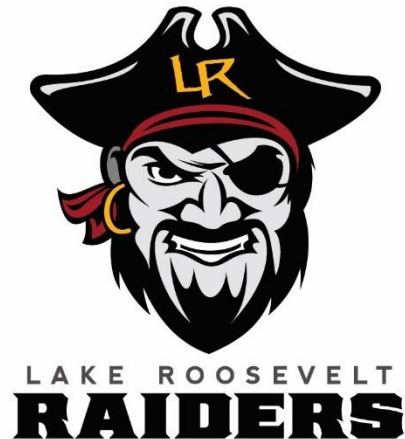


Lake Roosevelt Jr./Sr. High School  
Course Catalog  
2021-2022



# English

## ENGLISH 9

**Course Length:** 180 days      **Open to:** 9

**Content:** This survey course introduces literature and informational texts from a variety of genres. Active reading, critical thinking, grammar, composition, public speaking, and technology are linked throughout the year.

**Students will:** Learn to identify the elements of plot, theme, setting and other concepts necessary to understanding literature. Participate in small and large group discussions and projects. Have some independent reading choices. Learn how to unite and edit sentences, organize paragraphs, and create coherent compositions. Have opportunities for creative writing and enrichment projects.

**Instructor:** Mrs. Johnson, Mr. Tatum

## ENGLISH 10

**Course Length:** 180 days      **Open to:** 10

**Considerations:** This course will introduce world literature in various genres and historical periods. Grammar and composition are linked throughout the year.

**Content:** SBA preparation and world literature

**Students will:** Participate relevantly and appropriately in small and large group discussions. Learn how to write, revise and edit compositions. Preparation for the SBA is an essential piece of the course.

**Instructor:** Mrs. Johnson

## ENGLISH 11

**Course Length:** 180 days      **Open to:** 11

**Content:** This survey course features the study of American literature from a variety of genres (biography, drama, essays, speeches, essays, poetry, and novels). Active reading, critical thinking, grammar, composition, public speaking, and technology are linked throughout the year.

**Students will:** Read and analyze American literature from pre-colonial times to the present. Participate in small and large group discussions and projects. Have some independent reading choices. Further develop their composition skills and techniques including grammar, usage, and vocabulary. Have opportunities for research, creative writing and enrichment projects.

**Instructor:** Mr. Files

## ENGLISH 12

**Course Length:** 180 days      **Open to:** 12

**Content:** This course will focus on a sampling of significant writing from Great Britain. Vocabulary, grammar, usage, mechanics, and composition will be linked to the reading throughout the year.

**Students will:** Read and analyze various literary forms and genres. Write five paragraph essays. Write one full-length research paper and give a formal presentation. Participate relevantly and appropriately in small and large group discussions.

**Instructor:** Mr. Files

**CREATIVE WRITING:**

**Course Length:** 180 days      **Open to:** 9-12

**Prerequisites:** None

**Considerations:** Students must be willing to share their writing samples, collaborate with one another, and remain focused for extended periods of time.

**Content:** This course is designed for students to create original forms of descriptive writing, poetry, drama, and fiction. Vocabulary development, creative writing techniques, and skills are explored. In addition to in-class writing exercises and discussions, students will critique each other's writing in a constructive workshop atmosphere. We will explore the techniques and devices involved in bringing exciting genres like science fiction and fantasy to life! We will also read and discuss the works of many different writers, using their technique and content as a guide for your own writing.

**Instructor:** Mr. Thompson

**JOURNALISM:**

**Course Length:** 180 days      **Open to:** 9th-12th

**Prerequisites:** None

**Considerations:** Opportunities for writing, editing, photography, and website design.

**Content:** Students will be taught the basic principles of print and online journalism as they examine the role of news media in our society. They learn investigative skills, responsible reporting, and journalistic writing techniques as they read, respond to, and write their own news and feature articles.

