



PA Distance
Learning
CHARTER SCHOOL

Elementary Course Catalog

Elementary
Kindergarten – 6th Grade

Elementary school students are expected to attend live-learning sessions as listed on his/her online school calendar. There are daily lessons in elementary courses to complete every school calendar day. Pennsylvania public school regulations require every elementary school student to spend a minimum of 5.0 hours completing school work each day.

Kindergarten Courses

Kindergarten Foundational Skills & Reading

Course length: Full-year

In English Language Arts, students will master concepts including reading comprehension, phonics, phonemic awareness, fluency, grammar, and writing. Daily phonemic awareness will allow students to engage in activities teaching early skills such as rhyming and onset fluency, basic skills of blending and segmenting sounds, and working with the complex and advanced skills of substituting, adding, and deleting phonemes. Students will also continue to build upon their knowledge of letter recognition and corresponding sounds, and language awareness. Kindergarten phonics, spelling, and handwriting is about: letter formation, phonological and phonemic awareness, sound mastery, word study and advanced word study, irregular (trick) word instruction, vocabulary, fluency, comprehension strategies, and written language. Nonfiction and fiction books will be used to support students' learning. Students learn to apply these skills to their day-to-day lives, and they are provided the opportunity to share their ideas with their peers.

Kindergarten Mathematics

Course length: Full-year

Curriculum Resource: *Zearn*

Kindergarten Mathematics is about: representing, relating, and operating on whole numbers, initially with sets of objects; describing shapes and space. More learning time in Kindergarten is devoted to numbers than to other topics. Key areas of focus for Kindergarten include addition and subtraction concepts, skills, and problem solving. The required fluency at the end of Kindergarten Mathematics is to add and subtract fluently within 5.

Kindergarten Social Studies

Course length: Full-year

Curriculum Resource: *Acellus*

In Social Studies, students will explore concepts including geography, rules and laws, rights and responsibilities, people and places, American symbols and holidays, cultures, and goods and services. Nonfiction and fiction books will be used to support students' learning within Social Studies. Students learn to apply these skills to their day-to-day lives, and they are provided the opportunity to share their ideas, traditions, and customs with their peers.

Kindergarten Science

Course length: Full-year

Curriculum Resource: *Acellus*

In Science, students will dive into concepts including living and nonliving things, habitats, landforms, natural resources, weather, space, matter, energy, motion, and integrated safety units throughout the year. Students will explore these concepts using their senses to record observations. Nonfiction and fiction books will be used to support students' learning within Science. Students learn to apply these skills to their day-to-day lives, and they are provided the opportunity to share their ideas, traditions, and customs with their peers.

Kindergarten Music

Course length: Full-year

Music is a non-graded course in Kindergarten, and is designed to introduce the fundamental concepts of music. Students will participate in various musical activities allowing them to develop their musicianship skills as well as foster an interest in Music. Activities include dancing, singing, games and instrument playing. Instruction is varied to serve all needs.

Kindergarten Visual Art

Course length: Full-year

This introductory course meets Pennsylvania Art Standards for Grades K-3. Work in the course is primarily project based. Course lessons are located in our online course delivery system. The courseware offers a comprehensive, balanced and sequential program that supports National and State Art Standards and provides a consistent level of art education and assessment. Guided practices, videos, and activities also support the subject matter taught through the online curriculum.

Kindergarten Health and Wellness

Course length: Full-year

Throughout this non-graded Health and Wellness course, students will be able to meet Pennsylvania Academic Standards for Health, Safety and Physical Education by being engaged in lessons focused on the following concepts: concepts of health, healthful living, safety and injury prevention, physical activity and concepts, and principles and strategies of movement. To meet the physical activity standards, students are responsible for engaging in daily physical activities by completing a weekly fit log. This approach makes fitness very personal and individualized while giving the students the freedom to choose their own fitness activities. In addition to weekly fit logs, students will test their overall fitness levels by participating and completing the Presidential Youth Fitness Program. The students will learn topics such as, the stages of growth and development, main organs and body systems and childhood nutrition.

