



# **ATHLOS JUNIOR HIGH**

**2019-20 COURSE CATALOG & LOOKBOOK**

# REQUIRED COURSES

## 7<sup>TH</sup> GRADE

### Course Credits

English Language Arts 7	1.0
Math 7	1.0
Science 7	1.0
Athletic Movement	1.0
College and Career Readiness	1.0
Utah Studies	0.5
Computer Tech	0.5
2 Electives (0.5 credits each)	1.0

### English Language Arts 7 1.0 credit

The 7th grade language arts course connects reading instruction with writing for multiple purposes. The course continues intensive practice and study of informational and literary reading and writing. Students read extensively from a variety of sources and draft, revise, and edit their own writing.

### Honors English Language Arts 7 1.0 credit

A score of 3 or 4 on the RISE assessment and a recommendation from student's English Language Arts teacher is required.

The Honors English Language Arts 7 course curriculum is studied at a deeper level and is faster paced than English Language Arts 7, accelerating students and preparing them for high school.



### Math 7 1.0 credit

In this course, instructional time focuses on the following areas: (1) developing understanding of and applying proportional relationships; (2) developing understanding of operations with rational numbers and working with expressions and linear equations; (3) solving problems involving scale drawings and informal geometric constructions and working with two- and three-dimensional shapes to solve problems involving area, surface area, and volume; and (4) drawing inferences about populations based on samples.

### Honors Math 7

A score of 3 or 4 on the RISE assessment and a recommendation from student's math teacher is required.

This course is designed to help meet the needs of gifted students that would not be challenged in the 7th grade math class. This course will compact the curriculum of both 7th and 8th grade math into one year so that students will be able to take Secondary Mathematics I as 8th graders. (Students must pass the required test to take this course. Placement in this course is based upon math test scores and/or instructor recommendation.)





## Utah Studies

0.5 credit

The Utah Studies/Current Issues component of this course helps students understand the interaction between Utah's geography and its inhabitants, as well as the formative contributions of Native Americans, explorers, and Utah pioneers. The course will also investigate the relationship between government and the people of Utah, the diverse nature of Utah's people and cultures, and the impact of contemporary issues on the land and people of Utah.



## Athletic Movement

1.0 credit

In Athletic Movement class, 7th grade students will continue level 4 of the Athlos athletic curriculum, referred to as Organized Sport Application. Level 4 introduces performance enhancement through the development of speed, agility, mobility, and strength. Students develop key physiological adaptations and participate in an environment that instills a joy of physical activity with exposure to various sports. Students build speed, develop coordination and agility, increase mobility and stability, and enhance fitness through aerobic and anaerobic exercises and resistance training.

## Electives

1.0 credit

7th grade students may select two elective courses— one for each semester.

## Science 7

1.0 credit

7th grade Science uses cross-cutting concepts and science and engineering practices to access core ideas in physical, Earth, and biological sciences. The overall approach is phenomenon based. The goal is to enable students to become critical thinkers who are fluent in science and engineering approaches to problem solving.

## Computer Tech

0.5 credit

Students will have the opportunity to practice keyboarding skills, as well as become proficient in Microsoft Word, Excel, and PowerPoint. In a digital world, it is important to become digital literate for future success in any career.



## College and Career Readiness

1.0 credit

College and Career Readiness offers exploration and preparation in college and career pathways focusing on jobs that are high skill and high demand, as well as satisfying and financially rewarding. The College and Career Readiness course is designed to help students identify their interests, abilities, and skills. With appropriate developmental information related to careers, educational pathways, and self-knowledge, students are able to begin to make college and career goals for the future. College and Career Readiness is designed to acquaint students with the Utah labor market and the employment opportunities for which they can prepare by defining a College and Career Ready Plan.





# REQUIRED COURSES

## 8<sup>TH</sup> GRADE

### Course Credits

English Language Arts 8	1.0
Math 8	1.0
U.S. History	1.0
Science 8	1.0
Athletic Movement	1.0
Health	0.5
Digital Literacy	0.5
2 Electives (0.5 credits each)	1.0

### English Language Arts 8

1.0 credit

The 8th grade language arts course connects reading instruction with writing for multiple purposes. The course continues intensive practice and study of informational and literary reading and writing. Students read extensively from a variety of sources and draft, revise, and edit their own writing.

### Honors English Language Arts 8

1.0 credit

A score of 3 or 4 on the RISE assessment and a recommendation from student's English Language Arts teacher is required.

The Honors English Language Arts 8 course curriculum is studies at a deeper level and is faster paced than English Language Arts 8, accelerating student learning and preparing them for high school.