**Instructor:** Mr. Files

## Mathematics

**ALGEBRA I**

**Course Length:** 180 days      **Open to:** 9,10, 11,12

**Content:** The study of equations.

**Students will:** The study of equations in one and two variables, functions, graphs, factoring polynomials, square and cube roots, rational numbers and expressions, inequalities, quadratics, radical expressions, lines, exponents, all operation with positive and negative real numbers, and polynomials.

**Students will:** Have homework most every school day.

**Instructor:** Mr. Burns

## **GEOMETRY**

**Course Length:** 180 days      **Open to:** 9, 10, 11, 12

**Prerequisites:** Completion of Algebra 1 with a grade of C or above recommended.

**Content:** Using deductive reasoning, the students will learn to work with geometric figures and use the properties of polygons in proofs. Most work will be on two dimensional objects (triangles, quadrilaterals, etc.) with select problems in three dimensions. Learn basic constructions, find distances, angle measures, area of most polygons, volumes of most solids, and solve problems relating to right triangles, similar triangles, and circles.

**Students will:** Have homework most every school day.

**Instructor:** Ms. Peterson

## **ALGEBRA II**

**Course Length:** 180 days      **Open To:** 10, 11, 12

**Prerequisites:** Completion of Algebra and Geometry with a grade of C or above recommended.

**Content:** An extension of topics covered in Algebra and Geometry. Linear equations and inequalities, exponents, factoring, radical and rational expressions, quadratic equations, complex numbers, coordinate geometry, functions, function transformations, logarithms, trigonometric laws, formulas, and graphs.

**Students will:** Have daily homework.

**Instructor:** Mr. Burns

## **ALGEBRA III /Trigonometry**

**Course Length:** 180 days      **Open To:** 11, 12

**Prerequisites:** Completion of Algebra 2 with a grade of C or above recommended.

**Content:** This class is designed to meet the math needs of students planning to attend a post-secondary school who need to strengthen Algebra 2 skills and are not mathematically ready for precalculus.

**Instructor:** Ms. Peterson

## **BRIDGE TO COLLEGE MATH**

**Course Length:** 180 days      **Open to:** 12

**Prerequisite:** Alg. I, Geometry, Alg. II, Has not passed SBA Math 10

**Content:** The Bridge to College Mathematics Course is a year-long course designed to prepare students for entrance into post-secondary credit bearing courses. The course was co-developed by Washington State high school and college teachers as a post-Algebra 2 course for students who are not yet ready for college level mathematics. It addresses key learning standards for high school including Algebra I, statistics, geometry, and Algebra II standards essential for college- and career-readiness. A passing grade is required to meet SBA Math 10 criteria.

**Students will:** Have daily homework.

**Instructor:** Ms. Peterson

## **MODELING OUR WORLD WITH MATHEMATICS**

**Course Length:** 180 days      **Open to:** 10,11,12

**Prerequisites:** -Algebra 1 and Geometry

**Content:** Modeling Our World with Mathematics (MOWWM) is a modularly-designed mathematics course developed locally by OSPI with input from educators across Washington, and is designed to follow Geometry. It contains career-connected thematic units where students use high school mathematics to analyze everyday life and work. The content and instructional strategies support increased attainment of the common core high school content standards while developing the standards for mathematical practice.

**Students will:** Have daily homework.

**Instructor:** Mr. Burns

## Science

### **PHYSICAL SCIENCE**

**Course Length:** 180 days      **Open to:** 9

**Content:** Students will use scientific reasoning to investigate science concepts including Chemistry and physics. This course will involve lab investigations, group discussions, team collaboration and evaluations. This inquiry science course is required for all 9th graders.

**Students will:** Complete activities, assignments, and labs on each unit, be involved in activities and experiments, take notes, participate in class lectures, maintain a class notebook, and take tests & quizzes.