1st Grade Courses

1st Grade Foundational Skills & Reading

Course length: Full-year

In Foundational Skills and Reading, students will master concepts including reading comprehension, phonics, phonemic awareness, fluency, grammar, and writing. Daily phonemic awareness will allow students to engage in activities teaching early skills such as rhyming and onset fluency, basic skills of blending and segmenting sounds, and working with the complex and advanced skills of substituting, adding, and deleting phonemes. Students will also continue to build upon their knowledge of letter recognition and corresponding sounds, and language awareness. Grade 1 phonics, spelling, and handwriting is about: letter formation, phonological and phonemic awareness, sound mastery, word study and advanced word study, irregular (trick) word instruction, vocabulary, fluency, comprehension strategies, and written language. Nonfiction and fiction books will be used to support students' learning. Students learn to apply these skills to their day-to-day lives, and they are provided the opportunity to share their ideas with their peers.

1st Grade Mathematics

Course length: Full-year

Curriculum Resource: *Zearn*

Grade 1 Mathematics is about: developing understanding of addition, subtraction, and strategies for addition and subtraction within 20; developing understanding of whole number relationships and place value, including grouping in tens and ones; developing understanding of linear measurement and measuring lengths as iterating length units; reasoning about attributes of, and composing and decomposing geometric shapes. Key areas of focus for Grade 1 Mathematics include addition and subtraction concepts, skills, and problem solving. The required fluency at the end of Grade 1 Mathematics is to add and subtract fluently within 10.

1st Grade Social Studies

Course length: Full-year

Curriculum Resource: *Acellus*

In Social Studies, students will explore concepts including geography, rules and laws, rights and responsibilities, people and places, American symbols and holidays, cultures, and goods and services. Students learn to apply these skills to their day-to-day lives, and they are provided the opportunity to share their ideas, traditions, and customs with their peers. Nonfiction and fiction books will be used to support students' learning within Social Studies.

1st Grade Science

Course length: Full-year

Curriculum Resource: *Acellus*

In Science, students will dive into concepts including habitats for plants and animals, life cycles, weather, seasons, earth's resources, matter, sounds and movements, energy and integrated safety units throughout the year. Students will explore these concepts using their senses to record observations. Students learn to apply these skills to their day-to-day lives, and they are provided the opportunity to share their ideas, traditions, and customs with their peers. Nonfiction and fiction books will be used to support students' learning within Science.

1st Grade Music

Course length: Full-year

Music is a non-graded course in 1st Grade, and is designed to continue building upon the fundamental concepts of music. Students will participate in various musical activities allowing them to develop their musicianship skills as well as foster an interest in Music. Activities include dancing, singing, games and instrument playing. Instruction is varied to serve all needs.

1st Grade Visual Art

Course length: Full-year

This introductory course meets Pennsylvania Art Standards for Grades K-3. Work in the course is primarily project based. Course lessons are located in our online course delivery system. The courseware offers a comprehensive, balanced and sequential program that supports National and State Art Standards and provides a consistent level of art education and assessment. Guided practices, videos, and activities also support the subject matter taught through the online curriculum.

1st Grade Health and Wellness

Course length: Full-year

Throughout the Health and Wellness course, students will be able to meet Pennsylvania Academic Standards for Health, Safety and Physical Education by being engaged in lessons focused on the following categories: concepts of health, healthful living, safety and injury prevention, physical activity and concepts, principles and strategies of movement. To meet the physical activity standards, the students are responsible for engaging in daily physical activities by completing a weekly fit log. This approach makes fitness very personal and individualized while giving the students the freedom to choose their own fitness activities. In addition to weekly fit logs, students will test their overall fitness levels by participating and completing the Presidential Youth Fitness Program. The students will also learn topics such as, types and causes of common health problems of children, hygiene practices and what to do in emergency situations. The students will be assessed in these areas by completing assignments, quizzes and unit assessments.

2nd Grade Courses

2nd Grade Foundational Skills & Reading

Course length: Full-year

Curriculum Resource: *Acellus*

In English Language Arts, students are exposed to various forms of nonfiction and fiction texts. Phonics skills are learned and implemented as they decode words to analyze language with high-interest text. Students continue to develop skills in the areas of phonics, grammar, comprehension and writing. Daily phonemic awareness will allow students to engage in activities teaching early skills such as rhyming and onset fluency, basic skills of blending and segmenting sounds, and working with the complex and advanced skills of substituting, adding, and deleting phonemes. Students will also continue to build upon their knowledge of letter recognition and corresponding sounds, and language awareness. Grade 2 phonics, spelling, and handwriting is about: letter formation, phonological and phonemic awareness, sound mastery, word study and advanced word study, irregular (trick) word instruction, vocabulary, fluency, comprehension strategies, and written language. Nonfiction and fiction books will be used to support students' learning. Students learn to apply these skills to their day-to-day lives, and they are provided the opportunity to share their ideas with their peers.

