

# Electives – 6<sup>th</sup> Grade

## Health Fitness

*All Timbercrest Middle School Health/Fitness classes require the use of a PE uniform. This can be a purchased Health/Fitness uniform or student provided charcoal grey crew neck T-shirt, black short (minimum 7-inch inseam) or black sweat pants. Purchase of the TMS PE Uniform is optional and is available for purchase online or through the main office cashier. Uniforms sold separately or as a set - \$7.00 T-shirt, \$9.00 short, \$20.00 Full set (shirt, shorts, cinch bag). Athletic shoes provided by student. Lock and basket will be provided for locker room storage.*

### **HEALTH/FITNESS 6**

*Course length: One Semester - Required*

**GOALS:** Health Fitness is a required semester class focusing on the concepts of health and fitness and how they relate to a teenager for a healthy lifestyle. Emphasis of this course is on the need for physical activity, balanced nutrition, the FITT principle, healthy living (Mental, Social, Physical), healthy relationships, goal setting, communication skills, appropriate decision-making, and stress management. Students will be in the classroom and several activity-based settings. Warm ups and cardiorespiratory activities will be provided on a daily basis. Sports/activities vary depending on season, weather, and availability of indoor/outdoor classrooms.

**SKILLS:** Critical thinking and problem solving for a healthy lifestyle, continued development of physical and social skills for lifetime participation in a variety of sports, fitness, and rhythmic activities. Knowledge and application of rules for various individual sports, team sports, and cardio-respiratory monitoring activities.

**ASSIGNMENTS:** Daily participation allowing for assessment in various skill, fitness, rhythmic, sport performance, and classroom-based activities. Includes written assignments, projects, tests, homework, etc. Students will be required to complete various assessments demonstrating personal fitness performance and skill comprehension.

## Elective Wheel

**Sixth grade students will select their elective courses from two elective wheel options.**

- **Exploratory Elective Wheel A** consists of one-semester health/fitness and six quarter long exploratory elective

components.

- **Music Elective Wheel B** consists of one-semester health/fitness, two quarter long exploratory elective components and one of the yearlong music courses.

## **ELECTIVE WHEEL A COMPONENTS – GRADE 6**

The elective components consist of a series of 9-week courses designed to provide students with exposure to a variety of subjects. These may consist of: Performance Arts, Visual Arts, STEM, Leadership, Creative Writing, and Fitness-related classes. This exploratory class is an opportunity to cultivate undiscovered interests, and create opportunities for students to make informed decisions about elective offerings in seventh and eighth grade. The make-up of the actual content covered in the Elective Wheel will vary and is dependent on staff expertise and availability.

## **MUSIC WHEEL B SELECTIONS – GRADE 6**

### **CHOIR – All Grades**

*Course Length: Full Year ASB Card fee*

This class is for students who enjoy singing and want to develop skills in music reading, singing, performance, and general music knowledge. Students will rehearse, study, and perform music from various styles, languages, and time periods. The TMS choir performs at three evening concerts as well as school assemblies and festivals outside of the school. Performances are a requirement of the class and part of the student's academic grade. Grades are based upon rehearsal technique, progress in music skills, class work, periodic tests, and performance attendance.

### **CONCERT BAND - GRADE 6**

*Course Length: Full Year*

ASB Card fee

Grading based on: Home practice, section rehearsals, periodic tests and performance attendance. Most students have between 1-4 years experience. Beginners are welcome, but should contact the teacher for further information on how to get started. Students will build upon their knowledge of music concepts, vocabulary, skills and techniques as it relates to their specific instrument and their role within the large performing ensemble. This band performs at three evening concerts as well as school assemblies and festivals outside of the school. Performances are a requirement of the class and part of the student's academic grade.

## ORCHESTRA – GRADE 6

*Course Length: Full Year*

ASB Card Fee

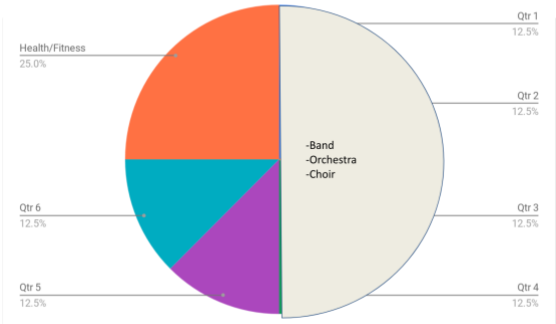
Grading based on: Home practice, section rehearsals, periodic tests and performance attendance.

This class is designed for sixth grade students interested in playing violin, viola, cello, or bass in a large ensemble. Most students have some experience playing a musical instrument. Students will build upon their knowledge of music concepts, vocabulary, skills and techniques as it relates to their specific instrument and their role within the large performing ensemble. Orchestra students will participate in a variety of required performances throughout the year, including three evening concerts, district music festivals, school assemblies, and community events. Performances are a requirement of the class and part of the student's academic grade.

## Elective Wheel Examples: with or without music

Elective Wheel		Period	Semester 1	Semester 2	
		1st	Math	Math	
		2nd	English	English	
		3rd	Science	Science	
		4th	History	History	
		5th	PE/Health	Elec 1	Elec 2
		6th	Elec 3	Elec 4	Elec 5
Music Wheel		Period	Semester 1	Semester 2	
		1st	Math	Math	
		2nd	English	English	
		3rd	Science	Science	
		4th	History	History	
		5th	PE/Health	Elec 1	Elec 2
		6th	Band, Orchestra or Choir		

# Elective Wheel With Music



# Elective Wheel Visual

