



2015-2016
Course Catalog

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Peninsula School District does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. Contact the following school district offices with inquiries regarding the nondiscrimination policies: Title IX/Chapter 28A.640 RCW, Assistant Superintendent, K-12 Programs, 14015 62nd Avenue NW, Gig Harbor, WA 98332 (253-530-1009) and Section 504/ADA, Interim Director for Student Services, 14015 62nd Avenue NW, Gig Harbor, WA 98332 (253-530-1080).



Dear Students and Parents,

In Peninsula School District all students are challenged to perform at their highest level and to show continuous improvement.

Academic accomplishments do not come about easily. Peninsula School District in partnership with family, business, and community will provide a learning-focused environment in which every student will acquire the knowledge, skills, and character to become a productive citizen in a changing world. Your hard work and dedication, along with the support and leadership of your family and teachers, will lead you to success in your high school experiences.

This year, in response to new state adopted standards and high school graduation requirements, we have added some additional Pathway guides to assist students and families as they are planning their high school courses. Take time to study this guide and with the help of family, teachers, and counselors, begin to identify the courses and areas of study that will challenge you and ignite your interests. You are at the beginning of a journey on the path to personal accomplishment and service. We are here to support you along the way.

Sincerely,

A handwritten signature in black ink, appearing to read 'C. Cuzzetto', with a long horizontal flourish extending to the right.

Charles E. Cuzzetto
Superintendent

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GENERAL INFORMATION

This course guide gives you information about all courses that may be offered in Peninsula middle schools. Students are to enroll in and maintain a full schedule throughout middle school years. We hope this guide will answer all of your questions as you decide what middle school courses to register for next year. The courses in this guide will be offered next year only if enough students register this spring to fill a class. It is very important that you think carefully about your choices now so that the courses you want will be available next year. If you cannot find the answers you need or if you would like to have individual help in planning your program, please contact an administrator or counselor at your school.

Information for Middle School Students

Middle school requirements are explained on the following pages. Use the planning sheets to map out your three-year middle school plan for the required 6-period day. We also encourage you to think ahead about the sequence of courses you might want to take in high school. This way you will know what courses to choose in middle school to be prepared for the high school courses that interest you.

Middle School Course Requirements

- ✓ Three years of Pre-AP Language Arts and Social Studies taken in 6th, 7th, and 8th grade
- ✓ Three years of Mathematics taken in 6th, 7th and 8th grade
- ✓ Three years of Science taken in 6th, 7th and 8th grade
- ✓ Six trimesters of Physical Education /Health (see course information for specifics)

High School Credit for Courses Taken in Middle School

Legislation and district policy allow 7th and 8th grade students to receive high school credit for some middle school courses. Any incoming 9th grade student, who did not attend a Peninsula School District middle school, and wishes to request high school credit for a designated course, must submit a transcript from his/her former middle school. This transcript must include a copy of the course descriptions. The transcript will then be evaluated to determine if the courses requested can be added to the student's PSD transcript. The following policies apply for high school credit for all students:

- ✓ High school credit for designated middle school courses may be requested once the student is in high school. The request can be made any time up to the point a student graduates from high school. Please note that once the grades are recorded on the high school transcript the grade and credit cannot be removed and are included in the computation of the student's grade point average. If you have questions about this, please see a counselor at your high school.
- ✓ Students enrolled in Algebra 1 and/or Geometry will take the High School End-of-Course (EOC) Assessment in these classes. Students must pass both the Algebra 1 and the Geometry EOC in order to earn a high school diploma. Multiple opportunities are available for students to retake the exam if they do not pass the first time.

Middle School Grading

Reporting Student Progress:

- ✓ Teachers will provide to parents a report of each student's progress at the end of the Trimester.
- ✓ Interim progress reports of a student's outstanding or inadequate progress may be provided to parents. In addition, parents/guardians and students are able to access attendance, discipline and grade reports online throughout the year on the district's **Parent Connect Website** at <http://www.psd401.net/>

Middle School Successful Completion of Middle School Coursework Expected:

- ✓ Successful completion of middle school occurs when a student meets the academic expectations of the required program. Students who experience difficulty in doing this will be assigned extra classes or placed in an academic support course that runs either during the school day or after school.
- ✓

Flex-Time, PACK, Cougar Academy, and Prime Time

In every middle school, a 30-minute tutorial is provided Monday, Tuesday, Thursday, and Friday during the school day.

Additional Academic Support

Additional academic support provides targeted, structured intervention to students who need ongoing assistance in language arts or mathematics. This could take the form of in-class support during the period when the student is having difficulty, after-school support, or additional courses that will prepare the student for the following year. Every school designs its additional academic support program.

Students with IEPs (Individual Education Plans)

Parents and students will work in conjunction with IEP teams/case managers to determine best course placement for students based on needs. In addition, progress on specific goals and objectives is provided 3 times per year.

Counseling Department

Students should contact a counselor if they have questions about transitions between schools, registration, course selection, interpretation and use of test results, or other requirements. Each middle school Counseling Center provides assistance in the following ways:

- ✓ Visits elementary schools prior to entry into middle school to assist in a smooth transition from elementary school to middle school.
- ✓ Assists students in planning, selecting, and successfully completing middle school courses that prepare them for their future.
- ✓ Works with students, parents, and families on addressing personal problems that may be interfering with student success.
- ✓ Monitors students' academic progress and develops plans to support students so that they are successful in resolving problems in order to do well in school and classes.
- ✓ Provides a program to prepare students for an education beyond high school.
- ✓ Assists with harassment, intimidation, and bullying training for students.

MIDDLE SCHOOL THREE YEAR EDUCATIONAL PLAN

Below is a worksheet to help you plan the courses you will take during the sixth, seventh, and eighth grades. You must enroll in six courses every year. Use middle school course requirements along with the list of electives in this book to plan your schedule. Call your middle school for help if you need further information.