2nd Grade Mathematics

Course length: Full-year

Curriculum Resource: *Zearn*

In Mathematics, students analyze the following topics: measurement, time, money, fractions, addition, subtraction and multiplication. Grade 2 Mathematics is about extending understanding of base-ten notation, building fluency with addition and subtraction, using standard units of measure, and describing and analyzing shapes. The key areas of focus for Grade 2 Mathematics are addition and subtraction concepts, skills, and problem solving. Required fluency for the end of Grade 2 Mathematics includes adding and subtracting within 20, and then adding and subtracting within 100.

2nd Grade Science

Course length: Full-year

Curriculum Resource: *Acellus*

In Science, students will examine weather, pollution and its effects, landforms, water features, plants and soil. Students engage in hands-on experiments throughout the year so they can apply what they learn to real-life scenarios.

2nd Grade Social Studies

Course length: Full-year

Curriculum Resource: *Acellus*

In Social Studies, students will spend time examining topics such as citizenship, government, economics, geography and history. Students learn to apply these skills to their day-to-day lives, and they are provided the opportunity to share their ideas, traditions, and customs.

2nd Grade Music

Course length: Full-year

Music is a non-graded course in 2nd Grade, and is designed to continue building upon the fundamental concepts of music as previously introduced. Students will participate in various musical activities allowing them to develop their musicianship skills as well as foster an interest in Music. Activities include dancing, singing, games, staff writing, expression exercises and instrument playing. Instruction is varied to serve all needs.

2nd Grade Visual Art

Course length: Full-year

This introductory course meets Pennsylvania Art Standards for Grades K-3. Work in the course is primarily project based. Course lessons are located in both our online course delivery system. The courseware offers a

comprehensive, balanced and sequential program that supports National and State Art Standards and provides a consistent level of art education and assessment. Guided practices, videos, and activities also support the subject matter taught through the online curriculum.

2nd Grade Health and Wellness

Course length: Full-year

Throughout the Health and Wellness course, students will be able to meet Pennsylvania Academic Standards for Health, Safety and Physical Education by being engaged in lessons focused on the following categories: concepts of health, healthful living, safety and injury prevention, physical activity and concepts, principles and strategies of movement. To meet the physical activity standards, the students are responsible for engaging in daily physical activities by completing a weekly fit log. This approach makes fitness very personal and individualized while giving the students the freedom to choose their own fitness activities. In addition to weekly fit logs, students will test their overall fitness levels by participating and completing the Presidential Youth Fitness Program. The students will also learn topics such as, types and causes of common health problems of children, hygiene practices and what to do in emergency situations. The students will be assessed in these areas by completing assignments, quizzes and unit assessments.

3rd Grade Courses

3rd Grade English Language Arts

Course length: Full-year

Curriculum Resource: *Acellus*

The English Language Arts curriculum encompasses reading, composition, spelling, grammar, phonics, and vocabulary. Third grade students will experience various forms of nonfiction and fiction texts, including short stories, plays, and magazine articles. Students will demonstrate an understanding of various reading comprehension strategies as well as writing types and techniques.

3rd Grade Mathematics

Course length: Full-year

Curriculum Resource: *Zearn*

Grade 3 Mathematics is about: developing understanding of multiplication and division and strategies for multiplication and division within 100; developing understanding of fractions, especially unit fractions (fractions with numerator 1); developing understanding of the structure of rectangular arrays and of area; and describing and analyzing two-dimensional shapes.

3rd Grade Science

Course length: Full-year

Curriculum Resource: *Acellus*

The Science curriculum allows students to examine our Earth and living things through investigation and inquiry. As an introduction to health concepts, body systems, life cycles, ecology and earth and space sciences the course offers projects along with virtual labs.

3rd Grade Social Studies

Course length: Full-year

Curriculum Resource: *Acellus*

In Social Studies, students will explore the concept of community, while gaining knowledge of the development of early cultures, systems of government, and how communities and cultures interconnect locally and globally. Culture and traditions are evaluated as students explore the earliest civilizations and exploration of the Americas through map skills, economic concepts of money, production, and resources as students create timelines and government and law.

