

8th Grade Electives & PE Course Descriptions

****PLEASE NOTE:** You must have two electives each semester, two in the Fall and two in the Spring. Please pay attention to the classes that last a full year vs those that are only one semester. If you choose a single-semester class, then you also need to select another single-semester class; one will be first semester and the other will be second semester. Every attempt will be made to schedule your first choices; however, there are no guarantees. In the event you cannot be scheduled for your preferred requests, you will be scheduled for your alternate choices. If you do not list alternates, then alternates will be chosen for you. Choose your classes carefully. Due to the nature of picking electives prior to the start of the school year, students cannot request a schedule change.

ART 8 - #422

Year; ***\$12 Fee Required***

The study and application of the elements and principles of design. The elements and principles will be explored in a variety of two-dimensional and three-dimensional art work, including drawing, painting, clay, etc. There will be a \$12 fee for this class to cover the cost of projects.

BAND 8 - #998

Year; **Permission required from Band Instructor**

Eighth grade band members perform in concerts, the Nixa Christmas Parade, the Sucker day parade, and have an opportunity to participate in a solo and ensemble recital. Students are expected to be prepared with their instrument each day. Grading is based on daily attendance, playing tests, and attendance at special events such as concerts and parades. Students improve their playing abilities so they are prepared to make the transition to the high school band.

CHOIR - #501

Year; ***\$30 Fee Required***

The Nixa Junior High Choirs sing a variety of choral styles throughout the year. The singers will gain confidence and experience by focusing on vocal production, sight-reading, ear training, and performing quality literature. These groups will also travel to large group contests and Silver Dollar City. They will also participate in various performances. Grades are based on classroom participation, music concept assignments/tests, and attendance/participation in concerts. These classes are open to any 7th or 8th grade student. No auditions are necessary for the Tenor/Bass Choir and the Treble Choir. To sign up for the Varsity Singers, Varsity Tenor/Bass Choir, or the Varsity Treble Choir, students must audition and be approved by the choir directors.

FACS I - #0830

Semester; Not repeatable; ***\$26 Fee Required***

This is an introductory course in Family and Consumer Sciences. FACS includes instruction in the following areas: basic nutrition and wellness, safety and sanitation, food and meal preparation, basic sewing techniques, interior design, and financial literacy. This class has a \$26 fee for consumables used during the lab portions of the class.

FACS II - #0830B

Semester; Not repeatable; ***\$26 Fee Required***

Teacher permission required; Prerequisite: FACS I

This course builds on the foundations in the introductory FACS I course. FACS II includes more advanced instruction in the areas of nutrition and wellness, sewing and textiles, financial literacy, interior design, and human growth and development. This course has a \$26 fee for consumables used during the lab portions of

the class.

FRENCH I - #902

Year; **Minimum of a "B-" in English**

An introduction to the French language and an exploration of French culture. This course incorporates speaking, listening, reading, writing, and the development of a practical and useful vocabulary. Students will quickly learn to speak French in class and be able to identify how French is used in our daily lives even outside of the classroom. **This class is for High School Credit. This class will count towards college admission.**

HORTICULTURE - #558

Semester; Repeatable; ***\$5 Fee Required***

Horticulture is a semester long class where students will learn basic gardening skills. Students will help maintain the greenhouses and outdoor raised garden beds at NJH. They will learn how to plant, cultivate, and harvest a variety of plants and vegetables. The food raised from this class will be donated to local food pantries in the Nixa area. Students in this class will be expected to actively participate in classroom assignments. There is a \$5 course fee to offset the cost of gardening supplies.

HORTICULTURE II - #5580

Semester; Not repeatable; ***\$5 Fee Required***

Teacher permission required; Prerequisite: HORTICULTURE

Students will assist in preparing for outside sales, such as farmer's markets. Increased and additional responsibilities related to the greenhouse and raised beds. Permission-only class with students needing to demonstrate self-control and responsibility for safety reasons. There is a \$5 course fee to offset the cost of gardening supplies.