Sixth Grade	Seventh Grade	Eighth Grade
Pre-AP Language Arts - 1 year	Pre-AP Language Arts - 1 year	Pre-AP Language Arts - 1 year
Social Studies - 1 year	Social Studies - 1 year	Social Studies - 1 year
Mathematics - 1 year	Mathematics - 1 year	Mathematics - 1 year
Science - 1 year	Science - 1 year	Science - 1 year
PE / Health - 2 trimesters	PE - 2 trimesters	PE / Health - 2 trimesters
Choose 4 trimesters of electives or a trimester and a year-long course:	Choose 4 trimesters of electives or a trimester and a year-long course:	Choose 4 trimesters of electives or a trimester and a year-long course:
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____
OR	OR	OR
_____	_____	_____

PREPARE NOW FOR YOUR FUTURE

The Advanced Placement Programs

The choices you make now will determine the future course of your life.

By taking college-level Advanced Placement (AP) and advanced courses, you enter a world of knowledge and a learning environment that you might not otherwise experience in high school; by taking AP exams, you have the opportunity to earn credit or advanced standing at many of the nation's colleges and universities.

Advanced Placement

Advanced Placement courses are offered at GHHS and PHS. While the availability of classes differ among the schools, in the Peninsula School District we offer many different AP courses ranging from English, US History, and Psychology to Statistics, Calculus, Biology, Chemistry, and Music Theory. Surely, among all these offerings you can find classes that match your interests. Results from the Pre Scholastic Aptitude Test (PSAT) given to all sophomores and juniors, also provide valuable information to students regarding AP potential.

Why Should You Sign Up for AP and Advanced Courses?

The greatest benefit of AP and advanced courses is the experience of taking academic courses in an enriched environment with classmates who, like you, are seeking intellectual challenge, are motivated to learn, and are committed to excellence. Participating in these courses is going to give you a head start on exactly the sort of work you will confront in college. You will improve your writing skills and sharpen your problem-solving techniques; develop the study habits necessary for tackling rigorous coursework; assume the responsibility of reasoning, analyzing, and understanding for yourself and study subjects in greater depth and detail.

What Are the Requirements?

AP and advanced courses are challenging, however, we offer just the classes you need in order to be well prepared. In the Course Catalog, you will find a flowchart for each content area that describes a recommended course sequence leading up to AP and advanced courses. Other than that, the only requirement for taking advanced courses is a curiosity about the subject you plan to study and the willingness to work hard.

Want to Learn More About Advanced Placement?

For more information about this program, you can check with your school counselor. Additional information may also be found online at:

Advanced Placement:	http://www.collegeboard.com/student/testing/ap/about.html
College Board:	http://www.collegeboard.com
ACT:	http://www.act.org/aap/

LOOKING AHEAD TO HIGH SCHOOL

High School Graduation Requirements Class of 2019 and Beyond

- ✓ Currently there is a minimum requirement of **22 credits** for high school graduation in the Peninsula School District.
- ✓ The **Class of 2019 and Beyond** will require **24 credits** to graduate.
- ✓ A semester course is worth 0.5 credit.
- ✓ Specific graduation requirements are listed below.

Subject	Credits
Career and Technical Education	1.0
Electives	4.0
English	4.0
Health and Fitness	2.0
Mathematics	3.0
Science (2 credits of lab science)	3.0
Social Studies	3.0
Visual or Performing Arts	2.0
World Language or Personalized Pathway	2.0
Total	24.0

