



# ***Middle School Program of Studies***

*District 833: 2019-2020 school year*

South Washington County Schools



Dear Middle School Students and Families,

Our district mission is to “ignite a passion for lifelong learning”, and we take that mission very seriously. As a result, each one of our comprehensive middle schools is proud to offer a wide range of courses in a house-style environment to ease students through the transition from elementary school to middle school.

Each house consists of students and the same teachers for core (math, language arts, science, and social studies) courses. Houses make a large school seem small, and help students know their teachers and each other better. Our District 833 Middle School Program of Studies serves as a guide to help families navigate the core and encore classes offered by middle schools that are rigorous, relevant and results-oriented.

We want each student in our district to feel connected to their school community and have a successful middle school experience. Program planning is a team effort that involves parents/guardians, students, and staff. The academic program with encore, elective, and support classes (i.e. encore and strategy courses) are designed to prepare every student for high school and beyond.

As you peruse this guide, please consider the information and your own student’s needs carefully. Making good academic decisions during their time in middle school will help them be successful in the future. Students and families should take time to review this document in order to look ahead at possible secondary courses, as well as future college and career readiness plans in grades 6-12.

Welcome to the 2019-2020 school year! We look forward to the upcoming school year and continuing to support the passion that will prepare you for whatever your future brings.

Sincerely,

**Harold Scott, Jr.**  
[Cottage Grove Middle](#)  
9775 Indian Boulevard  
Cottage Grove, MN  
**(651) 425-6800**

**Molly Roeske**  
[Lake Middle School](#)  
3133 Pioneer Dr.  
Woodbury, MN 55125  
**(651) 425-6400**

**Joni Hagebock**  
[Oltman Middle School](#)  
66225 Goodview Ave. S.  
Cottage Grove, MN 55016  
**(651) 425-3500**

**Karin Lopez**  
[Woodbury Middle School](#)  
425 School Dr.  
Woodbury, MN 55125  
**(651) 425-4500**



### MISSION

South Washington County Schools is committed to igniting a passion for lifelong learning.

### CORE VALUES

Collaboration • Continuous Improvement

Equity • Integrity • Relationships

### STRATEGIC OBJECTIVES

#### Personalization

We will engage, motivate and empower each student through personal instruction creating shared ownership of learning.

#### Climate and Culture

We will ensure safe, inclusive environments, and encourage diverse perspectives through engagement, innovation and creativity.

## Translations

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### English

If you need a translated version of this document or more information, please contact your child's school.

### Chinese

如果您想得到本文的译文以及/或进一步的帮助，请与您孩子的学校联系

### Hmong

Yog koj xav tau ib tsab ntawv txhais koj cov lus thiab/lossi xav kom tau kev pab ntxiv, thov hu tuaj rau koj tus menuam lub tsev kawm ntawv.

### Oromo

Yoo hiika xalayaa kanaa fi/ykn. gar-gaarsa biraa barbaadde, maalloo mana barnoota daa'ima kee ttiykn.

### Somali

Haddaad u baahatid dokumiintigaan noocisa turjuman iyo/ama caawimo dheeraad ah, fadlan la xariirdug-siga ubadkaaga.

### Spanish

Si desea una versión traducida de este documento o más información, haga el favor de ponerse en contacto con la escuela de su hijo/a.

## MIDDLE SCHOOL GRADING FOR LEARNING

South Washington County Schools has been making the transition to Standards-based Instruction (SBI) over the past few years. Through the SBI process, each content area went through a process of prioritizing standards into clearly defined expectations that students are expected to know and be able to do in each course. Grading for learning and Standards Based Grading, provide better detail for families that reflect a more accurate, authentic, and meaningful grade. We believe Grading for Learning will assist our teachers to more authentically and accurately communicate student achievement on our course standards.

As we transition to Standards Based Reporting, we will continue to report grades using a “traditional” grading scale. Middle School administration and teachers are committed to ensure that grades are an accurate reflection of what students know and are able to do in relationship to grade level academic standards.

The grading scale is organized around four core beliefs:

- Grades must be accurate;
- Grades must be fair;
- Grades must be specific; and
- Grades must be timely.

