

US Curriculum Guide 2021-2022

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Dear Upper School Family,

The purpose of The Prairie School Upper School Curriculum Guide is to provide families with a succinct, informative, and transparent document that details our academic and co-curricular requirements.

Please take a moment to read the opening pages for brief descriptions of the four main requirement categories and an overview of courses for grades 9-12. Concise descriptions of courses offered within the respective disciplines follow.

With every new year, our course offerings are likely to change slightly because we believe our academic offerings can never be stagnant and uninspiring. Curriculum in a school like ours is a living entity, representative of students' needs and interests, and of best practices in an independent school education.

I hope you will find this document useful as your main source of information about the Upper School curriculum and graduation requirements.

Margaret McDonough
Head of Upper School

Graduation Requirements at The Prairie School

To graduate from The Prairie School, a student must fulfill requirements in four areas: academic, co-curricular, service, and exercise.

Academics

Students in the Class of 2022 and 2023 must accumulate a minimum of 23 credits. Students in the Class of 2024 and beyond must accumulate a minimum of 22.75 credits. All students must enroll in a minimum of five academic classes each year. To ensure students attain a well-rounded academic foundation, we require the following minimum credits per discipline.

- English: 4 credits + Public Speaking: .25 credit
- Math: 3 credits
- Science: 3 credits (1 each in biology, chemistry, and physics)
- Social Studies: 3 credits
- World Languages: 3 credits/levels in a single language
- Visual/Performing Arts: 1.75 credits
- Health & Fitness: 1 credit (Class of 2022 and 2023) or .75 credit (Class of 2024 and beyond)

Additional Academic Requirements

Seniors are required to take five academic classes each semester. Seniors must pass all their classes each semester and have a passing grade for the Junior Interim experience (waived for the Class of 2022 due to the pandemic).

Detailed information about the Interim Experience can be found on the School's website (www.prairieschool.com) under the tab, Academics → Upper School → Interim.

Co-curricular (minimum of 3 points annually)

Participation in theatre, music, interscholastic athletics, and various clubs supports students' personal growth and enhances their applications to competitive colleges and universities. Students must earn at least 3 points of co-curricular activity each year. Students are strongly encouraged to commit to one major co-curricular activity per year (see Appendix).

In some instances where this is not possible, bona fide off-campus activities such as private music lessons, off-campus drama productions, and club sports are generally considered co-curricular. In such cases, a student must submit to the US Office a waiver detailing how s/he intends to satisfy the co-curricular requirement.

Service (minimum of 25 hours annually)

Students are required to be active in community service throughout their years in the Upper School. Service is defined as volunteer work for the School, community organizations, or certain religious activities (soup kitchens/food banks, mission trips, summer camp, etc.). Typically, contributions to worship services (choir, band, nursery care, etc.) do not qualify for service hours, whereas service to the larger community does. **Before committing to a service project offered through a religious organization, please confirm with the US Office that your intended activity will qualify as community service.** Service does not include work at home for relatives and friends.

Students are expected to complete 25 hours of service by May 15 of each academic year. A desirable goal is partial completion (12 hours) by February 15. Students are encouraged to work ahead during the summer to complete service hours for the upcoming year. Additionally, of the 100 hours needed for graduation, students are encouraged to earn 20 hours (minimum) through organizations other than Prairie School.

Exercise (required each semester)

To maintain physical fitness, students must be physically active throughout the academic year. The School requires every student to exercise at least three times a week for at least thirty minutes per session. Students may satisfy the exercise requirement in one of three ways: participation in interscholastic sports, enrollment in a fitness class, or commitment to an approved personal fitness program (see Appendix).

Graduation Implication

Completion (or lack thereof) of co-curricular, service, and exercise requirements will be noted as Pass or Fail. Students who do not meet the annual and cumulative requirements for co-curricular, service, and exercise may be placed on Academic Probation until these deficits are resolved. Eligibility for graduation depends upon fulfillment of all graduation requirements, including academic, co-curricular, service, and exercise, before the established deadlines.

UPPER SCHOOL CURRICULUM FLOWCHART 2021-22

Grade	English	Visual Arts	Health & Fitness	Performing Arts	Math	Science	Social Studies	World Languages
9	English 9	General Art Adv. Art Adv. Drawing Design Technology Digital Photography Graphic Design Painting	PE for Lifelong Fitness Hip Hop Dance Stretch/Strength Tap Dance	Concert Choir Design Technology Digital Photography Fall Play Cast General Art Hip Hop Dance Intro. to Technical Theatre Spring Play Cast Stretch/Strength Symphonic Orchestra Tap Dance Tech. Theatre Workshop Video Production	Algebra 1 Inter. Algebra Geometry	Biology	History of the Classical World	French 1 Spanish 1 ----- Chinese 2 French 2 Spanish 2
10	English 10 Public Speaking (Gr. 10 or 11)	General Art Adv. Art Adv. Drawing Ceramics Design Technology Digital Photography Glass Studio Graphic Design Painting	CPR & Healthy Choices Hip Hop Dance Strength/Condition Stretch/Strength Tap Dance	Advanced Forensics Concert Choir Fall Play Cast Hip Hop Dance Intro. to Technical Theatre Spring Play Cast Stretch/Strength Symphonic Orchestra Tap Dance Tech. Theatre Workshop Video Production AP Music Theory	Inter. Algebra Algebra 2 Geometry Acc. Algebra 2 Intro to Prog Video Game Design Web Design	Chemistry Honors Chemistry Physics Robotic Des. & Prog. Structural Eng. & Cons.	History of the Modern World or AP World History	Chinese 2 French 2 Spanish 2 ----- Chinese 3 French 3 Spanish 3
11	English 11 Public Speaking (Gr. 10 or 11)	General Art Adv. Art Adv. Drawing Ceramics Design Technology Digital Photography Glass Studio Graphic Design Painting AP 2-D Art & Design	Hip Hop Dance Strength/Condition Stretch/Strength Tap Dance	Advanced Forensics Concert Choir Fall Play Cast Hip Hop Dance Intro. to Technical Theatre Spring Play Cast Stretch/Strength Symphonic Orchestra Tap Dance Tech. Theatre Workshop Video Production AP Music Theory	Algebra 2 Acc. Algebra 2 Precalculus A Precalculus AB Prob. & Statis. AP Statistics Intro to Prog Video Game Design Web Design AP Comp Science	Adv. Anatomy & Physiology Chemistry Environmental Science Honors Chemistry Physics Honors Physics Robotic Des. & Prog. Structural Eng. & Cons. AP Biology AP Chemistry AP Environmental Science AP Physics 2	U.S. History or AP U.S. History	Chinese 3 French 3 Spanish 3 ----- Chinese 4 French 4 Spanish 4
12	Literary Labyrinths Literary Studies in Diversity Mod. Latin American Studies Writing in the World and/or AP English 12	General Art Adv. Art Adv. Drawing Ceramics Design Technology Digital Photography Glass Studio Graphic Design Painting AP 2-D Art & Design	Hip Hop Strength/Condition Stretch/Strength Tap Dance	Advanced Forensics Concert Choir Fall Play Cast Hip Hop Dance Intro. to Technical Theatre Spring Play Cast Stretch/Strength Symphonic Orchestra Tap Dance Tech. Theatre Workshop Video Production AP Music Theory	Acc. Algebra 2 Precalculus A Precalculus AB Calculus AP Calculus AB AP Calculus BC Prob. & Statis. AP Statistics Intro to Prog Video Game Design Web Design AP Comp Science	Adv. Anatomy & Physiology Environmental Science Honors Chemistry Honors Physics Robotic Des. & Prog. Structural Eng. & Cons. AP Biology AP Chemistry AP Environmental Science AP Physics 2	Comparative Philosophy Comparative Religions Economics Government & Politics History of Warfare Mod Latin American Studies The 21st Cent. Amer. Exp. AP Comparative Government AP World History	Chinese 4 French 4 Spanish 4 ----- Chinese 5 French 5 Spanish 5 AP French 5 AP Spanish 5