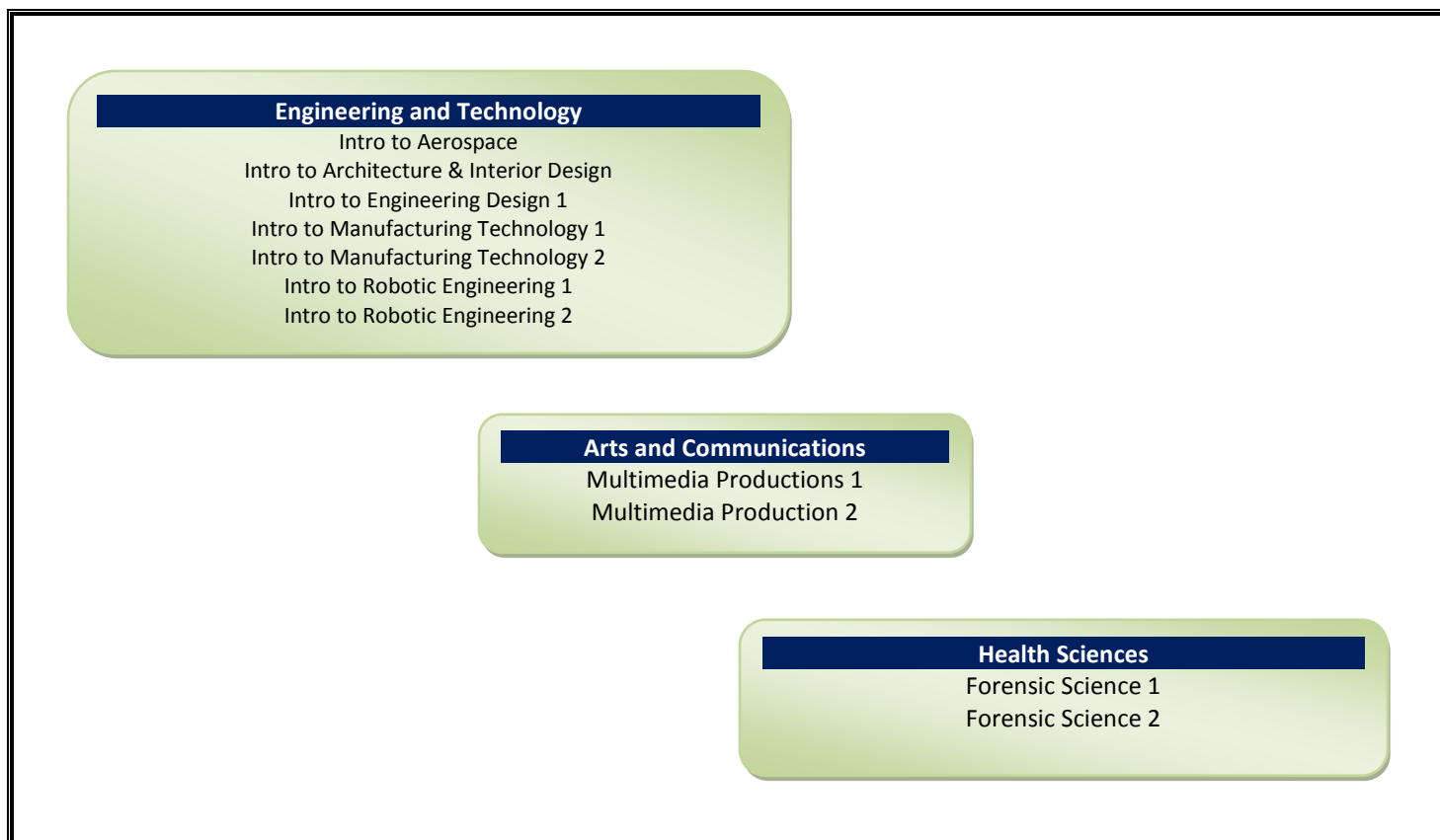
GRADUATION CREDIT REQUIREMENT

Subject	Peninsula School District <i>Class of 2016</i>	Peninsula School District <i>Class of 2017 & 2018</i>	PSD & State of WA <i>Class of 2019 & Beyond</i>	Recommended Courses for Colleges and Universities
English	4.0 Credits	4.0 Credits	4.0 Credits	4.0 Credits
Math	3.0 Credits	3.0 Credits	3.0 Credits	4.0 Credits
Science	2.0 Credits <i>Includes: 1.0 Lab Science</i>	2.0 Credits <i>Includes: 1.0 Lab Science</i>	3.0 Credits <i>Includes: 2.0 Lab Sciences</i>	3.0 - 4.0 Credits
Social Studies	3.0 Credits <i>Includes: 1.0 U.S. History 1.0 World History 0.5 Civics 0.5 SS Elective WA. State History (usually taken in 7th grade and noted on transcript)</i>	3.0 Credits <i>Includes: 1.0 U.S. History 1.0 World History 0.5 Civics 0.5 SS Elective WA. State History (usually taken in 7th grade and noted on transcript)</i>	3.0 Credits <i>Includes: 1.0 U.S. History 1.0 World History 0.5 Civics 0.5 SS Elective WA. State History (usually taken in 7th grade and noted on transcript)</i>	3.0 - 4.0 Credits
Visual or Performing Arts	1.0 Credits	1.0 Credits	2.0 Credits <i>*1.0 can be Personalized Pathway Requirement</i>	1.0 Credit
Health and Fitness	2.5 Credits <i>Includes: 0.5 Health</i>	2.0 Credits <i>Includes: 0.5 Health</i>	2.0 Credits <i>Includes: 0.5 Health</i>	
Career and Technical Education	1.5 Credits <i>Includes: 0.5 Technology 0.5 College, Career, & Financial Exploration 0.5 CTE Elective</i>	1.0 Credits <i>Includes: 0.5 College, Career, & Financial Exploration 0.5 CTE Elective</i>	1.0 Credits <i>Includes: 0.5 College, Career, & Financial Exploration 0.5 CTE Elective</i>	
World Language or Personalized Pathway Requirement			*2.0 Credits <i>Both can be Personalized Pathway Requirement</i>	2.0 - 4.0 Credits
Electives	5.0 Credits	6.0 Credits	4.0 Credits	A.P./Honors Courses
Total	22 Credits	22 Credits	24 Credits	

***Personalized Pathway Requirements:** Up to 3 credits chosen by a student, that are included in a student's High School and Beyond Plan, and that prepare the student to meet specific post-secondary career or education goals.

CAREER & TECHNICAL EDUCATION

COLLEGE & CAREER PREPARATION



*STEM ELECTIVE COURSES

Goodman Middle School	Harbor Ridge Middle School
Intro to Architecture & Interior Design	Intro to Architecture & Interior Design
Forensic Science 1 and 2	Forensic Science 1
Intro to Engineering Design 1	Intro to Engineering Design 1
Intro to Manufacturing Technology 1 and 2	Intro to Manufacturing Technology 1 and 2
Intro to Robotic Engineering 1 and 2	Intro to Robotic Engineering 1 and 2
Multimedia Productions 1 and 2	Multimedia Productions 1 and 2
Key Peninsula Middle School	Kopachuck Middle School
Intro to Architecture & Interior Design	Intro to Architecture & Interior Design
Forensic Science 1	Forensic Science 1 and 2
Intro to Aerospace	Intro to Engineering Design 1
Intro to Manufacturing Technology 1 and 2	Intro to Manufacturing Technology 1 and 2
Intro to Robotic Engineering 1 and 2	Intro to Robotic Engineering 1 and 2
Multimedia Productions 1 and 2	Multimedia Productions 1 and 2

COLLEGE AND CAREER PREPARATION

STEM Elective Courses

Stem - Science, Technology, Engineering, and Math

Engineering and Technology:

Intro to Aerospace

Reach for the Stars! This course will introduce students to NASA experiments, flight, model rockets, robotics, space exploration, simulations, special guests, field trips, and the leadership opportunities. Sign up for a full year or a trimester.

Intro to Architecture & Interior Design 1 -

The goal of this exploratory class is to inspire a new generation of engineers and architects. In this class students will learn to use industry-standard 3-D modeling software and apply the engineering design process to solve real world problems. The course emphasizes critical thinking, creativity, innovation, computer-generated technical drawings, and the use of computer-controlled rapid prototyping equipment (like 3-D printers) to construct models of design solutions. No prerequisite required.