### GRADING

Academic Grades will consist of two categories:

**Formative Assessment**– Formative assessment is a venue for teachers to give feedback to students in regard to their learning and is weighted at 0%- 20% of the total academic grade. Examples of practice include; homework, class work, assignments, study guides, class activities, quizzes, etc.

**Summative Assessment**– This is known as tests, quizzes, labs, projects, etc. Assessments are weighted at 80% -100% of the total academic grade.

### COMPONENTS OF A GRADE

Middle School Grades are composed of assessments for and of learning.

**Assessments for learning** are given during the process of instruction to help students and teachers understand students’ current learning relative to the content standards. Some examples of formative assessments include homework, rough drafts and practices.

**Assessment of learning** is defined as “Measures of student learning status at the end of a specific period of instruction. Examples of summative assessments include: Tests, projects, performances, and written papers.

### MIDDLE SCHOOL PROGRAMMING

The Program of Studies provides information to help students understand their middle school journey. Below is information on programs, services, and coursework available to guide them toward career and college readiness and provide a path to igniting a passion for lifelong learning.

## PROGRAM INFORMATION

<p>College and Career Readiness (CCR)</p>	<p>College and Career Readiness plays a central role in the experience of all middle school students. Ramp Up to Readiness is a curriculum created by the University of Minnesota, and is used in the Middle School Success, Computer Applications, and the College and Career Readiness courses.</p> <p>Ramp-Up to Readiness rests on five pillars, each of which must be solidly in place for a student to succeed in a high-quality post-secondary program. Those pillars are:</p> <p><i>Academic Readiness:</i> The ability to succeed in first-year, credit bearing courses at a technical college, a community college or a four-year college or university</p> <p><i>Admissions Readiness:</i> The ability to meet admissions requirements at a range of postsecondary institutions</p> <p><i>Career Readiness:</i> The ability to identify careers that match personal, financial, and other goals and an understanding of the skills, credentials, and experiences required to succeed in those careers</p> <p><i>Financial Readiness:</i> The ability to cover the cost of education at a postsecondary institution through savings, loans, and financial aid</p> <p><i>Personal and Social Readiness:</i> The ability to set educational goals, make and monitor progress toward them, and create relationships with peers and adults that support academic success</p>
<p><a href="#">Naviance</a></p>	<p>Naviance is a web-based resource that supports career and college planning and is incorporated into the college and career readiness classes.</p> <p>Naviance will allow your child to:</p> <p><i>Get Involved in the planning and advising process</i> – Build a resume, complete online surveys, and manage timelines and deadlines for making decisions about colleges and careers.</p> <p><i>Research colleges</i> – Compare GPA, standardized test scores, and other statistics to actual historical data from our school for students who have applied and been admitted in the past</p> <p><i>Research careers</i> – Research hundreds of careers and career clusters, and take career assessments like the “Do What You Are” activity.</p> <p><i>Create plans for the future</i> – Build course plans, create goals and to-dos, and complete tasks assigned to you by the school to better prepare yourself for your future college and career goals.</p> <p>How to Log On to Your Naviance Account:</p> <p>Lake Middle School: <a href="https://student.naviance.com/lakems">https://student.naviance.com/lakems</a></p> <p>Cottage Grove Middle School: <a href="https://student.naviance.com/cgms">https://student.naviance.com/cgms</a></p> <p>Oltman Middle School: <a href="https://student.naviance.com/oltmanms">https://student.naviance.com/oltmanms</a></p> <p>Woodbury Middle School: <a href="https://student.naviance.com/woodburymiddle">https://student.naviance.com/woodburymiddle</a></p> <p>Click on Naviance Family Connection Link Username is student ID number Password is student’s computer password</p>

