

# **Middle School Course Directory**

## **For High School Preparatory Academies**



**Cambridge AICE Academy**  
Accelerated Academic Program

**Visual & Performing Arts Academy**  
Performing Arts Prep Program  
Digital & Visual Arts Prep Program

**STEM Academy**  
CTE STEM Academy  
Cambridge AICE STEM Engineering Academy

---

**2**

~a high school credit \* honors high school credit (this will be weighted on the HS GPA)

# requires a Gifted EP + Audition required = *not approved yet*

7<sup>th</sup> Grade Course Choices

Language Arts	Mathematics	Science	Social Studies
LA2	Math 2	Life Science	US History
LA2 Cambridge AICE Adv.	Math 2 Camb. Sec. 1 (PreAlgebra)	Life Science AICE (ADV)	US History Advanced
LA2 Cambridge AICE Gifted#	<b>PreAICE Math 1 /Algebra 1 Honors*</b>		US History Gifted #
Spanish or Enrichment/Intervention	PE Electives	Art and Academic Electives	Key
7 <sup>th</sup> Grade Spanish	<b>Cambridge AICE PE ~+ (HOPE HS Credit)</b>	Art 2-D 1	~ high school credit
Intensive Reading Lab	Dance 2 (Beg/Inter.)	Band 1 (beginning) Band 2 (wind ensemble) +	* honors high school credit (this will be weighted on the HS GPA)
ESE Resource	Dance 3 (Adv) +	Chorus	# requires a Gifted EP
504 Resource	Fitness and Conditioning	Digital Art & Design 1	+ Prerequisite course or audition required
	Martial Arts and Self Defense	Drama 3 – Stagecraft	
	Martial Arts and Self-Defense Advanced (II)	Photography	Recommended <b>Course Tracks</b> are listed by Program.
	Team Sports	TV Production and Media Literacy (TV)	
	Yoga	Percussion and Drumline (Explo Music)	
		Theatre 2 (Musical Theatre) +	
		<b>Cambridge Pre-AICE Musical Theatre IGSCE*+</b>	
		<b>Pre-AICE Cambridge Travel and Tourism~+</b>	
		<b>Pre-AICE Cambridge Business Studies ~+</b>	

8<sup>th</sup> Grade Course Choices

Language Arts	Mathematics	Science	Social Studies
LA3	Pre-Algebra	Physical Science 3	Civics
LA3 AICE Adv	<b>PreAICE Math 1 (Algebra 1 Honors)*</b>	AICE Physical Science 3	Civics Advanced
LA3 AICE Gifted+	<b>PreAICE Math 2 (Geometry Honors)*</b>	HS Physical Science Honors*	Civics Gifted #
Spanish	PE Electives	Art & Academic Electives	Key
<b>HS Spanish I*</b>	<b>Cambridge PE ~+ (HOPE HS Credit)</b>	<b>Cambridge Pre-AICE Travel and Tourism*</b>	~ high school credit
Intensive Reading Lab	Dance 2 (Beg/Inter)	<b>Cambridge Pre-AICE Business Studies *</b>	* honors high school credit (this will be weighted on the HS GPA)
ESE Resource	Dance 3 (Adv)+	Art 2-D	# requires a Gifted EP
504 Resource	Fitness & Conditioning	Band 1 (beginning)	+ Prerequisite course or audition required
	Yoga and Pilates	Band 3 (wind ensemble) +	
	Martial Arts and Self-Defense	<b>Cambridge Art &amp; Design *+</b>	Recommended
	Martial Arts and Self-Defense Advanced (II)	<b>Cambridge Drama (Musical Theater) *+</b>	<b>Course Tracks</b> are listed by Program.
	Team Sports	Drama 3 – Stagecraft	
		Chorus	
		Digital Art & Design 1	
		<b>Digital Art &amp; Design 2 *+</b>	
		Photography	
		Exploration of Prod. Technology	
		Percussion and Drumline	
		<b>High School Speech I &amp; II ~</b>	
		TV Production and Media Literacy (TV)	