**Instructor:** Mr. Moore

### **BIOLOGY**

**Course Length:** 180 days      **Open to:** 9, 10

**Content:** In Biology, students use laboratory explorations, simulations, research, discourse, and inquiry to explore how the concepts of biological science apply to your everyday life. You will learn how to think and act like scientists in order to understand how objects interact, what substances are made of, how the natural world works, and how we use this knowledge to innovate and solve real world problems. Science is an activity-based experience. We will combine inquiry and class activities with outside texts, the internet, each other, and real scientists to help us learn the big concepts of biological science. Topics of study primarily include: Nucleosynthesis, Ecology and the Environment, Systems Biology and Homeostasis, Biochemistry and Cell Respiration, Genetics and Inheritance, Meiosis and Evolution.

**Prerequisites:** Physical Science or teacher recommendation

**Considerations:** This is a lab science.

**Students will:** Demonstrate learning through classroom discourse, proper lab techniques, scientific writing, analysis of data, oral presentations, independent and group projects, performance assessments, and formal tests. At the end of each unit, complete a written explanation of the Unit Phenomena, incorporating key concepts they have learned during the unit.

**Instructor:** Mr. Moore

## **CHEMISTRY**

**Course Length:** 180 days      **Open to:** 10, 11, 12

**Prerequisites:** Algebra, Physical Science, Biology or teacher recommendation

**Content:** Chemistry is the study of the composition, structure and properties of matter and the changes it undergoes. Matter and its basic parts, atoms, are studied in detail. The periodic table is examined and explained. Chemical bonding, formulas, equations and reactions are studied through reading, problems and experiments. Gases, liquids, solids and solutions are investigated. Acids, bases and their reactions are described in detail. Finally, reaction energy and equilibrium are defined and studied.

**Students will:** Spend about one-third of the time on lab work, have reading and problem assignments, learn lab technique, analyze data obtained in the lab, write chemical reactions and balance equations, use the periodic table to predict reactions, and learn solubility of chemicals.

**Instructor:** Mr. Johnson

## **CONCEPTUAL PHYSICS**

**Course Length:** 180 days      **Open to:** 10-12

**Prerequisites:** Physical Science

**Considerations:** This class does not require as much mathematics work as a regular Physics class.

**Content:** This class studies the physical world through lecture and experimentation.

**Instructor:** Mr. Johnson

## **PHYSICS:**

**Course Length:** 180 days      **Open to:** 11, 12

**Prerequisites:** Algebra and Geometry, Physical Science, Biology

**Content:** This class studies the physical world through lecture and experimentation. Motion is studied in one and two dimensions. Also the forces that cause motion are studied in detail. The physical laws that describe motion are further studied through the concepts of work, energy, and momentum. Circular motion and universal gravitation are studied. Next, waves and their applications in sound, light, reflection and refraction are explored. Electricity is investigated through electric forces, fields, energy and capacitance. Finally, electric circuits are studied with the concepts of current, resistance and potential.

**Students will:** Spend about one-third of the time on lab work, have short reading and problem assignments, collect and interpret data, organize and evaluate information, work in groups with other students, and participate in class discussions and decision-making topics.

**Instructor:** Mr. Johnson

## **SPACE SCIENCE:**

**Course Length:** 180 days      **Open to:** 9-12

**Prerequisites:** None

**Content:** Student study will be focused on outer space exploration and knowledge.

**Instructor:** Mr. Johnson

# Social Studies

## **WORLD HISTORY**

**Course Length:** 180-day      **Open to:** 10

**Content:** Students will group events and individuals by broadly defined historical eras and develop related timelines within their World History Course, as well as investigate cause and effect relationships of historical events, describe basic elements of civilizations and their interrelationship by studying selected civilizations around the world. Students will compare and contrast turning points, major ideas, and people in civilizations drawn from different continents and will evaluate the consequences of ideas and technological developments on the human and animal world.

**Students will:** Build social skills through research, interpersonal and group processes and apply critical thinking and problem solving skills. Complete a Classroom Based Assessment which is mandatory for all History courses.

**Instructor:** Mr. Thompson

## **US HISTORY**

**Course Length:** 180 days      **Open to:** 11

Considerations: Class required for graduation.

