

BEN FRANKLIN ACADEMY

Middle School Electives Course Selection Guide

First TRIMESTER 2024-25

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 10

7th grade: July 11

6th grade: July 12

Registration will close at 12:00 p.m. on July 21. 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 Jjones@bfacademy.org.

2024-25 1st TRIMESTER

A DAY CHOICES

Team Sports/Coach Macias & Ms. Murphy/Thunder Gym

\$20 Fee

Limit 40 Students

Welcome to Team Sports, where students will experience the thrill of teamwork, sportsmanship, and friendly competition through a variety of exciting games. This elective is designed to introduce students to a range of popular team sports, including volleyball, dodgeball, floor hockey, badminton, and basketball. Through hands-on participation, students will develop fundamental skills, improve physical fitness, and cultivate valuable teamwork abilities. Throughout the course, students will explore the rules, strategies, and techniques unique to each sport. They will engage in drills and practice sessions tailored to enhance their proficiency in passing, shooting, serving, and defending. Emphasis will be placed on developing both individual skills and cooperative strategies essential for effective team play.

Focused Skills: teamwork, collaboration, endurance, perseverance, sportsmanship and specific skills relating to the games that will be played.

Study Hall/Mrs. Fritzsche/Middle School Commons

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.

Focused Skills: time management, organization, reading & writing, fostering independence, accountability

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

No Fee

Limit 10 students - 7th and 8th Grade NJHS Students Only

Welcome to the Service Learning and Leadership Elective, where middle school students will partner with teachers to engage in hands-on service projects across their school community. Through 35 hours of individual service hours, students will assist educators in various capacities, from classroom support to organizing events, fostering teamwork, communication skills, and empathy. Structured reflection sessions will guide students in

evaluating their contributions and deepening their understanding of community needs, ultimately empowering them to become active contributors and leaders within their school environment and beyond.

Focused Skills: organizing events, fostering teamwork, communication skills, and empathy.

Zen Zone/Ms. Pierce/Ms. Pierce's Room

\$15 Fee

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.

Focused Skills: Social-emotional skills (Self-awareness and management, Emotion Management), Problem-Solving, Adaptability, Personal Health

Jewelry Making/Ms. Hinkle/Art Room

\$10 fee

Limit 16 students

In this elective, students will work with a variety of materials and learn different skills which will allow them to create one of a kind jewelry pieces.

Focused Skills: wire cutting, glass fusing, beadwork, Sculpey clay modeling, jewelry design

Acting: Prep and Technique/Ms. Gelley/Music Room

No Fee

Limit 16 students

This class is for actors wanting to learn about audition prep, duet scenes, monologues, duet acting, solo musical, duet musical, and group musical theater. Introducing young actors to deeper and more challenging roles, scene work and preparation, students learn to build their work from the inside out by asking the Who, What, When, Where, Why and How of a character to give students a firm grounding in various disciplines of acting and drama technique. This is a great class for all! Singing is not required. It is also a good class for those wanting to prepare for Thespian Convention in December.

Focused Skills: tell story, listening, emotions, collaboration, improvisation, memorization, creativity, confidence, non-verbal communication, presence

Intro To Computer Coding/Ms. Tickle/Technology Lab

No Fee

Limit 26 students

Kodable and Tynker are great ways to learn the beginning steps to coding. Many students worked with these programs in elementary school. Middle school students will be able to work through more advanced levels of Kodable and Tynker in this elective.

Focused Skills: programming, attention to detail, problem solving, teamwork

Touch Typing/Ms. Konesky/Ms. Konesky's Room

No Fee

Limit 26 Students

Focus is on proper form with fingers resting on the home row keys. Learning to type without looking at the keyboard increases speed and accuracy which makes typing more fun and helps you get homework done faster! If you type less than 40 words per minute consider this course!

Focused Skills: typing, time management, attention to detail

Soccer Plus/Ms. Svensen/Turf Field

\$10 fee

Limit 32 students

Students will participate in different sports that use the feet including 3v3 and full field soccer, kick ball, and tennis soccer.

Focused Skills: Footwork, Teamwork, collaboration, endurance, perseverance, sportsmanship.