3rd Grade Music

Course length: Full-year

Music is a rubric graded course in 3rd Grade, and is designed to continue building upon the fundamental concepts of music as previously introduced. Students will participate in various musical activities allowing them to develop their musicianship skills as well as foster an interest in Music. Activities include dancing, singing, games, staff writing, expression exercises and instrument playing. A Guided Listening Journal and writing prompts will encourage the reading foundations needed in 3rd Grade and foster an internal curiosity about the music in the world around us. Instruction is varied to serve all needs.

3rd Grade Visual Art

Course length: Full-year

This introductory course meets Pennsylvania Art Standards for Grades K-3. Work in the course is primarily project based. Course lessons are located in both our online course delivery system. The courseware offers a comprehensive, balanced and sequential program that supports National and State Art Standards and provides a consistent level of art education and assessment. Guided practices, videos, and activities also support the subject matter taught through the online curriculum.

3rd Grade Health and Wellness

Course length: Full-year

Throughout the Health and Wellness, the students will be able to meet Pennsylvania Academic Standards for Health, Safety and Physical Education by being engaged in lessons focused on the following categories: concepts of health, healthful living, safety and injury prevention, physical activity and concepts, principles and strategies of movement. To meet the physical activity standards, the students are responsible for engaging in daily physical activities by completing a weekly fit log. This approach makes fitness very personal and individualized while giving the students the freedom to choose their own fitness activities. In addition to weekly fit logs, students will test their overall fitness levels by participating and completing the Presidential Youth Fitness Program. Students will learn topics such as, age appropriate drug information, safety in the home and community, cooperation and conflict resolution skills, hygiene and decision-making skills. The students will be assessed in these areas by completing assignments, activities, quizzes and exams.

4th Grade Courses

4th Grade English Language Arts

Course length: Full-year

Curriculum Resource: *Acellus*

In English Language Arts, students will experience various forms of nonfiction and fiction texts. They will develop a rich vocabulary and an understanding of sentence structure and correct grammar. Reading comprehension strategies, text-based analysis, and various writing types and techniques will be employed throughout the year. Students will engage in a novel study of the story, *Because of Winn-Dixie*, while also being immersed in various novels throughout the year.

4th Grade Mathematics

Course length: Full-year

Curriculum Resource: *Zearn*

Grade 4 Mathematics is about: developing understanding and fluency with multi-digit multiplication, and developing understanding of dividing to find quotients involving multi-digit dividends; developing an understanding of fraction equivalence, addition and subtraction of fractions with like denominators, and multiplication of fractions by whole numbers; understanding that geometric figures can be analyzed and classified based on their properties, such as having parallel sides, perpendicular sides, particular angle measures, and symmetry.

4th Grade Science

Course length: Full-year

Curriculum Resource: *Acellus*

In Science, students explore nature, life cycles, ecosystems, Earth, weather, space, matter, energy, electricity, and integrated safety units throughout the year. Students will use inquiry based methods to explore, evaluate, analyze, and form conclusions through investigations throughout Science. Fourth grade students will participate in a science fair in the Spring, which students must utilize and apply the scientific method to create and present a final project to their classmates.

4th Grade Social Studies

Course length: Full-year

In Social Studies, students will explore various regions of the United States, U.S. Government, Pennsylvania history, geography, and economics. As the year progresses, students will gain a better understanding of the development and history of their country, government, and home state of Pennsylvania. Upon completion of studying the regions, students will apply their knowledge through a research project based on a given state and will present an oral and visual presentation. Online curriculum, study aids, and various resources will support and enrich daily learning.

4th Grade Music

Course length: Full-year

Music is a rubric graded course in 4th Grade, and is designed to continue building upon the fundamental concepts of music as previously introduced. Students will participate in various musical activities allowing them to develop their musicianship skills as well as foster an interest in Music. Activities include dancing, singing, games, staff writing, expression exercises and instrument playing. Instrumental music is heavily focused on reading, writing, composing and improvising melodies in this class. Students will be encouraged to work in groups and on their own to add valuable input to created and performed musical selections. Instruction is varied to serve all needs.

4th Grade Visual Art

Course length: Year

This course meets the Pennsylvania Art Standards for Grades 4-5 and builds upon knowledge learned in 3rd Grade art. Work in the course is primarily project based. Course lessons are located in the online course delivery. The courseware offers a comprehensive, balanced and sequential program that supports National and State Art Standards and provides a consistent level of art education, assessment and record maintenance. Elements, principles of design and art history will be incorporated throughout the academic school year.

