.ELE151: One Semester Course

Physical Education 8 offers a complete physical education experience for students, helping them learn about and implement healthy habits. Whether it is through nutrition, exercise, or general life choices, students are educated on the multiple facets of creating a healthy lifestyle. Students begin by learning about the required physical activity and how to document their activity in a PE Log. Students can also track their activity by using a fitness tracker. Next, students begin to work through the course content, which ranges from topics about the F.I.T.T. principle and other fitness components to various fun and challenging activities and exercise techniques. Before attempting each activity, students receive instruction on the basic elements and the proper execution of each movement so that they can get the most benefits from the exercise. Regardless of the activity students are asked to do within a given day, they are encouraged to get up and move for a certain amount of time within each lesson. Students can be active by performing different exercises, engaging in different activities, or by using items from their grade appropriate physical education kit, which is available to purchase. This kit, which is designed to work in conjunction with the course content, contains age-appropriate exercise and activity items.

Lincoln: MS Health**Course # VL.HEALTH: One Semester Course**

*Available to anyone in grades 6-8 (ideally taken in 7th or 8th grade) and can only be taken 1 time in Middle School

Middle School Health introduces students to the dimensions of health and explains how students' decisions, along with various influences, affect their health and well-being. Students will learn about positive and negative peer pressure and how to apply the decision-making process to help them make safe, informed choices. They will have the opportunity to develop and apply their refusal skills when faced with questionable circumstances, such as pressure to use drugs or partake in other risky behaviors. Self-evaluation and goal-setting techniques are introduced to help a student achieve success, whether it be intellectually or physically. Students will learn about healthy eating habits, safe exercise routines, and ways to prevent disease. In addition, students will learn the signs of healthy and unhealthy relationships and how to handle conflicts by demonstrating effective communication skills. They will also study the body and how to care for each system, especially as their body matures and grows. Finally, students are introduced to basic first aid care and procedures to help keep themselves and others safe inside and outside the home.

Lincoln: MS Nutrition and Personal Fitness**Course # VL.NUTFIT: One Semester Course**

*Available to anyone in grades 6-8 and can only be taken 1 time in Middle School

In Middle School Nutrition and Personal Fitness, students explore nutrition, dietary needs, and physical fitness. With a foundation in nutrition principles and practices, students read food labels and identify food safety concerns. Regarding physical fitness, students analyze exercise guidelines that promote healthy lifestyles.

Middle School Electives - Imagine

Imagine: MS Keyboarding and Applications/6th Grade**Course # VI.ECAPPS: One Semester Course**

Keyboarding and Applications is a semester-long course that teaches students keyboarding skills, technical skills, effective communication skills, and productive work habits. Students learn proper keyboarding techniques. Once students have been introduced to keyboarding skills, lessons include daily practice of those skills. Students gain an understanding of computer

hardware, operating systems, file management, and the Internet. In addition, students apply their keyboarding skills and create a variety of business documents, including word processing documents and electronic presentations.

Required materials: Word-processing software (e. g., MS Word) & Presentation software (e. g., MS PowerPoint)

Imagine: MS Lifetime Fitness (Grades 6-8)

Course # Semester 1: VI.EFITN.1

Exploring fitness topics such as safe exercise and injury prevention, nutrition and weight management, consumer product evaluation, and stress management, this course equips high school students with the skills they need to achieve lifetime fitness. Available as either a semester or year-long course, Lifetime Fitness encourages students to assess individual fitness levels according to the five components of physical fitness: cardiovascular health, muscular strength, muscular endurance, flexibility, and body composition. Personal fitness assessments encourage students to design a fitness program to meet their individual fitness goals.

Imagine: MS Health Quest - 7th Grade

Course # VI.EHEALTH: One Semester Course

This middle school Health course introduces students to the concepts of what good health is, why good health is important, and what students should do to achieve good health. By the end of this course, students will be able to demonstrate an awareness of health as it applies to their bodies, minds, and environment; identify the components of a healthy lifestyle; set reasonable wellness goals; and apply health concepts across multiple contexts.

