



# BEN FRANKLIN ACADEMY

## Middle School Electives Course Selection Guide

### FIRST TRIMESTER 2023-24

Electives run on an A/B schedule, meaning that they rotate every other day. **Students will register for two electives (one for A day, and one for B day).** The registration process will be online in the MySchoolBucks system on a seniority basis with eighth graders registering first, seventh registering second, and sixth graders last. All registrations are on a first come first served basis, so it is crucial that parents sign up when they are allowed.

Within the classes offered each trimester, there are spots for more than 350 students. However, every class has a limit to the number of students per class. As you are registering, if the class is not showing in the list, that means it is full and you will need to select one of the open classes.

Several classes require pre-approval from the teacher, so please take that into consideration. These are noted in the class descriptions below. If you register for one of these classes and do not have pre-approval then you will be moved to a vacant class.

We are also limiting the number of students who can sign up for Study Hall, as each student has an advisory class during their schedule each day. This advisory class generally allows students additional time for studying and homework.

The following dates are when the registration window will be available by grade level. **Registration will open at 9 a.m. on the dates listed.** Again, the registration process will take place online in the [MySchoolBucks](#) system by grade level seniority. All registrations are on a first come first served basis. If the elective you wanted isn't listed, that means it is full and you must choose another class.

**8th grade: July 19**

**7th grade: July 20**

**6th grade: July 21**

**Registration will close at 9 p.m. on July 25.** Students that don't sign up during their registration window will need to meet with the MS Assistant Principal to be placed into a vacant elective course.

If you have any questions, please email [dsimpson@bfacademy.org](mailto:dsimpson@bfacademy.org).

# **2023-24 1st TRIMESTER**

## **A DAY CHOICES**

### **American Sign Language (ASL) I/Ms. Whelan/Mrs. Murphy's Room**

#### **No Fee**

Limit 26 students

Signing 1 is an American sign language elective. You will begin your journey by connecting with the deaf community through cultural etiquette. Students will learn to introduce themselves to deaf people, fingerspelling, handedness, and the importance of facial expression to show emotion. Some highlights of Signing 1 include learning the alphabet, colors, numbers, animals, and conversation starters.

### **Art History/Mrs. Hinkle/Mrs. Hinkles's Room 286**

#### **No Fee**

Limit 15 students

Children will study different periods of art and learn about famous artists. There will be games and presentations and some practical applications.

### **Health and Wellness/Mr. Case/Mr. Case's Room 244**

#### **No Fee**

Limit 20 students

Students in this elective will learn the essentials of a healthy lifestyle. This class will be geared more towards athletes, but anyone can benefit from the material. Students will learn about exercise, food for fuel, healthy mindset, and how to set up effective routines in their lives. This is a great elective to get prepped for bootcamp in the second trimester.

### **Little STEAM Buddies/Mrs. Tickle/Mrs. Tickle's Room 277**

#### **No Fee**

Limit 16 students

The purpose of this class is to build community within the school at BFA, help kindergarteners in the science lab and in their classrooms. Middle School students will not only get to build relationships with younger students in the building, but they will get a glimpse into what goes into being a teacher. During this elective you will work with Kindergarten students. You will learn the best ways to help them in their classrooms and build relationships. You will also create science and other activities to support their lessons.

### **Marine Biology/Ms. Dunn/Ms. Dunn's Room 264**

#### **Fee \$10**

Limit 24 students

Students will learn about several creatures that live in our oceans ranging from mammals to cetaceans. We will also look at the habitats and ecological environments in which they live, as well as water pollution and how that may affect these animals.

### **NJHS Teacher Assistant/Mrs. Murphy/Initial meeting in Murphy's Classroom (otherwise in assigned classroom)**

## **No Fee**

Limit 12 students - 7th and 8th Grade NJHS Students Only

Students in the elective will be paired up with a teacher and will assist this teacher in several different capacities. Students will receive 35 hours of individual service hours for this elective.

