



Sunrise Middle School
Electives Menu
2025 - 2026

6th Grade General Electives



Two-Dimensional Studio Art I

Students explore media and techniques used to create a variety of 2-D artworks through developing skills in drawing, painting, printmaking, and collage. Students practice, sketch, and manipulate the structural elements of art. Investigation of artworks from Western and non-Western cultures provides a means for students to expand their understanding and appreciation of the role of art in global culture. Student artists use an art criticism process to evaluate, explain, and measure artistic growth in personal, or group works. This course incorporates hands-on activities and consumption of art materials.

Physical Education

The purpose of this course is to provide a foundation of knowledge, skills, and values necessary for the development of a physically active lifestyle. The course content provides exposure to a variety of movement opportunities and experiences which includes, but is not limited to: Fitness Activities, Educational Gymnastics and Dance, and Team Sports. The integration of fitness concepts throughout the content is critical to student success in this course and in the development of a healthy and physically active lifestyle.



Peer Counseling I

The purpose of this course is to enable students to develop awareness of self and others. Emphasis will be on acquisition of basic skills for thoughtful planning, peer facilitation, effective communication and making healthy choices.

Digital Tools (Literacy) - PowerPoint

This course integrates career planning, PowerPoint training, effective communication, leadership, and workplace readiness skills. Students develop proficiency in technology applications relevant to diverse career fields, fostering adaptability and competitiveness in the job market.



Theatre I

Students with previous theatre experience and instruction continue to study acting, design, and dramatic literature to increase the enjoyment and understanding of what is required to prepare plays for the public. Students explore theatre history, study the great American playwrights, examine the cultural and historical contributions to theatre, and begin to use the information to inform and improve their theatre knowledge and skills. Students begin to use the basic elements of theatre design through practical application and projects. Public performances may serve as a culmination of specific instructional goals. Students may be required to attend and/or participate in rehearsals and performances outside the school day to support, extend, and assess learning in the classroom.



Robotics I

This is a beginning 18-week course in Robotics. This course will continue to explore and extend the Robotics I course, as well as general Engineering Design Principles. VEX V5 Robotics kits and materials will be utilized. Students will be introduced to the VEX V5 Robotics Design System while learning key STEM principles. The objective of this course is to explore topics in engineering and engineering problem solving, as well as basic programming. The course will involve students in the development, building and

programming of a VEX V5 Robots.

Spanish Beginning



This introductory Spanish class provides an immersive experience for students to the target language and its culture. The student will develop communicative skills in all 3 modes of communication and cross-cultural understanding. Emphasis is placed on proficient communication in the language. An introduction to reading and writing is also included as well as culture, connections, comparisons, and communities.

Chess



Sharpen your mind and learn the strategies of one of the world's oldest and most respected games—chess! In this class, students will build critical thinking, focus, and problem-solving skills through guided lessons, friendly matches, and fun challenges. Whether you're a beginner or looking to level up your game, this course is your move!

Yoga



Discover the power of movement, mindfulness, and balance in this calming and energizing yoga class. Students will learn basic poses, breathing techniques, and relaxation strategies to help reduce stress and improve focus. No experience needed—just come ready to stretch, breathe, and grow!

Library and Media Literacy

From assisting with cataloging and organizing library materials to providing guidance on information literacy and research skills, the library assistant plays a crucial role in facilitating access to diverse resources that support academic success and personal growth. This course empowers students to become critical thinkers, lifelong learners, and responsible digital citizens.



Intro to Career and Entrepreneurship



This course empowers students to explore career options and make informed decisions. Through these activities, students enhance self-awareness and develop skills for postsecondary education and the workplace. The curriculum covers interests, aptitudes, and basic skills crucial for career planning. Work-based learning methods like job shadowing and field trips help students evaluate career choices, emphasizing the importance of entrepreneurship and employability skills in the process.

Foundations in Student Government 1

Explore what it means to be an active and responsible member of your school and community in this hands-on introduction to civic engagement. Students will learn how the democratic process works, how to identify and address student concerns, and how to advocate for positive change through student government. Along the way, students will develop key leadership skills such as communication, decision-making, public speaking, and conflict resolution, while emphasizing integrity and accountability.



Sports IQ: Understanding the Game and Working as a Team (Grade 6-8 – 1 Semester)



Students will explore the fundamentals of teamwork, learning how effective communication, trust, and collaboration are critical to success on and off the field. Through hands-on activities and discussions, you'll master the rules of various sports, gaining the confidence to participate, officiate, or coach. Additionally, you'll break down real-world plays, learning to analyze strategies, identify key decisions, and evaluate outcomes.

Future Leaders: Developing Professional Skills (Grades 6-8 – 1 Semester)

Students will have the opportunity to assist teachers with classroom tasks and support office operations, gaining real-world experience in time management, teamwork, and leadership. Through guided practice and mentorship, you'll learn how to manage responsibilities, interact professionally with staff and peers, and contribute positively to the school environment.



7th and 8th Grade General Electives



Two-Dimensional Studio Art 2 (Grades 7 & 8)

Students refine techniques used to create a variety of two-dimensional (2-D) artworks through developing skills in drawing, painting, printmaking, and collage. Students manipulate the structural elements of art to promote creative risk-taking in 2-D artwork. Investigation of artworks from Western and non-Western cultures provides a means for students to expand their understanding and appreciation of the role of art in global culture. Student artists use an art criticism process to evaluate, explain, and measure artistic growth in personal or group works. This course incorporates hands-on activities and consumption of art materials.