Capstone Research Project (.5 credit/year)

In this unique research project, students have the opportunity to focus on an area of special interest or personal passion **in any discipline**. Students explore their chosen topics independently with the Capstone Coordinator acting as a supervisor throughout the process. Capstone includes the following required components: scholarly research, writing, reflection, and a formal presentation open to the school community. Junior or senior standing required.

Guidelines:

- Capstone students will work with the Capstone Coordinator to initially propose what discipline to assign the credit to, based on their chosen project. The proposal must be approved by the appropriate Dept. Chair and Division Head. If the student does not wish or need to assign credit to a specific department, it contributes generally to total graduation credits. Interdisciplinary projects are encouraged.
- An Arts project may be granted an academic credit toward graduation. Note: Capstone remains a research project, involving scholarly research, writing, and the production of artifacts/performance even with an Arts focus.
- Capstone earns 0.5 credit, unless the student requests and the Division Head approves a full credit based on the volume and quality of work completed.
- Students must choose a subject-area expert within or outside of the Prairie faculty to support their work through interviews, consultation, reviews, or the like.

ENGLISH

4 credits plus Public Speaking required for graduation.

English 9 (1 credit)

This course introduces students to the literary touchstones of world civilization. While the literary works are examined in their historical context, students discover that many of the traditions, values, and ideas that they take for granted had their origins in, and are reflected in, the mythical archetypes of this ancient and medieval literature. Emphasis is placed on vocabulary acquisition and application, literary analysis, narrative and expository writing, discussion, and creative projects. Students are also guided through the basics of formal research in an essay integrated with their World History 9 course.

English 10 – World Literature (1 credit)

This course challenges students through higher expectations and more intellectually demanding texts than in English 9. Students are expected to sharpen the skills practiced in English 9 as they explore a greater variety of writing styles and write more frequently. Students work more independently to develop their research skills in an essay integrated with World History 10. In tandem with the required Public Speaking course typically taken in Grade 10, different types of presentations and speaking opportunities are also a significant part of English 10. Ultimately, students pursue the study of world literature to better understand the core literary texts of human ideas and world culture through reading, writing, speaking, and listening, as well as gain greater awareness and knowledge of other times and places, leading to interest in and empathy toward other cultures and their people.

Public Speaking I, II (.25 credit)

This course focuses on oral presentation skills, including mature presence, poise, self-awareness, and projecting presence. Students analyze effective and ineffective speaking styles, learn to be aware of their own and others' habits as oral presenters, and prepare and deliver various types of speeches. Normally, students complete this one-term course in sophomore or junior year. **Note:** This course is required for graduation.

English 11 – American Literature (1 credit)

This course explores the definition of the American story and questions the concept of shared experience. Does “America” mean the same thing to everyone? What voices are most prominent? Which get forgotten? Students in this course read texts featuring characters with a variety of experiences within the American landscape. Emphasis is placed on informal and formal writing (expository, reflective, and creative), formal discussion and debate, oral presentations, and creative projects. Students also engage in a college-preparatory research process integrated with their US History course.

English 12 (1 credit)

Seniors must take two different English 12 electives (one each semester) or AP English 12. English electives may be taken in addition to the AP English 12 course. The English 12 electives are as follows.

Literary Labyrinths I (.5 credit)

Featuring innovative and complex fiction, this course draws students into a labyrinthine world of multiple layers, unreliable storytellers, and unexpected connections featuring stories designed to produce heated discussions, eye-opening realizations, and innovative responses about the nature of reality. Senior standing required.

Literary Studies in Diversity I (.5 credit)

In this course, students venture beyond societal stereotypes by examining works of literature and film that dare to explore our human diversity. Issues explored could include ones of ethnicity and race, class and politics, gender and sexuality, both historical and contemporary. Through research, reflection, personal narratives, discussion, and creative activities, students also consider and interrogate their own assumptions, viewpoints, and values. Senior standing required.

Modern Latin American Studies I, II (.5 credit)

This course introduces students to and familiarizes them with key historical and contemporary issues in Latin America from the Independence period to the present day. While a survey, the course is designed around case studies that will focus on key Latin American countries and communities including Mexico, Argentina, Brazil, and Cuba in addition to the Chicano Movement in the United States. Alongside primary and secondary historical works, students study key works of art, fiction, and film to offer an interdisciplinary approach to explore the cultural contexts in which these histories developed. This course aims to help students understand the diverse histories and cultures of Latin America, to develop cultural history and interdisciplinary skills, and to build analytical and comparative historical skills in identifying similarities and differences between the many countries in the region broadly defined as “Latin America.” Students enrolled in the class should expect to write both informal and formal pieces,

present on independent investigations, and—most essentially—engage in discussion and collaborative learning. This course may also be taken for Social Studies credit. Senior standing required.

Writing in the World II (.5 credit)

Prairie students have become adept at academic writing during their three years of humanities courses. As they prepare to enter a wider world of ideas, however, this course offers a fantastic opportunity to explore the huge variety of writing genres that could range from journalism to fantasy. Students in this course read as writers and write as readers while they examine the communication act from both rhetorical and aesthetic standpoints. Students read, reflect upon, and discuss accomplished examples of writing including poetry, short story, drama, memoir, science writing, humor writing, and persuasive writing with a critical eye—learning about the elements of craft and structure, style and voice—to help inform their own writing. At times, students write side by side, reading and constructively critiquing each other’s work, sharing successes and struggles. All students create a personal writing portfolio as an opportunity to chart their growth and reflect on their craft. Senior standing required.