Intro to Engineering Design 1 – Fee: \$25

This is an engineering course that teaches problem-solving skills through “hands-on” design and construction. Using their imagination and creativity, students will learn how engineers and technicians use math, science and technology to research, design, and construct solutions to open-ended engineering problems. Students will become familiar with basic technical drawing and construction methods along with industry leading technologies (such as 3-D Printers) to complete their projects. It also promotes communication and collaboration by emphasizing a teaming approach in the instructional units while offering students individual learning challenges at all ability levels. No prerequisite required.

Intro to Manufacturing Technology 1 – Fee: \$25

Students who like creating and building, operating traditional machines like a scroll saw and high-tech tools like a laser cutter/engraver and working with their hands and mind are sure to enjoy this class? Intro to Manufacturing Technology I covers product design and development, measuring tools and layout, fabrication processes, safety practices and quality control. This course primarily deals with woodworking, although other materials such as plastic or composites will be introduced. No prerequisite required.

Intro to Manufacturing Technology 2 – Fee: \$30

Manufacturing Technology II is a course offered to students in grades 7-8 who have successfully passed Manufacturing Technology I. It is a more advanced course that expands learning by broadening experiences and process knowledge. Students will explore in depth techniques and larger scale projects using familiar machinery as well as equipment new to them. Course includes instruction in materials, manufacturing processes, automation, communication and employability skills, and safety. Successful completion of Manufacturing Technology I is required for this class.

Intro to Robotic Engineering 1

This course is a hands-on introduction to the field of Robotics, which brings together computer science and engineering. Students will work in small teams to build robots using LEGO robotics kits and to program those robots using microcontrollers. They will have the opportunity to complete multiple investigations involving inquiry and guided research, problem solving and integrating math, science and technology as it relates to programming robots, using NXT software and hardware to navigate their environment.

Intro to Robotic Engineering 2

Advanced Robotics offers an extended experience for middle school students who have successfully completed their Robotics course. This class will build on the initial introduction into the field of robotics, programming and engineering. Students will utilize LEGO Robotics kits, including gear ratio, sensor-based data transfer and team engineering challenges integrating skills like parallel programming and input/output sequences. Often the course includes participation in the local First LEGO League Competition. Prerequisite: Intro to Robotic Engineering 1.

Health Science:

Forensic Science 1

Students will be introduced to the field of forensic science in the context of a crime scene investigation. This is a hands-on class where students will have the opportunity to play the role of a crime scene investigator. Activities will include sketching a crime scene, lifting fingerprints, creating casts of shoe or tire prints, and analyzing an array of evidence in field and lab settings. Students will also explore related careers and interact with guest presenters working in the fields of forensics, medicine, and law.

Forensics Science 2

Students will expand on their experiences from Introduction to Forensic Science by applying science to the medical, law enforcement, and judicial career fields. Hands-on labs related to blood sciences, DNA, tool marks, and forensic anthropology will hook students into the health sciences and justice system pathways. The integration of all subject areas coupled with engaging guest speakers makes this a class for everyone

Arts and Communications:

Multi-Media Productions 1

This course is designed to teach students the basic principles surrounding the creation and use of digital media in the workplace. Students will use industry standard tools to produce graphics, images, advertisements and multimedia displays. Classes may use software programs including but not limited to Microsoft Word, Scratch, PowerPoint, Google Docs, and Photoshop. Students also will use a variety of online multimedia tools to create YouTube videos, explore Stopmotion Animation, write computer code, and investigate other forms of media for professional use. Students will learn the basic operation of digital still and video cameras.

Multi-Media Productions 2 – Fee: \$25

Students will expand on their knowledge gained in Multi-Media Productions I with an emphasis on digital photography. Students will learn advanced skills, enabling them to see the world through the lens of a camera. Using digital cameras and printers, students will manipulate prints with Adobe Photoshop while learning basic photographic techniques including focus, shutter speed, aperture, exposure, flash, composition, and more. Students will make matted prints for display, photo cards, photo albums, and other fun photo projects. Fee \$30

PROGRESSION OF ENGINEERING TECHNOLOGY CLASSES

Class	Middle School	High School
Manufacturing	Intro to Manufacturing Technology 1	Manufacturing Technology 1
	Intro to Manufacturing Technology 2	Manufacturing Technology 2
Architecture	Intro to Architecture and Interior Design	Architecture and Interior Design 1
		Architecture and Interior Design 2
Engineering	Intro to Engineering Design	Engineering Design 1
		Engineering Design 2
	Intro to Robotic Engineering 1	Robotic Engineering 1
	Intro to Robotic Engineering 2	Robotic Engineering 2

