



Getting Ready for Middle School

Want to prepare for the next school year?

Keep the learning going over the summer. Below are suggestions of skills families might explore together during the school break.



Physical Health and Wellness

- Accepts constructive feedback from adults; takes suggestions for improvement on schoolwork, music or sports and can implement the feedback. Consider using practice role-playing scenarios at home.
- Identifies when overwhelmed/stressed and can implement age-appropriate coping strategies (e.g. talking it out, doing something they love, exercising, positive self-talk). Works with a trusted adult to expand their list of strategies. [Example Activity](#)
- Able to set short term goals with action steps such as setting goals for achieving certain letter/number grades and can create action steps to achieve this goal (i.e., complete and turn in all homework on time, spend at least 2 days studying for tests and quizzes).
- Sees mistakes as opportunities for improvement; understands that everyone makes mistakes and focuses on what they could do differently.
- Understands and applies strategies to address feelings of rejection in a healthy way; can talk with a trusted adult who can explain that often rejection has nothing to do with them personally, but also can reflect to see if there is anything they could have done differently in the situation.
- Understands that improved healthy practices (e.g., handwashing, washing fruits and vegetables before eating) can contribute to their health. [Example Activity](#)
- Maintains a well-balanced diet during the summer. (e.g. a diet rich in whole grains, fruits, vegetables, low-fat milk products, beans, eggs, fish, nuts, and lean meats). [Example Activity](#)
- Understands the positive effects of physical activity on the body; teens should be physically active at least 60 minutes of every day. [Example Activity](#)

For more activity ideas, visit the [Georgia Home Classroom](#) and the [Digital Learning Plans for PE & Health](#).



English Language Arts

- Engages in a variety of collaborative discussions, clearly expressing personal ideas and building on the ideas of others. [ELA Summer Project \(p. 4-5\)](#) Activity: Families can engage in discussions about any topic that interests them. Possible discussion topics could be sports, books, movies, food, history, technology, television, music, careers, friends, current events, etc.
- Uses knowledge of language and its conventions when writing, speaking, reading, or listening. [Example Activity \(p. 49-50\)](#); [ELA Summer Project \(p. 12\)](#)
- Uses information from multiple sources to answer questions or to solve a problem efficiently. [Example Activity \(p. 29-30\)](#); [ELA Summer Project \(p. 3-7\)](#)
- Reads fluently and accurately to comprehend texts. [Example Activity \(p. 2, 32\)](#); [ELA Summer Project \(p. 4\)](#); Activity: Practice reading aloud. Audience can be a pet or stuffed animal. Focus on accuracy, pacing, and expression.
- Creates developed, well-organized writing that is appropriate for a specific task, purpose, and audience. [Example Activity \(p. 12-13\)](#); [ELA Summer Project \(p. 8-11\)](#)
- Conducts short research projects to build knowledge. [Example Activity \(p. 52-53\)](#); [ELA Summer Project \(p. 4-7\)](#)
- Summarizes or paraphrases information from experiences/information from digital and print sources in notes; keeps a record of sources. [Example Activity \(p. 35-36\)](#); [ELA Summer Project \(p. 4-13\)](#)

For more activity ideas, explore the [Summer Research Project](#) or visit the [Georgia Home Classroom](#) and the [Digital Learning Plans for ELA](#).



Social Studies

- Describes how life in America changed and how the U.S. emerged as a world power during the presidencies of William McKinley and Theodore Roosevelt. [6th grade Social Studies Prep Activity](#)
- Describes how the U.S. victory in the Spanish-American War expanded our influence in Latin America and the Pacific (Philippines & Hawaii) as well as adding U.S. territories in Guam and Puerto Rico.
- Explains the role of the U.S. in building and managing the Panama Canal until 1999. [6th grade Social Studies Prep Activity](#)
- Describes how concerns over the safety of U.S. ships led the United States to enter World War I in Europe against Germany.
- Describes how the outcomes of World War II led to the Cold War, and how this affected American life.
- Describes how President Ronald Reagan's policies of "peace through strength" were involved in the collapse of the Soviet Union.
- Explains how various factors (location of natural resources, farming, factories) influence where people live (population-urban versus rural) and infrastructure (transportation). [6th grade Social Studies Prep Activity](#)
- Explains how the Constitution was designed to establish a basic system of government for the United States as well as to protect the rights of its citizens (Bill of Rights; amendments; due process).
- Describes that a representative democracy/ republic is a government where the people elect representatives to speak for them; explains the importance of each of the listed amendments to a representative democracy/ republic and how each amendment extended and protected voting rights for more Americans. [6th Grade Social Studies Prep Activity](#)
- Describes how the sectors of households, businesses, banks, and government interact in the modern, capitalist, free-enterprise economy of the US. [6th Grade Social Studies Prep Activity](#)
- Describes how the government uses taxes to provide public goods and services like schools, police departments, public parks, and roads. [6th grade Social Studies Prep Activity](#)
- Explains how businesses supply goods and services to meet the wants of American consumers and that these purchases by consumers support businesses.
- Explains how a budget helps individuals determine where they should allocate their finances.