# Cambridge AICE Academy

## Cambridge AICE Academy

**An accelerated language arts, history, and social awareness based program.**

The purpose of this program is to prepare students for the rigor of advanced high school level programs, such as AICE or the Law Academy Preparatory Program. Successful completion of these courses will also increase the chance for acceptance into the program of choice for high school, as the courses are based upon requirements from the high school programs and will include a recommendation letter. Enrollment and completion of this preparatory program does NOT guarantee admission into comparable high school programs.

### Student and Parent Commitment Statement

I understand that High School Prep classes are for motivated students. Success in these courses may require time outside of the classroom for practice, study and completion of assignments. Computer access and materials may be required for some assignments/projects.

Placement: LA & History- 90 % or better

Students must maintain a 3.0 GPA.

Level 4 or higher on ELA FAST

Satisfactory Attendance Required

HS Credit Criteria: Must take Spanish 1 for high school credit

\* Failure to maintain academic and discipline standards will result in dismissal from program.

### Afterschool Recommendations

NJHS & Student Council

SIXTH GRADE:	SEVENTH GRADE:	EIGHTH GRADE:
<b>LA:</b> LA1 Adv.  <b>Mathematics:</b> Math 1 Adv. Math 1 Gifted#  <b>Science:</b> Earth Science Gifted# Earth Science Adv  <b>Social Studies:</b> World History Adv or World History Gifted #	<b>LA:</b> Cambridge AICE LA2 Adv. Or Cambridge AICE LA2 Gifted#  <b>Social Studies:</b> US History Adv. or US History Gifted #  <b>Mathematics:</b> Advanced Math & Algebra I Honors  <b>Spanish:</b> Spanish  <b>Electives for HS Credit:</b> Pre-AICE Fitness (HOPE)* Pre-AICE Cambridge Travel and Tourism Pre-AICE Cambridge Business Studies	<b>LA:</b> Cambridge AICE LA3 Adv. Or Cambridge AICE LA3 Gifted#  <b>Social Studies:</b> Civics Adv. Or Civics Gifted#  <b>Mathematics:</b> Algebra I Honors and Geometry I Honors  <b>Spanish:</b> Spanish I Honors*  <b>Electives for HS Credit:</b> Pre-AICE Fitness (HOPE)* Pre-AICE Cambridge Travel and Tourism* Pre-AICE Cambridge Business Studies* Cambridge IGSCE Art & Design* Cambridge IGSCE Drama (Musical Theater)* Speech I & II~

## Interventions and Exceptional Student Education Program

We believe that all students can succeed, with the correct interventions in place, and the proper training for all educators. We support our teachers and assist them in attaining an additional certification in Exceptional Student Education, to assist all students.

In addition, we contract with Easter Seals for Occupational and Speech Therapy Services.

SSA+S supports our ESE population by offering full remuneration and materials for our staff to be ESE certified, in addition to their subject area. We believe this additional education for faculty provides an ideal learning environment for our students to grow and learn. In addition to the teachers below, Mr. Williams, one of our assistant principals, is also ESE certified.

READING CERTIFIED	ESE CERTIFIED	UNIQUE SKILLS ESE SERVICES
Ms. Casanas	Mr. Bailey	Ms. Plath
Ms. Ferguson	Ms. Biggs	Ms. Hubbard
Ms. Gannon	Ms. Casanas	Speech Therapy
Ms. Hanley	Ms. Ferguson	Occupational Therapy
Ms. Hubbard	Ms. Gourley	Dr. Files-Hall, School Psychologist
Ms. Josef	Ms. Howard	
Ms. Lear	Mr. Matthews	
Mr. Lear	Ms. O'Carroll	
Ms. O'Carroll	Mr. Sampson	
Ms. Plath	Ms. Shannon	
Ms. Shannon	Ms. Sharp	
Ms. Tahmosh	Dr. Williams	
Ms. Torrisi	Ms. Wright	
Ms. Wright		

