



# St. Anthony of Padua

## CATHOLIC SCHOOL

### INCOMING 6TH GRADE ELECTIVES 2024-2025 Academic Year

Dear Incoming 6<sup>th</sup> Grade Students and Parents,

It's time to select the electives you would like to take in the 2024-2025 academic year! While 6<sup>th</sup> grade students must take required electives, they will rank their choices for their PE and Fine Arts electives. The descriptions for these courses can be found in the Descriptions of Middle School Electives document included below.

This coming school year, all 6<sup>th</sup> graders are required to take the following:

- **6<sup>th</sup> grade Spanish**
- **Physical Education (choose one):** PE (general), Angels, Master Cho's Taekwondo Academy
- **Fine Arts Course (choose one):** 6<sup>th</sup> Grade Theater, 6<sup>th</sup> Grade Visual Art, Choir, Instrumental Ensemble (Band)
- **Life of a Dolphin:** Fall Semester
- **Speech:** Spring Semester

In middle school, elective classes meet a minimum of 2-3 times per week. As you rank your choices for PE and Fine Arts, please keep in mind that Band, Martial Arts, and Angels have a financial commitment involved. If you are serious about taking one of these courses, please rank them as a high choice. **For Angels specifically, please have your student select general PE as their PE elective choice. They will automatically be placed in Angels when schedules are created.**

We ask students to rank their preferences. However, due to scheduling constraints, a tentative budget, and staffing requirements, students are not guaranteed all their choices. We will do our best to schedule students into the courses they rank highest. If an insufficient number of students sign up for a course, the course may be cancelled. Students will be notified on the first day of school in August of their elective schedule. Please take your time in filling out and ranking your courses, as it may not be possible to change your schedule in the fall.

**Please submit elective choices for the 2024-2025 year no later than May 25th.** If elective choices are not submitted by the due date students will be placed in electives where spots are available. Changes are not made after the first day of school except in rare circumstances.

Sincerely,

Rachael Garfield, M.Ed.  
Assistant Principal, Grades 5-8  
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*Nurturing Souls. Enriching Minds.*

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## 6<sup>th</sup> GRADE ELECTIVE CLASSES 2024-2025

**Note:** ALL 6<sup>th</sup> graders must take 6<sup>th</sup> grade Spanish, Life of a Dolphin, Speech, and select one fine arts course and one PE course.

**Life of a Dolphin:** Offered in the Fall semester, this class is MANDATORY for all 6th graders. It will be an introduction to Middle School. Topics covered will include Middle School traditions, behavior expectations, technology, work/study skills, executive functioning skills, and team-building activities.

**Speech:** Communicating effectively is one of the most important skills that students can learn. In this semester long Speech class, you will learn about the four different styles of communication, how to determine our current style and adjust it to become assertive and effective speakers through group activities, interactive role playing and fun theater games. Topics covered include how to deal with public speaking anxiety, verbal and non-verbal communication, creating a personal presence, the do's and don'ts of social media use, personal branding, receptive listening and much more!

**6<sup>th</sup> Grade Spanish:** This MANDATORY elective course is designed to introduce students to the fundamentals of the Spanish language and immerse them in the rich tapestry of Hispanic culture. Through interactive lessons, engaging activities, and cultural exploration, students will develop basic communication skills in Spanish while gaining an appreciation for the diverse Spanish-speaking world.

