

7th Grade ENCORE Course Descriptions 2025-2026

Fitness and Health (Required) (Full Year)	<p>In the seventh grade, students will progress and refine skills toward content mastery in all areas of fitness and sport. The curriculum content is based on SHAPE America national standards, which give students the opportunity to develop leadership skills and to work in small groups to solve problems or accomplish tasks. Through purposeful learning activities, students are guided to refine motor, social, and intellectual skills that promote a fit and active lifestyle. Students will be assessed in physical fitness through the administration of FitnessGram, a battery of tests used to determine levels of fitness. Reports of these assessments will be sent home at least once during the year.</p>
AVID 7 (Full Year)	<p>The AVID academic elective provides strong, relevant writing and reading curriculum, study skills, organization, time management, college research and the tutorial process. AVID 7 builds upon the skills and strategies developed in AVID 6 while working toward the goal of placement in at least one course that represents the most rigorous instruction at that grade level. Students practice inquiry through discussion using Socratic Seminar and Philosophical Chairs methods. Inquiry and collaboration skills continue to develop as students refine their participation in the tutorial process. Students engage in reading and writing to learn activities and grow as active and responsible learners.</p>
Band II (Fine Art) (Full Year)	<p>Students will further develop good tone production, musical accuracy in performance skills, balance, and interpretation of music within a small group. Comprehensive musicianship is taught through the study of varied instrumental repertoire. Instruction is offered on the following instruments: oboe, clarinet, flute, bassoon, saxophone, trumpet, French horn, baritone horn, trombone, tuba, and percussion. <i>Public musical performances will be expected. Before and after school activities and rehearsals are integral to the course, and grades may reflect such participation.</i></p>
Chorus II (Fine Art) (Full Year)	<p>Students will further develop an understanding of musical accuracy in performance skills and musical sound through movement. Students will perform, create, and analyze to choral music and comprehensive musicianship will be taught through the study of varied choral repertoire. <i>Public musical performances will be expected. Before and after school activities and rehearsals are integral to the course, and grades may reflect such participation.</i></p>
Dance 7 (Fine Art) (Full Year)	<p>Students will improve their abilities in several dance styles, experience dance performances from various cultures, have fun creating and analyzing their own dances, increase their dance vocabulary, have performance opportunities, research historical dance figures and famous dancers, and improve their physical fitness.</p>

Dance For Athletes 7 (Full Year) (Fine Art)	<p>This course focuses primarily on the development of footwork, coordination, core strength, and agility as the student engages in kinesthetic movement and patterns. Students learn how dance training techniques improve athletic performance.</p>
Orchestra II (Fine Art) (Full Year)	<p>Students will further develop good tone production, musical accuracy in performance skills, balance, and interpretation of music within a small group. Comprehensive musicianship is taught through the study of varied instrumental repertoire. Instruction is offered on the following instruments: violin, viola, cello, and string bass. <i>Public musical performances will be expected. Before and after school activities and rehearsals are integral to the course, and grades may reflect such participation.</i></p>
Gateway to Technology 7	<p>This activity-oriented program challenges and engages students in hands-on Science, Technology, Engineering and Math (STEM) activities. Students will learn about simple machines, structures and machine automation. They will also work in teams to solve “Rube Goldberg” mechanical devices and experience reverse engineering activities.</p>
Get the FACS 7	<p>This interdisciplinary course blends design, technology, and science with a problem-based hands-on approach to teaching. Students will learn entrepreneurial job skills that will prepare them for the business of babysitting. Students will develop their own personal style using 21st century tools of design and technology while they apply creativity and ingenuity as they construct a sewing project. In addition, students will discover the “Chemistry of Food” in a laboratory setting. Students will learn how to research, prepare, and serve foods in a teamwork environment that empowers the young teen to make healthier food choices.</p>
Project Runway 7 (Fine Art) (Semester)	<p>In Project Runway 7, students explore multiple aspects of the fashion industry including color theory and characteristics of textiles. Students will develop their creative talents using digital and graphic resources and express their vision and ideas through fashion sketching as well as applying sewing techniques to create projects that express their own personal style. Students examine the influence of iconic fashion designers as well as the global influence of customs and cultures on fashion. Students will examine opportunities for careers in the textile and fashion industry.</p>

<p>True Colors 7 (Fine Art)</p>	<p>Students focus on further developing art skills, vocabulary, creativity, and concepts of design. Two-dimensional lessons may include painting, collage, drawing, and printmaking. Three-dimensional projects may include functional or sculptural ceramic experiences. Art history, art appreciation, and art criticism are integrated into the lessons as a framework of the curriculum</p>
<p>Team Sports 7 (Full Year or Semester)</p>	<p>This course places significant attention on the Sport Education Model of physical education. Students electing Team Sports will engage in traditional team sports as determined by the teacher and supported by facility and equipment resources. The emphasis of this course is on physical movement and student engagement. However, player preparation for sport, specific sport conditioning, skill development, and sport psychology are all important aspects in the development of the sports-minded student. Additional opportunities for coaching, refereeing, team management, statistical analysis, tournament facilitation, and spectator etiquette are offered to students.</p>
<p>Introduction To Digital Palette 7 (Fine Art)</p>	<p>Students will experience art fundamentals of design through digital imaging and computer graphics programs. Focus will include creating artwork in various formats, including print and possibly the Web. Projects will be created using integrated software such as Photoshop, PowerPoint, and other programs. Students will explore advertising, package design, and fine arts projects.</p>
<p>Intermediate Digital Palette (Fine Art)</p>	<p>Students will advance their art design skills through further study of digital imaging and computer graphics programs. Focus will include creating artwork by using more complex techniques and tools in various digital formats and through use of integrated software. Students will explore and expand their digital portfolio with projects that may include experiences in photomontage, commercial design, and digital sculpture. <i>You must take Introduction to Digital Palette first before taking this class!</i></p>
<p>World and Classical Languages (Full Year)</p>	<p>Spanish 1A, French 1A, Chinese 1A, Spanish 1B, French 1B, Chinese 1B: May be taken in 7th grade if a student took 1A in 6th grade. Meets every other day. Credit will be awarded at the successful completion of the course. (.5 credits)</p> <p><i>Please refer to Middle School Program of Study for further information about World and Classical Languages.</i></p>