<a href="#">AVID</a>	<p>AVID’s mission is to close the achievement gap by preparing all students for college readiness and success in a global society. AVID equips students with what they need to succeed on a path to college and career success. AVID strategies are embedded in classes and students selected for the AVID program have the opportunity to take the AVID elective course. See the school’s website for more information.</p>
<a href="#">Gifted Education</a>	<p>Gifted students are clustered in their core content classes: language arts, social studies, science &amp; math, with teachers who have been identified and receive ongoing professional development to meet the needs of a gifted young adolescent. The rest of the cluster classroom is composed of students of varying abilities. Each middle school has a gifted education coach to support teachers of gifted learners, students, and families.</p>
<a href="#">English Language Learners - EL</a>	<p>The English Learner (EL) program in South Washington County Schools follows governmental and professional guidelines to support students who are learning English as a Second Language (ESL). The program provides the assistance students need for success in school. Licensed ESL teachers and support staff, in collaboration with classroom and content area teachers, promote grade-appropriate learning in all academic coursework while developing students’ English language proficiency. EL students are monitored and assessed to observe their progress in English language speaking, listening, reading and writing. This information, along with consultation from a student’s teachers and parents, helps determine the necessity and level of EL support.</p>
<a href="#">Schoology</a>	<p>Schoology is an online Learning Management System (LMS), used at all secondary schools in District 833. In Schoology, teachers post assignments, classroom resources, quizzes, and a course calendar with due dates and deadlines. Students and parents should use Schoology to review assignments and grades in order to stay on top of academic progress. Parents should go to <a href="http://sowashco.schoology.com">sowashco.schoology.com</a> to sign in on a regular basis. On the 833 website you will find instructions such as: <a href="#">First-time user instructions</a>, and a brief <a href="#">step-by-step video</a> that will help guide you through the registration and login process.</p>
<a href="#">Special Education</a>	<p>Special Education is specially designed instruction and services provided to meet students’ individual needs. Students with hearing, vision, speech, physical mobility, behavior, or learning disabilities may qualify for special education services. To receive services, students must be evaluated to determine their eligibility and need based on the criteria for having a disability as defined by the Minnesota Department of Education. Students who qualify for services will have an Individual Education Plan (IEP) developed that specifies their individual goals and accommodations/modifications to the regular curriculum necessary to meet their individual needs. Courses offered to students who qualify for special education are determined by their case-manager and school counselor.</p>

## REGISTRATION

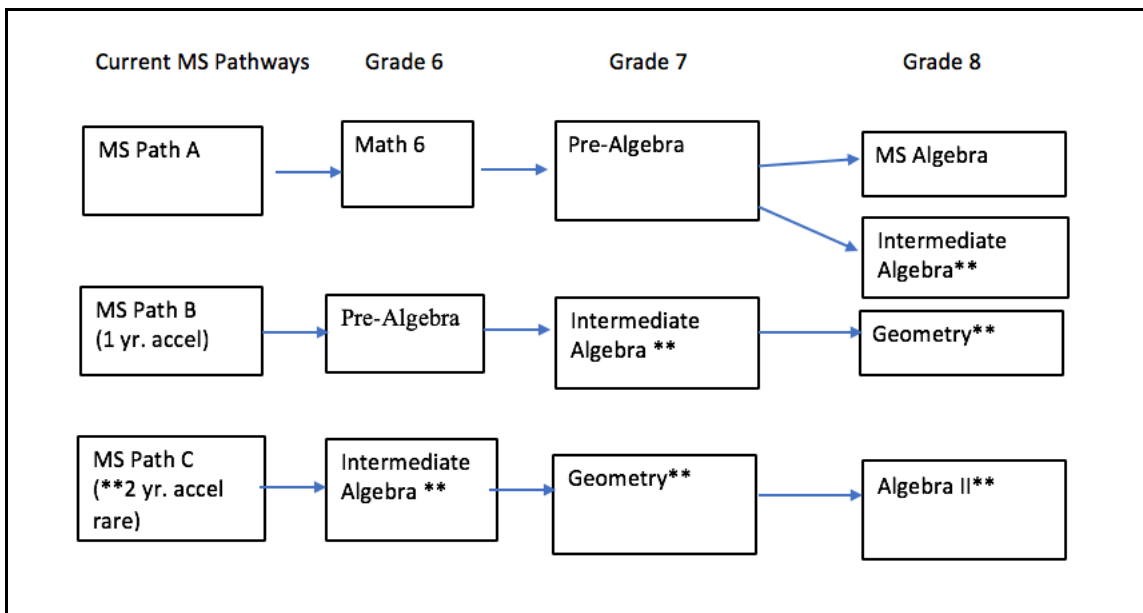
In middle school, students receive registration course cards to select their elective classes for each year. Counselors visit 5th grade classes in the elementary schools to introduce them to the 6th Grade Registration Process. Current 6<sup>th</sup> and 7<sup>th</sup> grade students receive registration cards in their classrooms. See District 833 middle school websites for the registration timeline, Grade Level Course Card, and for more information on registration procedures.