**Content:** This course covers the political, economic, military, and social development of the United States. This includes settlement, expansion, the frontier, Native American History, World War II, the 1950's, Vietnam, the 1970's and current events.

**Students will:** Take notes, have weekly written assignments, read and write papers, take tests, have guest speakers, as well as complete projects and create teaching tools for their peers to discuss, understand, and share., We use analysis and critical thinking within the scope of work in United States History. Completion of a Classroom Based Assessment is mandatory for all History courses.

**Instructor:** Mrs. Whitelaw

## **CURRENT WORLD PROBLEMS (CWP)**

**Course Length:** 180 days      **Open to:** 12

Considerations: Class required for graduation.

**Content:** This course covers current events, the origins of laws, Civics, the Bill of Rights, criminal law, rehabilitation, the court system, conflicts around the world, geography, an exploration of foreign governments and their economic systems, human rights, and environmental issues. Maps will also be a focus for CWP.

**Students will:** Hand in weekly articles, take notes, complete weekly assignments, role-play, listen to guest speakers, take tests, and write essays. Students will analyze current events around the world and the United States while using critical thinking skills to better understand our world. Complete projects and presentations, as well as a Classroom Based Assessment with their Senior Presentation.

**Instructor:** Mrs. Whitelaw

**Cultural Anthropology****Course Length:** 180 days      **Open to:** 11 and 12**Prerequisites:** World History**Considerations:** This can be a controversial class at times. Students will learn multiple ways in which Anthropology affects history, culture and our understanding of the world around us.**Content:** For this course in Cultural Anthropology it is a comparative exploration of human cultures across space and time. Cultural Anthropology takes a unique and holistic approach to the study of cultural anthropology. Transcending mere descriptions, the text explains not only what humans are and were like, but also how they got to be that way, in all their variety. Authors Carol and Melvin Ember provide comparative, cross cultural insights based on an evidence-based approach, which is highly relevant today.

Students will: Listen to lectures, have Socratic Seminars, projects comparing and contrasting, use of Ted Talk, guest speakers, papers, and will be researching themselves on topics discussed. Students will share findings, communicate with peers, and discussion will take place.

**Instructor:** Mrs. Whitelaw

## Visual Arts

**ART LAB****Course Length:** 90 days/180 days      **Open to:** 9-12**Content:** Visual arts: drawing, painting, printmaking, pottery, 2D-3D design, mixed media, art history, sculpture.**Prerequisites:** None.**Students will:** Read, write and communicate successfully in a variety of ways and with a variety of audiences. Know and apply core elements and principles of art. Think analytically and creatively to solve problems. Understand the importance of performance, effort, decisions and their connections to work/future.**Instructor:** Mrs. Adkins**CERAMICS:****Course Length:** 90 days/180 days      **Open to:** 9-12**Prerequisites:** None**Content:** We will cover handbuilding techniques, wheel throwing, glazing and firing processes.**Instructor:** Mrs. Adkins



## Performing Arts

### **BAND**

**Course Length:** 180 days      **Open to:** 7-12

**Content:** This course will introduce students to appropriate musical literature for pep, marching, contest, and concerts. Individual, small group, and whole group instruction is provided. Students participate in solos, ensembles and large group functions.

**Prerequisites:** Previous playing experience recommended.

**Students will:** Work toward individual and group excellence by participating positively in class and performing for the public. Be involved in choosing music for various venues.

**Instructor:** TBA

### **CHORUS**

**Course Length:** 90 days/ 180days      **Open to:** 9-12

**Content:** Students will be introduced to musical literature appropriate to various performing venues. Students will participate in solos, ensembles and group performances.

**Prerequisites:** None.

**Students will:** Receive individual and group instruction on proper sound production and performance strategies. Participate in solos, ensembles and large group performances within the classroom setting and in public.

