7th and 8th Grade Enrichment Course Descriptions

Sports: Throughout the semester students will cycle through a variety of sports and activities, during which we will address health, safety and proper rules/etiquette of sports. For each sport, there will be an initial period of learning and practice, followed by a culminating final tournament. Available sports will be determined by weather and campus space. Potential sports may include soccer, flag-football, basketball, ultimate Frisbee, softball, pickleball, volleyball and capture the flag.

Spanish Language and Culture: Have you ever wanted to learn hear music from Mexico? Or learn songs from Puerto Rico. In this class we will be exploring different parts of culture from countries that speak Spanish! This is a chance to not only learn some of the language, but see what are some of the unique cool parts of the countries to the south of us.

Introduction to Visual Art: This class is a great choice for anyone who is curious about art or who is looking to improve their artistic skills. Students will get to explore a wide variety of art forms including color theory, origami, painting, perspective drawings, caricature drawings (cartoons, anime, etc.), 3-D art and collaborative art projects. Students will get a chance to experiment with watercolor paints, oil pastels, chalk, colored pencils, etc. Come have fun and express your artistic side!!!

Earth Avengers Environmental Stewardship: Have a desire to work with nature? Exhausted of having a messy campus? Tired of hearing negative news about Climate Change? Ever feel hopeless and trapped, thinking what can I do? Luckily for you there's a change coming...and it's YOU! We will be exploring, experimenting YES experimenting, building, and learning the skills that take you from feeling powerless to POWERFUL. Local Naturalists and Environmentalists visitors, Hands-on, and even visitors from a few animal friends. If you have it in you. Join today!

Drama and Improv: Come join Drama and Improv, an enrichment class where you can expect to jump out of your comfort zone and into the wonderful world of theater! Throughout the year, students can expect to build confidence in public speaking, enhance their vocal and spatial skills, and become familiar with verbal and nonverbal communication in acting. To develop these skills, students will engage in improvisational games and tongue twisters, analyze emotion and dramatic portrayal in video clips of professional performances (Shakespeare plays and Tony-nominated Broadway musicals), engage in group performance in weekly skits, learn from local speakers with varied theater backgrounds, and act in a culminating whole-class performance. Other focuses may include set design/building, playwriting, and directing.
Students will:

- Build confidence in public speaking
- Analyze emotion and dramatic portrayal in video clips of professional performances
- Engage in group performance and enhance group communication skills
- Become familiar with verbal and nonverbal communication in acting
- Survey a broad spectrum of Shakespeare plays and Tony-nominated Broadway musicals
- Learn from speakers with varied theater backgrounds in the Sacramento area
- Perform in weekly skits and/or monologues, with a culminating whole-class performance
- Engage in improvisational games and tongue twisters to enhance verbal and spatial skills

Keyboarding and Computer Applications: Are you tired of hunting and pecking to find the keys on the Chromebook? Do you wish you could type without looking at your hands or without making mistakes? Wish no more! You can! This keyboarding class starts with the basics and quickly moves on to speed typing, fun lessons using the Chromebook, and games. With this new skill, you can complete your assignments faster, use your devices more quickly, and research more efficiently. Join us; it's fun!

Creative Writing: Ever wanted to write the next bestselling book, or touch people's hearts with a short story or poem? You will learn the basics of creative writing through reading, playing writing games, acting out scenes, storytelling, and workshops. Throughout the class, you will write tons of stories and poems, and choose your favorites that you want to perfect. By the end of the semester, you should have a short story and a few poems that you are extremely proud of. You might even want to publish them!

Gardening Enrichment: This class is a great option for anyone who wants to learn more about plants or just loves to get their hands dirty. From propagating succulents to making compost bins, we will explore what plants need to survive, how they grow, and various ways we can enjoy them. Students will be researching information, collecting materials, and learning the ins and outs of growing vegetables, making up-cycled planters, and how to monitor plant growth.

Media & Advertising: Thinking about being a business owner in the future? Own your own Burger Shack or Sports Team! Join Media & Advertising to learn how to use technology to create all the business materials you need to operate your own business! Then create your own video commercial and Facebook page to advertise! Bring all your ideas! This class will be "off the hook" creative!