

**ACMS**  
**ELECTIVES**  
**BROCHURE**

2025-26



# 6th Grade Elective Wheel

Prerequisite: None      Grade Level: 6th

Fee: \$40 (\$10 per quarter)\*      Repeats: No

Students who select this elective option will receive each of the following courses for a brief, one-quarter introduction.



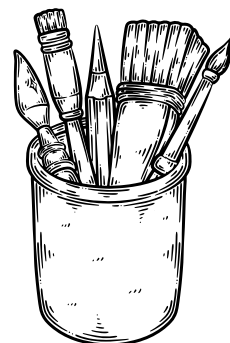
**LEADERSHIP 6:** This class explores the concepts of intrapersonal and interpersonal skills through activities, games, and various group challenges! This is an active approach to developing leadership skills, such as effective listening, communication, and group collaboration.

**MUSIC 6:** In this class, students will learn about different instruments, different genres, rhythms, finding the story in music, how to be a music researcher, and other topics related to music, such as how to actively listen to your favorite music. We will experience music from all over the world in a way that honors a diversity of cultures. The goal is to inspire students to continue making music a daily part of their lives long after the class is over, and maybe be inspired to try another music class.



**FACS 6:** What is FACS? Family and Consumer Science! Topics may include Consumer awareness, nutrition, kitchen safety and sanitation, and basic food preparation. All students will participate in cooking labs where their team will follow recipes in making delicious foods such as Cheesy Mexican Rice, Cinnamon Marshmallow Surprise, Smoothies and more.

**ART 6:** Curious about art? Not sure if you like drawing, painting, or sculpture most of all? You're in luck because in this quarter long class we try a little of everything! The focus is on exploration, self-expression, and skill development. We will study drawing/cartooning, painting and clay. Students will maintain a sketchbook/journal as part of the course.



# Beginning Choir

Prerequisite: None  
Fee: TBD

Grade Level: 6th-8th  
Repeats: Yes

This class is designed for students who love to sing, want to try singing for the first time, or who need to develop their skills further to qualify for the Advanced Choir. Students will learn the basic fundamentals of singing with others, vocal health, and basic music literacy through sight-singing and learning to read music. Students will develop their choral singing through daily warm ups and by exploring a variety of musical genres. Students will grow in community with the other musicians in the ensemble through collaboration and inclusion. Each student is expected to participate in class, in all performances, and will be responsible for providing concert black from the waist down (pants/skirt, socks, shoes). An ACMS Choir polo will be loaned to the student for the duration of the yearlong course. Can't wait to sing together!



## Advanced Choir

Prerequisite: None  
Fee: TBD

Grade Level: 7th & 8th  
Repeats: Yes

This course is open to 7th and 8th grade singers who have successfully completed Beginning Choir.. This choir is for students who love to sing, want extra performance opportunities, and want to work on bettering their musicianship beyond the basics they already know. Students will expand their choral community through collaboration and inclusion. Great musical improvement is gained in sight-singing, vocal quality, and performance abilities by students who are able to invest their time in this yearlong course. This choir represents our school in music assemblies, choir festivals, and the elementary performance tour. Each student is expected to participate in class, in all performances, and will be responsible for providing concert black from the waist down (pants/skirt, socks, shoes). ACMS choir robes will be provided for students by the choral department for our concerts. Can't wait to sing together!



## Beginning Orchestra

Prerequisite: None  
Fee: None

Grade Level: 6th-8th  
Repeats: Yes

Fundamentals of musicianship will be emphasized and a variety of musical styles will be performed. Students will be required to practice outside regular school time. There will be required evening concerts as well as possible daytime performances. Students may possibly participate in off-campus solo and band festivals. The school has a limited number of instruments available. It is recommended that students rent their own instruments.

## Intermediate Orchestra

Prerequisite: None  
Fee: None

Grade Level: 7th & 8th  
Repeats: Yes

This class is for students who have already had at least one year of instruction in either violin, viola, cello, or stand-up bass. Community and finding joy in continued musical growth are key components of the class. Students will perform at several concerts throughout the year. Attendance at all performances and a concert clothes purchase are mandatory. Instrument rentals from a local music shop are preferred with a limited number of school instruments available for families who need assistance financially. I look forward to making great music with you!



## Advanced Orchestra

Prerequisite: None  
Fee: None

Grade Level: 7th & 8th  
Repeats: Yes

This class is for students who have already had at least one year of instruction in either violin, viola, cello, or stand-up bass. Community and finding joy in continued musical growth are key components of the class. Students will perform at several concerts throughout the year as well as community performances and Elementary Tour. The class is open by audition only. Attendance at all performances and a concert clothes purchase are mandatory. Instrument rentals from a local music shop are preferred with a limited number of school instruments available for families who need assistance financially. I look forward to making great music with you!

