

**FALCON RIDGE MIDDLE SCHOOL**  
**7th GRADE REGISTRATION WORKSHEET 2026-2027**

All 7<sup>th</sup> grade students are required to take a full year of the following courses:

- Language Arts
- American Studies
- Math
- Science
- Communications (every other day)
- Physical Education (every other day)

In addition, 7<sup>th</sup> grade students must request elective courses to complete their schedule. All elective courses meet every other day either for the full year or for a trimester. The detailed course descriptions are on the second page of this handout.

**DIRECTIONS:**

1. Choose Option 1, Option 2 or Option 3. Put an X next to the option selected.
2. Follow the directions for the Option chosen in step one. Only pick classes in the one option you chose.
3. Return form to your Advisory teacher on Monday, January 26, 2026.

**Option 1:**

**Please select 2 full year classes.**

✓	Course Title (full year classes, pick two)	Course Numbers
	Band	70MUS1
	Choir	70MUS2
	Spanish 1A	70FOR7
	Heritage Spanish	70FOR12
	Intro to Dance	00ART12

**Option 2:**

**Please select 1 full year class, and one applied arts block.**

✓	Full year classes, pick one	Course Numbers
	Band	70MUS1
	Choir	70MUS2
	Spanish 1A	70FOR7
	Heritage Spanish	70FOR12
	Intro to Dance	00ART12

✓	Applied Arts block, pick one	Course Numbers
	Cool Creations 1, Independent Living Skills, Programming and Robotics	00ART3, 00FCS2, 00TEC11
	Cool Creations 2, Teen Chef, Designing for a Better World	00ART6, 00FCS5, 00TEC15

**Option 3 NEXT PAGE**

**Option 3:**

Please select two applied arts blocks.

✓	Applied Art Block, pick two	Course Numbers
	Cool Creations 1, Independent Living Skills, Programming and Robotics	00ART3, 00FCS7, 00TEC11
	Cool Creations 2, Teen Chef, Designing for a Better World	00ART6, 00FCS5, 00TEC14

FRMS will be offering a 7th grade AVID elective class. This class will replace 7th grade Communication class and a student's every other day applied arts, music or PE class. Students who are interested in AVID will need to fill out an application (will be provided following registration) which will be reviewed by the AVID Team at Falcon Ridge. Approximately 25 students will be chosen for 7th grade AVID. A course description can be found on the last page.

✓	My child would like to begin the process to apply to 7th grade AVID
	AVID

Student Name \_\_\_\_\_

Student ID number \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

## ELECTIVE COURSE OFFERINGS

### Music

**70MUS1: Band:** Seventh grade band is primarily designed for students with two years of experience on a band instrument. The two main components of band class are small group lessons and large group band rehearsals. Every student receives one small group lesson in an 8-day cycle. Large group band rehearsals are conducted every other day. Additional performance opportunities are available through small ensembles, jazz ensembles and other special groups. All students will participate in at least two concerts during the school year. This is a year-long course.

**70MUS2: Choir:** Do you enjoy singing? Come together with your friends and have fun making music! Learn to become a great performer. We sing everything from Bach to rock, "Ode to Joy" to Lean On Me." Have no fear...this is large group singing. Small group and solo options are available for the future stars. You'll have the opportunity to perform in at least two concerts throughout the year. This is a year-long course.

**00ART12: Intro to Dance:** This performing arts class is for students who want to learn the fundamentals of movement and creative expression. If you enjoy music, a physical challenge, and performance, this class is for you. Students will study and focus on fundamental dance elements while exploring multiple dance genres and styles such as hip hop, musical theater, dance technique, and jazz! Students will develop muscle tone, flexibility, proper dance alignment, technical strength, and performance ability. **Class will only be offered if there is enough student interest.**

### Spanish

**70FOR7: Spanish 1A:** ¡Hola! Students will learn basic conversational skills including vocabulary for introductions, asking/answering where people come from, personal likes/dislikes, describing themselves and others, school schedules and classes, free-time activities and food. Communication skills will focus on listening, reading, writing, and speaking. Homework completion, memorization of vocabulary, preparation for quizzes and tests, and active class participation is required. To ensure success in this class, students need to have a strong reading background to register for Spanish 1A. ¡Avancemos!

**70FOR12: Heritage Spanish:** Do you speak Spanish at home? Have you noticed that you can do more than what our Spanish 1 classes offer? Would you like to improve your reading, writing, listening and speaking skills in Spanish? This class is for you! The course will focus on improving literacy and proficiency with an emphasis on Hispanic culture, identity, community and history.

¿Hablas español con tu familia? ¿Has notado que puedes hacer más de lo que la clase de español 1 te ofrece? ¿Te gustaría leer, escribir, escuchar y hablar mejor en español? Esta clase es para ti. Este curso se enfoca en mejorar habilidades de escritura y lectura en español, con énfasis en cultura hispana, identidad, comunidad e historia.

### ART

**00ART3: Cool Creations 1:** In Cool Creations, you will use the creative design process to explore your art interests and create individual works of art. Gain experience in different art areas of your choice including drawing, painting, sculpture, ceramics, printmaking, collage, stop motion, photography, and weaving. You will be given the opportunity to try new things and expand on your strengths. We will engage with and reflect on the process from idea generation through your completed artwork while being inspired by artists past and present. You may sign up for both Cool Creations 1 and Cool Creations 2 in the same school year if you have room in your schedule. Your experiences will be different in each course because creativity is endless and there is so much to learn! Everyone is welcome!

**00ART6: Cool Creations 2:** In Cool Creations, you will use the creative design process to explore your art interests and create individual works of art. Gain experience in different art areas of your choice including drawing, painting, sculpture, ceramics, printmaking, collage, stop motion, photography, and weaving. You will be given the opportunity to try new things and expand on your strengths. We will engage with and reflect on the process from idea generation through your completed artwork while being inspired by artists past and present. You may sign up for both Cool Creations 1 and Cool Creations 2 in the same school year if you have room in your schedule. Your experiences will be different in each course because creativity is endless and there is so much to learn! Everyone is welcome!

### **FAMILY & CONSUMER SCIENCE**

**00FCS7: Independent Living Skills:** In Independent Living Skills, students develop practical skills for life beyond middle school, Learn about becoming more independent and planning for the future. In this course, students explore future career interests, learn the basics of money management, and practice preparing quick, easy, and practical meals.

**00FCS5: Teen Chef:** Teen Chef introduces students to essential and basic cooking methods and techniques, while building confidence in the kitchen.

### **TECHNOLOGY EDUCATION (STEM)**

**00TEC11: Programming and Robotics:** Students will develop an online portfolio which will demonstrate different programming skills learned throughout the course. The course also compliments an engineering design process and inquiry focus. Moreover, the demand for computer programmers has increased dramatically over the last decade and there will be a shortfall of coders nationwide. Introducing students to coding at a young age will open their eyes to the potential careers related to coding.

**00TEC 15: Designing for a Better World:** As humans become more aware of global issues such as climate change, famine, poverty etc. harnessing the power of science and engineering has never been more important. Students will identify real world problems either locally or globally and use and leverage the engineering design process to create a prototype or system to solve the problems. This class is designed to empower students and show them that even as middle school students they have the power to make real change in the world using science, technology, engineering, and math (STEM).

### **AVID Elective**

**71SSK- AVID:** AVID elective class provides a curriculum that focuses on strong reading and writing skills, organization, study strategies for success, and research on colleges and careers. AVID students also participate in Socratic-style tutorials two days per week. Click on the link for the AVID brochure, or more information can be found on our website at [www.frms.district196.org](http://www.frms.district196.org)