### **Physical Education: SELECT ONE of the following yearlong courses-**

- **Physical Education:** Students in middle school are required to take PE in 6th through 8th grades. PE is designed to teach and promote physical activity through skills, drills, and games. In middle school, the focus is on individual fitness activities, team sports, and finding a healthy relationship between mind and body. Students are expected to fully participate in stretching, warmups, team games, agility drills, and running events. They are expected to demonstrate knowledge of the game, mastery of a skill and endurance. Some of the units covered may include, but are not limited to, floor hockey, soccer, basketball, racquet sports, Frisbee sports, kickball games, disc golf, four square and Kin-ball. Students are expected to dress out for PE and wear appropriate athletic shoes to fully participate. PE uniforms are required and sold year-round (t-shirts are \$10, shorts are \$15, and both are billed to your FACTS account).
- **Physical Education – Angels:** Come join the Angel's 2024-2025 Cheer team! All skill levels are welcome. No tryouts are necessary. This class takes the place of a mandatory PE credit and serves as an extracurricular athletic activity. In this class, students learn cheer jumps, motions, cheers, chants and spirit dances. Angels are **REQUIRED** to participate and cheer at several home varsity games such as volleyball, soccer, football and basketball as well as pep rallies, homecoming events, the annual cheer clinic, and Big Deal Birthday celebrations. There is a \$250 fee for this program. (Please see the Angels parent info packet for more information.) By signing up for Angels, students are also invited and highly recommended to attend the UCA cheer camp in July. This is where students get a jump start on learning team cheers, chants and dances for the upcoming season, as well as time for fun team bonding activities alongside the Frassati Catholic High School Cheerleaders! This class is taught by Mrs. Tracy Rinando, who works closely with Mrs. Misty Twellman, the cheerleading coach at Frassati. Mrs. Koett sponsors this class and is available for any additional information at [hkoett@staopcs.org](mailto:hkoett@staopcs.org). **For Angels specifically, please have your student select general PE as their PE elective choice. They will automatically be put into Angels when schedules are created.**

- **Physical Education – by Master Cho’s Taekwondo Academy:** This class counts for a Physical Education class. Taekwondo offers an opportunity for students to improve their ability to deal with pressures through improved focus, self-confidence, and motivation. Martial Arts training has a demonstrable effect in preparing students to positively respond to stressful situations, improving school performance, and increasing comfort and self-confidence in social environments. Taekwondo is a high energy class that intends to motivate students to participate in exercise, enhance strength, flexibility, and speed. Students will learn respect, self-discipline, and the power of goal setting. This class is taught by Master Alberto Borjas. Master Borjas has been teaching Tae Kwon Do since 1080 and is a 7th Degree Black Belt. He served as a coach on Cuba’s national team in the 2000 Summer Olympics in Sydney. Master Isaac Cho, a 9th Degree Black Belt with 43 years of teaching experience will also teach this class on occasion. PE uniforms are required and sold year-round (t-shirts are \$10, shorts are \$15, both are billed to your FACTS account). Appropriate athletic shoes are also required. There is a \$150.00 fee per semester which will be billed to your FACTS account.

**Fine Arts Course: SELECT ONE of the following yearlong courses**

- **6<sup>th</sup> Grade Visual Art:** In this exciting elective course, 6th-grade students will embark on a journey to explore their creativity, imagination, and artistic skills. Through a variety of hands-on activities, projects, and discussions, students will delve into the fundamental elements of art and design while discovering different mediums and techniques.
- **Choir:** Choir is open to all students interested in singing and learning the basics of singing. Emphasis is placed on fundamentals of choral singing, sight-reading, vocal health, and performing many different types of music, from popular to traditional to faith-filled. Students will participate in two to three public concerts during the year, which requires some extra rehearsals before or after school, and parents may be asked to furnish performance apparel.
- **6<sup>th</sup> Grade Theater:** 6<sup>th</sup> grade Theater provides a general introduction to theater. Students will learn about the history of theater, character development, script analysis, monologues, improvisation and more. Students develop concepts about self, relationships, and environment demonstrated through creative expression as they explore the relationship of theater to literature, history, society, and culture, and they learn how to analyze and evaluate theater and theatrical performances.
- **Instrumental Ensemble (Band):** The St. Anthony Instrumental Music Ensemble will study and perform original arrangements of standard rock, pop, jazz, contemporary worship, and orchestral repertoire. Under the guidance of the band director, the ensemble will collectively create approaches to these arrangements through an exploration of harmonization, rhythms, meters, instrumentation, and melodic interpretation. Students will gain experience in ensemble performance through learning and performing these arrangements. Students will experience critical listening, learning, and performing music for the purpose of understanding the role of instrumentalists within a band. Emphasis will be given to hearing and expressing musical ideas with stylistic integrity, as well as melodic, harmonic, and rhythmic accuracy. All levels of players are encouraged to join, including absolute beginners and advanced students. Curriculum and instruction will be differentiated and tailored to the individual needs of each student.