INTRO TO AG CONSTRUCTION - #467

Semester; Not repeatable; ***\$36 Fee Required***

Students will be introduced to basic construction techniques and develop skills such as tool identification and use, worksite safety, and woodworking. Students will participate in group and individual projects to demonstrate understanding and proficiency of concepts learned. There will be a \$36 fee for this class to cover the cost of projects.

INTRO TO AG CONSTRUCTION II - #455

Semester; Not repeatable; ***Fee Required***

Teacher permission required; Prerequisite: INTRO TO AG CONSTRUCTION I

Students will continue to develop skills such as tool identification and use, worksite safety, and woodworking that they learned in Intro to Ag Construction I. Using the skills that they learned in the previous class and more advanced skills that will be taught, students will complete projects of their choosing. Ag Construction I must be completed and a recommendation given before this class can be taken. There will be a fee for this class to cover the cost of projects.

INTRO TO AG SCIENCE - #461

Semester; Not repeatable

Students will gain introductory knowledge related to the agriculture, food, and natural resource industry. This course helps students understand the importance of agriculture in daily life by exploring basic principles of agribusiness, animal science, plant science, and natural resources.

JOURNALISM (YEARBOOK/MEDIA BROADCASTING) - #106

Year; **Application and Instructor Permission Required**

Students will work together to create the NJH Yearbook and weekly media broadcasts to be shown to the student body. This class will have the responsibility for producing broadcasts of school announcements, special interest stories, and other video projects. Some after school time may be required. Students will create the Nixa Junior High Yearbook. Students will design pages, create lay-outs, take pictures, and work on individual writing skills to help produce a yearbook that students will cherish forever.

PIANO KEYBOARD - #504

Semester; Repeatable

This course is for beginning and inexperienced pianists who wish to learn to play piano. In addition to this, students will be able to experiment with music technology. The piano classes practice on full size keyboards as well as piano software on computers. You will learn how to read music, perform in front of your peers, and become the best pianist you can be! This class can be retaken multiple semesters.

PLTW DESIGN AND MODELING - #582

Semester; Not repeatable

This course introduces students to engineering, architecture and drafting. Students apply the engineering design process to creatively solve problems within the given constants and constraints. They work individually and/or in teams to design and build prototypes of medical devices, as well as interactive toys. Students report their research and ideas in their engineering notebooks and design briefs. Using Cad design software, students create a virtual image of their designs and real world architecture. Students document their thoughts and process using a portfolio to showcase their innovative solutions.

PAGE TURNERS- #841

Semester; Repeatable

Page Turners is an elective course focused on reading for fun! *"Aside from the sheer joy of exercising the imagination, research shows reading for pleasure improves literacy, social skills, health, and learning outcomes (National Library of NZ)."* Therefore, this class is designed to provide reading opportunities based on each student's individual interests and abilities with the goal of fostering a love of reading. So why not take time in your day to relax with a good book (and the occasional hot beverage) and improve your skills at the same time?

SPANISH I - #0900

Year; **Minimum of a "B-" in English**

Presents an introduction to the Spanish language and culture. The ability to communicate in Spanish on a beginner's level is developed through listening, speaking, reading, and writing activities. The development of a practical vocabulary is emphasized. **This class is for High School Credit. This class will count towards college admission.**

SPEECH AND DEBATE - #0844

Year; Repeatable; ***\$15 Fee Required***

Application and Instructor Permission Required

This class spends the school year preparing for spring speech competitions against other schools. By being accepted into the class you automatically become a member of the speech team! Events include debate,

storytelling, persuasive speaking, radio broadcasting, poetry reading, and many more. Students applying to be accepted to the team will be evaluated in the following areas: grades, attitude, work ethic, leadership, acting talent, written and oral communication skills, and attendance. It is strongly encouraged, but not required, that students that are unsure about applying, consider taking Talk to Learn/Learn to Talk their 7th grade year and apply to the speech team for 8th grade. *Please note that all applications will be considered equally regardless of grade level.* While the class is co-curricular and requires participation in spring tournaments, students *can* still participate in other school sports and activities. This class may be taken both years as the skills build much like band or choir. If you love to challenge yourself, compete, and perform, this is the class for you!