Imagine: MS Online Learning and Digital Citizenship - 8th Grade

Course # VI.EONLERN: One Semester Course

This one-semester course provides students with a comprehensive introduction to online learning, including how to work independently, stay safe, and develop effective study habits in virtual learning environments. Featuring direct-instruction videos, interactive tasks, authentic projects, and rigorous assessments, the course prepares students for high school by providing in-depth instruction and practice in important study skills such as time management, effective note taking, test preparation, and collaborating effectively online. By the end of the course, students will understand what it takes to be successful online learners and responsible digital citizens.

Imagine: MS Career Explorations I - 6th grade

Course # VI.EECAEX1: One Semester Course

Career Explorations I is a semester-long course designed to give middle school students an opportunity to explore various CTE subjects. Specifically, students learn about careers involving

human-related services. Each of the five units introduces one field and explains its past, present, and future. These units include Career Management, Introduction to Careers in Health Sciences, Hospitality and Tourism Systems, Human Services, and Consumer Services. The goal is to whet students' appetites for these careers. Students can then explore that career in more detail as a high school student.

Imagine: MS Career Explorations II – 7th Grade

Course # VI.ECAEX2: One Semester Course

Career Explorations II is a semester-long course designed to give middle school students an opportunity to explore various CTE subjects. Specifically, students learn about careers involving various technical fields from computers to agriculture. Each of the five units introduces one field and explains its past, present, and future. These units include Information Technology, Introduction to Information Support and Services, Introduction to Network Systems, Introduction to Agriculture, Food, and Natural Resources, and Introduction to STEM (Science, Technology, Engineering, and Mathematics). The goal is to whet students' appetites for these careers. Students can then explore that career in more detail as a high school student.

Imagine: MS Career Explorations III – 8th grade

Course # VI.ECAEX3: One Semester Course

Career Explorations III is a semester-long course designed to give middle school students an opportunity to explore various CTE subjects. Specifically, students learn about careers from business to hands-on career paths. Each of the five units introduces one field and explains its past, present, and future. These units include Introduction to Business and Finance, Introduction to Manufacturing, Introduction to Transportation, Distribution, and Logistics, Introduction to Architecture and Construction, and Introduction to Marketing. The goal is to whet students' appetites for these careers. Students can then explore that career in more detail as a high school student.

Imagine: MS Career Explorations – 8th Grade

Course # VI.ECAEX: One Semester Course

**This course should be taken after Career Explorations III*

This course prepares middle school students to make informed decisions about their future academic and occupational goals. Through direct instruction, interactive skill demonstrations, and practice assignments, students learn how to assess their own skills and interests, explore industry clusters and pathways, and develop plans for career and academic development. This course is designed to provide flexibility for students; any number of units can be selected to comprise a course that meets the specific needs of students.

Middle School World Languages

Middle School World Language Only Offered Through Imagine

Several districts have the option for their middle school students to take a World Language course for High School credit. If you plan to take a World Language course for High School credit, please talk with your sending school counselor and VLAC counselor for more information.

Imagine: MS Spanish I - Grades 6-8

Course # Semester 1: VI.SPAN.1 – Course # Semester 2: VI.SPAN.2

Middle school students begin their introduction to Spanish with fundamental building blocks in four key areas of foreign language study: listening comprehension, speaking, reading, and writing. Each unit consists of an ongoing adventure story, a new vocabulary theme and grammar concept, numerous interactive games reinforcing vocabulary and grammar, reading and listening comprehension activities, speaking and writing activities, and multimedia cultural presentations covering major Spanish-speaking areas in Europe and the Americas.

Imagine: MS Spanish 2 - Grades 6-8

Course # Semester 1: VI.SPAM2.1 - Course # Semester 2 VI.SPAM2.2

****Pre-requisite: Must have successfully completed MS Spanish 1 Semesters 1&2***

Students in middle school continue their introduction to Spanish with fundamental building blocks in four key areas of foreign language study: listening comprehension, speaking, reading, and writing. Each unit consists of an ongoing adventure story, a new vocabulary theme and grammar concept, numerous interactive games reinforcing vocabulary and grammar, reading and listening comprehension activities, speaking and writing activities, and multimedia cultural presentations covering major Spanish-speaking areas in Europe and the Americas.

