

Sunset Ridge Middle School

Seventh Grade Course Descriptions

2026-2027

\$ - School Fees, rentals, and/or supplies may be required up to \$15

Required Classes

Integrated Science 7 (30500)

The seventh-grade Science with Engineering Education Standards (SEEd) look for relationships of cause and effect which enable students to pinpoint mechanisms of nature and allow them to make predictions. Students will explore how forces can cause changes in motion and are responsible for the transfer of energy and the cycling of matter. This takes place within and between a wide variety of systems from simple, short-term forces on individual objects to the deep, long-term forces that shape our planet. In turn, Earth's environments provide the conditions for life as we know it.

Organisms survive and reproduce only to the extent that their own mechanisms and adaptations allow. Evidence for the evolutionary histories of life on Earth is provided through the fossil record, similarities in the various structures among species, organism development, and genetic similarities across all organisms. Additionally, mechanisms shaping Earth are understood as forces affecting the cycling of Earth's materials. Questions about cause and effect and the ongoing search for evidence in science, or science's ongoing search for evidence, drive this storyline.

Utah Studies 7 (60000)

Utah is an amazing place, rich in resources, in geographic wonders, in inspiring history, and in the diversity of its people. The study of Utah permits students to understand more deeply the place they call home, while developing essential skills unique to the social studies disciplines. Within these standards, Utah Studies offers an opportunity for students to learn about their own families and cultures, as well as those of others. The Utah Studies standards are based on four social studies disciplines: history, geography, economics, and civics. Students will explore the complex history of Utah, with examples of creativity, sacrifice, conflict, innovation, inequity, compromise, and leadership. Students will also learn about Utah's diverse physical geography, encounter Utah's economic systems and dynamics, and explore local and statewide political systems. The range of the Utah Studies standards allows teachers flexibility in designing the course scope and sequence. The course could be organized thematically, with distinct units of study related to the social studies disciplines of economics, geography, history and political science/civics.

Language Arts 7 (45050)

This course, based on the 7th Grade Utah English Language Arts (ELA) Core Standards, is designed for grade level instruction in reading comprehension, writing, methods of inquiry, and the processes, skills, and strategies of effective communication.

7th Grade Mathematics (52000)

In 7th Grade Mathematics, students will focus on four critical areas: (1) developing an understanding of and applying proportional relationships; (2) developing an understanding of operations with rational numbers and working with expressions and linear equations; (3) solving problems involving scale drawings and informal geometric constructions, and working with two- and three-dimensional shapes to solve problems involving area, surface area, and volume; and (4) drawing inferences about populations based on samples.

7th Grade Mathematics Honors (52010)

In 7th Grade Mathematics Honors, students will focus on four critical areas: (1) developing an understanding of and applying proportional relationships; (2) developing an understanding of operations with rational numbers and working with expressions and linear equations; (3) solving problems involving scale drawings and informal geometric constructions, and working with two- and three-dimensional shapes to solve problems involving area, surface area, and volume; and (4) drawing inferences about populations based on samples. The Honors course extends these topics to provide extra depth and offers additional topics such as codes, patterns, number bases, and number systems.

7/8 A Math Accelerated (52015)

This accelerated course combines the 7th grade curriculum and half of the 8th grade curriculum into a single academic year. The prepares students to take the remaining half of 8th grade and Secondary Math 1 the following year. Students are likely to find success in this accelerated course if they are highly motivated and were proficient on the 6th grade RISE test (scored 3 or 4).

Beginning Team Sports (Fitness 7) (70100) (Or equivalent PE Class)

This is a physical education course to develop a solid foundation in skills and competencies. Students are still mastering basic manipulative skills, and are ready to engage in lead-up games and drills that provide a progression toward participation in regulation or advanced play. Students will apply skills in modified games, and may be introduced to regulation rules and game play. Instruction includes an introduction to training principles and activities that can enhance health-related fitness as students pursue personal fitness goals.

College & Career Awareness (80000 - 80004)

CCA is Utah's exploratory Career and Technical Education Core Curriculum requirement for middle/junior high school. The purpose of this program is to allow students to be involved in activity-centered lessons that utilize technology, develop beginning skills, and explore careers.

Reading 7 (45010)

This course, based on the 7th Grade Utah English Language Arts (ELA) Core Standards, is designed for students requiring basic instruction with targeted reading intervention in reading comprehension, vocabulary, and reading skills to assist striving readers with literary, informational, and functional texts.