TALK TO LEARN, LEARN TO TALK - #840

Semester; Repeatable

The goal of the class is to improve your communication and speaking skills. Learning to communicate better doesn't have to be boring, hard, or scary! Do you like to play games? Do you like to be persuasive and win arguments? Do you like to get out of your seat and talk in class? Do you freak out when you have to talk in front of a class? If you answered "yes" to any of these questions, be brave and check out Talk to Learn/Learn to Talk. This is an introductory class that leads you through a variety of different activities designed to assist you in improving your confidence, verbal, and nonverbal communication skills in a low stress way.

TECHNICAL THEATRE -

Year; Repeatable

This is an introductory course to technical theatre. The class will concentrate on basic building techniques, costume construction, prop creation, sound design, and lighting. Students will participate in group and individual projects to demonstrate understanding and proficiency of concepts learned. There will be a small fee for this class to cover the cost of projects.

THEATRE ARTS I - #500

Year; Repeatable

This is an introductory course to drama. The class will concentrate on basic acting techniques, theater history, production, and technical aspects of play production. Students will be expected to memorize and perform numerous monologues and scenes in addition to presenting a public performance each semester. Written and performance tests may follow each unit.

THEATRE ARTS II - #499

Year; **Teacher permission required; Prerequisite: Theatre Arts I**

This is a class offered only to those students who have successfully completed Theatre Arts I. Students will add to their knowledge of all areas of theatre arts including history, styles, methods and performance. Students will hold public performances and will offer technical assistance to the drama classes. This class does require performances outside of the regular school day.

PE Options:

All students are required to take a Physical Education class. Students have to choose one of the following: Cardio Fitness, Regular PE, Strength & Conditioning or Walking/Low Impact Fitness. Health curriculum is embedded in each class. Strength & Conditioning is suggested for sports participants.

CARDIO FITNESS - #860

Within this course offering all physical fitness testing will occur. The purpose of this course is to improve cardiovascular fitness, muscular endurance, flexibility and overall health through moderate to high intensity workouts. The workouts will consist of a variety of different aerobic activities. Some of these activities include: aerobics, circuit training, 5k training, step aerobics, and interval training. Cardio Fitness will introduce students to a fun lifetime activity that increases their heart rates and will improve their overall health. This class will also demonstrate how to develop and commit to a workout routine.

PE - #448 Boys, #446 Girls

This offering is for students who enjoy the traditional PE classroom. Within this course offering, all physical fitness testing will occur. Students will have the opportunity to compete in new and traditional PE games, including a variety of sports. Students in this class will play games 3-4 days a week with a focus on fitness the remaining 1-2 days.

STRENGTH & CONDITIONING I - #452 Boys, #451 Girls

Not repeatable

Within this course offering all physical fitness testing will occur. Through this curriculum students will be able to increase their muscular endurance, flexibility, and overall health by participating in a structured weight program. Students will prioritize form on key lifts of bench press, back squat, and military press progressing from body weight exercises to the use of resistance bands, PVC pipe, and eventually a bar with low weight. Multiple days a week will be dedicated to cardiovascular fitness, including a 1-mile run test weekly.

STRENGTH & CONDITIONING II - #453

PE Teacher Recommendation Required; Prerequisite: Strength & Conditioning I

This class will continue to challenge students and allow them to progress in speed training, agility, plyometrics and circuit training. Students will continue to gain strength through various forms of exercise, including resistance training, dumbbell exercises, body weight movements patterns and barbell movements. Students will be working through mastery of barbell movements (bench press, squats, military press, deadlift, and introduction to hang clean form). This class requires recommendation from a PE teacher or Strength & Conditioning I coach.

WALKING/LOW IMPACT FITNESS -

Within this course offering all physical fitness testing will occur. Students who enroll in Walking Fitness/Low Impact Cardio fitness will be expected to be participating in low impact cardio activities for the entirety of the class period daily. Students will be frequently tested on a 1.5 mile walk for time and will be graded on participation on a daily basis.