CAREER AND TECHNICAL EDUCATION

High School Elective Courses

Gig Harbor High School	Peninsula High School	Henderson Bay High School
Business & Marketing	Business & Marketing	Business & Marketing
<ul style="list-style-type: none"> ➤ AP Economics ➤ College, Career & Financial Exploration ➤ Computer Applications ➤ Entrepreneurship ➤ Marketing 1, 2, 3, 4 ➤ Publishing: Newspaper ➤ Publishing: Yearbook ➤ Speech & Debate 1 and 2 ➤ Technical Writing & Research 	<ul style="list-style-type: none"> ➤ AP Economics ➤ College, Career & Financial Exploration ➤ Computer Applications ➤ Marketing 1, 2, 3, 4 ➤ Publishing: Newspaper ➤ Publishing: Yearbook ➤ Speech & Debate 1 and 2 	<ul style="list-style-type: none"> ➤ College, Career & Financial Exploration ➤ Financial Math ➤ Marketing 1 and 2
Health & Human Services	Health & Human Services	Health & Human Services
<ul style="list-style-type: none"> ➤ American Sign Language 1, 2, 3 ➤ Child Psychology ➤ Ethnic Foods ➤ Health ➤ Human Body Systems ➤ Nutrition & Food Preparation ➤ Principles of Biomedical Science ➤ Sports Medicine: Personal Trainer ➤ Sports Medicine: Physical Therapist 	<ul style="list-style-type: none"> ➤ American Sign Language 1, 2, 3 ➤ AP Psychology ➤ Child Psychology ➤ Ethnic Foods ➤ Health ➤ Human Body Systems ➤ Nutrition & Food Preparation ➤ Principles of Biomedical Science ➤ Psychology 	<ul style="list-style-type: none"> ➤ Ethnic Foods ➤ Health ➤ Nutrition & Food Preparation ➤ S.T.A.R.S. (Early Childhood Education) ➤ Teen Parenting
Arts & Communication	Arts & Communication	Arts & Communication
<ul style="list-style-type: none"> ➤ Ceramics ➤ Digital Photography 1, 2, 3 ➤ Glass Art 1 and 2 ➤ Graphic Design ➤ Jewelry 1 and 2 ➤ Theater Design & Technology ➤ Video Productions 	<ul style="list-style-type: none"> ➤ Broadcasting 1,2,3 ➤ Ceramics ➤ Digital Photography 1, 2, 3 ➤ Glass Art 1 and 2 ➤ Graphic Design ➤ Silkscreen/Printmaking 1 and 2 ➤ Video Productions 	<ul style="list-style-type: none"> ➤ Digital Photography ➤ Glass Art ➤ Graphic Design ➤ Silkscreen/Printmaking 1 and 2
Engineering & Technology	Engineering & Technology	Engineering & Technology
<ul style="list-style-type: none"> ➤ Aerospace ➤ Architectural & Interior Design 1 and 2 ➤ Engineering Design 1 and 2 ➤ Intro to Computer Science ➤ Manufacturing Technology 1 and 2 ➤ Robotic Engineering 1 and 2 	<ul style="list-style-type: none"> ➤ AP Computer Science ➤ Architectural & Interior Design 1 and 2 ➤ Engines & Equipment ➤ Manufacturing Technology 1 and 2 ➤ Robotic Engineering 1 and 2 	<ul style="list-style-type: none"> ➤ Construction Math
Science & Natural Resources	Science & Natural Resources	Science & Natural Resources
<ul style="list-style-type: none"> ➤ AP Environmental Science 	<ul style="list-style-type: none"> ➤ AP Environmental Science ➤ Forensics 	

ENGLISH LANGUAGE ARTS SEQUENCE

Middle School

Each course is one year unless otherwise noted

Additional reading courses may be assigned according to individual need

Pre-AP 6th Grade
Language Arts

Pre-AP 7th Grade
Language Arts

Pre-AP 8th Grade
Language Arts

High School

Electives may vary in each high school

Each course is one year/one credit unless otherwise noted

ENGLISH LANGUAGE ARTS COURSES

(3 years)

6TH GRADE Pre-A.P. LANGUAGE ARTS

This course sets the foundations for secondary English/language arts through a pathway of rigorous reading and writing opportunities. Students will examine the theme of CHANGE through the units they study. They will connect their personal experiences with change to the texts they read and write. Students will write in a variety of modes including narrative, explanatory, and persuasive pieces. Students will develop skills in critical reading and thinking, reflection, revision, collaboration, and oral communication. The primary goals of the course are to foster independent learning, encourage in-depth exploration of the content and develop academic habits that prepare students for the next level and begin development toward college and career readiness.

7TH GRADE Pre-A.P. LANGUAGE ARTS

This course improves upon the learning set in 6th grade and pushes students to further application and synthesis of those English/language arts skills. Students will examine the theme of CHOICE through the units they study. They are introduced to the concept of choice, the consequences of those choices and outside influences of choices through analytical study of a variety of texts, including short stories, editorials, essays, advertisements, film, novels and poetry. Students will write in a variety of modes including expository, narrative, persuasive writing and literary analysis. Students will develop skills in critical reading and thinking, reflection, deep level revision, collaboration and oral communication.

8TH GRADE Pre-A.P. LANGUAGE ARTS

This course continues to improve on prior learning and pushes students to further application and synthesis of English/language arts skills. Students will examine the theme of CHALLENGES and the academic skills necessary for students as they transition to high school. They are introduced to the types of challenges people face as they study a variety of texts (including a unique opportunity to participate in literature circles). Students will write in a variety of modes including expository, persuasive and literary analysis. Students will develop skills in critical reading and thinking, reflection (including increased metacognition), revision, collaboration and oral communication, preparing them to transition to rigorous high school courses.

HEALTH AND FITNESS SEQUENCE

Middle School

6th Grade

2 Trimesters
Health and P.E. / Fitness

7th Grade

2 Trimesters of P.E. / Fitness

8th Grade

1 Trimester P.E. / Fitness
1 Trimester Health

High School

Electives may vary in each high school

1.5 Credits

P.E. / Fitness

.5 Credits

(1 semester)
Health

HEALTH AND FITNESS COURSES

(6 trimesters)

The Peninsula School District Middle School Physical Education curriculum is divided into three main content areas which include: Health and Fitness Academics, Fitness and Motor Skills. Most Peninsula School District middle schools have blended grade levels in Physical Education classes so the curriculum is spiraled in a three year cycle rather than divided by grade levels (Kopachuck M.S. is the exception).

HEALTH AND FITNESS ACADEMICS

Year 1: The Five Components of Fitness, Intensity, Cardiorespiratory Endurance and the FITT (Frequency, Intensity, Type and Time) Principle, Nutrition

Year 2: Muscular Strength and Muscular Endurance and the FITT Principle, Flexibility and the FITT Principle, Macronutrients and Muscles

Year 3: Nutrition, Fitness Planning, Body Composition and the FITT Principle

FITNESS

Years One through Three: Fitness Measurements, Goal Setting, Circuit Training and any Physical Training as it relates to Cardio-Respiratory Endurance, Muscular Strength, Muscular Endurance and Flexibility

MOTOR SKILLS

Years One through Three (May differ in each school): Track, Soccer, Volleyball, Basketball, Golf, Speedball, Games and Team Competitions, Hockey, Softball, Touch Football, Ultimate Frisbee, Disc Golf, Racquet Sports

FEES: P.E. Shirt (all sizes) - \$6
P.E. Shorts (all sizes) - \$10

HEALTH

The Health curriculum is divided by grade levels and is generally delivered in a traditional classroom setting due to the sensitive nature of the content.