**Instructor:** TBA

## Skilled, Technical (CTE), & Electives

### **YEARBOOK**

**Course Length:** 180 days      **Open to:** 7-12

**Content:** Create a quality publication with a great deal of dependability, communication and cooperation of peers and/or editors, while understanding and successfully using the approved software for 7<sup>th</sup>-12<sup>th</sup> grade yearbook.

**Students will:** Work together to represent LR Raiders within the 7-12<sup>th</sup> grade yearbook. Students will be taking pictures, editing photos, designing page layouts, writing copy, etc. while learning yearbook terms and trends. Students must meet deadlines set forth by the publisher.

**Instructor:** Mr. Tatum

## **FINANCIAL LITERACY 9-11**

**Course length:** 180 days **Open to:** 9,10,11 Required one time 9-11

**Content:** Opportunity to develop employability skills, career awareness, and increase their occupational knowledge to better prepare them for success in the workplace. Prepare students for life after graduation by exposing them to life skills.

**Students will:** Research careers, learn how to write a resume' and fill out applications. Be introduced to banking, saving, budgeting, taxes, housing, insurance, and many other real life skills needed to be successful in our world today. Students will share their knowledge through public speaking activities and develop effective leadership and self-development skills.

**Instructor:** Mrs. Duclos

## **COLLEGE AND CAREER READINESS**

**Course Length:** 180 days **Open to:** 12

**Prerequisites:** Taken senior year

**Content:** Curriculum focused on college and career readiness ensures that students have a well-rounded experience that develops academic, technical, and employability skills.

**Students will:** This course is conducted through lectures, engaging activities, hands-on practice, real-life experiences and discussion. Assignments range from a mix of daily assignments, research, projects and presentations. Grades will be based on overall appearance, completion and effort.

**Instructor:** Mrs. Duclos

## **ENTREPRENEURSHIP (OWNING YOUR OWN BUSINESS)**

**Course Length:** 180 days **Open to:** 9,10,11,12

**Content:** Discover what it means to become an entrepreneur through developing a business with marketing, economics, finances, management, business plans, advertising and much more.

**Student will:** This course is conducted through lecture, engaging activities, group paced instruction, hands-on practice, and discussion.

Assignments range from a mix of daily assignments, tests, vocabulary quizzes, projects graded on effort/attempt as well as projects graded on overall appearance and completion of given requirements.

**Instructor:** Mrs. Davis

## **WORKSITE LEARNING**

**Course Length:** 180 days **Open to:** 10-12

**Prerequisites:** Students must have a job to qualify for this option.

**Content:** Earn a CTE credit by working! Worksite Learning provides students the opportunity to learn in the workplace, while applying skills and knowledge obtained in a qualifying CTE class. Worksite Learning occurs at a qualified worksite outside the classroom in fulfillment of a student's career and educational plan. There is no class to attend. Students are responsible for securing their own employment at a qualified worksite. By application only.

**Instructor:** Mr. Prewitt

### **TEACHER/OFFICE/ATHLETICS AIDE**

**Course Length:** 90 days      **Open to:** 11,12

**Considerations:** May be an aide for only one period each semester and on track to graduate. Must obtain administrator approval.

**Instructor:** Mr. Prewitt

### **WOOD TECHNOLOGY**

**Course Length:** 180 days      **Open to:** 9-12

**Prerequisites:** None

**Considerations:** This is a hands-on class that requires participation and adherence to safety protocols.

**Content:** Wood Technology provides students with the knowledge to safely operate and maintain both hand and power tools as well as woodworking machines. Throughout the year, students will complete several projects while learning the identification and use of tools, woods, and basic joinery and finishing techniques. Emphasis is placed on safety, responsibility, and work ethic.

**Instructor:** Mr. Largent

### **WELDING SHOP**

**Course Length:** 180 days      **Open to:** 9, 10, 11, 12

**Considerations:** This is a hands-on class that requires participation and adherence to safety protocols.

**Content:** The first year welding curriculum is designed to introduce students to the metal shop environment. Students will be allowed to progress in this class at their individual pace. Students are not expected to come to this class with any background or experience. There are several required skills that all students must complete as the required competencies of the class. As skills are completed the students will select projects to design and construct that utilize the skills developed as a part of the first year curriculum.