4th Grade Health and Wellness

Course length: Full-year

Throughout the Health and Wellness course, students will be able to meet Pennsylvania Academic Standards for Health, Safety and Physical Education by being engaged in lessons focused on the following categories: concepts of health, healthful living, safety and injury prevention, physical activity and concepts, principles and strategies of movement. To meet the physical activity standards, the students are responsible for engaging in daily physical activities by completing a weekly fit log. This approach makes fitness very personal and individualized while giving the students the freedom to choose their own fitness activities. In addition to weekly fit logs, students will test their overall fitness levels by participating and completing the Presidential Youth Fitness Program. Students will learn topics such as, growth and development changes from childhood to adolescence, health problems that can occur throughout life and apply safe practices in the home, school and community. The students will be assessed in these areas by completing assignments, quizzes and exams.

5th Grade Courses

5th Grade English Language Arts

Course length: Full-year

Curriculum Resource: *Acellus*

In English Language Arts, students will be exposed to various forms of nonfiction and fiction text. Students will broaden their vocabulary and enhance their grammar skills through practice and application. They will acquire and extend reading comprehension strategies, write multi-paragraph pieces using a variety of writing styles, and complete text-based analyses throughout the year.

5th Grade Mathematics

Course length: Full-year

Curriculum Resource: *Zearn*

Grade 5 Mathematics is about: developing fluency with addition and subtraction of fractions, and developing understanding of the multiplication of fractions and of division of fractions in limited cases (unit fractions divided by whole numbers and whole numbers divided by unit fractions); extending division to two-digit divisors, integrating decimal fractions into the place value system and developing understanding of operations with decimals to hundredths, and developing fluency with whole number and decimal operations; and developing understanding of volume.

5th Grade Science

Course length: Full-year

Curriculum Resource: *Acellus*

Science is an engaging and thought provoking course covering Life, Physical, and Earth Science. Students will have the opportunity to observe experiments that demonstrate the concepts they are learning. Students will explore cells and body systems; classifying living organisms; talk about plant growth, monitor, weather and the water cycle; investigate ecosystems; discover why there are changes to the earth's surface; talk about the importance of using and conserving resources; observe matter; describe the impact of energy; and explain the laws of force and motion.

5th Grade Social Studies

Course length: Full-year

In Social Studies, students will discover the history of the Americas from the first Native Americans through the 21st century. We will discuss not only historical events through these periods, but also explore the motives and mindset of the people who made influenced history. Students will explore Native Americans, the English Colonies, the American Revolution, the Civil War and finally the 21st Century.

5th Grade Music

Course length: Full-year

Music is a rubric graded course in 5th Grade, and is designed to continue building upon the fundamental concepts of music as previously introduced. Students will participate in various musical activities allowing them to develop their musicianship skills as well as foster an interest in Music. Activities include dancing, singing, games, staff writing, expression exercises and instrument playing. Instrumental music is heavily focused on reading, writing, composing and improvising chords and accompaniments in this class. Students will be encouraged to work in groups and on their own to add valuable input to created and performed musical selections. Instruction is varied to serve all needs.

5th Grade Art

Course length: Year

This course meets the Pennsylvania Art Standards for Grades 4-5 and builds upon knowledge learned in 3rd Grade art. Work in the course is primarily project based. Course lessons are located in the online course delivery. The courseware offers a comprehensive, balanced and sequential program that supports National and State Art Standards and provides a consistent level of art education, assessment and record maintenance. Elements, principles of design and art history will be incorporated throughout the academic school year.

5th Grade Health and Wellness

Course length: Full-year

Throughout the Health and Wellness course, students will be able to meet Pennsylvania Academic Standards for Health, Safety and Physical Education by being engaged in lessons focused on the following categories: concepts of health, healthful living, safety and injury prevention, physical activity and concepts, principles and strategies of

movement. To meet the physical activity standards, the students are responsible for engaging in daily physical activities. This approach makes fitness very personal and individualized while giving the students the freedom to choose their own fitness activities. Students will complete online activity journals. In addition to the activity journals, students will learn topics such as, structure and function of the major body systems, know appropriate emergency responses and strategies to avoid conflict and violence. The students will be assessed in these areas by completing assignments, quizzes and exams.