# English for Speakers of Other Languages Program

SSA+S utilizes the inclusion model for English for Speakers of Other Languages (ESOL) instruction. We believe that inclusive classes best support middle school students who are still learning English, and that they provide an opportunity for ESOL students to quickly build skills and self-esteem. ESOL students are scheduled in classes based on their FSA and WIDA test scores. All SSA+S teachers and Administrators are in compliance with the state of Florida’s ESOL endorsement requirements.

SSA+S supports our ESOL population by offering full remuneration and courses for our staff to be ESOL endorsed, in addition to their subject area. We believe this additional education for faculty provides an ideal learning environment for our students to grow and learn. In addition to the teachers below, Ms. Gannon, one of our assistant principals and Ms. Tahmosh, our principal, are also ESOL endorsed.

<p><b>LA:</b>  Ms. Golden  Ms. Hanley  Ms. Josef  Mr. Lear  Mr. Stewart  Ms. Wright</p> <p><b>Reading:</b>  Ms. Gannon  Ms. Hanley  Ms. O’Carroll  Ms. Tahmosh</p>	<p><b>Social Studies:</b>  Mr. Deree  Ms. Ferguson  Ms. Craft  Mr. Parkes</p> <p><b>ESE:</b>  Ms. Plath</p> <p><b>Physical Education:</b>  Glisson</p>	<p><b>Mathematics:</b>  Ms. Casanas  Ms. Biggs</p> <p><b>Science:</b>  Ms. Lear  Ms. Ferguson  Ms. Gourley</p>
--	--	--

## Gifted & Talented Accelerated Program

The Gifted Program at SSAS aims to provide a robust learning experience that specifically targets the needs of gifted learners. It is a part-time gifted program where gifted students are enrolled in some gifted-endorsed classes throughout the day while leaving opportunity in the schedule for flexibility based on interests and varied abilities.

Gifted services are provided through core academic classes that are modified to accommodate the needs of gifted learners. Enrichment is the cornerstone of the gifted program as SSAS utilizes curriculum compacting, a methodology where general curriculum is taught at a faster pace so that time can be allotted for enrichment activities. These activities remove the learning ceiling by incorporating technology and allowing for open-ended project-based learning. Since gifted status captures a wide variety of academic and interpersonal abilities, SSAS emphasizes continuous improvement on the social-emotional needs of gifted learners through instruction and employment of cooperative learning, conflict resolution, and effective leadership. SSAS employs many teachers with gifted endorsements ensuring the highest quality and appropriateness of gifted methods and curricula.

To qualify for gifted services, a student must score two standard deviations above the mean (130 composite score) on a Sarasota County Schools approved IQ test administered by a psychologist.

6th Grade – World History, English Language Arts, Math

7<sup>th</sup> Grade – U.S. History, English Language Arts

8<sup>th</sup> Grade – Civics, English Language Arts

SSA+S supports our Gifted population by offering full remuneration and courses for our staff to be Gifted endorsed, in addition to their subject area. In addition to the teachers below, Ms. Gannon, one of our assistant principals, is Gifted Endorsed.

SIXTH GRADE:	SEVENTH GRADE:	EIGHTH GRADE:
<b>Social Studies:</b> Mr. Deree Ms. Ferguson  <b>Mathematics:</b> Ms. Casanas  <b>Science:</b> Ms. Lear	<b>Social Studies:</b> Mr. Bliss Ms. Craft Ms. Ferguson  <b>Robust Academic Electives:</b> Pre-AICE Fitness (HOPE)* Cambridge Pre-AICE Business Studies IGCSE* Pre-AICE Travel & Tourism* Cambridge IGSCE Drama (Musical Theater)*+ Pre-AICE Art and Design	<b>LA:</b> Mr. Lear  <b>Social Studies:</b> Mr. Bliss  <b>Science:</b> HS Physical Sci Honors Ms. Gourley  <b>Robust Academic Electives:</b> Pre-AICE Fitness (HOPE)* HS Speech & Debate I & II ~ Cambridge IGSCE Drama (Musical Theater)*+ Cambridge Pre-AICE Travel & Tourism IGCSE* Cambridge Pre-AICE Business Studies IGCSE*