## MIDDLE SCHOOL PLANNING SHEET

Use the following chart to review what courses are offered in middle school.

Core Courses	6th Grade	7th Grade	8th Grade
Language Arts	Language Arts 6	Language Arts 7	Language Arts 8
Math	Math 6, Pre-Algebra, Intermediate Algebra	Pre-Algebra, Intermediate Algebra, Geometry	MS Algebra, Intermediate Algebra, Geometry, Algebra II
Social Studies	Minnesota Studies	United States Studies	Global Studies
Science	Physical Science	Life Science	Earth Science
Encore & Elective Courses			
Encore	Critical Thinking Art CARS Physical Education (PE) 6 Middle School Success	Computer Applications STEM World Language (Spanish or Chinese) PE 7	CCR: College & Career Readiness Health Art
Electives	Music (Choir, Orchestra or Band)	Music (Choir, Orchestra or Band) World Language (Spanish or Chinese)	STEM, Music (Choir, Orchestra or Band), World Language (Spanish or Chinese), PE 8

\*Encore classes are intended to explore student interests and expand their talents. Students will be scheduled into Encore Strategy and Encore Elective courses each year.



## MATH Pathways

At the middle school level, students are placed in a math course according to several subjective and objective measures. Multiple pathways are provided by each school in order for students to receive the appropriate level of mathematics throughout grades 6-8.

## COURSE DESCRIPTIONS

Below are the course descriptions by grade level for all middle school students, starting with math which covers multiple grade levels. Some courses may include credit at the high school level and this is reflected on student transcripts. You may also refer to the online version of this on the District 833 website at: [Middle School Course Descriptions Online](#).

### MATH 6 MA0111

Math 6 continues to develop mastery of the concepts in each of the four Minnesota math curriculum strands: Algebra, Number Sense, Geometry and Measurement, Data and Probability. The goal of 6th grade Math is to build a solid foundation, enhance math skills and create success. There is an emphasis of skills in numerical operations (including basic operations and their proper order, with positive rational numbers and positive integers), measurement, patterns, simple functions, geometry and concepts of data analysis, including statistics and probability.

### PRE-ALGEBRA MA 0112

Pre-Algebra develops mastery of the concepts in each of the four Minnesota math curriculum strands: Algebra, Number Sense, Geometry and Measurement, Data and Probability. Special focus is placed on the foundations for algebra. Students are introduced to integers and continue to develop mastery of beginning algebra concepts. There is a strong focus on proportions and ratios, evaluating algebraic graphs and solve equations graphically and numerically, interpreting solutions in their original context.



**MS ALGEBRA MA0080**

Middle School (MS) Algebra is designed to give students the requisite skills that provide a foundation for all future mathematics courses with an emphasis on linear relationships. Students will deepen their understanding of the real number system, justify steps in generating equivalent expressions, distinguish between linear and nonlinear functions and translate linear functions from one representation to another, solve and interpret equations and inequalities symbolically and graphically, display, interpret, and draw conclusions about data using scatter-plots, and express linear equations in various forms and convert between these forms. Throughout the course, mathematical concepts will be taught with an emphasis on real world application.

**MS/HS INTERMEDIATE ALGEBRA MA008, MA009, MA0010**

This course includes an in-depth study of the algebra of lines and expands number concepts to the real number system. Specific concepts in algebra include: understanding functions (both linear and nonlinear) in arithmetic and geometric sequences, graphing linear functions, slopes of parallel and perpendicular lines, solving systems of linear equations graphically and algebraically. Students work with the Pythagorean Theorem and its converse and solve problems by using a line of best fit to make predictions. Functions will be represented with symbols, verbal descriptions, graphs, and tables. Students will model real-world situations using functions and solve problems arising from these situations. Students will also study probability and analysis. Students passing this course receive a high school credit in math.

