

## 7th Grade Elective/PE Course Descriptions 2022-23

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**\*\* Reminder: You will have two elective class periods throughout the year. 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. There will be NO STUDENT INITIATED SCHEDULE CHANGES.**

### **INTRODUCTION TO AG SCIENCE**

(1 semester/box, not repeatable)

#461

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.

### **INTRODUCTION TO AG CONSTRUCTION**

( 1 semester/box, not repeatable) **\*FEE REQUIRED\***

#467

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 small fee for this class to cover the cost of projects.

### **ART 7**

(Year/2 boxes, Fee required\*)

#421

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. **\*FEE REQUIRED\***

## **BAND**

(Year/2 boxes; **Permission from band instructor required**)

#990—Flutes and Saxophones

#991-Clarinets

#992-High Brass

#988-Percussion

#989-Low Brass

Nixa's Junior High band enjoys a combination of performance and competition. Junior High musicians perform in concerts and parades and compete in a solo and ensemble festival. 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. (Must have already had band in 6th grade)

## **Band Explorations**

(1 semester/Can NOT be repeated)

#987

This 1st semester class is for 7th grade students who did not join band as a 6th grader but would like the opportunity to learn to play an instrument and get involved with the band program. Students will learn to play either the flute, clarinet, trumpet or trombone, building the necessary skills to transition into the 7th grade instrument classes 2nd semester. Instrument selection will be a process guided by the teacher. Students will be required to obtain their own instrument but should not do so until meeting with the teacher. Don't miss this last opportunity to get involved with the band program! A future full of exciting performances in some amazing places awaits!

## **CHOIR (Year/2 boxes)**

#501 Tenor/Bass Choir

#502 Treble Choir

# 509 Varsity Singers

# 508 Varsity Treble Choir

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 contest 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 or the Varsity Treble Choir, students must audition and be approved by the choir director.

### **DIGITAL LEARNING SKILLS**

(Semester/1 box; can NOT be repeated)

#778

Digital Learning Skills is an introductory course that will provide students with the opportunity to use the computer as a problem-solving tool. This class provides an overview of microcomputer applications beginning with a brief introduction to computer concepts such as proper keyboarding techniques. Students will learn to use Google Suite including Docs, Slides, and Sheets. The class will also focus on using the Internet in meaningful class projects.

### **FACS I**

(Semester/1 box; Fee required\*; can NOT be repeated)

#0830

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 clothing care and selection, and basic sewing techniques. This class has a lab fee of \$25 for consumables used during the lab portions of the class.

### **GEOGRAPHY**

(Semester/1 box; can NOT be repeated)

#405

Are you curious about the world? Are you interested in traveling to different places? Are you excited to meet new people? Then Geography is the class for you. Although we will not physically get to leave the classroom, we will take adventures to far off places and meet new and different people, mainly by using the 5 themes of Geography. Yes, there will be maps to make, notes to take, but there will also be games to play, projects to create, and a world of information to learn!

### **GUITAR ESSENTIALS**

(Semester/1 box; Repeatable)

#5042

This course is for beginning and inexperienced guitarists who wish to learn to play the guitar. In addition to this, students will be able to experiment with music technology. The guitar essentials classes practice on various sized guitars. You will learn how to read music, perform in

front of your peers, and become the ultimate rockstar! This class can be retaken multiple semesters.

### **HORTICULTURE**

(Semester/ 1 box; class can be repeated)

#558

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.

### **JOURNALISM (YEARBOOK/MEDIA BROADCASTING)**

(Year/2 boxes, **Application and permission required**)

#106

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 consisting of current events at NJH. 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 ESSENTIALS**

(Semester/1 box; Repeatable)

#504

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.

### **DESIGN AND MODELING**

(Semester/1 box; can NOT be repeated)

#582

Students apply the design process to solve problems and understand the influence of creativity and innovation in their lives. They work in teams to design medical devices as well as interactive toys, capturing research and ideas in their engineering notebooks. Using Cad design software,

students create a virtual image of their designs and produce a portfolio to showcase their innovative solutions.

### **Page Turners**

**(Semester/1box: Repeatable)**

#841

**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?

### **SPEECH AND DEBATE**

(Year/2 boxes; **Application and permission from teacher required**, fee required\*)

#0844

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**

(Semester/1 box; can be repeated)

#840

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..., low stress way. Class may be repeated in 8th grade if desired.

### **THEATRE ARTS I**

(Year/2 boxes)

#500

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.

### **STUDY HALL**

(Semester/1 box; Can be repeated)

## **PE options:**

### **STRENGTH and CONDITIONING 1**

(Year/2 boxes)

# 452 Boys

# 451 Girls

Within this course offering all physical fitness testing will occur. Through the weights 1 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.

### **Cardio Class**

# 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**

Boys 448

Girls 446

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. This offering is for students who enjoy the traditional PE classroom and will play games in class 3-4 days a week with a focus on fitness the remaining 1-2 days.