**Students will:** Acquire welding skills and build meaningful projects.

**Instructor:** Mr. Largent

### **AUTOMOTIVE**

**Course Length:** 180 Days      **Open to:** Grades 9-12

**Pre-requisites:** None

**Considerations:** This is a hands-on class that requires participation and adherence to safety protocols.

**Content:** Automotive I provides students with the knowledge to safely operate and maintain both hand and power tools as well as diagnostic machines. Includes units on troubleshooting, diagnostics, various automotive systems, and their repair and maintenance. The overall goal of this course is to create educated consumers, expose students to career opportunities, and prepare students for advanced coursework. Units include real world, hand-on projects on shop and customer vehicles. Emphasis is placed on safety, responsibility, and work ethic.

**Instructor:** Mr. Braun

## **ACCOUNTING**

**Course Length:** 180 Days      **Open to:** 9,10.11,12

**Content:** An introduction to the accounting concepts, principles, and techniques used in recording business transactions. The accounting cycle, the measurement of income and valuation problems, reporting of financial position and results of operations for business enterprise are explored.

**Students will:** Be introduced to basic accounting principles, accounting concepts, and accounting terminology. Develop fundamental skills and practice in keeping systematic records, financial reports, and handling checking accounts. Broader responsibilities will include using special journals in a simulated unit in addition to using the computer for applying previously learned material with the use of a spreadsheet.

**Instructor:** Mrs. Davis

## **MICROSOFT OFFICE CERTIFICATION**

**Course Length:** 180 Days      **Open to:** 9,10.11,12

**Content:** Teaches the Core competencies for PowerPoint and Word, Excel, Access and Outlook. These skills are necessary to earn Microsoft Office Specialist Certification which is valuable for employment and college scholarship applications.

**Students will:** **PowerPoint:** Create properly formatted PowerPoint presentations which display information such as text, images, graphics, charts, animations, audio and transitions.

**Word:** Students will learn to create and edit professional-looking documents which involves basic skills such as creating tables, newsletters, mail merge and graphics. Learning includes configuring AutoCorrect settings, creating hyperlinks, and formatting tables of contents and indexes.

**Excel:** Skills include creating and formatting worksheets using formulas, functions, macros and pivot tables to solve authentic application problems. Students will use tables, charts, styles and themes to display information in a professional manner.

**Access:** Skills gained in Access include entering and editing data, building tables, building forms, creating and managing queries, and designing reports.

**Outlook:** Students will demonstrate the efficient use of email software by creating and formatting Outlook items, managing email messages, managing contacts, organizing calendar objects, and working with tasks and notes

**Instructor:** Mrs. Davis

## **LEADERSHIP:**

**Course Length:** 90/180 days      **Open to:** 9-12

**Prerequisites:** None

**Content:** Students will have the opportunity to explore comprehensively the service-leadership style.

**Instructor:** Mrs. Adkins

**AVID ELECT:**

**Course Length:** 180 days      **Open to:** 9-12

**Prerequisites:** Application and teacher recommendation

**Content:** Goals for this class include focus on time management, organization, stress management, college preparation, and stretching depth of learning in class discussions, lectures and text. The curriculum maximizes student potential to achieve and reach post high school goals and ambitions.

**Instructor:** Mr. Thompson

**CONSTRUCTION 1:**

**Course Length:** 180 days      **Open to:** 9-12

**Prerequisites:** None

**Considerations:** This is a hands-on class that requires participation and adherence to safety protocols.

**Content:** Students will explore foundational skills in construction.

**Instructor:** TBA

**MANUFACTURING 1:**

**Course Length:** 180 days      **Open to:** 9-12

**Prerequisites:** None

**Considerations:** This is a hands-on class that requires participation and adherence to safety protocols.

**Content:** Students will explore foundational skills in manufacturing.

**Instructor:** TBA

**TEALS - Introduction to Computer Science:**

**Course Length:** 180 days      **Open to:** 9-12

**Prerequisites:** None

**Content:** Students will have the opportunity to learn computer programming from a group of industry experts from Microsoft, using SNAP and Python programming language.