***AP English 12 (Literature and Composition) (1 credit)**

This Advanced Placement course is open to students seeking a rigorous curriculum of literary analysis and writing similar to many college freshman classes. Designed and structured as a seminar, the course is organized around various genres, themes, and writing styles in major works of world literature. Emphasis is placed upon reading, analysis, discussion, and writing, with ample opportunities for students to practice their writing skills. The syllabus incorporates the recommendations of the College Board AP Program. Senior standing required.

HEALTH & FITNESS

Class of 2022 and 2023: 1 credit

Class of 2024 and beyond: .75 credit

9th Grade

PE for Lifelong Fitness I, II (.25 credit)

Students learn the basic concepts of fitness goals through various activities. Emphasis is placed on learning/mastery of fundamental movement patterns and ability to use strength and cardiovascular equipment. Students will develop competence in the Fitness Center through exercise progression.

10th Grade

CPR Class I, II (.25 credit)

This American Red Cross CPR class is required for all sophomores. Students learn how to act in emergency situations, including respiratory issues, cardiac issues, sudden illness, and various injuries. Students learn to recognize and administer appropriate care until trained personnel arrive. Upon successful completion of the course, students receive a two-year American Red Cross certification in CPR, AED, and Community First Aid.

Healthy Choices I, II (.25 credit)

This survey course is designed to assist students in obtaining and applying accurate information to their lives, developing lifelong positive attitudes and behaviors, and making wise decisions related to their personal health. Topics include but are not limited to mental, emotional, and social health; substances (alcohol, tobacco, and other drugs); and sexual health.

9th through 12th Grade**Hip Hop Dance II (.25 credit)**

This high-energy class infuses the latest styles of street and social dancing, musicality, and rhythm. Students are encouraged to step outside of the box by bringing their individual style and personality to the movements. Hip hop dance is aerobic and requires students to have the strength and stamina to successfully perform moves. Each class includes upper and lower body conditioning as well as a rigorous warm-up to help prepare students for more intense movements. This course may also be taken for Performing Arts credit.

Stretch and Strengthen I, II (.25 credit)

Using a combination of Yoga, Pilates, calisthenics, and dance warm-ups, this course will focus on stretching and strengthening techniques. Using the body for weight and resistance, these techniques will improve health and decrease risk of injury in day-to-day activities. The main focus is to increase flexibility and strengthen all muscles, especially the core. Students can expect to see results in all ranges of movement, energy, balance, and posture. This course may also be taken for Performing Arts credit.

Tap Dance I (.25 credit)

Tap is one of the oldest dance forms in this country and involves rhythm, dynamics, and varying sounds. This course presents basic fundamentals of tap dance movement, technique, and leg/foot coordination to various types of music. Tappers learn a graduated warm-up to loosen ankles and knees for proper execution of skills. They have structured lessons and are required to establish a vocabulary for basic tap, including the understanding of timing and phrasing. Students need tap shoes, which they may supply themselves or purchase from the instructor (approx. \$30). This course may also be taken for Performing Arts credit.

10th through 12th Grade**Strength and Conditioning I, II (.25 credit)**

This course is designed to help students maximize their physical potential both in sport and life. Students develop knowledge in foundational movements, exercise selection, and progression, and the “why” of how individualized exercise plans are developed. Athletes have the opportunity to prepare for their season by completing a sport-specific plan. Students not involved in athletics are given a resistance training and conditioning program that is suitable to their fitness goals.

MATHEMATICS

3 credits required for graduation.

Note: All students enrolled in an Upper School math course must have a TI-83 Plus or a TI-84 Plus graphing calculator.

A final grade of C- (70%) or better is needed to proceed to the next level of study in mathematics.

Accelerated Algebra 2 (1 credit)

This advanced course incorporates a quick review of the basic concepts from Algebra 1 before diving into the introduction of topics found in higher levels of mathematics. In this rigorous and fast-paced course, students study linear, quadratic, polynomial, radical, logarithmic, exponential, trigonometric, and rational functions. Using graphing calculators as a tool, students explore the connections between the algebraic concepts/skills and their geometrical representations. Throughout the course, emphasis is placed on developing skills in mathematical communication, abstract reasoning, critical thinking, and problem solving. A solid foundation in Algebra 1 is essential for placement in this course. **Prerequisite:** Geometry. **Note:** A “B” average is required in this course to enroll in Precalculus AB.

Algebra 1 (1 credit)

This course introduces basic concepts of algebra while helping students develop their skills in symbolic manipulation and fluency in the “language of algebra.” This material provides a necessary foundation for many of the topics students will study in future mathematics and science courses. Emphasis is placed on problem solving and application. Linear functions are thoroughly investigated. Other topics include real numbers, quadratic functions, exponential functions, systems of equations, polynomials, radicals, and rational expressions.

Algebra 2 (1 credit)

This course incorporates a review and continuation of the core concepts developed in Algebra 1. The primary goal is to provide a solid foundation for future success in higher levels of mathematics. Students continue to develop their skills in symbolic manipulation and in communicating through mathematics. Students are encouraged to see problems from both a geometric and an algebraic viewpoint through the use of graphing calculators and problem-solving workshops. In addition to the study of linear, quadratic, polynomial, radical, logarithmic, exponential, rational, and trigonometric functions, the course includes an introduction to topics found in advanced courses. **Prerequisite:** Geometry. **Note:** An “A” average is required in this course to enroll in Precalculus AB.

Calculus (1 credit)

In this course, students study the branch of mathematics that deals with rates of change in continuous and varying quantities. The course includes exercises in the graphical, numerical, analytical, and verbal representation of functions through the study of limits, differentiation, and basic integration. Students use technology to help solve problems, interpret results, verify conclusions, and determine the reasonableness of solutions. A graphing calculator is required.

Prerequisite: Precalculus A or Precalculus AB.

Geometry (1 credit)

This course introduces logic and the concept of an axiomatic system. Students learn to justify and communicate their reasoning both through formal proofs (two-column, flow and paragraph proofs) and informally as they solve a variety of problems. Geometry software is used to discover and reinforce many important concepts. Topics include reasoning and proof, area, perpendicular and parallel lines, triangles and congruence, quadrilaterals, transformations, similarity, right triangles, circles, surface area, and volume. **Prerequisite:** Algebra 1.

Intermediate Algebra (1 credit)

This course covers operations with real numbers, graphs of functions, domain and range of functions, linear equations and inequalities, quadratic equations, operations with polynomials, rational expressions, exponents and radicals, equations of lines. Emphasis is also on problem solving. This course is specifically designed to bridge skills between Algebra 1 and Algebra 2. **Prerequisite:** Algebra 1 or Geometry.