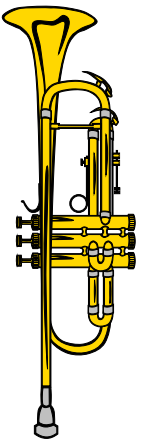


# Beginning Band

Prerequisite: None  
Fee: None

Grade Level: 6th-8th  
Repeats: Yes

This class is designed for students wishing to learn to play a band instrument for the first time or who need to further develop their skills in order to qualify for upper-level bands. There will be required evening concerts, and students will be required to practice outside regular school time. The school has a limited number of instruments available. It is recommended that students rent their own instruments.



## Intermediate Band

Prerequisite: None  
Fee: None

Grade Level: 7th & 8th  
Repeats: Yes

Fundamentals of musicianship will be emphasized and a variety of musical styles will be performed. Students will be required to practice outside regular school time. There will be required evening concerts as well as possible daytime performances. Students may possibly participate in off-campus solo and band festivals. The school has a limited number of instruments available. It is recommended that students rent their own instruments.



## Advanced Band

Prerequisite: None  
Grade Level: 7th & 8th  
Fee: None  
Repeats: Yes

Advanced Band continues to develop high-level musicianship that is needed to perform challenging music. Students perform a variety of music styles appropriate for their level of development. Students are required to practice their instrument outside of class. There are required evening concerts as well as possible daytime performances, both on- and off-campus. The school has a limited number of instruments available. It is recommended that students rent their own instruments.



# Leadership

Prerequisite: None  
Fee: None

Grade Level: 7th & 8th  
Repeats: Yes, once per year

This is a 7th/8th grade elective class that will focus on the concepts of servant leadership and support students as they develop their own leadership style. Students will explore the skills of selflessness, respect, forgiveness, humility, gratitude, and empathy through hands-on activities and practical application. This class is filled with activities to promote collaboration and community to empower students and elevate all voices.



## Advanced Leadership

Prerequisite: None  
Fee: None

Grade Level: 7th & 8th  
Repeats: Yes

This is a 7th/8th grade elective class that will take a project-based approach to applying the skills from Leadership within the school environment. Students will participate in our weekly Unified Buddies program (pair up with students in the building to promote social inclusion), plan school events and activities that build positive relationships and create an inclusive school environment. Students are expected to demonstrate independent work skills, a high level of personal responsibility, accountability and the ability to work in groups. This class builds on skills learned in previous leadership classes, it is recommended that you first take Leadership.

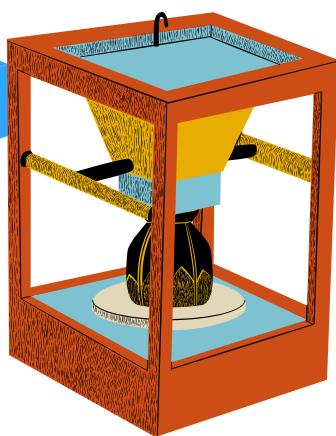


# Engineering 1

Prerequisite: None  
Fee: \$20

Grade Level: 7th & 8th  
Repeats: No

In this course students will be exploring basic coding methods and applying what they learn to complete Lego Robotics challenges. Students will explore and apply their learning through designing and creating basic video games with SCRATCH and move into the design and building of lego robots. Students will be expected to be a positive member of a team as well as be independent managers of themselves.



## Engineering 2

Prerequisite: None  
Grade Level: 7th & 8th  
Fee: \$20  
Repeats: No

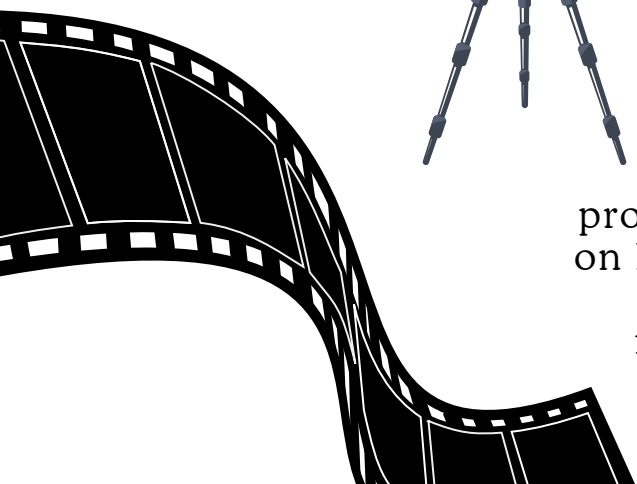
In this course, students are provided hands-on opportunities to apply the design process to creatively solve problems. Students learn and utilize methods for communicating design ideas through sketches, solid models, and mathematical models. Students will understand how models can be simulated to represent an authentic situation and generate data for further analysis and observations. Students work in teams to identify design requirements, research the topic, and engage stakeholders.



