CMMS Course Descriptions
2026-2027 School Year

Grade 7	
Course Name	**Description**
Literary Lounge: A class for students who love to read!	Dive into a world of stories! In this relaxed and engaging class, you'll explore a variety of genres, discover new authors, and share your love of reading with classmates. Expect lively discussions, creative projects, and the freedom to choose books that truly ignite your imagination.
Beginner Stitching: Middle School Sewing Workshop	In this beginner-friendly class, middle school students will learn the fundamentals of sewing through fun and easy-to-follow projects. From threading a needle to mastering basic hand stitches and machine sewing techniques, students will gain the skills needed to create simple, personalized items. Whether you're picking up a needle for the first time or just want to refine your skills, this class is the perfect introduction to sewing.
Yoga and Mindfulness ***(new)***	Yoga and Mindfulness will focus on building self-awareness, emotional regulation, and focus through accessible yoga poses, breathwork, and present-moment awareness, helping students manage stress, boost confidence, improve attention for academics, and develop resilience for life's challenges. Classes typically blend movement (like seated/standing poses, games) with mindfulness techniques (breathing, calming meditations) to create a positive, supportive environment, often using themes and interactive activities
Weightlifting and Fitness ***(new)***	The Weight Lifting & Fitness class is designed to introduce middle school students to safe, age-appropriate strength training and overall physical fitness. Students will learn proper exercise techniques using bodyweight, resistance bands, light free weights, and fitness equipment while emphasizing safety, correct form, and injury prevention. Throughout the course, students will develop muscular strength, muscular endurance, cardiovascular fitness, flexibility, and core stability. Lessons focus on building healthy habits, understanding how the body responds to exercise, and setting personal fitness goals.
Cultures of the World	This course takes students outside of the classroom to explore the variety of cultures that exist in the world around us. We will explore the geography, wildlife, customs, foods and celebrations that make each culture beautiful and unique. As a final project, students will research a chosen country and create a presentation for the class to enjoy.
Introduction to Creative Performance Studies	This course is designed to introduce 7th and 8th grade students to performing arts and provide the opportunity for students to explore, discover, improve, and showcase their skills, talents, and interests. Student choice and areas of interest will help to determine the focus of some lessons. Performing arts we will touch

	upon may include: dance, theater, music, poetry, stand-up, illusion, improv, etc. Students will develop the vocabulary, skills, and attitudes necessary for a high level of accomplishment and a deep level of understanding and appreciation of performance arts through live performances. Yes, there will be performances! You may perform for your class, another class, a grade level, or adults in the building.
Library Explorers: Navigating Knowledge and Creativity	Step into the future of libraries! This elective is your chance to transform into a "Library Explorer," mastering the art of finding anything and everything (from facts to fiction) within the library walls. Dive into the digital world of information, express your creativity, and explore the world of literacy. Get ready for a journey of discovery, inquiry, and learning – all wrapped up in a library adventure!
History of World War II	The World War II course will not only look into the causes of World War II, but it will discuss the people, battles, and the significance of the war. The course is designed to give an overview of this historical event, but will also dive a little deeper into the stories that make WWII one of the intriguing time periods in history.
Leadership Workshop 1	This course converges the study of leadership principles with the action of building a healthy schoolwide culture and climate. Leadership theories, concepts, and skills are analyzed through class instruction and interactive activities. This traditional approach to learning is extended into application of each lesson topic through service learning experiences specifically designed to positively affect the school's culture and climate, physical campus experience, as well as stakeholder trust and morale. The greater purpose of this course is to create students who effectively embody leadership in action, not just in title. 7th grade focuses on the first two units: ● School Culture and Climate ● Individuality and Self-Branding www.jostensrenaissance.com
Tech Ed 1	Tech. Ed. 1 is an introductory course that **7th or 8th grade** students can take to explore technology concepts. Here is an overview of the Unit topics: 1. Engineering (Bridge Design) Unit ~ 8 days 2. 3D Modeling / Printing Unit ~ 13 days 3. Wood Shop Unit ~ 10 days 4. Web Page Design (HTML/CSS) Unit ~ 14 days
Exploratory Spanish	The goal of this course is to *acquire* the Spanish language. When you learned your first language, you actually *acquired* it by hearing it around you. Therefore, almost all of our class time will be spent listening and reading in Spanish to talk about interesting things in the world and our lives. We will use songs, stories and videos to help our language acquisition. Some topics we will learn about are: *describing ourselves and others *unique cultural events/places *verbs in the 3rd person tense *colors *musical genres

Art 7	**Art 7** will teach 7th graders an 'exploratory art' course. In the semester, a variety of media and processes are introduced including: ceramics, painting (various types), printmaking, crafts and sculptural forms (cardboard, plaster, etc.). Students learn new skills with the types of art, yet have choices to make more artwork of the medium/technique of their own interests as the semester advances. Students also have opportunities to work collaboratively, have art shows in local businesses and help hang art in our school. Students draw daily in a sketchbook journal for 10 minutes for the bellringer, occasionally taking notes related to the fun subject of Art!
Band 7	**7th Grade Band** is a large music ensemble that is available to students who have already taken at least a year of instrument lessons on: Flute Clarinet Saxophone Trumpet French Horn Trombone Baritone Tuba Percussion (Drums and/or Bells) In this class, students continue to build their skills in: ● reading music notation ● understanding the fundamentals of music ● playing a musical instrument ● balancing and blending with an ensemble ● developing self-discipline ● practicing efficiently This class typically includes two evening performances (December and May) to share the product of our work with family and friends.
Chorus 7	**<u>7th grade chorus we will focus on:</u>** ● Singing with proper vocal technique. ● Understanding how to read music notation and fundamentals of music. ● Singing music literature from various styles and historical periods. ● Developing self-discipline as an ensemble member.
Orchestra 7	**7th Grade Orchestra** is a large music ensemble that is available to students who have already taken at least a year of instrument lessons on: Violin Viola Cello String Bass In this class, students continue to build their skills in: ● reading music notation ● understanding the fundamentals of music ● playing a musical instrument ● balancing and blending with an ensemble ● developing self-discipline ● practicing efficiently This class typically includes two evening performances (December and May) to share the product of our work with family and friends.

Guitar I	**Guitar 1.** In this course, students will learn music through experiences with guitar. The focus will be on the performance of the guitar, including melody and chord playing, improvising, and songwriting; playing by themselves and in small groups. Students will learn about the history of the guitar, guitar construction, and become acquainted with expert guitarists.
Piano Keyboarding I	**Piano Keyboarding 1.** In this course, students will learn music through experiences with piano. The focus will be on the performance of the piano, including melody and chord playing, improvising, and songwriting; playing by themselves and in small groups. Students will learn about the history of the piano, piano construction, and become acquainted with expert pianists.
Rhythm and Roots 7	In **Rhythm and Roots 7**, you will explore the vibrant world of music through dance, ukulele, singing, and creative studies in eco-musicology, film music, and popular music. Dive into music history and theory while connecting with the rhythm of sound, movement, and the stories that shape our world!