# S.T.E.M. Program

---

## *S.T.E.M. – Science, Technology, Engineering, and Mathematics Program Math, Science, and Technology Rich Curriculum*

The purpose of this program is to foster a learning environment in which students work together on guided projects towards a goal. In addition, it is to prepare students for the rigor of STEM related high school programs, such as a medical preparatory program, MaST, or Suncoast Polytechnical. Successful completion of these preparatory courses in middle school will assist in being prepared with the prerequisites for the program of choice for high school and will include recommendation letters. Enrollment and completion of this preparatory program does NOT guarantee admission into comparable high school programs.

### Student and Parent Commitment Statement

I understand that High School Prep classes are for motivated students. Success in these courses may require time outside of the classroom for practice, study and completion of assignments. Computer access and materials may be required for some assignments/projects.

\*Failure to maintain academic and discipline standards will result in dismissal from program.

#### Track 1: CTE STEM Academy:

For students who want to be in tech classes interested in tech high school program that's more CTE path, such as Polytech or dual enrollment with Suncoast Technical College during Junior and Senior year. Also for students that want to build and create.

#### Electives:

- Exploring Tech elective (7th grade)
- Exploration of Prod. Technology (8<sup>th</sup> grade)
- Digital Art or TV Production
- PreAICE Business Studies
- PreAICE Travel & Tourism
- 3's or better in Math and ELA FAST (borderline 2 on FAST probation consideration)
- 2.5 GPA

#### Track 2: Cambridge STEM Academy:

For students who are interested in science/math/tech/engineering → going into competitive/advanced HS engineering program like AICE and/or MaST.

- ADV Math (Pre-AICE Alg. By 8th grade)
- ADV Science

#### Electives:

- Exploring Tech elective (7th grade)
- Exploration of Prod. Technology (8<sup>th</sup> grade)
- Digital Art or TV Production
- PreAICE Business Studies
- PreAICE Travel & Tourism
- Pre-AICE Spanish 1 in 8th grade
- 4's or better FAST Math/ 3's on ELA
- 90% or better in Math and Science
- 3.0 GPA

## Performing Arts Preparatory Program - Music and Theatre

---

The purpose of this program is to prepare students for successful entrance into related high school VPA programs, such as **dance, music, and theatre**. Successful completion of these courses will also increase the chance for acceptance into the program of choice for high school and will include a certificate of completion and a recommendation letter. Teachers will assist students with their audition preparations. Booker VPA also offers auditions on the SSA+S campus to current students.

Enrollment and completion of this preparatory program does NOT guarantee admission into comparable high school programs.

### Student and Parent Commitment Statement

I understand that High School Prep classes are for motivated students. Success in these courses may require time outside of the classroom for practice, study and completion of assignments. Computer access and materials may be required for some assignments/projects.

### Application Requirements:

Students must maintain a 2.5 GPA (includes core classes and Spanish)

Satisfactory Attendance Required (students with excessive absences will be declined)

\*Failure to maintain academic and discipline standards will result in dismissal from program.

