

DESCRIPTION OF ELECTIVE CHOICES

GRADE 7 - SY 2025-26

ART (GENERAL) INTRODUCTION

FVB0015

SEMESTER

Introductory art course that provides students with opportunities to imaginatively create artwork through a limited scope of media and techniques. Activities include experiences in art production and art appreciation, which lead to sensitivity and understanding of diverse cultures and the personal search for meaning.

COMPUTER SCIENCE 1

EXS0102F

SEMESTER

This course will introduce students to programming. Concepts such as the ethical use of computers and STEM careers will also be a part of this class. Students will complete a final project where they must code a simple game or app. A variety of programming languages and simulations will be used to help students gain a general understanding of when and how to use programming.

HAWAIIAN DANCE INTRODUCTION

FDK0150F

SEMESTER

Introduction to Hawaiian Dance is designed to provide students with limited opportunities to learn the history of hula, the basic steps and hand gestures, body stance, and positioning of hula 'auana and hula kahiko routines. Instruments will be introduced at appropriate levels. As students advance, dance routines become more complex, with emphasis on projection of story and choreography.

JAPANESE LANGUAGE A INTRODUCTION

WAJ0610F

SEMESTER

This course is intended for students preparing for an extended sequence of instruction at the high school level. Students are introduced to basic language structures and memorize words, phrases and short sentences. Exchanging simple greetings, asking and answering simple questions, and participating appropriately in cultural activities contribute to the development of the beginning skills of the World Language standards.

JIU JITSU INTRODUCTION

XWG0011FJJ

SEMESTER

This course will offer basic Jiu Jitsu exercises that develop overall conditioning through strength and cardio. Jiu Jitsu teaches patience and problem solving skills that will be helpful in various aspects of life.

LEADERSHIP TRAINING

XLP0010F

SEMESTER

This is a course designed to help students develop communication, group process & facilitative leadership skills. Students will apply techniques in leading, planning, organizing, conducting, & evaluating. Activities

include setting individual and group goals, recognizing & producing quality products and performance, cooperative planning and learning, sharing responsibilities, taking positive action & working with diversity.

MEDIA PRODUCTION EXPLORATORY

XMD0012F

SEMESTER

Yearning for fame? Prefer to work behind the scenes to make the magic happen? If you are interested in learning more about performing arts, including stage and video production, you may want to join our new media arts elective course. Students will produce journalistic media and short stage performances. We will use a variety of technology tools in this course, and develop professional and collaborative skills that will benefit you in any future career!

MUSIC (GENERAL) INTRODUCTION

FMA0200

SEMESTER

This is an introductory course designed to provide all students with the opportunity to explore the world of music and develop an understanding of how music is important in their lives. Students will experience creating, performing, listening to, writing, and evaluating music. This course may address other national music standards and benchmarks and may integrate other Fine Arts standards.

PHYSICAL EDUCATION A

PEP0020F

SEMESTER

This course is designed to strengthen physical movement forms, concepts, principles and skills through participation in a variety of physical fitness experiences. Initial focus is placed on concepts of physical fitness (strength, endurance, flexibility and body composition). Students learn to assess and log their own personal levels of fitness and set goals to improve and maintain components of fitness. As a result, students learn to evaluate the role of exercise and other factors on personal health. Students will also learn to recognize the long-term physiological, psychological, and cultural benefits that may result from regular participation in physical activity and the benefits of healthy living.

AVID 7 (COLLEGE PREP SKILLS)

TMG1011F

YEAR

Students will focus on learning to organize, set goals, take notes, and study. AVID is to prepare students for success in high school, college and future careers. Students will learn about careers and college options, as well as skills of cooperation and asking questions that will help them get ahead. This course is for anyone who wants help to reach their potential and be their best self! Priority will be given to students who would be the first in their families to attend college.
Teacher recommendation preferred.