Physical Education (Grades 7 & 8)

The purpose of this course is to provide a foundation of knowledge, skills, and values necessary for the development of a physically active lifestyle. The course content provides exposure to a variety of movement opportunities and experiences which includes, but is not limited to: Fitness Activities, Educational Gymnastics and Dance, and Team Sports. The integration of fitness concepts throughout the content is critical to student success in this course and in the development of a healthy and physically active lifestyle.



Peer Counseling (Grades 7 & 8)

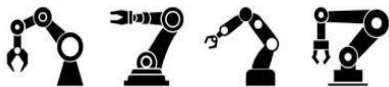
The purpose of this course is to enable students to develop awareness of self and others. Emphasis will be on acquisition of basic skills for thoughtful planning, peer facilitation, effective communication and making healthy choices.

Theatre 1

Students with previous theatre experience and instruction continue to study acting, design, and dramatic literature to increase the enjoyment and understanding of what is required to prepare plays for the public. Students explore theatre history, study the great American playwrights, examine the cultural and historical contributions to theatre, and begin to use the information to inform and improve their theatre knowledge and skills. Students begin to use the basic elements of theatre design through practical application and projects. Public performances may serve as a culmination of specific instructional goals. Students may be required to attend and/or participate in rehearsals and performances outside the school day to support, extend, and assess learning in the classroom.



Robotics I



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to explore topics in engineering and engineering problem solving, as well as basic programming. The course will involve students in the development, building and programming of a VEX V5 Robots.

Library and Media Literacy

From assisting with cataloging and organizing library materials to providing guidance on information literacy and research skills, the library assistant plays a crucial role in facilitating access to diverse resources that support academic success and personal growth. This course empowers students to become critical thinkers, lifelong learners, and responsible digital citizens.



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This course empowers students to explore career options and make informed decisions. Through these activities, students enhance self-awareness and develop skills for postsecondary education and the workplace. The curriculum covers interests, aptitudes, and basic skills crucial for career planning. Work-based learning methods like job shadowing and field trips help students evaluate career choices, **emphasizing the importance of entrepreneurship and employability skills in the process.**

Yearbook



In this course, students will be involved in the entire yearbook process (print layouts, photography, print copy, design and advertising). Students should be available to work outside of the normal school day when deadlines are approaching. Student GPA, behavior, and teacher recommendations required.

Chorus

Students build on previous choral experience to expand vocal, technical, musical, and ensemble skills through rehearsal, performance, and study of high-quality choral literature. Singers focus on increasing knowledge of music theory, music literacy, and aesthetic response. Public performances may serve as a culmination of specific instructional goals. Students may be required to attend and/or participate in rehearsals and performances outside the school day to support, extend, and assess learning in the classroom.



Orientation to Career Cluster- Digital Tools EXCEL



This course integrates fundamental employability skills for job acquisition and retention with practical Microsoft Excel training. Students will develop personalized career plans and gain insight into skills pertinent to a wide array of professions. Through a diverse curriculum, participants will enhance their readiness for employment across various career fields.

Foundations in Student Government 2 (Year-long)

Explore what it means to be an active and responsible member of your school and community in this hands-on introduction to civic engagement. Students will learn how the democratic process works, how to identify and address student concerns, and how to advocate for positive change through student government. Along the way, students will develop key leadership skills such as communication, decision-making, public speaking, and conflict resolution, while emphasizing integrity and accountability.



Sports IQ: Understanding the Game and Working as a Team (Grade 6-8 – 1 Semester)

Students will explore the fundamentals of teamwork, learning how effective communication, trust, and collaboration are critical to success on and off the field. Through hands-on activities and discussions, you'll master the rules of various sports, gaining the confidence to participate, officiate, or coach. Additionally, you'll break down real-world plays, learning to analyze strategies, identify key decisions, and evaluate outcomes.



Future Leaders: Developing Professional Skills (Grades 6-8 – 1 Semester)


Students will have the opportunity to assist teachers with classroom tasks and support office operations, gaining real-world experience in time management, teamwork, and leadership. Through guided practice and mentorship, you'll learn how to manage responsibilities, interact professionally with staff and peers, and contribute positively to the school environment.

Unleash your creativity and build one-of-a-kind projects using everyday materials in this hands-on makerspace class. Students will explore upcycling, crafting, and basic construction techniques to design functional and artistic creations. With a focus on innovation, sustainability, and problem-solving, each project encourages resourcefulness and real-world application of creative thinking.



Introduces students to the target language and its culture. The students will develop communicative skills in all 3 modes of communication and cross-cultural understanding. Emphasis is placed on proficient communication in the language. An introduction to reading and writing is also included as well as culture, connections, comparisons, and communities. *Pre-requisite course

Beginning Spanish



This is a fast-paced, high-level course for students who are interested in learning more about computers and technology. In this class, students will go beyond the basics and dive into advanced skills like coding, digital design, and real-world tech projects. It's a great choice for students who enjoy problem-solving, are tech-savvy, and want to be challenged. This course prepares students for future success in technology-related careers or further studies in IT.

This course is designed to provide students with opportunities to acquire and apply foundational skills related to web design.



“The future belongs to young people with an education and the imagination to create.”

— Barack Obama