Scrapbooking/Ms. Harms/Ms. Harms Room

Fee \$15

Limit 15 students

You will create a scrapbook of memories. You will bring in all of the photos that you would like to add, and I will provide the book, and all of the decorating materials. Come join us for creative fun!

Focused Skills: creativity, artistic expression & design, craftsmanship

History of Baseball and Softball/Mr. Case/Mr. Case's Room

No Fee

Limit 26 Students

Students will learn the ins and outs of America's pastime. Students will learn about the History of these wonderful sports and the progression over time. Students will also learn about the science behind the games. This elective will give kids a better appreciation and understanding of these wonderful sports!

Focused Skills: active listening, presenting, research methods, fundamentals of baseball including rules and strategies.

American Sign Language/Ms. Whelan/Ms. Svensen'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.

Focused Skills: signing, communication, reading and presenting

Strength and Conditioning/Ms. Nichols/Lightning Gym

No Fee

Limit 26 students

Students will participate in a variety of workouts that promote muscular strength and endurance, cardiovascular endurance, power, mobility, and flexibility. This class will combine strength training, aerobic conditioning, and speed and agility training to expose students to different workout formats. The type of workout will be different each day.

Focused Skills: Increasing muscular strength and endurance, cardiovascular endurance, power, mobility, and flexibility.

Introductory Stage Combat for Theatre/Mr. Chesney/Room TBD

\$20 Fee

Limit 10 students

An introduction to the core stage combat principles for theater scene work. Students will utilize physical expression through imagined conflict within a short scene. Safety for yourselves and others is emphasized alongside an exploration of acting fundamentals. Clothing that gives comfort and the ability for heightened movement are a requirement.

Focused Skills: Focus, memorization, improvisation, physical fitness, and expression

8th Grade Intro to Spanish/ Ms. de Bedout/Room TBD

\$30 Fee

LIMIT 20 8th GRADE STUDENTS ONLY

THIS IS A YEAR LONG ELECTIVE AND STUDENTS MUST SIGN UP INTRIMESTER ONE

Immerse yourself in the dynamic world of Spanish language and culture with this introductory elective course. You'll develop a strong foundation in basic Spanish vocabulary, grammar, and conversational skills through engaging activities and interactive lessons. Additionally, explore the rich traditions, music, and cuisine of Spanish-speaking countries, enhancing your global perspective.

Focused Skills: listening comprehension, speaking, pronunciation, vocabulary, memorization, conversational skills

2024-25 1st TRIMESTER

B DAY CHOICES

Monster Truck Design/Mr. Astler/ Mr. Astlers' Room

Fee \$35

Limit 12 students

In teams or individually, students design and construct a Monster Vehicle to travel along an 8ft long obstacle track in the quickest time possible. Students document their work using the engineering design process of Ask, Imagine, Plan, Create, Test, Improve, and Share.

Focused Skills: Engineering Design Process, Critical thinking, problem solving, analysis, measurement, CAD software and 3D printing

The Ultimate Frisbee Elective/Ms. Inman & Mr. Babb/Turf Field

No Fee

Limit 36 Students

Ultimate is a fast paced game where teams compete against each other by throwing a frisbee from one player to another. The "Ultimate" goal is to pass the frisbee from one player to another player in the opponent's end zone. The team with the most scores at the end of the game wins. In this elective, students will be placed on teams of 6 players. The rules of Ultimate will be explained and demonstrated and then the teams will compete against each other daily. We will focus on team play and sportsmanship.

Focused Skills: Frisbee throwing techniques, hand/eye coordination, teamwork, sportsmanship, speed and endurance.

Study Hall/Mrs. Fritzsche/Middle School Commons

No Fee

Limit 8 students per grade level

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Focused Skills: time management, organization, reading & writing, fostering independence, accountability

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

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Focused Skills: organizing events, fostering teamwork, communication skills, and empathy.

Fiber Arts/Ms. Pierce/Ms. Pierce's Room

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.

Focused Skills: Collaboration, Active Listening, Time Management, Creativity, Problem Solving, Goal Setting, Perseverance

Pop Choir!/Ms. Johnson/Music Room

No Fee

Limit 20 students

In this class aspiring singers will learn the fundamentals of singing like breathing, posture and diction. YOU choose what to sing! Participants will pick and vote on songs they want to sing. Students will get individual and group assistance with pitch training, developing timbre and other vocal skills.