Imagine: MS French 1- Grades 6-8

Course # Semester 1: VI.SFREN.1 – Course # Semester 2 VI.SFREN.2

Students in middle school begin their introduction to French with fundamental building blocks in four key areas of foreign language study: listening comprehension, speaking, reading, and writing. Each unit consists of an ongoing adventure story, a new vocabulary theme and grammar concept, numerous interactive games reinforcing vocabulary and grammar, reading, and listening comprehension activities, speaking, and writing activities, and multimedia cultural presentations covering major French-speaking areas in Europe and across the globe.

Imagine: MS French 2 – Grades 6-8

Course # Semester 1: VI.FREM2.1 – Course # Semester 2: VI.FREM 2.2

****Pre-requisite: Must have successfully completed MS French 1 Semesters 1&2***

Middle school students continue their introduction to French with fundamental building blocks in four key areas of foreign language study: listening comprehension, speaking, reading, and writing. Each unit consists of an ongoing adventure story, a new vocabulary theme and grammar concept, numerous interactive games reinforcing vocabulary and grammar, reading and listening comprehension activities, speaking and writing activities, and multimedia cultural presentations covering major French-speaking areas in Europe and across the globe.

Imagine: MS German 1 – Grades 6-8

Course # Semester 1: VI.GERM.1 – Course # Semester 2 VI.GERM.2

Middle school students begin their introduction to German with fundamental building blocks in four key areas of foreign language study: listening comprehension, speaking, reading, and writing. Each unit consists of an ongoing adventure story, a new vocabulary theme and grammar concept, numerous interactive games reinforcing vocabulary and grammar, reading, and listening comprehension activities, speaking, and writing activities, and multimedia cultural presentations covering major German-speaking areas in Europe.

Imagine: MS German 2 – Grades 6-8

Course # Semester 1: VI.GER2M.1 – Course # Semester 2: VI.GER2M.2

****Pre-requisite: Must have successfully completed MS German 1 Semesters 1&2***

Students continue their introduction to middle school German with this second-year course by covering fundamental building blocks in four key areas of foreign language study: listening comprehension, speaking, reading, and writing. Each unit consists of an ongoing adventure story, a new vocabulary theme and grammar concept, numerous interactive games reinforcing vocabulary and grammar, reading, and listening comprehension activities, speaking, and writing activities, and multimedia cultural presentations covering major German-speaking areas in Europe.

Imagine: MS Chinese 1 - Grades 6-8

Course # Semester 1: VI.CHIN.1 – Course # Semester 2: VI.CHIN.2

In this middle school course, students begin their introduction to Chinese with fundamental building blocks in four key areas of foreign language study: listening comprehension, speaking, reading, and writing. Each unit consists of an ongoing adventure story, a new vocabulary theme and grammar concept, numerous interactive games reinforcing vocabulary and grammar, reading, and listening comprehension activities, speaking, and writing activities, and multimedia cultural presentations covering major Chinese-speaking countries.

Imagine: MS Chinese 2 - Grades 6-8

Course # Semester 1: VI.CHIM2.1 – Course # Semester 2: VI.CHIM2.2

****Pre-requisite: Must have successfully completed MS Chinese 1 Semesters 1&2***

Middle school students continue their introduction to Chinese with fundamental building blocks in four key areas of foreign language study: listening comprehension, speaking, reading, and writing. Each unit consists of an ongoing adventure story, a new vocabulary theme and grammar concept, numerous interactive games reinforcing vocabulary and grammar, reading, and listening comprehension activities, speaking and writing activities, and multimedia cultural presentations covering major Chinese-speaking countries.

