

7th Grade 2024-2025
EAST ROCKFORD MIDDLE SCHOOL ENROLLMENT SHEET

Student Information

Last Name

First Name

REQUIREMENTS

All 7th graders are required to take the following courses:

Language Arts	Full Year
Geography	Full Year
Mathematics	Full Year
Science	Full Year
Physical Education	1 Trimester

ELECTIVES

1. If you plan to continue with music, please check the music class you would like to take.
2. Mark 10 choices you are interested in taking.

ART:

- Drawing & Painting (725)
 3D Art/Sculpture (741)
 Digital Art I (750)

Family & Consumer Science:

- All About Foods (675)
 Foods & Nutrition (676)
 Sewing (671)

Physical Education

- Strength & Conditioning (314)
 PE (required) (312)

Communications:

- Digital Communications I (620)

Technology:

- Wood Tech I (665)
 Wood Tech II* (668)
 STEAM (666)
 3D Design (667)
 Computer Programming (664)
 Robotics (663)

Music (3 choices/3 trimesters)

- Orchestra*** (547)
 Band*** (511)
 Women's Choir 7*** (577)
 Men's Choir*** (566)

Please check the course description on the next page for further information.

Level II courses can only be taken after passing a level I course

Music courses are **full year courses**

We agree that the above classes have been selected for us for 2024-2025. Please return to the Guidance Office **no later than February 16, 2024.**

Student Signature

Parent/Guardian Signature

7th Grade 2024-2025
EAST ROCKFORD MIDDLE SCHOOL ENROLLMENT SHEET

SAMPLE SCHEDULE

TRI 1	Monday	Tuesday	Wednesday	Thursday	Friday
1st hour	English	English	English	English	English
2nd hour	Science	Science	Science	Science	Science
3rd hour	PE	PE	PE	PE	PE
Lunch					
4th hour	Social Studies	Social Studies	Social Studies	Social Studies	Social Studies
5th Hour	Math	Math	Math	Math	Math
WIN	WIN	WIN	WIN	WIN	WIN
6TH Hour	Wood Tech I	Wood Tech I	Wood Tech I	Wood Tech I	Wood Tech I

7th Grade 2024-2025
EAST ROCKFORD MIDDLE SCHOOL ENROLLMENT SHEET

7th GRADE ELECTIVES

Strength & Conditioning

This course will provide students with programs that will develop improvements in the areas of strength, power, flexibility, mobility, speed, agility, and muscular/cardiovascular endurance. Proper nutrition and sleep habits will be addressed. Pre and post testing in the areas of upper and lower body strength, power, speed, and agility will be recorded and evaluated. The course will be set up with 2 days of agility and speed training, 3 days of weight training and one day with a game as well. Student/athletes will benefit from the opportunity to improve strength and conditioning during school hours while having additional time for enhancing academic responsibility and accountability outside of school. This course does not count as a PE credit. **One trimester**

Intro to Sewing I

Surprise yourself! Many students think they can't sew, because they haven't tried. Many students are creatively successful once they try! Students will learn to hand sew seams, buttons, and hems. Pattern terms, sewing construction, and proper sewing machine use will be taught. Students will construct 5 items: an emoji keychain, a felt ugly doll, a stuffed pillow, your own pillow case and cozy, flannel pajama pants. Fabric for projects is the student's responsibility unless other arrangements have been made.

All About Foods

Beginning Cooks- this is the class for you. Learn the kitchen basics and then apply those skills in various cooking labs. Besides learning how to be safe in the kitchen, you will learn about the many Food Groups and how they benefit you. MyPlate choices and information are included in this class. At the end of the trimester you and a team will compete against others for the best Cupcake Food Truck in town. Don't miss out- brush up on your culinary skills! **One trimester**

Foods & Nutrition

This is another opportunity for a Foods class. Students will learn more about specific nutrition facts and how nutrition needs change as we grow and age. Kitchen labs will be more detailed- more competitions and demonstrations may take place. Careers in the Foods industry may be investigated. Guest speakers may share their culinary experiences and there may even be a homework assignment for a restaurant Review- Who wouldn't love homework to taste food! **One trimester**

Drawing/Painting

This class explores many different areas of art. The main focus is to improve drawing/painting realistically from observation but also abstract art styles as well. Units include contour line, drawing forms, drawing the human form, perspective, landscapes, and Surrealism. Art medias used are pencil, colored pencil, marker, oil pastel, watercolor and acrylic paints. **One trimester**