**MS/HS GEOMETRY MA0035, MA0036, MA0037**

This course includes the study of plane and solid geometric figures and their measurements. Students will apply properties of geometric figures and utilize the concepts of congruence, similarity, parallelism and rules of angle measurement. It includes deeper development of concepts studied in earlier grades such as: area, surface area, volume, scale factors, Pythagorean Theorem and angle relationships and expands understanding of trigonometry, circle properties, train properties and proof. Students use tools of geometry to visualize geometric concepts. Students passing this course receive a high school credit in math.

**ALGEBRA II MA0023, MA0024, MA0025**

This course includes a review of concepts in Algebra and provides an extension of algebra concepts. Topics include: equations, linear relations, systems of equations, parabolas, quadratic equations, powers and roots, exponents and logarithms, trigonometry and polynomials, data displays, standard deviation and normal distribution, and probability. Students passing this course receive a high school credit in math.

**6th GRADE**

**MATH** See descriptions at the beginning.

**LANGUAGE ARTS 6 LA0001**

Language Arts curriculum encompasses all aspects of reading, writing, speaking, and listening through a gradual release and workshop model. Students will complete formal papers in narrative, informative (compare and contrast), and argumentative genres using the writing process. They engage in Shared Inquiry discussions, partake in differentiated literature circles, and explore the use of language for different effects in different contexts and for different purposes. Students will learn how to think critically and practice critical thinking on a daily basis through reading various texts and genres of fiction, nonfiction, narrative, poetry and drama. Many interdisciplinary connections are made with other content areas.

**READING (CARS): CONTENT AREA READING STRATEGIES (1 Semester) LA0016**

This course is designed to teach students to read and comprehend complex informational text independently and proficiently through inquiry-based learning. Students will increase their reading comprehension and vocabulary knowledge through the use of rigorous non-fiction real world text. Students practice close interactive reading with the goal of successfully mastering comprehension of key ideas and details, recognizing how various authors' writing is structured, and integrating knowledge and details using critical reading strategies.

**SOCIAL STUDIES 6th GRADE MN STUDIES SO0001**

Students study Minnesota history and its government, citizens, economics, and geography; placing the state and its people within the context of national history. They engage in historical inquiry and study events, issues and individuals significant to Minnesota history, beginning with the early indigenous people of the upper Mississippi River region to the present day. Interpretation of graphs, tables and maps will assist students in developing content knowledge skills.

**SCIENCE 6th GRADE PHYSICAL SCIENCE SC0001**

Physical science serves as an introduction to chemistry and physics. This class explores the concepts of matter, motion, and energy through the context of engineering and technology. Students will engage in inquiry investigations throughout the year and will complete a project that investigates the impact engineering design has had on society. Topics include: scientific world view, the particle model of matter, changes in matter, forms of energy, energy conversions, force, and motion.

**CRITICAL THINKING EL0056**

This course is a challenge-based learning course where students collaboratively explore research to identify a problem or challenge that is important or of interest to them. A problem or challenge can be service oriented, direct, indirect, advocacy or design orientated with the goal of creating a better version of a product or designing a new product to address the identified challenge. Students are challenged to develop 21st century skills in the areas of collaboration, communication and problem solving using critical thinking and creativity. Students will be empowered through opportunities in experiential learning, individual awareness and self-evaluation, collaboration, collection of evidence through exploration and individual choice.

**MIDDLE SCHOOL SUCCESS EL0059**

Middle School Success is a semester-long academic class in which students explore and engage in strategies, empowering them to reach their full potential in school and life. Students will set, reach, and reflect on goals, choosing from a repertoire of strategies developed in this class. Included is a focus on the development and maintenance of executive functioning skills which include time management, problem solving skills, identification of learning styles and prioritization strategies. Students are provided opportunities to develop and strengthen their organizational skills, study skills and test taking strategies which will increase success in their secondary classroom experiences.

## 7th GRADE

**MATH** See descriptions at the beginning.

### **LANGUAGE ARTS 7 LA0002**

Language Arts curriculum encompasses all aspects of reading, writing, speaking, and listening through a gradual release and workshop model. Students will complete formal papers in narrative, informative (compare and contrast), and argumentative genres using the writing process. They engage in Shared Inquiry discussions, partake in differentiated literature circles, learn roots and affixes in our Words Their Way vocabulary program. Student's reading will be monitored. Students will learn how to think critically and practice critical thinking on a daily basis through reading various tests and genres of fiction, nonfiction, narrative, poetry and drama. Many interdisciplinary connections are made with other content areas.