**Placement:** Audition Based and Teacher Recommendation

### DANCE

For those that love to dance, up to two periods of dance per day! We created this list to prepare for successful entrance into a high school dance program, we recommend the following courses:

Dance 2 (Beg/Inter)

Dance 3 (Adv) +

Latin Dance

Yoga

### MUSIC

Music academy students may take two or three different music classes per day to increase their skills while enjoying their electives. We created this list to prepare for successful entrance into a high school music program, we recommend the following courses:

Band 1 (Beginning)

Band 3 (Wind

Ensemble)

Chorus

Percussion & Drumline

### THEATRE

For the students that want to do it all- sing, dance, and perform. We created this list to prepare for successful entrance into a high school theatre program, we recommend the following courses:

Chorus

Dance (2 or 3 adv.)

Theatre

Stagecraft

Cambridge Pre-AICE Musical Theatre IGSCE\*+

## Digital and Visual Arts Preparatory Program

---

The purpose of this program is to prepare students for successful entrance into related high school VPA programs, such as **Digital Art and Visual Art**. Successful completion of these courses will also increase the chance for acceptance into the program of choice for high school and will include a certificate of completion and a recommendation letter. In addition, teachers will assist students in creating their portfolios for the VPA admissions' requirement. Enrollment and completion of this preparatory program does NOT guarantee admission into comparable high school programs.

### Student and Parent Commitment Statement

I understand that High School Prep classes are for motivated students. Success in these courses may require time outside of the classroom for practice, study and completion of assignments. Computer access and materials may be required for some assignments/projects.

### Application Requirements:

Students must maintain a 2.5 GPA (includes core classes and Spanish)

\*Failure to maintain academic and discipline standards will result in dismissal from program.

**Placement:** Audition Based and Teacher Recommendation

Satisfactory Attendance Required (students with excessive absences will be declined) Two art pieces (see application)

### Visual Arts - Traditional and Digital

For students that love to create – so that they may enjoy their middle school electives. In addition, to prepare for successful entrance into a Visual Arts program, we recommend the following courses:

#### Seventh Grade Electives

Art 2-D 1

Digital Art & Design 1

Photography

#### Eighth Grade Electives

Art 2-D 2

Cambridge IGSCE Art + Design +\*

Digital Art & Design 1

Digital Art & Design 2

Photography

### Digital Arts

For students that want to make Visual Art digitally or physically – an excellent hobby and possible career choice. To prepare for successful entrance into a Digital Arts Program, we recommend the following courses:

#### Seventh Grade Electives

Digital Art & Design 1

TV Production and Media Literacy (TV)

#### Eighth Grade Electives

Art 2-D 2

Cambridge IGSCE Art + Design

Digital Art & Design 1

Digital Art & Design 2 (Prereq Req)

TV Production and Media Literacy (TV)

# Cambridge AICE Elective Courses

## (these do not transfer to the IB Diploma)

### **Cambridge IGCSE Art and Design 8th Grade-Honors High School Credit**

Cambridge IGCSE Art and Design will further assist our Cambridge AICE and Visual & Performing Arts (VPA) students, through the development of portfolios as well as to develop greater skills in both two-dimensional and three-dimensional forms and compositions. Students will be exposed to a variety of materials, media, and techniques so that they may develop both breadth and depth. **Cambridge IGCSE** This elective course is designed for the AICE Programs.

### **Cambridge Pre-AICE Musical Theatre IGCSE\*+ 7th and 8th Grades - Honors High School Credit**

This high school course would meet the Cambridge AICE diploma graduation requirements for those students who are on track to attend the AICE programs in high school. It would also take the place of the performing arts graduation requirement. Students in this course would delve into their love of Broadway balanced with performing and practicing their onstage and offstage skills. Students will also practice auditioning skills.

### **Cambridge Pre-AICE Business Studies IGCSE\* 7th and 8th Grades Honors High School Credit =**

The Cambridge IGCSE Business Studies syllabus develops learners' understanding of business activity in the public and private sectors, and the importance of innovation and change. Learners find out how the major types of business organization are established, financed and run, and how their activities are regulated. Factors influencing business decision-making are also considered, as are the essential values of cooperation and interdependence.