Introduction to Programming: Python I (.5 credit)

In this course, students learn to program in the Python language. They learn algorithms, number and string manipulations, loops, conditions, arrays, lists and more. Sophomore, junior, or senior standing required.

Precalculus A (1 credit)

This course continues the study of advanced algebra topics that begins in Algebra 2. Its primary goals are to improve students' algebraic and problem-solving skills while continuing to study polynomial, rational, exponential, and logarithmic functions. Students are also introduced to trigonometric functions. Graphing calculators are used where appropriate. **Prerequisite:** Algebra 2 or Accelerated Algebra 2.

Precalculus AB (1 credit)

This advanced course focuses on the study of functions and trigonometry in preparation for Calculus. Topics include polynomial, rational, exponential, and logarithmic functions, and an extensive study of trigonometry. This rigorous course aims to improve students' problem-solving skills, ability to work and think independently, and ability to reason logically in a fast-paced environment. **Prerequisite:** An "A" average in Algebra 2 or "B" average in Accelerated Algebra 2. **Note:** This course is the prerequisite for AP Calculus AB.

Probability and Statistics (1 credit)

This course is designed to improve students' basic statistical skills, as well as broaden their mathematical foundations. Students study both inferential and descriptive statistics and learn the procedures and techniques of elementary probability theory. The graphing calculator is used extensively. Emphasis is placed on practical applications and relevance to other academic disciplines. **Prerequisite:** Algebra 2 or Accelerated Algebra 2.

Video Game Design & Development II (.5 credit)

Making games is a creative and technical art form. In this course, students become familiar with the tools and practices of game development. Students begin developing their own video games

using the Swift language and, eventually, the industry standard game development tools, Unity 2D game engine and C#. Sophomore, junior, or senior standing required.

Web Design & Development I (.5 credit)

This course introduces students to the design, creation, and maintenance of web pages and websites. Students learn how to critically evaluate website quality, create and manipulate images, and create and maintain quality web pages. Students also learn about web design standards and why they're important, and develop a solid understanding of internet concepts, internet protocols, file transfers and management, web page design and development issues, and basic programming concepts in HTML, CSS and JavaScript. The course progresses from introductory work on web design to a culminating project in which students design and develop live websites. Sophomore, junior, or senior standing required.

***AP Calculus AB (1 credit)**

This course represents the equivalent of one semester of college calculus including differential and integral calculus and their applications in science. Graphing calculators are used for exploration of new ideas and as aids in problem solving. Throughout the course, emphasis is placed on developing ideas analytically, graphically, numerically, and verbally. The syllabus incorporates the recommendations of the College Board AP Program for the "AB" syllabus.

Prerequisite: Precalculus AB.

***AP Calculus BC (1 credit)**

This course represents both first- and second-semester college calculus courses and extends the content learned in AB to different types of equations and introduces the topic of sequences and series. Topics include differential and integral calculus, including concepts and skills of limits, derivatives, definite integrals, the Fundamental Theorem of Calculus, and series. Students learn to approach calculus concepts and problems when they are represented graphically, numerically, analytically, and verbally, and to make connections among these representations. Students learn how to use technology to help solve problems, experiment, interpret results, and support conclusions. The syllabus incorporates the recommendations of the College Board AP Program for the "BC" syllabus. **Prerequisite:** AP Calculus AB.

***AP Computer Science Principles (1 credit)**

In this course, students develop computational thinking skills vital for success across all disciplines, such as using computational tools to analyze and study data or working with large data sets to analyze, visualize, and draw conclusions from trends. The course engages students in the creative aspects of the field by allowing them to develop computational artifacts based on their interests. Students also develop effective communication and collaboration skills by working individually and collaboratively to solve problems. Additionally, students discuss and write about the impacts these solutions could have on their community, society, and the world. This AP course is designed for those **not** interested in pursuing a computer science degree in college. The syllabus incorporates the recommendations of the College Board AP program. Junior and senior standing required.

***AP Statistics (1 credit)**

This course acquaints students with the major concepts and tools for collecting, analyzing, and drawing conclusions from data. Students frequently work on projects involving the hands-on

gathering and analysis of real-world data. Computers and calculators allow students to focus deeply on the concepts involved in statistics. The syllabus incorporates the recommendations of the College Board AP program. **Prerequisite:** Algebra 2 or Accelerated Algebra 2.

PERFORMING ARTS

1.75 credits of Performing Arts and/or Visual Arts (p. 20-22) required for graduation.

With the exception of introductory and AP courses, students can re-enroll in performing arts classes an unlimited number of times.

Dance

Dance course credits may be used to satisfy Arts or Health & Fitness requirements.

Hip Hop Dance II (.25 credit)

This high-energy class infuses the latest styles of street and social dancing, musicality, and rhythm. Students are encouraged to step outside of the box by bringing their individual style and personality to the movements. Hip hop dance is aerobic and requires students to have the strength and stamina to successfully perform moves. Each class includes upper and lower body conditioning as well as a rigorous warm-up to help prepare students for more intense movements. This course may also be taken for Fitness & Health credit.

Stretch and Strengthen I, II (.25 credit)

Using a combination of Yoga, Pilates, calisthenics, and dance warm-ups, this course will focus on stretching and strengthening techniques. Using the body for weight and resistance, these techniques will improve health and decrease risk of injury in day-to-day activities. The main focus is to increase flexibility and strengthen all muscles, especially the core. Students can expect to see results in all ranges of movement, energy, balance, and posture. This course may also be taken for Fitness & Health credit.

Tap Dance I (.25 credit)

Tap is one of the oldest dance forms in this country and involves rhythm, dynamics and varying sounds. This course will present basic fundamentals of tap dance movement, technique and leg/foot coordination done to various types of music. Tappers will learn a graduated warm up to loosen ankles and knees for proper execution of skills. They will be given structured lessons and be required to establish a vocabulary for basic tap, including the understanding of timing and phrasing.

Speech Performance

Advanced Forensics II (.5 credit)

This course is designed to make students better writers, speakers, actors, and all-around communicators. In this course, students think critically, articulate their thoughts, and present them to a variety of audiences, while disciplining themselves to use language in a responsible and moral fashion. Students develop self-confidence by competing regularly against speakers from other schools in tournaments and improving their performances for a variety of audiences.

Sophomore, junior, or senior standing. **Note:** It is recommended that students complete Public Speaking prior to this course.

Music

Concert Choir I, II (.5 credit)

Concert Choir performs vocal music from a variety of style periods. Required performances include the Ardent Arts Concert, Jubilate Concert, and Finale Concert. Choir students are encouraged to enroll for both semesters and repeat this class each year.