### **SOCIAL STUDIES 7th GRADE U.S. STUDIES SO0002**

This course provides continued development of understanding and skills in the social studies disciplines: history, geography, civics, government and economics. Students learn about people, issues and events of significance to this nation's history from 1800 to the current era of globalization. They examine the Declaration of Independence, the Constitution and Bill of Rights, and Supreme Court decisions for their lasting impact on the American people, economy and governance structure.

### **SCIENCE 7th GRADE LIFE SCIENCE SC0002**

Life science explores the concepts of structure and function in living systems, interdependence among living systems, and evolution in living systems, and human interactions with living systems. Thorough inquiry activities, students will learn how empirical criteria, logical argument, and skeptical review are critical to understanding the natural world. Topics include: nature of science, cells, heredity, evolution, simple life, human body systems, infectious disease, animals, plants, and ecology.

### **COMPUTER APPLICATIONS (1 Semester) BE0005**

In this course students will examine the use of computers, software, and the Internet as a career tool. While students are enhancing their keyboarding skills in this course, they will study Word, PowerPoint, Excel, Access, Web Design, Google and Publisher. Students create numerous projects using these programs.

### **STEM: SCIENCE, TECHNOLOGY, ENGINEERING, AND MATH 7<sup>th</sup> & 8<sup>th</sup> GRADE PLW001, PLW002**

This course integrates technology-oriented applications of mathematics and science into pre-engineering activities for students. STEM education engages students in activities, projects, and problem-based learning, which provides hands-on classroom experiences through the use of technology. Students create, design, build, discover, collaborate and solve problems while applying what they learn in math and science.

## 8th GRADE

**MATH** See descriptions at the beginning.

### **LANGUAGE ARTS 8 LA003**

Language Arts curriculum encompasses all aspects of reading, writing, speaking, and listening through a gradual release and workshop model. Students will complete formal papers in narrative, informative (compare and contrast), and argumentative genres using the writing process. Students engage in Shared Inquiry discussions, partake in differentiated literature circles, learn roots and affixes in our Words Their Way vocabulary program. Student's reading will be monitored. Students will learn how to think critically and practice critical thinking on a daily basis through reading various tests and genres of fiction, nonfiction, narrative, poetry and drama. Many interdisciplinary connections are made with other content areas.

### **SOCIAL STUDIES: 8th GRADE GLOBAL STUDIES SO0003**

This course provides continued development of understanding and skills in the social studies disciplines: history, geography, civics and government, and economics. At this grade level, students focus on the world and its unique people and places. A world-regional approach to studying the planet and focus on five essential questions. How do geographers interpret and show information on maps? How do people interact with their environment? How did history affect these regions today? How do economies affect life in regions today? How do people preserve their traditional culture while adapting to modern life?

### **SCIENCE: 8th GRADE EARTH SCIENCE SC0003**

Earth Science focuses on the structures and processes of the Earth, such as rocks, plate tectonics, meteorology, human interactions with Earth's systems, as well as astronomy focused on the solar system. Earth and space science explore the concepts of geology (earth structure and process), meteorology (interdependence within the earth system), astronomy (the universe) and human use of natural resources.

### **COLLEGE AND CAREER READINESS EL0052**

This middle school course supports students in identifying goals, priorities, aptitudes, and interests, with the goal of helping them make informed decisions about their future plans. The "Ramp up to Readiness" curriculum is a resource used in this course which explores academics, admission, career, financial, and personal and social readiness goals in preparation for high school, college and careers. Students explore the correlation between learning styles and careers, examine how careers have transformed over time, discover college and explore postsecondary education incorporating the use of Naviance. Naviance is a comprehensive college and career readiness online resource for middle and high school students that helps align students' strengths and interests to their postsecondary goals.

### **HEALTH PE0012**

This course emphasizes the knowledge and skills that promote sound bodies and minds, prevent disease and dysfunction, and reduce risk. Students will focus on a variety of topics including mental and emotional health, diseases and disorders, chemical use/abuse (tobacco, alcohol, drugs), CPR/First Aid, physical fitness, stress management and human growth, development and sexuality.