## **STEM Challenge: Tiny House Design/Mr. Astler/Mr. Astler's Room 178**

### **Fee \$30**

Limit 12 students

Students will design and model the structural frame for a tiny house taking into account space limitations. The activity starts with development of a floor plan using a 1/2 in. = 1 ft. scale. Using templates, students will model the structure from balsa or bass wood sticks and planks. Detailed instructions include construction and architecture vocabulary as well as explanation for framing techniques. All models will be taken home at the end of the challenge

## **Strength and Conditioning/Mrs. Bauer/Lightning Gym**

### **No Fee**

Limit 26 students

Students will participate in a variety of workouts to promote muscular strength, muscular endurance, cardiovascular endurance, and flexibility. Students will use heart rate monitors to track their heart rate during exercise. The type of workout will be different each day. The goal is to provide students with a variety of workouts, helping them to find a type of exercise that works for them and that they enjoy doing.

## **Study Hall/Mrs. Fritzsche/Mr. Babb's Room 172**

### **No Fee**

Limit 8 students per grade level

Students in this elective will have additional time to complete homework and work on their academic assignments. There will be 24 spots total per A or B day - 8 per grade level. **This is not an off period.**

## **Team Sports/Mrs. Murphy and Mr. Macias/Thunder Gym**

### **Fee \$5**

Limit 40 students

We will play a variety of team sports (basketball, pickleball, soccer, etc.)

## **Touch Typing/Ms. Konesky/Ms. Konesky's Room 278**

### **No Fee**

Limit 25 students

Focus is on proper form with fingers resting on the home row keys. Learning to type without looking at the keyboard increases your speed and accuracy which makes typing more fun and enables you to get homework done faster! If you type less than 30 words per minute, consider this course!

## **The Ultimate Elective/Mr. Babb and Mrs. Inman/Turf Field**

### **No Fee**

Limit 32 students

If you can throw a frisbee disk and enjoy running, this is the elective for you. Ultimate is a team sport which mixes elements of football, basketball, and rugby, substituting the ball with a flying disc (Frisbee). It's the most popular sport played with a flying disc. The objective is to score points by receiving the disc in the end zones by passing it among the other players on your team. This is a fun way to compete and stay in shape at the same time.

### **Zen Zone/Mrs. Pierce/Mrs. Pierce's Room 144**

**Fee \$15**

Limit 24 students

Let's get our Zen on! In this elective, students will practice strategies that increase self-awareness while also calming their minds and refocusing their attention. We will be meditating, Zen doodling, exploring quiet fidgets, and other mindfulness practices. The students will also learn how to apply some of these tools in their other classes, when appropriate.

### **Stage Movement and Dance for Musical Theatre/ Ms. Gelley/Ms. Johnson's Music room**

**No Fee**

Limit 24 students

This elective will study the use of the body on stage to communicate character and action. Activities include exercises in body control, body language, facial expression, and theatre dance designed to provide movement skills. We will also be learning Musical Theatre dance routines to focus on acting while dancing and musical interpretation. This class is "E" for everyone who wants to learn to move and dance better, and is highly recommended for those interested in the MS musical.

## **2023-24 1<sup>st</sup> TRIMESTER**

### **B DAY CHOICES**

### **Adventure Ed/Mrs. Bauer and Ms. Dychus/Lightning Gym**

**Fee \$65 (Includes trip to CU Boulder ropes course)**

Limit 30 students

In this class students will learn cooperation, teamwork, problem solving skills, self-esteem, and risk taking skills. This is done through small and big group games and problem solving activities. At the end of the trimester we will take a day-long field trip to CU Boulder Ropes course, where students will practice communication, leadership, and cooperation as they tackle both the low and high elements of the ropes course. (Elective fee covers the field trip cost.)

### **Board Games/Ms. Erbaugh/Ms. Erbaugh's Room 174**

**Fee \$10**

Limit 24 students

Do you like to play games at the end of the day? Come play with friendly competition while playing strategy board games! Join our elective to have fun with board and card games!

## **Book Sisters Book Club/Mrs. Harms'/Mrs. Harms' Room 170**

**Fee \$15**

Limit 15 students

Do you love to read? Come dive into some great, girl-empowering books. We will read books about girls who are strong, and have overcome obstacles in their lives. There will be discussions and journal responses to delve deeper. Information about the books that we will study will be sent out prior to class beginning. But be ready to laugh and cry and support each other as young women.

## **Fiber Arts/Mrs. Pierce/Mrs. Pierce's Room 144**

**Fee \$15**

Limit 24 students

Bring your creativity and craftiness to this class! Fiber Arts is an elective that uses textiles such as yarn, string, and other synthetic fibers to create art such as woven wall hangings (macrame-style), string art, and embroidery. Students in this elective will also learn about the materials they use.