Focused Skills: Listen to a simple rhythmic phrase and notate the accurate rhythm, aurally recall a simple melodic phrase, identify and apply teacher and peer feedback to rehearse, refine, and determine when a piece is ready to perform and demonstrate the ability to adjust elements of music (pitch, rhythm, dynamics, timbre, texture, balance, blend, and phrasing).

Theatrical Prop Making/Ms. Gelley/Room: Maker Space

Fee \$30

Limit 15 Students

In this class students will explore and discover the process and paperwork required to design the properties for a production. We will explore the process from the beginning design phase with research, properties, packets, drafting, and finally finishing with how to make a prop a reality. Discover how to start from a drawing or image and progress to a completed object using different materials, techniques and methodology. Also, we will learn to make props from recycled materials. This class will meet in the Makers Space.

Focused Skills: creativity, decision making, attention to detail: Ensuring props adhere to the script, passion, time management, critical thinking, motor skills

Adventure Education/Ms. Dychus & Ms. Nichols/Lightning gym

No Fee

Limit 26 students

In this class students will learn cooperation, teamwork, and problem solving skills. This is done through small and big group games and problem solving activities. The goal is for students to step outside their comfort zone to develop their communication skills and build confidence in their leadership abilities.

Focused Skills: Leadership, communication, teamwork, cooperation, problem solving

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

Fee TBD Based on Rockies Ticket Price

Limit 40 students

Through a variety of lessons and activities, this elective is intended to teach MS boys to become young men. At the end of the elective, we will take a field trip to the Business of Baseball at Coors Field.

Focused Skills: Presenting, interviewing, public speaking, manners, budgeting, emailing and general conduct

Walk the Trail/Ms. Johnson/Ms. Johnsons Room

No Fee

Limit 20 students

Students will walk off campus to Fly'n 'B' Park and the High Line Canal Trail. By walking regularly with classmates, you will improve your physical and mental well-being and increase social interactions. If you enjoy walking or just want to get outside for a while, this is the

perfect elective for you. Parents must sign a permission slip to allow students to be off campus.

Focused Skills: physical and emotional well-being, communication skills, strengthen resilience, appreciation of nature, increase self confidence, physical activity without competition

Career Exploration/Ms. Salberg & Ms. Erbaugh/Ms. Salbergs Room

No Fee

Limit 26 students

Students will spend the trimester learning about possible careers that they might want to pursue in the future. This elective will have regular guest speakers who will share their passion and expertise in their chosen profession.

Focused Skills: Research methods, active listening, presentation skills, goal planning, teamwork and collaboration

Scenic painting techniques for Theatre/Mr. Chesney/ Room TBD

\$30 Fee

Limit 15 students

In this hands-on elective, students will engage in an introduction to scene painting techniques for theater on different mediums and by various methods. Students will showcase group work at the end of the Trimester.

Focused Skills: Collaboration, project planning & management, creative expression, and artistic development.

Mixed Media Art Creation/Ms. Hinkle/Art Room

\$5 Fee

Limit 16 Students

In this elective, students will learn to fuse different media together to make finished designs.

Focused Skills: Painting, printmaking, drawing and collage

Pixton Comic Coding/Ms Tickle/Technology Lab

No Fee

Limit 26 Students

Pixton is a comic and avatar maker for the classroom and beyond. Students will be planning, writing, editing and designing their own comics on Pixton.

Focused Skills: Coding, attention to detail, creativity, artistic expression

7th Grade Intro to Spanish/ Ms. de Bedout/Room TBD

\$30 Fee

LIMIT 20 7th GRADE STUDENTS ONLY

THIS IS A YEAR LONG ELECTIVE AND STUDENTS MUST SIGN UP INTRIMESTER ONE

Immerse yourself in the dynamic world of Spanish language and culture with this introductory elective course. You'll develop a strong foundation in basic Spanish vocabulary, grammar, and conversational skills through engaging activities and interactive lessons. Additionally, explore the rich traditions, music, and cuisine of Spanish-speaking countries, enhancing your global perspective.

Focused Skills: listening comprehension, speaking, pronunciation, vocabulary, memorization, conversational skills