- Explains that a person sells their labor to a business in order to gain income (i.e. working for a company to earn a paycheck); describes risks and benefits of being an entrepreneur/ business owner.

For more activity ideas, visit the [Georgia Home Classroom](#) and the Digital Learning Plans for [Social Studies](#).



Science

- Identifies surface features through destructive or constructive processes. [Example Activity.](#)
- Observes how changes in temperature cause particle movement and state change in water. Explores how a chemical change can occur. [Example Activity.](#)
- Explores the differences between human-harnessed electricity and static electricity. Describes and explores simple circuits. [Example Activity.](#)
- Describes the differences in how a magnet and electromagnet function. Draws a model that shows how animals and plants can be organized. [Example Activity.](#)
- Explores and explains how plants and animals are made of cells.
- Identifies cell parts, and explains the similarities and differences between plant and animal cells. [Example Activity.](#)

For more activity ideas, visit the [Georgia Home Classroom](#) and the Digital Learning Plans for [Science](#)



These skills were identified by the Georgia Department of Education's division of curriculum and instruction based on the [Georgia Standards of Excellence \(GSE\)](#). This list is not required, and students won't be expected to know all of the information – part of a teacher's job is meeting all students where they are at the beginning of the school year.



Mathematics

- Understands place value. [Example Activity \(p. 13-15\)](#)
- Develops fluency with addition and subtraction of fractions and develops an understanding of the multiplication of fractions and of division of fractions in limited cases (unit fractions divided by whole numbers and whole numbers divided by unit fractions). [Example Activity](#)
- Extends division to 2-digit divisors.
- Integrates decimal fractions into the place value system; develops understanding of operations with decimals to hundredths; develops fluency with whole number and decimal operations. [Example Activity](#)
- Develops an understanding of volume concepts and relates volume to multiplication and to addition. [Example Activity](#)
- Graphs points on the coordinate plane to solve mathematical problems in context.
- Uses spatial reasoning to analyze and classify two-dimensional figures into categories based on their properties. [Example Activity \(p. 9-10\)](#)
- Builds fractions from unit fractions by applying and extending previous understandings of operations on whole numbers.
- Understands and interprets data.

For more activity ideas, visit the [Georgia Home Classroom](#) and the Digital Learning Plans for [Math](#).



Fine Arts

- Identifies, describes, and critiques each element of art (e.g. line, shape, form, space, color, value, texture) within works of art found at home or in your community and discusses how the elements communicate and convey meaning. [Example Activity](#)
- Creates works of art emphasizing multiple elements of art and/or principles of design incorporating imaginative ideas, universal themes, and symbolic images. [Example Activity](#)
- Recognizes the unique contributions of contemporary and/or historical art forms, including Georgia artists and explores various career paths in art. [Example Activity](#)
- Composes music (with or without text) within an octave scale as well as in simple meter. [Example Activity](#)
- Distinguishes between repeating and contrasting sections, phrases, and formal structures in music.

Activity Ideas:

Music: Create a musical jingle(s) for one of your favorite brands that is catchy, both rhythmically and melodically. It should represent the mood and overall "feel" of your favorite brand. Share your jingle(s) for others through a performance of your choice.

Art: Create a menu with illustrations for a restaurant using warm colors and a repeating pattern. Emphasize the element of art shape.

For more activity ideas, visit the [Georgia Home Classroom](#) and the Digital Learning Plans for [Fine Arts](#)



Computer Science

- Becomes aware of digital citizenship and is able to describe safe and ethical ways for socializing and learning online [Video](#)
- Develops Design Thinking skills such as "how to break a problem down into smaller problems to make it easier to solve", "how to identify important information for solving a problem", and "how to be comfortable making mistakes and learning from them to improve your solutions." [Example Activity \(p. 4-20\)](#)
- Learns about new technologies, such as AI, cloud computing, or FinTech to understand how they impact our world. [Example Activity](#)

Activity Idea:

Passwords are a major part of using technology and becoming a digital citizen. In this activity, learn how to create a complex, unique, and protected password. New technologies are being created every day. In this activity, learn how a protected password can help you use these technologies responsibly. [Password Protection Activity Guide](#)