## **Fine Art Painting/Mrs. Hinkle/Mrs. Hinkles's Room 286**

**No Fee**

Limit 15 students

Students will learn about the fine art of painting. They will learn how to use watercolors, tempera and acrylic paint. They will learn about different styles and explore different genres.

## **Little STEAM Buddies/Mrs. Tickle/Mrs. Tickle's Room 277**

**No Fee**

Limit 16 students

The purpose of this class is to build community within the school at BFA, help kindergarteners in the science lab and in their classrooms. Middle School students will not only get to build relationships with younger students in the building, but they will get a glimpse into what goes into being a teacher. During this elective you will work with Kindergarten students. You will learn the best ways to help them in their classrooms and build relationships. You will also create science and other activities to support their lessons.

## **Man Up/Mr. Knudsen and Mr. Macias/Middle School Commons**

**Fee TBD Based on Rockies Ticket Price**

Limit 40 students

This class is intended to teach MS boys to be young men with a variety of lessons. We will take a field trip to the Business of Baseball at Coors Field.

## **NJHS Teacher Assistant/Mrs. Murphy/Initial meeting in Murphy's Classroom (otherwise in assigned classroom)**

**No Fee**

Limit 12 students - 7th and 8th Grade NJHS Students Only

Students in the elective will be paired up with a teacher and will assist this teacher in several different capacities. Students will receive 35 hours of individual service hours for this elective.

## **Rosetta Stone (Foreign Language)/Mrs. Salberg/Ms. Salberg's Room 246**

**\$35**

Limit 26 students

Learn the foreign language of your choice in this independent online language study. Students wishing to learn a foreign language, but not take the elective, will have the option to purchase an account at a later time to complete this course independently.

### **Sewing/Ms. Dunn/Ms. Dunn's Room 262**

**Fee \$15**

Limit 20 students

Students will have the opportunity to create a variety of machine sewing projects, ranging from tote bags to pajama pants. It is expected that each student supplies their own fabric, but sewing machines, pins, and thread will be provided for the class.

### **Soccer Plus/Ms. Svensen/Turf Field**

**Fee \$15**

Limit 32 students

Join us for some soccer on the turf plus other sports played with the feet. We will mix up the semester with small sided soccer games, kickball tournaments, and then try some hackie sack and tennis soccer. Whether you've played the sports before, or you are looking to try something new, it will be a fun excuse to be outside and playing games with other middle school students.

### **Study Hall /Mrs. Fritzsche/Ms. Dychus' Room**

**No Fee**

Limit 8 students per grade level

Students in this elective will have additional time to complete homework and work on their academic assignments. There will be 24 spots total per A or B day - 8 per grade level. **This is not an off period.**

### **Ultimate Frisbee/Mr. Russell/Thunder Gym**

**Fee \$5**

Limit 35 students

Have you wanted to learn how to play ultimate frisbee but never had the chance? Then join us! This elective will be a semi competitive ultimate frisbee league for beginners as well as experienced players. We will be learning the rules to the game, as well as strategies that will make you better.

### **Walk the Trail/Mrs. Johnson/Mrs. Johnson's Room 268**

**No Fee**

Limit 25 students

Students will walk off campus to the Fly'n B Park and the High Line Canal Trail. If you enjoy walking, or want to get outside for a while for fresh air and vitamin D, this is the perfect elective for you. Parents must sign a permission slip to allow students to be off campus.

### **Drama Escape Rooms, Mysteries and Superheroes: The Art of Storytelling/Ms. Gelley/Ms. Johnson's music room**

**No Fee**

### Limit 26 students

In this elective we will explore the world of storytelling through acting, performing and writing drama escape rooms, mysteries and superhero narratives. We will be using props, video, improv, mind maps, and evaluation techniques to create, plan and execute an escape room, a mystery story and a superhero narrative. Come learn how scenes fit together to provide the overall story and how we can create worlds with our words.

### **Tech Theatre/Ms. Johnson/MS Commons and stage**

#### **No Fee**

### Limit 24 students

Learn how to design and run sets, lights, mics and props for theatre. The theatre elements to which you will be introduced will include Lighting Design, Stage Management, Stage properties (props,) Costumes/Makeup. Students who pass a test during class are eligible for the SWAT team (super wicked awesome techies) and can get paid to run tech for other school functions.