### **Cambridge IGCSE Physical Education:**

#### **7th and 8th Grades - Honors High School Credit**

This high school course would meet the Cambridge AICE diploma graduation requirements for those students who are on track to attend the AICE programs in high school. The physical education course is both practical and theoretical, covering anatomy and physiology, movement skills, and contemporary studies in sport. Students are encouraged to try out a range of physical activities, including team and individual sports, games, and outdoor activities, and then use the theoretical knowledge they have gained to analyze different factors influencing performance.

### **Cambridge Pre-AICE Travel & Tourism IGCSE 7th and 8th Grades Honors High School Credit =**

Travel and Tourism is designed to help meet the need for skilled and knowledgeable individuals in this rapidly diversifying industry. The course provides an understanding of the nature of travel and tourism. Highlights the importance of sustainability, resilience, the customer, destinations, and marketing.

## Visual Art

### Art 2-D 1

Art 2-D is designed to be an introduction to the visual arts. You will be using your experience and knowledge gained during the foundation year in 6th grade to begin developing a portfolio, which will realize itself in 8th grade. This is an intense program that covers all aspects of the visual arts, by tracing its development through the ages and across the globe.

### Art 2-D 2

Art 2-D is designed to meet the portfolio requirements for entrance into HS. The course will run a full year. The emphasis will be on creation and technique. Students will explore various mediums while developing deeper understanding of what it means to be a visual artist and learn the power of communication through the visual arts.

### Cambridge IGCSE Art and Design:

#### 8th Grade- Honors High School Credit

Cambridge IGCSE Art and Design will further assist our Cambridge AICE and Visual & Performing Arts (VPA) students, through the development of portfolios as well as to develop greater skills in both two-dimensional and three-dimensional forms and compositions. Students will be exposed to a variety of materials, media, and techniques so that they may develop both breadth and depth.

## Technology

### CTE & Cambridge STEM Required Elective:

#### Exploring Technology

Exploring Technology is a class that works to reinforce and complement the materials presented in other courses while introducing technological and problem-solving skills. At the seventh grade level we will be expanding on the computer skills taught in sixth grade while having an emphasis on the research and design aspect of technology. Students will begin to take the design solutions they make on the computer and then actually construct them in the lab for testing and evaluation.

#### Exploration of Prod. Technology

This course introduces students to concepts and skills in communications technology, which encompasses television/video, print/graphic communications, website design, photography, animation, and video game design. The SSA+S Technology Enterprise Unit is designed to give students a culminating experience in applying leadership, management, manufacturing, advertising, environmental, computer aided design, business, and webpage design/maintenance skills. The content of this course is oriented around laboratory activities necessary to organize an enterprise that will research, plan, produce, and market a product. This course will involve many hands-on activities in the Tiger Tech Lab.

**TV Production and Media Literacy** is an engaging middle school course that delves into the world of media creation. Students explore videography, editing, screenplay writing, journalism, news reporting, animation, and film history. Through hands-on projects, they learn to express ideas effectively using visual media. By the end of the class, students gain proficiency in media production and a deeper understanding of how media shapes our world.

# Digital Art

## Photography

In Photography, students master manual mode by understanding and using aperture, shutter speed, and ISO. Explore essential photography elements such as lighting, angles, composition, and visual storytelling. Students will also dive into various photography styles and enhance their images during post-production with Adobe Lightroom and Photoshop to a professional quality. By the end of the year, students produce a stunning yearbook and create a branded online portfolio website similar to professional photographers. Students will also be the Yearbook staff.

Quarter 1: Mastering Manual Mode

Quarter 2: Visual Storytelling and Composition

Quarter 3: Exploring Types of Photography

Quarter 4: Professional Photography Branding

(Students will pick a type of photography and build a branded website complete with pricing).

**TV Production and Media Literacy** is an engaging middle school course that delves into the world of media creation. Students explore videography, editing, screenplay writing, journalism, news reporting, animation, and film history. Through hands-on projects, they learn to express ideas effectively using visual media. By the end of the class, students gain proficiency in media production and a deeper understanding of how media shapes our world.