Symphonic Orchestra I, II (.5 credit)

In these ensembles, students master music for chamber orchestra and jazz ensemble. Performances include the Ardent Arts Concert, Jubilate Concert, and Finale Concert. Music students are encouraged to enroll for both semesters and repeat this class each year.

Prerequisite: High school proficiency (Class B or better) on the student's instrument.

***AP Music Theory** (1 credit)

In AP Music Theory students study the structure, design, and language of music. In addition to historical perspective, the course content includes composing, sight singing, analysis, and dictation. This college-level course is open only to students with strong musical backgrounds. AP Music Theory is an academic class; however, if it is taken as a sixth academic class, it can fulfill one credit of the Arts graduation requirement. **Prerequisite:** Instructor approval.

Technical Theatre

Introduction to Technical Theatre I, II (.25 credit)

This class provides students with a basic understanding of the different technical elements of a theatrical production. Students will develop basic skills in construction, design, painting, props, and anything else the current production needs. **Note:** Enrollment limited to 15 with two teachers or 8 with one teacher.

Technical Theatre Workshop I, II (.5 credit)

Students in this course will be responsible for creating the technical elements of the mainstage production for the semester. This includes but is not limited to construction, painting, lighting, props, and sound. Over the course of the semester, students will refine their abilities in all of these areas and gain a deeper understanding of the process of technical theatre. **Prerequisite:** Introduction to Technical Theatre and/or instructor approval. **Note:** Enrollment limited to 18 with two teachers or 10 with one teacher.

Video Production I, II (.5 credit)

From pre-production to principal photography and post-production, this course will dissect the nuances of video production and provide the knowledge base for creating high-quality video. Students will learn to operate cameras to design their scenes and sequences and produce compelling products. The course utilizes the platform of Adobe Premiere Pro CC, the industry standard in non-linear video editing. Additionally, by the end of this course, students will have begun their own professional-grade portfolios.

Theatre

Fall Play Cast I (.5 credit)

In this production ensemble class, students rehearse and perform a One-Act Play that is presented at the “Wisconsin High School Theatre Festival” at various schools throughout the state. All course activities take place during class hours, except for a final dress rehearsal and festival performances.

Spring Play Cast II (.5 credit)

In this production ensemble class, students rehearse and perform a play at Prairie at the end of the semester. All course activities take place during class hours, except for a final dress rehearsal and school performance.

SCIENCE

3 credits required for graduation, one each in Biology, Chemistry, and Physics.

Advanced Anatomy and Physiology I, II (.5 credit)

This is a challenging pair of courses in which students learn the structures of the body systems, their functions, how they interact, and what can go wrong. Students will learn new science terminology, must be able to analyze and apply information in the laboratory setting, and must be ready and willing to work at an advanced level. Animal dissection is required. Both courses are designed for students considering a major in health care, athletics, or veterinary medicine. Students may take one or both semesters in either order. Junior or senior standing required.

Biology (1 credit)

This course is designed to survey basic concepts and principles of life. Emphasis is placed on understanding topics through various laboratory activities to develop analysis and reasoning skills. Areas covered include the organization and classification of living organisms (plants, protists, animals, fungi, bacteria), cellular biology, genetics, forensics, and ecology.

Chemistry (1 credit)

In this course, students are exposed to the fundamentals of chemistry through the investigation of chemical topics pertinent to everyday life. Emphasis is placed on a qualitative understanding of the basic principles with only a minor emphasis on mathematical relationships. Topics include atomic structure, moles and chemical reactions, and the chemistry of everyday materials. Students will conduct problem-based projects where they apply their acquired chemical knowledge to the behavior of matter and energy. This class is not open to seniors.

Environmental Science I: Food, Waste, and Water (0.5 credit)

Environmental Science II: Air and Energy (0.5 credit)

Environmental science is the study of the patterns and processes of the natural world and how these are modified by human activities. While this is a “science” class, it is truly interdisciplinary because both scientific and human factors (e.g., economics, politics, policies, and social culture) affect environmental problems. The course involves lab activities, discussions, debates, and

argumentative essays. Students may take one or both semesters in either order. Junior or senior standing required.

Honors Chemistry (1 credit)

In this course, students study the chemical and physical behavior of matter from both a quantitative and qualitative point of view. Considerable time is spent in the laboratory reinforcing concepts and discovering new relationships. Because of the quantitative nature of many concepts, students must have sound, basic algebra skills and experience with logarithms.

Prerequisite: Prior or concurrent enrollment in Algebra 2.

Honors Physics (1 credit)

Physics is a study of the basic laws of nature and is the foundation for all other sciences. This is a traditional high school physics course that makes extensive use of mathematical problem-solving techniques. A course of this type is expected by colleges as a prerequisite for beginning study in the sciences or engineering. The major difference between this course and the Physics course described above is the level of mathematical rigor. Students spend a considerable amount of time in the laboratory and use computers to help collect and analyze data. **Prerequisite:** Algebra 2 or Accelerated Algebra 2.

Physics (1 credit)

In this course, students experience the science of motion, light, energy, and sound in a highly interactive and conceptual way. Through a series of labs and extended projects, students learn many practical applications of physics to our daily lives. The concepts covered mirror those of the Honors Physics course, but the level of mathematics is not as demanding. This class is not open to seniors.

Robotic Design and Programming I (.5 credit)

Students will use the LEGO EV3 platform to build and program robots to accomplish a variety of increasingly challenging tasks. This course is designed for students who like hands-on projects regardless of whether they are considering a career in science or engineering. Sophomore, junior or senior standing required.

Structural Engineering and Construction II (.5 credit)

In this course, students develop basic project planning skills such as measuring, unit conversions, scaling, drawing, and documenting as they design and build their own solutions to various challenges. They learn to incorporate principles of physics and structural design into their engineering projects. This course is designed for students interested in exploring a possible career in engineering. Sophomore, junior, or senior standing required.

***AP Biology** (1 credit)

AP Biology is an introductory college-level biology course in which students explore the following topics: evolution, cellular processes, energy and communication, genetics, information transfer, ecology, and interactions. Using modeling activities, inquiry-based investigations, independent projects, analogies, and puzzles, students expand their content knowledge to grow and develop science process skills. Students work collaboratively and independently to develop their ability to design investigations, collect and analyze data, and make claims that are well-supported with evidence, reasoning and statistics. The syllabus incorporates the

recommendations of the College Board AP program. **Prerequisites:** Biology and Chemistry or Honors Chemistry.