6th Grade Health Curriculum will focus on:

Drugs and Alcohol, Refusal Skills, Human Development, Exploitation, Puberty, Reproduction and HIV/AIDS

8th Grade Health Curriculum will focus on:

Concepts of Health and Wellness, Contributing Factors to Teen Suicide, Suicide Prevention, Decision Making Process, Media Influences in Decision Making, Nutritional Awareness and Planning, Body Image and Eating Disorders, Communicable and Infectious Diseases, Noninfectious/non-communicable diseases, Tobacco, Alcohol, Drugs, CPR, AED Training, Health and the Environment, Personal and Social Relationships and Conflict Management

MATHEMATICS SEQUENCE

Middle School

Each course is one year unless otherwise noted

3 years of high school math is required of all students. Math is recommended for 4 years in high school.

6th Grade

Math 6
Accelerated Math 6/7
Accelerated Math 7/8 (starting 2015-2016)

7th Grade

Math 7, Math 8
Accelerated Math 7/8 (starting 2015-2016)
Algebra 1

8th Grade

Math 8, Algebra 1
Geometry

Additional math support may be provided within or outside the school day for identified students.

High School

Each course is one year/one credit unless otherwise noted
Elective Courses in Mathematics may vary in each high school

Math support is taken by identified students in conjunction with Algebra 1

9th Grade

Algebra I
Geometry
Algebra 2

10th Grade

Geometry, Algebra 2
Advanced Placement
Other advanced courses
(see below)

11th Grade

Algebra II
Advanced Placement
Other advanced courses (see below)

12th Grade

AP Calculus AB
Math Service Leadership
AP Statistics, Pre-Calculus
Introduction to Statistics and Advanced
Math
Electives

See your high school's online course catalog for specific course information and more detail regarding requirements

MATHEMATICS COURSES

(3 years)

The goal for middle school mathematics is for students to engage in meaningful contexts in order to reason, communicate and solve real world math problems proficiently. Through a balanced curriculum, students should gain skills with conceptual understanding, problem solving, and the use of vocabulary and mathematical representations. Each year students are asked to apply knowledge with increasingly difficult problems.

6TH GRADE UNITS WILL FOCUS ON:

Connecting ratio and rate to whole number multiplication and division; 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; developing understanding of statistical thinking; reasoning about relationships among shapes to determine area, surface area, and volume

7TH GRADE UNITS WILL FOCUS ON:

Developing understanding of and applying proportional relationships; developing understanding of operations with rational numbers and working with expressions and linear equations; 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; drawing inferences about populations based on samples

ADVANCED MATH 6/7:

Students will advance through the following content at an accelerated and advanced pace:

Connecting ratio and rate to whole number multiplication and division; 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; developing understanding of statistical thinking; reasoning about relationships among shapes to determine area, surface area, and volume; developing understanding of and applying proportional relationships; developing understanding of operations with rational numbers; solving problems involving scale drawings and informal geometric constructions; drawing inferences about populations based on samples

8TH GRADE UNITS WILL FOCUS ON:

Formulating and reasoning about expressions and equations, including modeling an association in bivariate data with a linear equation, and solving linear equations and systems of linear equations; grasping the concept of a function and using functions to describe quantitative relationships; analyzing two- and three-dimensional space and figures using distance, angle, similarity, and congruence; understanding and applying the Pythagorean Theorem

ADVANCED MATH 7/8 (Beginning 2015-2016):

Students will advance through the following content at an accelerated and advanced pace:

Working with expressions and linear equations; working with two and three dimensional shapes to solve problems involving area, surface area, and volume; formulating and reasoning about expressions and equations, including modeling an association in bivariate data with a linear equation, and solving linear equations and systems of linear equations; grasping the concept of a function and using functions to describe quantitative relationships; analyzing two and three dimensional space and figures using distance, angle, similarity, and congruence; understanding and applying the Pythagorean Theorem

ALGEBRA 1:

Algebra 1 serves as the foundation for the study of mathematics at the high school. It is the first course of a sequence focusing on expressions, arithmetic with polynomials and rational expressions, creating equations, reasoning with equations and inequalities, interpreting functions, and interpreting categorical and quantitative data.

Topics include, but are not limited to, interpreting the structure of expressions, performing arithmetic operations on polynomials, creating equations that describe numbers or relationships, understanding solving equations as a process of reasoning and explaining the reasoning, solving equations and inequalities in one variable, representing and solving equations and inequalities graphically, understanding the concept of a function and use function notation, interpreting functions that arise in applications in terms of the context, and interpreting linear models. Graphing calculators may be utilized. While students have access to graphing calculators in class, it is strongly recommended that students purchase a TI-83 or I-84 for use on homework and make up work.

GEOMETRY:

This course will cover topics such as understanding congruence in terms of rigid motions, proving geometric theorems, understanding similarity in terms of similarity transformations, proving theorems using similarity, define trigonometric ratios and solving problems involving right triangles, using coordinates to prove simple geometric theorems algebraically, and applying geometric concepts in modeling situations. Graphing calculators may be utilized. While students have access to graphing calculators in class, it is strongly recommended that students purchase a TI-83 or I-84 for use on homework and make up work.

PREREQUISITE: C or better 2nd Semester of Algebra 1 or Teacher Recommendation. Geometry is the second year of the high school math sequence.