## ENCORE COURSES 6-8

### **ART (Grades 6 & 8) AR0001**

The class focuses on the foundations of art elements, principles, aesthetics, and art history. Students will create 2-D and 3-D media including, but not limited to: drawing, painting, sculpture, pastels and mixed media. This studio class will provide hands-on experiences. Unit of studies include but not limited to: still-life, landscape, pottery, sculpture, cartooning and animals. Students will develop production skills to express individual ideas, thoughts, and feeling.

## **MUSIC**

### **BAND MU0009, MU0010, MU0011**

This course helps students develop techniques for playing brass, woodwind, and percussion and their ability to perform a variety of concert band literature styles. Band is for students who play an instrument and will work to develop rehearsal, performance and music reading skills and fundamentals necessary to attain a high level of musicianship and confidence. Students will explore a variety of musical styles. There will be several opportunities for performances each year, including field trips and small ensembles.

### **CHOIR MU0012, MU0013, MU0014**

This course helps develop students' vocal skills within the context of a large choral ensemble in which they perform a variety of styles of repertoire. Choir is an ensemble-based course in which students work together as a team to develop their vocal skills. Choir members work on proper vocal technique, rehearsal skills and learn a well-rounded background in music fundamentals. Each student develops independent singing and reading skills to attain a high level of musicianship and confidence. Students will explore a variety of styles of music, including world music, art songs, contemporary music, and pop music.

### **ORCHESTRA MU0051, MU0052, MU0053**

This course helps develop students' technique for playing strings along with woodwind, brass, and percussion. This course emphasizes collaboration through rehearsal and performance experiences in creating and responding to music.

## **MIDDLE SCHOOL WORLD LANGUAGE**

### **MS/HS MANDARIN CHINESE I 7<sup>th</sup> & 8<sup>th</sup> GRADE WL0105, WL0113, WL0114, WL0115**

Students will explore a variety of cultural themes through language and culture of the Chinese-speaking world, stressing the ability to speak and listen to basic daily conversation in Chinese. Learn to read and write basic Chinese characters and develop an appreciation for the uniqueness of the Chinese culture through situational and daily conversations. Songs, verb and vocabulary activities, videos, CDs, computer and internet lessons may aid skills. Chinese includes World Cultures and explores various cultures using vocabulary and language skills through a variety of interactive activities, games, songs and technology. Students passing this course receive a high school credit in world language.

**MS/HS SPANISH I 7<sup>th</sup> & 8<sup>th</sup> GRADE WL0103, WL0110, WL0111, WL0112**

Designed to introduce students to Spanish language and culture, courses in this classification prepare students to communicate authentically in Spanish by interpreting (reading, listening, viewing), exchanging (speaking and listening; reading and writing), and presenting (speaking, writing). Students will explore a variety of cultural themes through language and culture of the Spanish-speaking world, stressing the ability to ask for and give information and to describe situations in Spanish. Develop skills in listening, speaking, reading and writing in Spanish, and increase your awareness of Hispanic culture. Spanish includes World Cultures which explores several cultures using vocabulary and language skills through a variety of interactive activities, games, songs and technology. Students passing this course receive a high school credit in world language.

**PHYSICAL EDUCATION (Grades 6-8) PE0005**

Physical Education (PE) courses in the middle school are based on the acquisition of knowledge and skills that provide the foundation for sport, a physically active lifestyle, and social development through physical activity. Activities typically include those that increase strength, endurance, and flexibility; reinforce safe technique; teach the rules and conventions of games and sports; and explore the relationship between physical activity and health. Specific content depends upon state standards for each grade level.

**PLANNING FOR HIGH SCHOOL:**

Middle School prepares you to enter high school with the skills and knowledge to succeed and earn a high school diploma. Below is a glance of the high school requirements in District 833.

Subject	Credits Needed	Subject	Credits Needed
English	12	Social Studies (including Political Science and Economics)	10
Math**	9	Science (Biology, Chemistry and/or Physics)	9
Fine Arts	2	Health	1
General Physical Education	1	Electives*	22

\*Students may select from a variety of elective courses. Please check [High School Program of Study](#) for details.

\*\*See [High School Program of Study](#) for Math Pathways