Imagine: MS Latin 1 - Grades 6-8

Course # Semester 1: VI.LATIN.1 – Course # Semester 2: VI.LATIN.2

Students in middle school begin their introduction to Latin with fundamental building blocks in four key areas of foreign language study: listening comprehension, speaking, reading, and writing. Each unit consists of a new vocabulary theme and grammar concept, numerous interactive games reinforcing vocabulary and grammar, reading, and listening comprehension activities, speaking and writing activities, cultural presentations covering significant aspects of Roman culture or their modern-day manifestations, and assessments.

Imagine: MS Latin 2 – Grades 6-8

Course # Semester 1: VI.LATM2.1 – Course # Semester 2: VI.LATM2.2

****Pre-requisite: Must have successfully completed MS Latin 1 Semesters 1&2***

Middle school students continue their introduction to Latin with fundamental building blocks in four key areas of foreign language study: listening comprehension, speaking, reading, and writing. Each unit consists of a new vocabulary theme and grammar concept, numerous interactive games reinforcing vocabulary and grammar, reading, and listening comprehension activities, speaking, and writing activities, cultural presentations covering significant aspects of Roman culture or their modern-day manifestations, and assessments.

Middle School i-Ready Elective Options

MS i-Ready English Language Arts & Math Elective Courses

i-Ready Personalized Instruction is an adaptive online program that provides individualized Reading and Mathematics lessons for students in Grades K–8. Students in grades K-8 have the option to use this course as an elective. Using results from the i-Ready Diagnostic, the platform delivers targeted instruction tailored to each student’s skill level, helping them grow at their own pace. Lessons are grounded in research-based practices and designed to engage learners with age-appropriate content, interactive elements, and accessibility features for multilingual learners and students with disabilities. This elective supports both academic intervention and

enrichment, making it ideal for students who would benefit from personalized support in Reading and Math.

*One or both courses can be used as an elective in your schedule.

VLAC Middle School Course Offerings at a Glance

Lincoln Courses

6th Grade Core

English Language Arts 6
Mathematics 6
Science 6 - or - Science Earth and Space
Social Studies 6: Geography

7th Grade Core

English Language Arts 7
Mathematics 7
Science 7 - or - Life Science
Social Studies 7: World History

8th Grade Core

English Language Arts 8
Mathematics 8 - or - Pre-Algebra
Science 8 - or - Physical Science
Social Studies 8: U.S. History

Electives

Art – 6th Grade
Art – 7th Grade
Art – 8th Grade
Music – 6th Grade
Music – 7th Grade
Music – 8th Grade
Physical Education – 6th Grade
Physical Education – 7th Grade
Physical Education – 8th Grade
MS Health – 6th - 8th Grade
MS Nutrition & Personal Fitness 6th - 8th Grade

Imagine Courses

6th Grade Core

English Language Arts 6
Mathematics 6
Intg. Science 6 - or - Physical Science
World Cultures & Geography

7th Grade Core

English Language Arts 7
Mathematics 7
Intg. Science 7 - or - Life Science 7
Modern World History – or - Survey of
World History - or - Ancient World History

8th Grade Core

English Language Arts 8
Mathematics 8 - or - Pre-Algebra
Intg. Science 8 - or - Earth Science 8
U.S. History

Electives

Keyboarding and Applications – 6th Grade
MS Fitness – 6th - 8th Grade
Health Quest - 7th Grade
OL Learning & Digital Citizenship – 8th Grade
Career Explorations I – 6th Grade
Career Explorations II – 7th Grade
Career Explorations III – 8th Grade
Career Explorations – 8th Grade
MS Spanish I – 6th-8th Grade
MS Spanish 2 – 7th - 8th Grade
HS Spanish 1 – 8th Grade
MS French 1 – 6th-8th Grade
MS French 2 – 7th - 8th Grade
HS French 1- 8th Grade
MS German 1 – 6th-8th Grade
MS German 2 – 7th - 8th Grade
HS German 1 - 8th Grade
MS Chinese 1 – 6th-8th Grade
MS Chinese 2 – 7th - 8th Grade
HS Chinese 1 - 8th Grade
MS Latin 1 – 6th-8th Grade
MS Latin 2 – 7th - 8th Grade
HS Latin 1 - 8th Grade
HS ASL 1 - 8th Grade