SCIENCE SEQUENCE

Middle School

Each course is one year unless otherwise noted

6th Grade

Earth Science

7th Grade

Life Science

8th Grade

Physical Science

STEM (Science, Technology, Engineering, and Math)

Also see CTE STEM elective options like Intro to Engineering Design, Computer Aided Design (CAD), and Forensic Science

High School

Each course is one year / 1 credit unless otherwise noted

Science electives may vary in each high school

9th Grade Opportunities

AP Environmental Science (PHS) Biology
Lab Science 9
Principles of the Biomedical Sciences

10th Grade Opportunities

Biology, AP Biology
Chemistry, AP Chemistry
AP Environmental Science
Physics, AP Physics
Principles of the Biomedical Sciences
Human Body Systems

11th & 12th Grade Opportunities

AP Physics
AP Chemistry
AP Environmental Science
Principles of Biomedical Sciences
Human Body Systems
Electives

SCIENCE COURSES

(3 years)

Three themes spiral through all grade levels. Inquiry, application and systems provide continuity and a process for exploring the various contents. Students learn how to ask a question that can be scientifically answered and how to set up an investigation that will explore their question. Not only do PSD students learn the content but they also learn how to apply their learning. The application thread and systems thread strengthens the ability of the students to apply learning to real-world issues. Technology is integrated through all three grade levels as a tool for learning.

6TH GRADE SCIENCE

The focus of this course is Earth Science. Introductory Physical concepts are also explored. Students explore planet Earth as an interacting system of solids, liquids and gases. Students gain an understanding of important Earth system cycles as they impact us today and as a way to understand the geological history of our planet. Volcanoes, earthquakes and plate tectonics are examples of specific features that are explored in terms of energy and components of a larger system. Beginning chemistry is explored and provides a strong foundation to more complex chemical understandings in 8th grade science.

7TH GRADE SCIENCE

The focus of this course is Life Science. Students study living organisms as systems composed of different layers of organization. Cells, tissues, organs and organ systems contain specific structures that are related to function. Plants, animals, and microscopic organisms are studied. Ecosystems and the flow of energy through ecosystems are very important concepts that allow students to comprehend our very complex Earth. The mastery of 7th grade concepts also allows students to gain a better understanding of the processes that govern inheritance, genetics, variation and diversity of life.

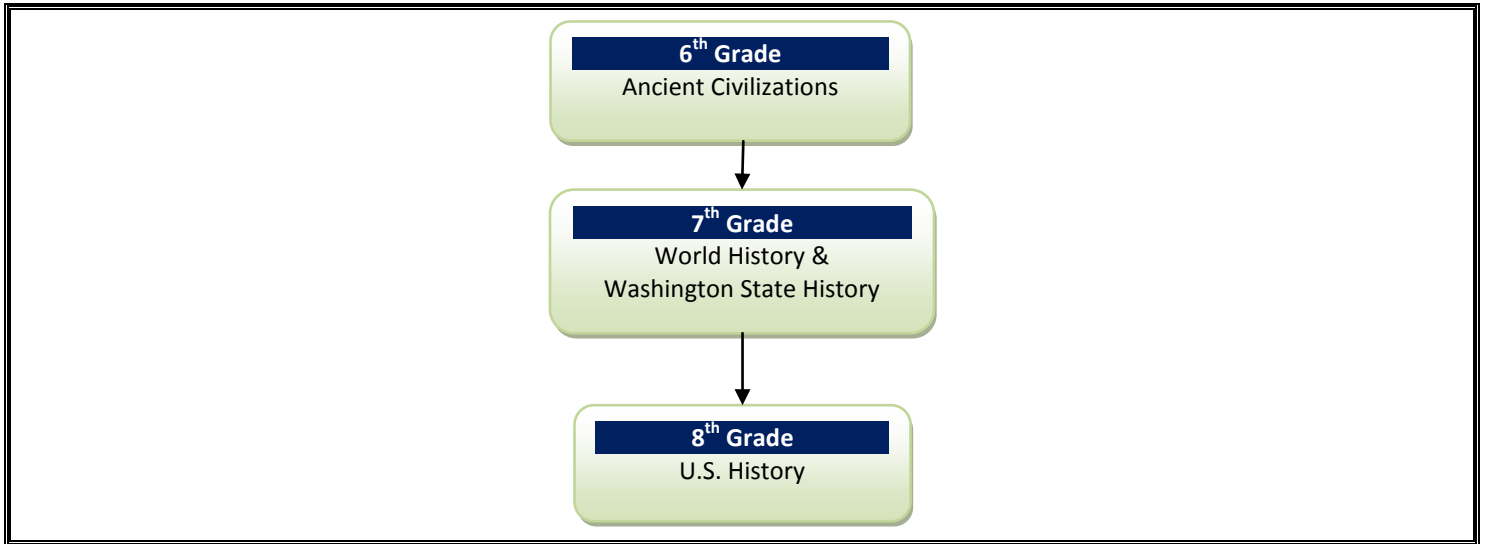
8TH GRADE SCIENCE

The focus of this course is Physical Science. The physical science components also are foundational for the Earth and Space component of 8th grade science. Students delve deeper into chemistry and learn about the properties of matter and changes in properties of matter. Chemical reactions and the flow of energy in chemical reactions are mastered. 8th grade also features a significant physics unit. The study of unbalanced and balanced forces, acceleration and speed, energy and friction and gravity provide content for highly engaging experiments. Students also use their new knowledge of physics and chemistry as they study Earth and Space. The Earth-Moon-Sun system is studied along with our place in the Solar System. In addition, students learn about the Solar System's place in the Milky Way Galaxy and our galaxy's relationship to other galaxies.