***AP Chemistry** (1 credit)

This course aims to duplicate the experiences and level of difficulty of an introductory college chemistry class designed for science and engineering majors. In addition to topics studied in Honors Chemistry, students study reaction kinetics, equilibrium, acids and bases, redox reactions, electrochemistry, and thermodynamics. Lengthy, complex lab experiments designed to complement the classroom portions of the course are conducted approximately once every rotation and begin at 7:30 a.m. The syllabus incorporates the recommendations of the College Board AP program. **Prerequisites:** Honors Chemistry and prior or concurrent enrollment in Honors Physics.

***AP Environmental Science** (1 credit)

This course provides students with the scientific principles, concepts, and methodologies required to understand the interrelationships of the natural world. Students will identify and analyze environmental problems both natural and human-made, evaluate the relative risks associated with these problems, and examine alternative solutions for resolving and/or preventing them. The syllabus incorporates the recommendations of the College Board AP program. **Prerequisites:** Biology and prior or concurrent enrollment in Chemistry or Honors Chemistry.

***AP Physics 2** (1 credit)

This is an algebra-based, introductory college-level physics course that provides students with a solid foundation in thermodynamics and kinetic theory, fluid statics and dynamics, electrostatics, DC and RC circuits, magnetic fields and electromagnetism, physical and geometric optics, and quantum, atomic and nuclear physics. Through inquiry-based learning and hands-on lab explorations, students will develop critical thinking and reasoning skills. The syllabus incorporates the recommendations of the College Board AP program. **Prerequisites:** Honors Chemistry, Honors Physics, and Algebra 2 or Accelerated Algebra 2.

SOCIAL STUDIES

3 credits required for graduation.

Comparative Philosophy II (.5 credit)

In this course, students are introduced to *Epistemology* and the critical study of knowledge, belief, perception, truth, and ways of knowing. This introduction seeks to develop students' ability to analyze and understand the relationship between epistemology and culture. This course is designed to work between the tensions of conflicting cultural ways of knowing, cultural relativism, and facts. Due to the comparative nature of this course, students are required to develop empathy for other cultural perspectives, as well as be culturally and critically introspective. Ultimately, this skill will serve students in many future realms—from politics to the workplace—but it is particularly applicable for the ever-elusive challenge of putting oneself into someone else's shoes. Senior standing required.

Comparative Religions II (.5 credit)

In this course, students analyze the major world religions, with particular attention to the origins, historical development, and principal themes/belief systems of nine major world religions. These religions have played an enormous role in shaping world civilizations and human cultures. As globalization creates a world far more intertwined and interdependent than ever before, it has become imperative that students understand how these belief systems have contributed to the world in which they live. As such, this course places a keen focus on current events and controversies surrounding the great religions. It also familiarizes students with this material to help them become more compassionate, empathetic, and understanding, yet careful to recognize the conflict and danger that often accompany religious zealotry. Senior standing required.

Economics I (.5 credit)

“Everyone must, to some extent, act as his own economist—in his private life and as a citizen—and both he and the community will be better served if he is well informed and can think clearly and objectively about economic questions” (National Task Force on Economic Education). This course is a basic introduction to macroeconomics and microeconomics. Critical thinking using economic reasoning is emphasized. Senior standing required.

Government and Politics I (.5 credit)

This course focuses on the structure and dynamics of American government, and examines citizenship and civic responsibility. Particular emphasis is placed on the Constitution and Constitutional Convention, the evolution and growth of the modern federal government, and contemporary American politics. Students study federalism, individual political participation, civil rights and liberties, and the expansion of the size and scope of the federal government during the twentieth century. Students also engage in a series of informed debates on current political debates in order to better form their own educated opinions on both specific issues and broader political ideologies. Senior standing required.

History of the Classical World (1 credit)

This course for freshmen surveys the development of complex civilizations in the ancient Mediterranean world from the Paleolithic Period through Late Antiquity. Emphasis is placed on the major developments in the political, social, and economic history of the ancient Near East, Egypt, Greece, and Rome, with special attention to those institutions and ideas that significantly influenced the development of western civilization.

History of the Modern World (1 credit)

This course for sophomores is a World History survey course that covers the period 1450 to the present. Emphasis is placed on more in-depth study of the forces that created the 21st century, such as economic globalization and interdependence, political and ideological conflicts, global and national identities, and the power of culture and technology to shape human events. Rather than shallowly covering many topics, students develop analytical skills to deeply explore connections between historical and current events. Students are required to read primary and secondary sources and produce independent research. As part of a learning community, students also engage in civil discussion and collaboration with their peers. Each student completes a major research project with collaborative components.

History of Warfare I (.5 credit)

This course introduces students to the ways in which warfare has been practiced throughout history. Students examine the institutions of armies and how the position of the warrior has evolved, the impact on history of warfare and the weapons used to wage it, and the tactical, strategic, and logistic decisions that have separated history's war-winners from its war-losers. The course also involves an examination of ways in which people have tried, both successfully and unsuccessfully, to prevent wars, and how lasting peace has historically been achieved. Senior standing required.

Modern Latin American Studies I, II (.5 credit)

This course introduces students to and familiarizes them with key historical and contemporary issues in Latin America from the Independence period to the present day. While a survey, the course is designed around case studies that will focus on key Latin American countries and communities including Mexico, Argentina, Brazil, and Cuba in addition to the Chicano Movement in the United States. Alongside primary and secondary historical works, students study key works of art, fiction, and film to offer an interdisciplinary approach to explore the cultural contexts in which these histories developed. This course aims to help students understand the diverse histories and cultures of Latin America, to develop cultural history and interdisciplinary skills, and to build analytical and comparative historical skills in identifying similarities and differences between the many countries in the region broadly defined as "Latin America." Students enrolled in the class should expect to write both informal and formal pieces, present on independent investigations, and—most essentially—engage in discussion and collaborative learning. This course may also be taken for English credit. Senior standing required.

The 21st Century American Experience – The Unfinished Project I (.5 credit)

This seminar course focuses on the modern American experience by exploring the following themes: Economic Opportunity, Individual and Government Responsibilities and Rights, Inclusivity and Shared Purpose, Human Impact on the Environment. The course addresses these Essential Questions: What is the American dream today? What does it mean to be a "city upon a hill" in the 21st century? What duty do we owe each other? How do we build community? How do we balance freedom and responsibility? How do our actions impact others and the environment? Senior standing required.

United States History (1 credit)

This course for juniors gives students a broad overview of United States history and the political, economic, and social processes that combined to create this country. A textbook and a variety of supplemental materials stress critical and analytical thinking skills. Through the careful investigation, analysis, and examination of primary and secondary sources, students formulate a coherent understanding of those factors that shaped the United States. Students are guided through the basics of formal research in a major essay integrated with their English 11 course.

Note: Either U.S. History or AP U.S. History is required for graduation.