5th Grade Introduction to Coding

Course Length: Full year

Curriculum Resource: *Acellus*

Throughout this Introduction to Coding course, students will be able to meet Computer Science and Technology Standards by being taught how to program using the Blockly coding language. With Blockly, everything is done with little building blocks that snap together in an intuitive way. Each block represents a small piece of code that together makes an entire program. Coding with blocks allows students to focus on the fundamental principles of coding without the challenging initial learning curve required for traditional programming languages. Students will be led through activities with incrementally more advanced building blocks. Each block is similar in structure to the syntax and style of real world programming languages. As students learn to program by snapping blocks together, they are laying a foundation for more advanced programming languages. Students will learn about conditional statements, loops, and functions. Students will have the opportunity to engage in 1 live learning classroom, per week, with a teacher and peers to enhance their understanding of all the learned concepts and skills. Students will be required to work independently in Acellus throughout the week to remain on pace with course concepts.

6th Grade Courses

6th Grade English Language Arts

Course length: Full-year

Curriculum Resource: *Acellus*

The Sixth Grade English Language Arts curriculum encompasses reading and analyzing various forms of nonfiction and fiction texts. Students will develop a rich vocabulary, enhancing their knowledge of sentence structure and grammar. Reading comprehension strategies, text-based analysis, and various types of writing and techniques are employed throughout the year.

6th Grade Mathematics

Course length: Full-year

Curriculum Resource: *PA Curriculum Framework*

Sixth Grade Mathematics is about: connecting ratio and rate to whole number multiplication and division and using concepts of ratio and rate to solve problems; completing understanding of division of fractions and extending the notion of number to the system of rational numbers, which includes negative numbers; writing, interpreting, and using expressions and equations; and developing understanding of statistical thinking.

6th Grade Science

Course length: Full-year

Curriculum Resource: *Acellus*

In Science, students will focus on physical and earth sciences with main concentrations on astronomy, forces and motion, and earth structure. Students will explore objects in space, forces and movement in space, forces and motion, Newton's laws of energy, electricity and magnetism, earth systems, rocks and minerals, plate boundaries, and movement, earthquakes and volcanoes.

6th Grade Social Studies

Course length: Full-year

In Sixth Grade Social Studies, students will investigate various ancient civilizations that originated from the Old Stone Age through Ancient Rome. The ancient civilizations of Mesopotamia, Egypt, Africa, India, China, Japan, and Greece are discussed including all aspects of their geography, culture, religion, leadership, trade, and development. Through these studies, students will be able to extend their learning beyond these ancient civilizations to have a greater understanding of the modern world.

6th Grade Music

Course length: Semester

Music in the Sixth Grade is designed to cycle through four major topics of music history, international music, composition and theory and music technology. As these fields are in higher demand in the workforce, we are excited to offer engaging course material for students to engage in and research. In Sixth Grade, we discover Early Music up the 1400's and the Renaissance (1400-1600) are introduced to the musical structure of South America and its culture, an introduction to Music Theory notation and scales and finally an exciting exploration of Music Technology' how it is used currently and its history. This course is set up for students to engage in productive group work, create interdependence in small tasks, and ensure individual success. The workload is focused towards one weekly synchronous lesson, 2 asynchronous lessons, and one project at the end of each small unit.

6th Grade Visual Art

Course length: Full-year

This course meets the Pennsylvania Art Standards for Grades 6-8 and builds upon knowledge learned in 5th Grade art. Work in the course is primarily project based. Course lessons are located in the online course delivery. The courseware offers a comprehensive, balanced and sequential program that supports National and State Art Standards and provides a consistent level of art education, assessment and record maintenance. Elements, principles of design and art history will be incorporated throughout the academic school year.

6th Grade Health and Wellness

Course length: Full-year

Throughout the Health and Wellness course, students will be able to meet Pennsylvania Academic Standards for Health, Safety and Physical Education by being engaged in lessons focused on the following categories: concepts of health, healthful living, safety and injury prevention, physical activity and concepts, principles and strategies of movement. To meet the physical activity standards, the students are responsible for engaging in daily physical activities by completing a weekly fit log. This approach makes fitness very personal and individualized while giving the students the freedom to choose their own fitness activities. In addition to the weekly fit logs, students will learn topics such as the major body systems, nutritional concepts that impact our health from MyPlate, influencing factors of childhood/adolescent drug use, the media and environmental factors that impact health. The students will be assessed in these areas by completing assignments, quizzes and unit assessments.

World Language Optional Course

K-1st Grade Spanish

Course Length: One 5-week session per quarter

This course will offer a thematic approach to learning the Spanish language and culture. Each quarter students will have the option of signing up for a 5-week session. Each session will feature an engaging variety of learning activities including readings, videos, games, songs and virtual field trips. There will be a focus on speaking, reading, writing and listening skills.