## Digital Art & Design 1

Digital Art & Design is an engaging middle school course that delves into the fusion of art and technology. Students explore fundamental art principles, discover sources of inspiration, and learn about digital tools like Adobe Photoshop and Illustrator. They create their own digital artworks, analyze art movements, and develop a portfolio. By the end of the course, students gain technical skills and a deeper appreciation for digital expression.

## Digital Art & Design 2

### Cambridge IGCSE High School Credit art

**class:** students continue learning artistic styles, tools, chiaroscuro, and movement before exploring **2D** and **3D animation**. Cambridge IGCSE Art and Design will further assist our Cambridge AICE and Visual & Performing Arts (VPA) students, through the development of portfolios. They master 2D animation principles using software like Adobe Animate and After Effects, creating motion graphics and character animations. Additionally, they venture into 3D modeling, rigging, and animation. Students also enhance their digital painting skills, focus on character performance, and explore cinematic techniques. The course culminates in hands-on projects, including short animated scenes and visual effects. By the end, students gain technical proficiency and a deeper understanding of animation theory and storytelling.

# Dance

**Dance courses can take the place of either an Art Elective and/or the Physical Education Requirement**

## Dance 2 (Mixed)

An intermediate dance class for students with some prior dance experience. This class would be for students who are looking to further excel their skills in the styles of ballet, jazz, lyrical, & hip hop. We will also focus on the elements of choreography. This would be a great course for students wishing to move up to Adv. Dance, those that are involved in musical theatre, or for those who want to audition for high school V.P.A programs. This course is also performance based, so students must participate in any performance opportunities that apply.

## Dance 3 (Advanced)+

This advanced course is by audition only. Students must audition in advance for this course. Students auditioning for this course must have a strong discipline and passion for dance & 4 or more years experience in one or more of the following styles; Ballet, Jazz, Lyrical, or Contemporary. These styles will be the focus of this course. The Adv. Dance class is a preparatory course. This course would benefit any student planning on auditioning for high school V.P.A dance & theatre programs or wishing to continue their dance education. This course is also performance based, so students must participate in any performance opportunities that apply.

## Yoga

In this class students will learn the skills of various yoga techniques. Through this class students will learn breathing techniques, basic to intermediate yoga, different equipment that can be used, as well as how to create a sequence. By the end of this class, students will be able to perform their own yoga sequences so they can continue incorporating yoga into their daily life. We will also discuss the Science and History of Yoga as well as discuss & participate in Mindfulness Activities & Incorporate Meditation into our yoga classes. The focus of this course will be the physical and mental benefits of practicing yoga. Listening to our individual bodies and gaining best practices in Yoga.



# Physical Education

## Martial Arts & Self Defense I and II

This course is ideal for students who are interested in learning and practicing the basic martial arts techniques of Karate, Tae Kwan Do and Chinese Kempo in a non-competitive environment. Students will learn etiquette standards and some of the traditions that are encompassed in a martial art class setting. In addition, students will participate in various activities that promote flexibility, hand-eye-coordination, and discipline. This class also incorporates a variety of basic self-defense techniques, including an emphasis on awareness of one's surroundings. No prior experience is necessary, and all levels are welcome!

## Cambridge IGCSE Physical Education: High School Credit

This high school course would meet the Cambridge AICE diploma graduation requirements for those students who are on track to attend the AICE programs in high school. The physical education course is both practical and theoretical, covering anatomy and physiology, movement skills, and contemporary studies in sport. Students are encouraged to try out a range of physical activities, including team and individual sports, games, and outdoor activities, and then use the theoretical knowledge they have gained to analyze different factors influencing performance.