7th Grade 2024-2025
EAST ROCKFORD MIDDLE SCHOOL ENROLLMENT SHEET

3D Art

This class will focus on 3D sculptural projects including 3D printing, pottery on the potter's wheel, slab construction, coil pottery, glazing, wire sculpture, plaster, and junk art. Sculpt a variety of sculptures in different styles. **One trimester**

Digital Art

Join us for creating multimedia digital art! Learn how to take quality photos with good composition, 3D printing, photo manipulation, memes, poster making, and much more!!! Digital art is fast and we create LOTS of original works through the course. *This class requires a strong work ethic and organizational skills.* **One trimester**

Digital Communications I

This is an elective course in which students will learn all the various elements of making a quality video. The class will include: storyboarding, learning how to use and handle video production equipment, and editing on Final Cut Pro. Students will end up with quality video products within a wide range of different types of videos produced. This is a group orientated class where teamwork is critical. It will be a fun and creative class with many great learning opportunities. **One trimester.**

STEAM

In STEAM, students are introduced to and use the engineering design process to solve problems and understand the influence that creative and innovative design has on our lives. Students can expect to develop their creativity, critical thinking, and collaboration skills through a series of hands-on projects and design challenges that incorporate science, technology, engineering, art, and math. **One trimester.**

3D Design

This class will allow students to explore the potential and limitations of 3D printing through a series of hands-on design challenges. Students will work both independently and in collaborative groups to design, prototype, test, and improve several artifacts. This class is an excellent option for anyone who ever wanted to prototype an invention, create a work of art, customize a product or just make something cool. Experience with 3d modeling software like Tinkercad or Fusion 360 is helpful but not required. **One trimester.**

Computer Programming

Computer Programming, or "coding," is an introductory computer science course that focuses on computer science as a medium for creativity, communication, problem solving, and fun. The course covers topics such as: app development, web and game design, digital privacy and copyright laws, user-centered design, and physical computing devices. **One trimester**

Robotics

Robotics is an introduction to programming and building robots using Lego Mindstorms EV3 kits. The focus of this course is to introduce students to basic programming as well as creative problem-solving strategies. Students will work independently and in pairs to design, build, and

7th Grade 2024-2025
EAST ROCKFORD MIDDLE SCHOOL ENROLLMENT SHEET

program robots to complete a wide range of tasks and present their findings. Topics may include: motor control, gear ratios, torque, friction, sensors, timing, program loops, and more. **One trimester**

Wood Tech 1

This is an introductory class for the study of processes, techniques and procedures used in fine woodworking. Students will use a hands-on approach in learning to plan and layout, saw, plane, sand, drill, fasten, stain, and finish wood products. Through this class, students will gain a better understanding of the hand and power tools and materials and processes that are used in the woodworking industry. **One trimester**

Wood Tech II

This is a continuation of Wood Tech I. In Wood Tech II, students will use a hands-on approach in learning more advanced techniques to build upon their knowledge and skills. These new techniques will help students build more advanced and detailed projects. Wood Tech II requires the students to use higher level thinking skills and be more independent workers. Prerequisite: Wood Tech I. **One trimester.**

7th grade orchestra → Cadence Orchestra

Build your musical ability in this fun class that explores your instrument as part of a performing ensemble. Class activities include concerts outside of the school day, participation in MSBOA events like Solo & Ensemble and Orchestra Festival, the opportunity to attend a Broadway show at DeVos Hall, and a performance of the National Anthem at a West Michigan Whitecaps baseball year. This ensemble is open to string players with at least one year of experience playing in the Rockford orchestra program. Other students may audition to ensure placement within the ensemble that will allow for the most success throughout the year. **Full year.**

Concert Band (7th Grade Band)

Students continue to build on the skills taught in 6th Grade through sheet music. We enjoy putting our talents together to sound like a band. This ensemble plays a wide variety of music from classical to popular, something for everyone. Students are encouraged to continue playing the instrument they chose in 6th grade. We continue to build on their technical and tonal skills throughout the year. Percussionists begin to explore, more in depth, the many different instruments in their section; snare drum, bass drum, triangle, cymbals, timpani etc. just to name a few. The band will perform four to five times a year. **Full year.**

Men's Choir

This choir class is a combination of 7th and 8th grade boys with a handful of performances throughout the school year. **Full Year.**

7th Grade Women's Choir

This is a 7th grade girls only choir with a handful of performances throughout the year. **Full Year.**