Digital Literacy (80070)

This course is an introduction to computer literacy. Students will have opportunities to use technology and develop skills that encourage creativity, critical thinking, productivity, and collaboration in the classroom and day-to-day life. Skills will be demonstrated by creating a project for a different content area. This course is aligned with national and international standards and the Utah Core to prepare students across multiple skill levels. Students will complete this course with a prerequisite to moving into high school computer literacy courses.

Elective Classes – Full Year

Band 1 - Brass- \$ (13070)

This is a beginning band class offered for students who wish to learn to play the cornet, trumpet, French horn, baritone horn, euphonium, trombone, or tuba. Practice outside of class time and performances are part of this course. An instrument is required. If available, a French horn, baritone horn, euphonium, or tuba may be rented at the school for a nominal fee.

Band 1 - Percussion - \$ (13080)

This is a beginning band class offered for students who wish to learn to play the drums, mallet keyboard instruments, and other percussion-related instruments. Practice outside of class time and performances are part of this course. Drum sticks are required. A drum kit or mallets may also be required as per teacher request.

Band 1 - Woodwinds - \$ (13060)

This is a beginning band class offered for students who wish to learn to play the flute, oboe, clarinet or saxophone. Practice outside of class time and performances are part of this course. An instrument is required. If available, an oboe or tenor saxophone may be rented at the school for a nominal fee.

Orchestra 1 - \$ (13020)

This class is for students who would like to learn to play a violin, viola, cello, or string bass. No experience necessary. Practice outside of class time and performances are part of this course. Instruments are required. If available, a viola, a cello, or a string bass may be rented from the school for a nominal fee.

Choir 1 Soprano/Alto (Colle Voce & Minuet) - \$ (13330 - 13332)

Prerequisite: Audition/Instructor approval

This music course is open to all students with a vocal range of soprano or alto. Two, three, and four-part music is performed at various concerts. Primary consideration is given to part-singing, good vocal production, and rudiments of music. Rehearsals and performances outside of class time are part of the course requirement and constitute a portion of the grade.

Choir 1 Tenor/Bass (Forte') - \$ (13320)

This music course is open to all students with a vocal range of tenor or bass. Ability to match pitch may be helpful. Two, three, and four-part music is performed at various concerts. Primary consideration is given to part-singing, good vocal production, and the rudiments of music. Rehearsals and performances outside of the class time are part of the course requirement and constitute a portion of the grade.

French 1 - \$ (41000)

This course is designed to teach elementary skills in listening, speaking, reading, and spelling. The curriculum covered in this course will give students the skills to communicate in culturally-appropriate ways in the target language. By the end of this course, student skill level should be at novice-mid level according to the American Council on the Teaching of Foreign Language (ACTFL) standards. Students will develop an appreciation for the culture of the countries where the language is spoken.

Spanish 1 - \$ (41800)

This course is designed to teach elementary skills in listening, speaking, reading, and spelling. The curriculum covered in this course will give students the skills to communicate in culturally-appropriate ways in the target language. By the end of this course, student skill level should be at novice-mid level according to the American Council on the Teaching of Foreign Language (ACTFL) standards. Students will develop an appreciation for the culture of the countries where the language is spoken.

Elective Classes – Semester

Art Foundations 1 – (10260)

Utilizing the Secondary Visual Arts Level 1 standards, this class is designed to provide an overview of visual arts while studying a broad variety of art tools and materials. With an emphasis on studio production, this course is designed to develop higher-level thinking, art-related technology skills, art criticism, art history, and aesthetics.

Art Foundations 2 - \$ (10270)

Prerequisite: Art Foundations 1

Utilizing the Secondary Visual Arts Level 1 standards, this class is designed to provide an overview and introduction to visual arts through studying a variety of art tools and materials. This course builds on Art Foundations 1 providing a more in-depth experience with fewer art forms. With an emphasis on studio production, this course is designed to develop higher-level thinking, art-related technology skills, art criticism, art history, and aesthetics.

Beginning Theatre – (16000)

This is an introductory course in theatre with an emphasis on performance and playwriting. No previous experience is necessary. The course will include, but not be limited to, improvisation, monologues, characterization, movement, playwriting, and work with voice projection and diction. Other skills learned and developed include: critical thinking, rehearsal skills, plot structure, reading, writing, and cooperative group work.

Choir Mixed - \$ (13250)

This class is open to all students. Emphasis will be placed on quality vocal production, individual singing, and music reading skills. Rehearsals and performances outside of class time are part of the course requirement and will constitute a portion of the grade.