## Sports Teams:

Soccer  
Football  
Basketball  
Pickleball  
Cross Country  
Golf  
Tennis  
Volleyball

## Fitness and Conditioning

This class includes a combination of cardio and strength training exercises to improve overall physical fitness and to provide foundational support for team and individual sports. Some class activities include weightlifting, circuits, plyometrics, and flexibility exercises. Please note that this is the only option for students requesting two PE class, as we will not approve two Team Sports classes for any student.

## Team Sports

Students will engage in daily exercise through sports and fitness to enhance a better lifestyle. Students will compete in sports both individually and in a team setting.

## Yoga

In this class students will learn the skills of various yoga techniques. Through this class students will learn breathing techniques, basic to intermediate yoga, different equipment that can be used, as well as how to create a sequence. By the end of this class, students will be able to perform their own yoga sequences so they can continue incorporating yoga into their daily life. We will also discuss the Science and History of Yoga as well as discuss & participate in Mindfulness Activities & Incorporate Meditation into our yoga classes. The focus of this course will be the physical and mental benefits of practicing yoga. Listening to our individual bodies and gaining best practices in Yoga.

## Sports Extracurriculars:

Dodgeball Club  
Football Club  
Basketball Club  
Baseball Club  
Pickleball Club  
Running Club  
Team Sports Club  
Volleyball Club



## Performing Arts

### **Speech & Debate I & Speech & Debate II~**

#### **8 Grade – High School Credit**

#### **Meets the HS Graduation Requirement for Performing Arts**

A high school credit course learning the art and performance of speaking and how to cultivate a great debate with research and respect. We offer the optional opportunity to become a member of the National Speech and Debate Association and compete in Speech and Debate tournaments throughout the year. Through the Florida Civics and Debate Initiative Grant, we provide transportation, materials, and food for tournaments so there are no costs to students.

### **Theatre 2 : 7th Grade**

This is a class for students who enjoy singing, dancing, and acting. In addition to in class rehearsals of musical numbers, this class also includes activities on beginning in theatre, developing your personal resources, creative drama, voice development, improvisation, and characterization.

### **Stagecraft : 7th & 8th Grade**

This class is for students who enjoy theater and are interested in helping the performances come to life through set and prop design, make-up and costumes, lighting and sound. This class works on all productions as backstage crew both before and during the performance. Students will develop their artistic skills through creating and painting backdrops, applying make-up and fitting costumes, and learning lighting and sound technology.

### **Cambridge Pre-AICE Musical Theatre IGSCE\*+ 7th and 8th Grades – Honors High School Credit**

This high school course would meet the Cambridge AICE diploma graduation requirements for those students who are on track to attend the AICE programs in high school. It would also take the place of the performing arts graduation requirement. Students in this course would delve into their love of Broadway balanced with performing and practicing their onstage and offstage skills. Students will also practice auditioning skills.

## Music

### **Band 1(Beginning)**

This is a full year course open to all grade levels. No prior band experience is required as we will learn the fundamentals of reading music and playing an instrument. We also learn concert repertoire and take part in many performances each year.

### **Percussion & Drumline**

#### **(Exploring Music Performance)**

This course is intended for students wishing to learn the basics of playing and performing with percussion instruments and to provide an opportunity to participate in SSA+S' Drumline. Students will gain an understanding of percussion music, technique, and fundamentals, especially as applied to drumline performance. Music reading, writing, and theory are not emphasized in this class; however, this course may be taken in conjunction with Band I or Wind Ensemble if the student chooses. This class requires an AUDITION.

### **Band 2 (Wind Ensemble)**

This full year advanced band class is recommended for students looking for a slightly higher musical challenge. It is recommended for grades 7 and 8 but is open to 6th grade students who qualify. To be placed in this course, students must show proficiency on their instrument. We will review music theory as well as learn concert repertoire and take part in many performances each year.

### **Chorus**

This is a full year course open to all 7th and 8th grade students. We will learn to read music and sing with proper technique. We also work on several songs and take part in many performances each year.