SOCIAL STUDIES SEQUENCE

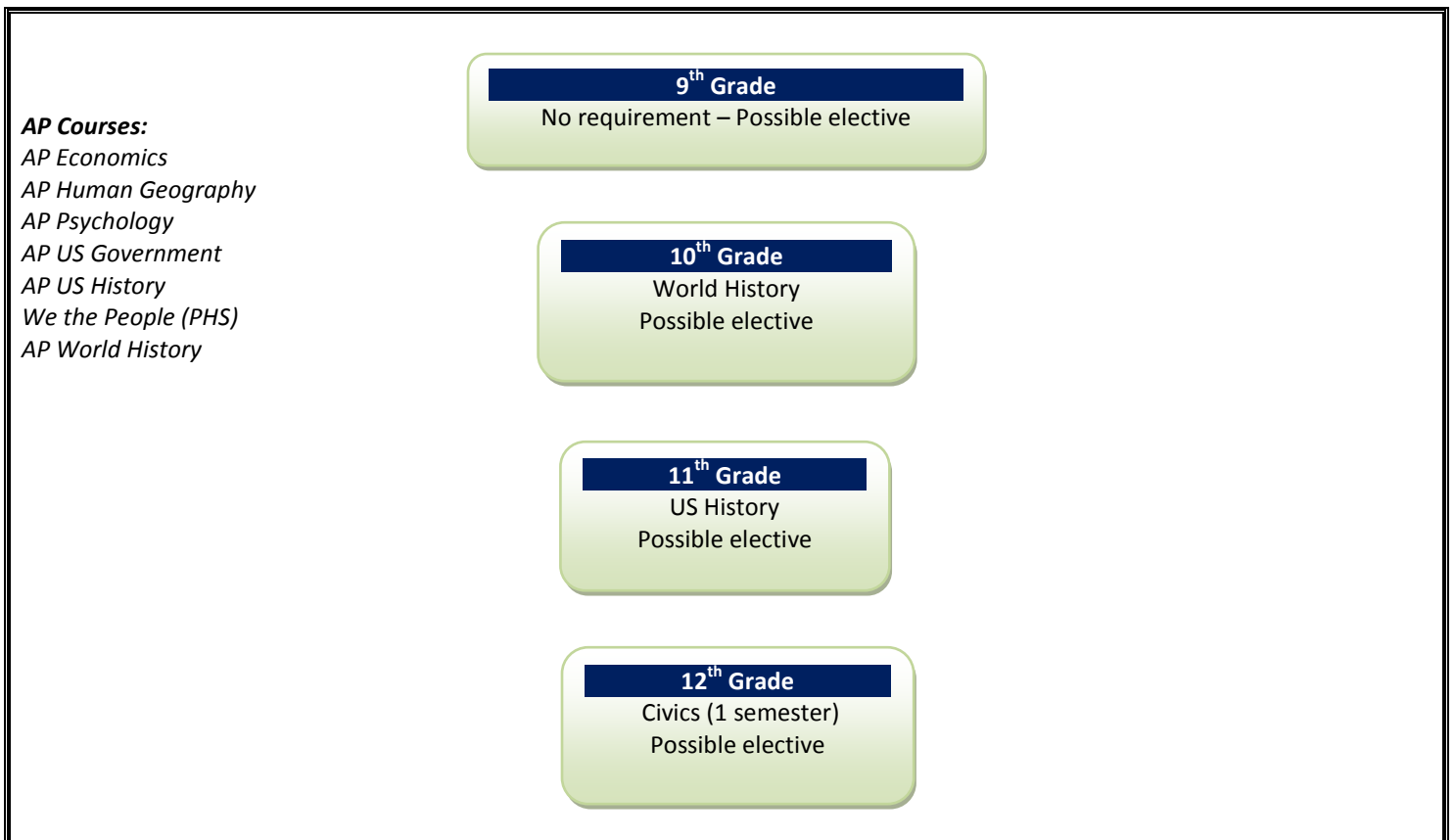
Middle School

Each course is one year unless otherwise noted



High School

Each course is one year / 1 credit unless otherwise noted
Social Studies electives may vary in each high school



SOCIAL STUDIES COURSES

(3 years)

6TH GRADE SOCIAL STUDIES

Sixth grade social studies deepen students' understanding of the Earth and its peoples through the study of history, geography, politics, culture and economic systems. Higher levels of critical thinking are emphasized by considering why civilizations developed where and when they did and why they declined. Students analyze the interactions among the various cultures, emphasizing their enduring contributions and the link between the contemporary and ancient worlds.

7TH GRADE SOCIAL STUDIES

In seventh grade social studies, students become more proficient with core concepts through a study of both World and Washington State history. The first part of the year is focused on a continuation of world history from sixth grade as students look at the geography, civics and economics of major societies up through 1450. The second part of the year asks students to bring their understanding to their world today as they examine Washington State from 1854 to the present. While these two contexts are quite different, the purpose of studying these various regions and eras is the same: to develop enduring understandings of the core concepts and ideas in civics, economics, geography and history.

8TH GRADE SOCIAL STUDIES

In eighth grade social studies, students further develop their understanding of U.S. history and government from 1776 to 1900. Students explore the ideas, issues and events from the framing of the Constitution up through Reconstruction and industrialization. After reviewing the founding of the United States, students explore the development of politics, society, culture, and economy in the United States to deepen conceptual understandings in civics, geography and economics. In particular, studying the causes and consequences of the Civil War helps them to comprehend more profoundly the rights and responsibilities of citizens in a culturally diverse democracy. Paired with a study of the U.S. economic structure is a brief study of personal finance in preparation for the Junior Achievement experience for 8th graders.

WORLD LANGUAGE SEQUENCE

Grades 8-12

Each course is one year / 1 credit

8th Grade

Spanish I

9th – 12th Grade

Chinese, French

Spanish

American Sign Language (ASL)

Third Year and Beyond

World Language

is provided based upon enrollment.

Please work closely with counselors
and teachers if needing to take a 3rd

year or more.

ELECTIVE MIDDLE SCHOOL COURSES

(In addition to CTE Elective Courses)

(Check with your middle school for current offerings and grade levels)

- Art* (beginning and advanced) – *Fee: \$25*
- Assistants: library, office, P.E., classroom
- Band (yearlong: beginning, concert*, symphonic*, jazz *(may be offered outside the school day)*)
- Choir (yearlong)
- Creative Writing and Journalism
- Drama – *Fee: \$25*
- Elective P.E.
- Elementary School Tutor
- Guitar / Keyboarding
- Home Arts* (beginning and advanced) – *Fee: \$30*
- Introduction to Leadership and Advanced Leadership
- Play Production – *Fee: \$25*
- Publishing: Newspaper
- Spanish I** - *Fee: \$20*
- Technology I and II

*Pre-requisite – must have taken the beginning course to sign up for the advanced course

**Spanish 1 is a high school course.