## ACMS Live!

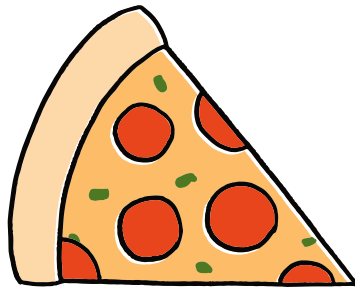
Prerequisite: None  
Grade Level: 7th & 8th  
Fee: \$20  
Repeats: No

In this course you will learn the basics of video production, editing, and composition. We will focus on learning how to effectively use our video camera and editing software. We will focus on projects related to commercials, music videos, and digital storytelling.



## FACS 1

Prerequisite: None  
Grade Level: 7th & 8th  
Fee: \$20  
Repeats: No



This course introduces students to basic consumer information when purchasing goods and services. Factors that influence food-buying decisions will be explored, such as advertising, merchandising, and unit-pricing. All students will participate in cooking labs where their team will follow recipes to make these cost effective, delicious snacks, meals, and desserts, such as: German Pancakes, Cheesy Omelets, Cinnamon Rolls, Funfetti Cookies, Cheese and Pepperoni Pizza, Bacon & Cheese Frittatas, Oreo Cookie Cake, Lunch Box Pizza, Manicotti, Cheesy Enchiladas, Scones and Smoothies.

## FACS 2

Prerequisite: None  
Grade Level: 7th & 8th  
Fee: \$20  
Repeats: Yes



This course introduces students to the science of making delicious dishes. Students will be exposed to the field of food science, as they match raw ingredients with finished food products. Students will participate in cooking labs with their team to make delicious snacks, meals, and desserts, such as: Couscous, Ice Cream, Hot Fudge, Caramel Sauce, Fancy Fried Rice, Buttermilk Raisin Muffins, Gingerbread Muffins, Dinner Rolls, Home-made Butter, Lollipops, Summer Fruit Salad, and Garlic Lemon Alfredo Pasta, Chocolate Almond Pudding and more!

## Understanding Children

Prerequisite: None  
Fee: \$20

Grade Level: 7th & 8th  
Repeats: Yes



Young children are studied from their physical, social, emotional, and intellectual development, with a special emphasis on infants through preschool ages. The class is taught through discussion, handouts, written work, guest speakers, and hands-on labs. One hands-on activity is the "Baby Think It Over" program. The focus of this program is teaching the responsibilities of parenting. It culminates in a weekend experience with a computerized infant simulator. If a student decides to do the baby project, there is a rental fee of \$20. Other specific areas of study may include children's books and crafts, music, safety, and nutritious foods. The class emphasizes being a positive role model at all times.





## Elements of Theater



Prerequisite: None  
Fee: TBD

Grade Level: 7th & 8th  
Repeats: Yes

In this class, students are encouraged to experiment with theatre and building theatrical skills. All theatrical experience levels are welcome as well those who have always wanted to act or wondered what goes on behind the scenes in a theatre production. This class guides students through exploring the basics of theatre and how to learn these skills. Students will learn acting fundamentals, the parts of a theater and stage directions, parts of a script and script writing, ensemble collaboration, and research and presentation skills through the “Favorite Actor/Actress Project”. We participate in team-building activities and many fun and popular drama games that push students out of their comfort zone, teaching them a lot about themselves and their peers. Come explore theater and have a great time!

## Introduction to Spanish



Prerequisite: None  
Fee: None

Grade Level: 7th & 8th  
Repeats: No

This beginning Spanish class introduces students to the Spanish language with basic skills in conversation, vocabulary, grammar, high frequency phrases and pronunciation. This exciting, interactive introductory language class prepares students for the high school level Spanish 1 course. Cultural studies of Spanish speaking countries and cultures are also highlighted in this curriculum.