**Instructor:** Mr. Largent

**Computer Aided Drafting and Design:**

**Course Length:** 180 days      **Open to:** 9-12

**Prerequisites:** None

**Content:** Students learn the basics of what is involved in Design, and Drafting using computer software.

**Instructor:** Mr. Largent

# World Languages

## SPANISH I

**Course Length:** 180 days      **Open to:** 9, 10, 11

**Content:** Spanish I will introduce students to speaking, listening, writing, and reading skills. Though conversational skills are emphasized, a considerable amount of written work will be done to reinforce oral work. Classroom work will be supplemented by flash cards, games, a cultural research project, skits and dialogues.

**Students will:** Demonstrate control of the sound system in listening and speaking Spanish. Understand the language when spoken with the content scope of this level. Carry on a simple conversation. Read aloud a familiar text. Write with correct spelling, grammar and sentence structure. Be required to participate in a variety of class activities.

**Instructor:** Mr. Tatum

## SPANISH II

**Course Length:** 180 days      **Open to:** 10, 11, 12

**Prerequisites:** C or better in Spanish 1 recommended for a high success rate. Spanish 1 taken the previous school year (don't skip a year between I and II). Must pass the first semester to continue on into the second semester.

**Considerations:** Two consecutive years of the same foreign language strongly recommended for college preparation, required by many four-year universities.

**Content:** This course is a continuation of the skills emphasized in Spanish I. New material will be covered at a faster speed and dealt with in greater depth. New verb tenses and common grammatical and idiomatic forms will be introduced. Reading, conversation and writing skills will continue to be emphasized.

**Students will:** Demonstrate control of the sound system in listening and speaking activities. Demonstrate comprehension of appropriate verbal and written response. Perform dialogues and skits with fluency. Speak Spanish only in class, on indicated days.

**Instructor:** Mr. Tatum

## SALISH 1:

**Course Length:** 180 days      **Open to:** 9-12

**Prerequisites:** None

**Content:** Students will learn Native American language and culture.

**Instructor:** Ms. Pino

## SALISH 2:

**Course Length:** 180 days      **Open to:** 9-12

**Prerequisites:** Salish 1

**Content:** Students will learn Native American language and culture.

**Instructor:** Ms. Pino

# Health & Fitness

## HEALTH

**Course Length:** 90 days                      **Open to:** 9-12

**Content:** A very informative student-oriented class geared to current issues for all teenagers. Self- confidence, nutrition, fitness, drug, mental health, teen parents and pregnancy, STDS/AIDS, contraception, decision making and refusal skills are a few of the major topics covered and discussed in this class.

**Student will:** Have open class discussions. Bring current events and issues to class.

**Instructor:** Mr. Mears

## WEIGHT TRAINING – COED

**Course Length:** 180 days                      **Open to:** 10, 11, 12

**Prerequisites:** Physical Education I

**Considerations:** Meets year 2 of P.E. requirement.

**Content:** Students will learn weight training techniques, concepts, and safety while increasing muscular strength and endurance during participation in group setting. Students will: Students are

**Students will:** Be required to understand training concepts using the Bigger-Faster-Stronger lifting program.

**Instructor:** Mr. Mears

## PHYSICAL EDUCATION

**Course Length:** 90 days                      **Open to:** 9, 10, 11, 12

**Content:** Students will work towards mastery and skills in a variety of team and individual sports. Students will develop individual fitness and learn to apply the 5 fitness components to their own fitness plans.

**Students will:** Understand the 5 components of fitness and apply it to their own fitness plan.

**Instructor:** Mr. Mears