Creative Coding - (80080)

A quality computer science curriculum not only engages students in interesting, collaborative learning activities using sound pedagogical strategies, but it also ensures that students are learning concepts vital to the deep and broad field of computer science. Creative Coding has been designed to achieve this goal by aligning with the CSTA K-12 Computer Science Standards. This course is primarily an introductory programming course. Units are grounded in an array of standards from the strands of computational thinking, collaboration, computing practice and programming, computer and communication devices, and community, global and ethical impacts.

Creative Writing 1 – (46550)

This semester course, based on the Utah English Arts (ELA) Core Writing Standards, is designed as an introduction to imaginative writing of personal experiences, character sketches, short fiction, and poetry. It provides students with the opportunity to prepare manuscripts for publication, awards, and scholarships.

Dance 1 – (71460)

This course offers basic dance techniques, fitness fundamentals, movement qualities, and rhythm with an emphasis on creativity, sequencing, and problem solving.

Dance 2 – (71470)

A course designed to develop dance techniques, flexibility, and coordination, with an emphasis on creativity and artistic composition. There will be performances outside of class time that are part of the course requirements, and they will constitute a portion of the grade.

Debate 1 – (16450)

This course, based on the Utah English Arts (ELA) Core Standards, is designed to introduce students to debate, analysis, reasoning, delivery skills, organization, writing techniques, research, and provides opportunities for impromptu speaking, original oratory, extemporaneous speaking, Lincoln-Douglas debate, and student congress.

Mindfulness Yoga – (71290)

This class focuses on structural alignment, increase of strength, and flexibility. It will deepen a student's awareness of breath and the role it has in generating energy and stamina in one's mind and body. The course will also incorporate techniques for stress relief, and enhance one's physical performance by teaching students how to connect breath, organ systems, physiology, and anatomy all together.

Python 1 – (81380)

This course introduces the Python programming language and is suitable for students who are new to coding. Python is widely used because of its versatility and flexibility. Students will create games, animations, and other interactive programs. Students will master basic coding concepts common to all programming languages and be introduced to libraries, procedural graphics, and complex input. Students will develop coding-related skills such as decomposition, debugging, and analyzing code written by others. Python is a dominant coding language for major companies like Netflix, Amazon, Spotify, and Instagram. And fun fact, the Python language was named after the British comedy group Monty Python.

Python 2 – (81390)

This course builds on the basic concepts learned in Python 1: libraries, procedural graphics, complex input, decomposition, debugging, and analyzing code. Students will continue developing their skillset by creating graphical, sprite-based games using custom images. Expanding and mastering the use of Python opens up both personal coding platforms and career possibilities. Python is an open-source language that continues to evolve; in fact, Google created a unique Python style guide and several libraries. Big companies like Disney Animation, NASA, Uber, and Reddit use Python. Python coding skills are in high demand in industries like electronics, tech, media, and artificial intelligence, with developers averaging a salary over \$100,000.

Racket/Net Sports- (71180)

Improved fitness is a goal of each Individualized Lifetime Activities course. The curriculum provides diverse offerings to meet the individual needs of all students to develop competency in specific activities, but not limited to: pickleball, tennis, speedminton, ping pong, racquetball, etc. Students will be able to apply basic/advanced skills, strategies, and rules using standardized guidelines or rubrics to be successful in their class.

Social/Ballroom Dance 1 – (71440)

This course offers instruction and practice in the social dance steps, rhythms, and techniques. The following dances may be included: foxtrot, cha-cha, waltz, swing, mambo, western swing, and western line dance. Performances and rehearsals outside of the regular school day are required and will constitute a portion of the course grade.

Sports Plus – (71280)

Jr. High/Middle School class taken after core-required P.E. is completed.

French Immersion

French DLI 3 H (Yearlong) (41080) \$

This course is specifically designed for students who have completed an elementary school Dual Language Immersion program. It is designed to challenge students to encounter authentic texts published for native speakers. Students will be asked to grapple with real-world complex issues centered on six interdisciplinary themes: global challenges, science and technology, contemporary life, personal and public identities, families and communities, and beauty and aesthetics. This course begins preparation for the Advanced Placement French exam.

French DLI Culture & Media (Semester) (41070)

This course is specifically designed for students who have completed an elementary school Dual Language Immersion program. It is designed to build skills in cultural-linguistic competencies necessary for successful communication with native speakers. Students utilize media and authentic texts to learn about the diverse cultural products, practices, and perspectives of countries. This course begins preparation for the Advanced Placement French exam.