***AP Comparative Government II (.5 credit)**

This is a survey course in comparative politics, consisting of six study countries: Britain, Russia, Mexico, China, Iran, and Nigeria. The course focuses on political and economic institutions in the modern era and asks students to compare both function and outcome. The course is

relevant and dynamic as it is closely tied to current events. It also requires students to reflect on political and economic choices in the United States. This course makes an excellent companion to two fall electives: Government & Politics and Economics. The syllabus incorporates the recommendations of the College Board AP program. Senior standing required.

***AP United States History (1 credit)**

This course provides students with an opportunity for a more rigorous exploration of United States history emphasizing independent thought. The course of study emphasizes the areas of United States history that are stressed in the AP exam. A college-level textbook and a variety of supplemental materials are used. Advanced analytical writing skills are emphasized and student initiative is stressed. Students who participate in this class should anticipate college-level expectations in the study of U.S. history, and should note that the reading and writing load is substantial. Students are guided through the basics of formal research in an essay integrated with their English 11 course. The syllabus incorporates the recommendations of the College Board AP program. **Note:** Either US History or AP US History is required for graduation.

***AP World History (1 credit)**

As described in the AP World History materials, “The purpose of the AP World History course is to develop greater understanding of the evolution of global processes and contacts in different types of human societies. This understanding is advanced through a combination of selective factual knowledge and appropriate analytical skills. The course highlights the nature of changes in global frameworks and their causes and consequences, as well as comparisons among major societies. Specific themes provide further organization to the course, along with consistent attention to contacts among societies that form the core of world history as a field of study.” The time period studied is 8000 B.C.E. to the end of the twentieth century. Student evaluations are shaped by the AP exam and consist of primary and secondary source analyses, essays, and multiple-choice tests. The syllabus incorporates the recommendations of the College Board AP program.

VISUAL ARTS

1.75 credit of Visual Arts and/or Performing Arts (p. 13-15) required for graduation.

With the exception of introductory and AP courses, students can re-enroll in fine arts classes an unlimited number of times.

Advanced Art I, II (.5 credit)

This upper-level course includes a more in-depth exploration of art media, with more challenging assignments in a variety of media. Students have the opportunity to select more individual and independent projects, with regular small-group feedback and critique circles.

Prerequisite: General Art.

Advanced Drawing II (.5 credit)

This upper-level course is designed to explore the art of drawing with various materials. Students are introduced to and practice a variety of drawing techniques that build upon skills taught in General Art. **Prerequisite:** General Art.

Ceramics I (.5 credit)

In this upper-level course students are exposed to basic hand-building procedures as well as wheel-thrown techniques, and they construct a variety of both utilitarian and non-utilitarian projects. Students also engage in fundamental glazing and firing techniques. All projects include exposure to various tools, techniques, and vocabulary. **Prerequisite:** General Art.

Design Technology II (.5 credit)

Design technology merges art and science through exciting projects with real world applications. This course helps students gain knowledge and skill using a variety of machines to create finished products out of wood, plastic, and metal. Students are also introduced to the computer-aided design and manufacturing process and have the opportunity to design and create using a 3D printer, laser cutter, and computer numeric controlled (CNC) machine. Emphasis is on the proper use of tools, principles of design, appreciation for fine craftsmanship, and shop safety.

Digital Photography I, II (.5 credit)

This course is an introduction to the basics of digital design using the Adobe Suite. Students are also introduced to digital photography basics, including the skills and vocabulary needed to operate a digital SLR (DSLR) camera. Limited DSLR's are available for student use; students are welcome to bring their personal devices. **Prerequisite:** General Art.

General Art I, II (.5 credit)

This course is designed primarily for freshmen and sophomores but is open to any Upper School student as an introduction to the Upper School Visual Arts program. Students are introduced to basic skills, techniques, and vocabulary with a variety of visual art media. Media used may include but is not limited to drawing, painting, printmaking, metal sculpture, ceramics, glass, and fiber.

Glass Studio I, II (.25 credit)

In this course, students are introduced to several glass-making processes, including fusing, hot working/blowing, cold working, bead making, and casting. Emphasis is placed on studio safety, skill building, collaboration, and developing ideas from two-dimensional sketches into three-dimensional glass pieces. **Prerequisite:** General Art or senior standing.

Graphic Design II (.5 credit)

Graphic Design is a form of visual communication. In this course, students learn and apply the fundamentals of communicating visually, using various software applications, such as Photoshop, Illustrator, & InDesign to draw, edit, and structure work. Topics include elements of design (color, shapes, texture, space, etc.), principles of design (balance, contrast, unity, patterns, etc.), and typography. Students also develop strategies and skills for creating optimal output for print and web media. Projects include movie posters, album covers, photo manipulation, and packaging design, to name a few. Students interested in the following careers would benefit from taking this course: advertising design, packaging design, corporate design, web design, publication design, and motion design. Sophomore, junior, or senior standing required.

Painting I (.5 credit)

This upper-level course is designed to further the exploration of painting techniques and approaches. Students are introduced to a deeper understanding of color mixing, brush work, and various painting styles through the lens of notable historical and contemporary artworks.

Prerequisite: General Art.

***AP 2-D Art & Design (1 credit)**

The AP Studio Art Program is a year-long course to guide students in the development of a visual art portfolio. Students' portfolios should demonstrate skills and ideas developed, refined, and applied throughout the course to produce visual compositions of 2-D Design. Portfolios are evaluated based on standardized scoring descriptors aligned with skills and understanding developed in college foundation courses. The syllabus incorporates the recommendations of the College Board AP Program. **Prerequisite:** General Art plus two additional art courses. Junior or senior standing required

WORLD LANGUAGES

3 credits/levels in one language required for graduation.

Chinese

Please note: A grade of C- (70%) or better is needed to proceed to the next level of study.

Chinese 2 (Mandarin) (1 credit)

Students who have successfully completed Mandarin Chinese 1 continue their study of grammar, vocabulary, writing, reading, and culture. Conversation, writing, and speaking are emphasized.

Chinese 3 (Mandarin) (1 credit)

In this course, students attain a solid grasp of the basic vocabulary and grammar needed to carry on a conversation. Students practice reading, writing, listening, and speaking skills, using a variety of multimedia, workbook exercises, composition topics, short readings, movies, and listening exercises.

Chinese 4 (Mandarin) (1 credit)

This course develops functional, communicative language ability using reinforcement and expansion. Students are expected to begin the course with knowledge of grammatical structures and vocabulary from previous courses. Students are exposed to more Chinese words, and can recognize and use them correctly. Emphasis is placed on speaking, reading, and writing Chinese words.