## Spanish 1

Prerequisite: None  
Fee: None

Grade Level: 8th  
Repeats: No

Spanish 1 is a second level foreign language course that covers communication in forms of reading, writing, listening, and speaking. Students will study Spanish in both the Comprehensible Input format of natural language acquisition through input along with traditional grammatical instruction. Consistent participation and work completion is needed for success in this class. Cultural studies of the Spanish speaking world enrich the content of these language studies.

**Spanish 1 is a high school credit course. Success in class grade and performance will result in a 1.0 high school credit, and will affect the student's high school GPA.**

## Art 1

Prerequisite: None  
Fee: \$20

Grade Level: 7th & 8th  
Repeats: No

Do you like working with your hands? Not afraid to get a little messy? Ceramics class may be for you! This art form definitely endures the test of time; human beings have been making wonderful things out of clay for centuries! This one semester class focuses on the history and science of clay as well as the making of functional objects like mugs and bowls as well as decorative sculptures out of clay. All work is glazed and fired, and students get to keep their creations. We will cover pinch, slab and coil construction, with a focus on surface textures. Bring the patience needed to create objects of beauty and quality. Students will maintain a sketchbook/journal as part of the course.



## Art 2

Prerequisite: None  
Fee: \$20

Grade Level: 7th & 8th  
Repeats: No

Do you enjoy drawing or want to learn more? Express yourself! Students in this one semester class will explore making art by hand and digitally. This year we will work with several types of digital tools to draw and create animations. Each day, we will complete a sketchbook task to improve our drawing skills. We will also draw with various dry media such as chalk pastel, charcoal, and pen and ink. Bring your creativity and willingness to try new things.



## Studio Art (Yearlong)

Prerequisite: None  
Fee: \$40

Grade Level: 7th & 8th  
Repeats: Yes

Would you describe yourself as an artist? Are others impressed by your artistic ability and dedication? Do you take every opportunity to learn about and practice your art? Then this yearlong class is definitely the place for you!

What can you expect to do in a yearlong studio?

Each year we complete different units and projects some may include:

Digital art: Drawing, animation or photography.

2D art: Drawing Collage, Calligraphy, or Painting.

3D art: Clay, Fiber Art, Jewelry making or Recycled Sculpture.

Students are required to maintain and work in a large sketchbook all year (provided). Each year we go on at least one field trip to the Portland Art Museum. We will also create a work of legacy art, together, (like a mural or sculpture) to permanently enhance our school. (if you take it in 7th grade, you can take it again- and the project will be different in 8th grade!)

# Unified PE



Prerequisite: None  
Fee: None

Grade Level: 7th & 8th  
Repeats: Yes

Unified Physical Education (P.E.) is a unique opportunity for students of varying ability levels and backgrounds to come together on equal terms through ongoing fitness, sports, leadership and wellness activities. Unified P.E. focuses on the physical, intellectual and social growth of all participants. Engaging in physical activity and sport alongside peers with and without disabilities helps to foster important social relationships.



## Team Sports

Prerequisite: None  
Fee: None

Grade Level: 7th & 8th  
Repeats: Yes

This course is designed to help the student develop fundamental skills through various team sports. The importance of physical, social, and mental growth through activities is recognized. The student will participate in various team sports (some individual sports as well). Emphasis is directed toward daily participation and individual success through skills and lifetime activities. Units covered will include, but not be limited to, soccer, pickleball, badminton, volleyball, basketball, and bowling.

## Intro to Strength Training

Prerequisite: None  
Fee: None

Grade Level: 7th & 8th  
Repeats: Yes

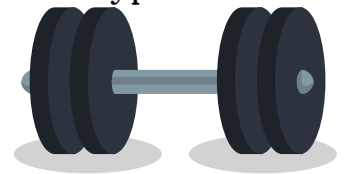


This active class is for 7th and 8th grade students interested in getting a jump-start to a healthy lifestyle and lifelong fitness by working out. Alder Creek has one of the best middle school weight rooms in Oregon and you can take advantage of it. The students will learn the general rules of a weight room and how to safely and efficiently work out on all the equipment. They will learn the major bones and the major muscles of the body and the exercises that work these muscles. They will have a chance to explore many different ways of achieving a healthy body by participating in various types of workouts.

## Strength Training

Prerequisite: None  
Fee: None

Grade Level: 7th & 8th  
Repeats: Yes



This second level class is for 7th and 8th grade students who have already taken Intro to Strength Training. The students will use what they learned in Intro to Strength Training and will spend the majority of their time in this class working out applying those things they learned. They will get to identify their personal fitness interests and design a personal workout program targeting those interests. They will then physically do the personal program that they have developed. Strength Training is a GREAT extension to the Intro class.