

**OLENTANGY BERKSHIRE MIDDLE SCHOOL**  
**7<sup>th</sup> Grade Elective Classes**

**VISUAL ARTS**

**2-Dimensional Art** (6, 12 weeks) -- By taking two-dimensional art, students will have the opportunity to work with a variety of art media on paper including graphite, acrylic paint, ink, colored pencils, and markers. Possible projects include: portrait painting, realistic eye drawing, perspective drawings using drafting, printmaking, and others. This course will be helpful if you plan to take drawing and/or painting in 8<sup>th</sup> grade.

**3-Dimensional Art** (6, 12 weeks) -- Students will use various 3-D materials to create works of art. Students will work with clay as well as additional materials such as papier-mâché, plaster, Styrofoam, found objects, etc. Students will focus on abstract work as well as functional and decorative pieces of art for their projects. This course will be helpful if you plan to take ceramics and/or sculpture in 8<sup>th</sup> grade.

**HEALTH / PHYSICAL EDUCATION**

**Fitness for Life** (6, 12 weeks) -- Fitness for Life is offered as an elective course for 7th grade students. The goal in this course is to help students learn more about personal fitness, introduce them to a variety of different exercise methods and activities, and to encourage them to take responsibility for their own physical fitness. Several team sport activities are included to continue skill development in the areas of team building and fitness. The grading is reflected by our state standards as well as participation and ability to demonstrate positive sportsmanship.

**Health and Wellness 7** (6 weeks) -- Living in a fast-paced, ever-changing world, our students in this day and age need healthy living skills which will help them adapt to all of the changes that will help them throughout adolescence and adulthood. This 7th grade health education course will help students focus on their physical, emotional/mental, and social changes that will occur during adolescence. Students will dive into social emotional health, diversity, communication, empathy, critical thinking, problem solving, peer relationships, and how to manage stress. Instructional activities in the course will include team activities, presentations, lectures, and hands-on learning. This is an elective course, which is not required for 7th graders to complete.

**Sports for Life** (6, 12 weeks) -- Sports for Life is offered as an elective course for 7th grade students. This course was designed to integrate cooperative skills in the areas of technique and strategy as they pertain to team sports. Students will learn rules, strategies, techniques, and fundamentals of each team sport. Fitness concepts and activities will be incorporated throughout the six-week section. Grading for this class is reflected by our state standards as well as participation and ability to exhibit positive sportsmanship.

**Please note:** The availability of all elective courses is determined by the number of students who request placement into these courses. It may be necessary to select an alternate course if your first choice is no longer available.