Chinese 5 (Mandarin) (1 credit)

This course further develops communication skills. A discussion format and communicative activities emphasize student participation. The course features high-interest topics and integration of language and culture through Chinese art, music, and literature. Thematic units are used to increase both written and spoken expression.

French

Please note: A grade of C- (70%) or better is needed to proceed to the next level of study.

French 1 (1 credit)

This course is for Upper School students who have had no previous study of French. The course uses an oral-aural approach that emphasizes speaking and listening through classroom exercises, videos, and a workbook. Basic vocabulary, reading, and writing skills are taught through the study of French-speaking cultures.

French 2 (1 credit)

Students who have successfully completed French 1 continue their study of grammar, vocabulary, writing, reading, and culture.

French 3 (1 credit)

This course completes the presentation of grammatical structures at the beginning level and introduces intermediate concepts. Testing is proficiency based, requiring competence in reading, writing, listening, and speaking. Students practice the four skills through pair work, written workbook exercises, compositions, short readings, and listening exercises.

French 4 (1 credit)

This course offers a combined course of grammar, oral expression, and literary study to promote the advancement of the four language skills. Review and study of intermediate and advanced grammatical concepts prepare students to use a higher level of language in both spoken and written contexts, and French 4 prepares the more conscientious student for success in the French 5 AP Language course. Emphasis is placed on self-expression in paired activities and group discussions relevant to the literature or thematic material being studied. Throughout the year, students read and discuss a short novel and several short stories.

French 5 (1 credit)

This course further develops intermediate communication skills. A discussion format and communicative activities emphasize speaking and listening skills. Thematic units are used to increase both written and spoken expression, and a grammar review workbook is used to further grammatical skills.

***AP French 5 - Language** (1 credit)

This course prepares students to take the AP French Language exam. Students need to have a strong grasp of the vocabulary and grammatical structures taught in previous courses. Students read a selection of authentic readings. A discussion format emphasizes speaking and listening skills. In addition, students are expected to increase their vocabulary and to improve their grammatical skills through essay writing and oral presentations. Thematic units provide topics of class discussion designed to enhance contemporary vocabulary and reading comprehension as well as an up-to-date view of French culture. The syllabus incorporates the recommendations of the College Board AP program.

Spanish

Please note: A grade of C- (70%) or better is needed to proceed to the next level of study.

Spanish 1 (1 credit)

This is an introductory course designed for students who have had little or no previous exposure to Spanish. The course emphasizes listening and speaking skills and introduces the study of Spanish-speaking cultures.

Spanish 2 (1 credit)

Students who have successfully completed Spanish 1 continue their study of vocabulary, grammar, and culture. Communication is also emphasized in this course.

Spanish 3 (1 credit)

In this course, students attain a solid grasp of the basic vocabulary and grammar needed to express themselves at an elementary level. Students practice reading, writing, listening, and speaking through pair work, written workbook exercises, compositions, short readings, and listening exercises.

Spanish 4 (1 credit)

In this course, students develop functional, communicative language ability at the intermediate level, using reinforcement, expansion, and synthesis. Students are expected to begin the course with knowledge of grammatical structures and vocabulary emphasized in previous courses. Class time focuses on practicing grammatical structures and vocabulary in meaningful conversation.

Spanish 5 (1 credit)

In this course, students improve communication skills while learning about the Hispanic world. A discussion format and communicative activities emphasize student participation. The course features high-interest topics, a review of selected grammatical topics, and an integration of language and culture through the active use of art, music, and literature from the Spanish-speaking world. Active, personalized, and real communication about actual issues and experiences are stressed.

***AP Spanish 5 - Language** (1 credit)

This course is intended for students who wish to develop high-level proficiency in all four language skills: listening, speaking, reading, and writing. Students need to have a strong grasp of the vocabulary and grammatical structures taught in previous courses. Students read a selection of authentic readings. A discussion format emphasizes speaking and listening skills. In addition, students are expected to increase their vocabulary and to improve their grammatical skills through essay writing and oral presentations. Thematic units provide topics of class discussion designed to enhance contemporary vocabulary and reading comprehension as well as an up-to-date view of Spanish culture. The syllabus incorporates the recommendations of the College Board AP program.

* Students may elect to take the AP Exam in May. A score of 3 or better on a scale of 5 on this national exam qualifies the student for advanced placement and/or credit at many colleges.

Appendix

Co-Curricular Opportunities and Points

Athletics	General Points
Team Member	3*
Manager	1-3*
Performing Arts	
Plays, musicals (actors)	3*
Stagecraft/Tech	1-3*
Pit Orchestra Musicians	1-3*
Jazz	1-3*
Regional and State Solo & Ensemble Contests	1
Chorale	1
Publications	
Yearbook	1
Editor-in-charge	3
Academic Competitions	
Forensics	1-2*
Model OAS	1-2*
Model UN	1-2*
ROV	1
Science Olympiad	1-3*
Regional and State World Language Contests	1
Schoolwide Organizations	
Student Government	1*
Outside-of-School Activities*	
Music Lessons	
Scouts	
Youth Groups	
Club Sports	
Religious activities (must be pre-approved by Upper School Co-curricular Coordinator)	
Other activities submitted for pre-approval (dance, equestrian training, music lessons, etc.)	

*Credit assigned by coach/teacher based on participation

Exercise Requirement Opportunities

All exercise requirement forms can be accessed electronically in Google Drive. Students are expected to complete and submit all forms electronically.

Approved On-campus Exercise Activities (involvement based on program)

- Involvement in school-sponsored Interscholastic Sports
- Involvement in a Health & Fitness or Dance class
- Involvement as a dancer in a musical theater production

Approved Personal Fitness Program (weekly participation: 3 days a week/per semester)

- Weight training
- Walking/Running program
- Open sports (tennis, basketball, or soccer)
- Approved off-campus activity

Process to meet the Exercise Requirement with Off-campus Personal Fitness Program

- Obtain pre-approval from Fitness Center Director Zach Perkins
- Maintain a log via GoogleForm of weekly activities with participation verified by an adult sponsor. Note: Parents do not qualify as sponsors.

Examples of Off-campus Personal Fitness Activities (subject to approval as outlined above)

- Dance lessons at a professional dance studio
- Supervised personal fitness training
- Club sports (basketball, soccer, volleyball, bowling, curling, hockey, gymnastics, etc.)
- Horseback riding

Interscholastic Sports

Fall

- Girls' tennis
- Girls' volleyball
- Girls' golf
- Girls' swimming & diving
- Boys' soccer
- Cross country (co-ed)

Winter

- Girls' basketball
- Boys' basketball
- Boys' swimming & diving
- Boys' wrestling

Spring

- Girls' soccer
- Boys' baseball
- Boys' tennis
- Boys' golf
- Track & field (co-ed)