### Math 8

1.0 credit

In this course, instructional time focuses on three critical areas: (1) formulating and reasoning about expressions and equations, including modeling and association in bivariate data with a linear equation and solving linear equations and systems of linear equations; (2) grasping the concept of a function and using functions to describe quantitative relationships; (3) analyzing two- and three-dimensional space and figures using distance, angle, similarity, and congruence and understanding and applying the Pythagorean Theorem.

### Honors Math 8

1.0 credit

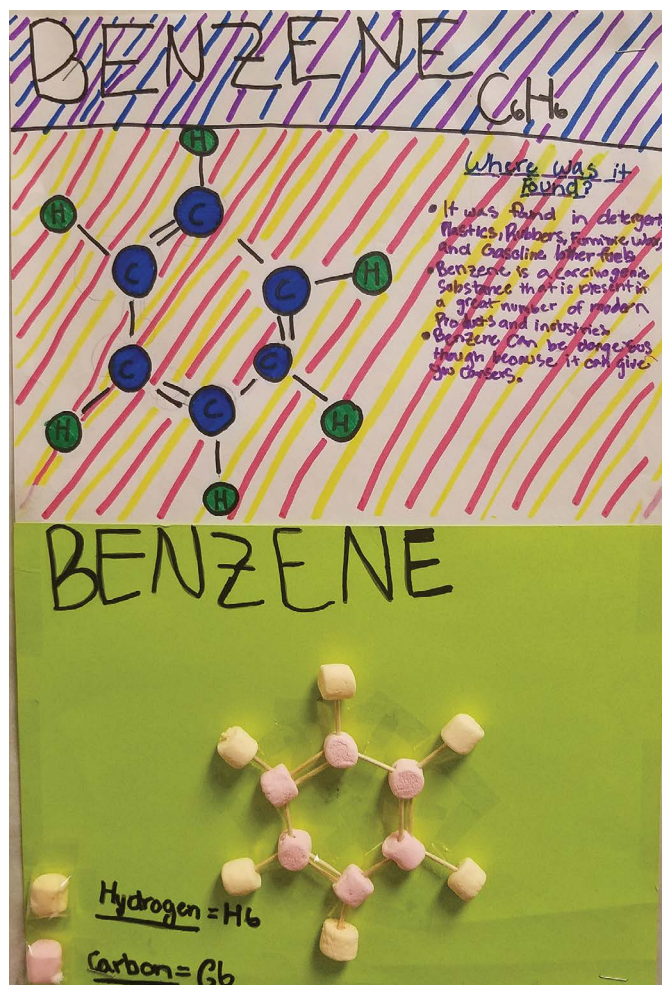
A score of 3 or 4 on the RISE assessment and a recommendation from student's math teacher is required.

In addition to the curriculum described for Math 8, students in this honors course will also focus on additional mathematical topics. Placement in this course is based upon math test scores and/or instructor recommendation.

### Science 8

1.0 credit

This is a course integrating science skills with district performance results to build self-directed learners. Students are participants in assessing and reflecting on their own learning. The main intent of science instruction in Utah is that students will value and use science as a process of obtaining knowledge based upon observable evidence.



## Health

0.5 credit

The purpose of health education is to provide opportunities for students to develop knowledge, skills, and attitudes necessary for practicing lifelong health-enhancing behaviors. This course of study includes such topics as disease prevention, first aid, risk-reducing behaviors, and interpersonal skills to improve health and relationships.



## Athletic Movement

1.0 credit

In Athletic Movement class, 8th grade students participate in level 5 of the Athlos athletic curriculum, which is called Active Sports Participation. This level utilizes the sport education model and takes a more student-centered approach, combining all of the previously learned skills and abilities from levels 1, 2, 3, and 4 into a more advanced curriculum. The end goal of level 5 is to further develop the physiological adaptations made in the previous levels and deepen students' understanding of how the development of athleticism affects lifelong health and wellness.



## U.S. History

1.0 credit

Students in U.S. History will learn about historic events of the 18th and 19th centuries. Some of the topics covered are exploration, colonization, the Revolutionary War, constitutional issues, nation-building, westward movement, the Civil War, and Reconstruction.

## Digital Literacy

0.5 credit

This course is an introduction to computers helping to make students more computer literate. Students will have opportunities to use technology and develop skills that highlight critical thinking, productivity, creativity, and collaboration. The students will demonstrate learned skills by creating projects in the various content areas covered in class. This course is aligned with national and international standards and the Utah Core to prepare students across multiple skill levels. This course is a prerequisite for high school computer literacy courses.



## Electives

1.0 credit

8th grade students may select two elective courses—one for each semester.



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ATHLOS  
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