

STRONGMINDSM

2023-2024 K-5 COURSE CATALOG

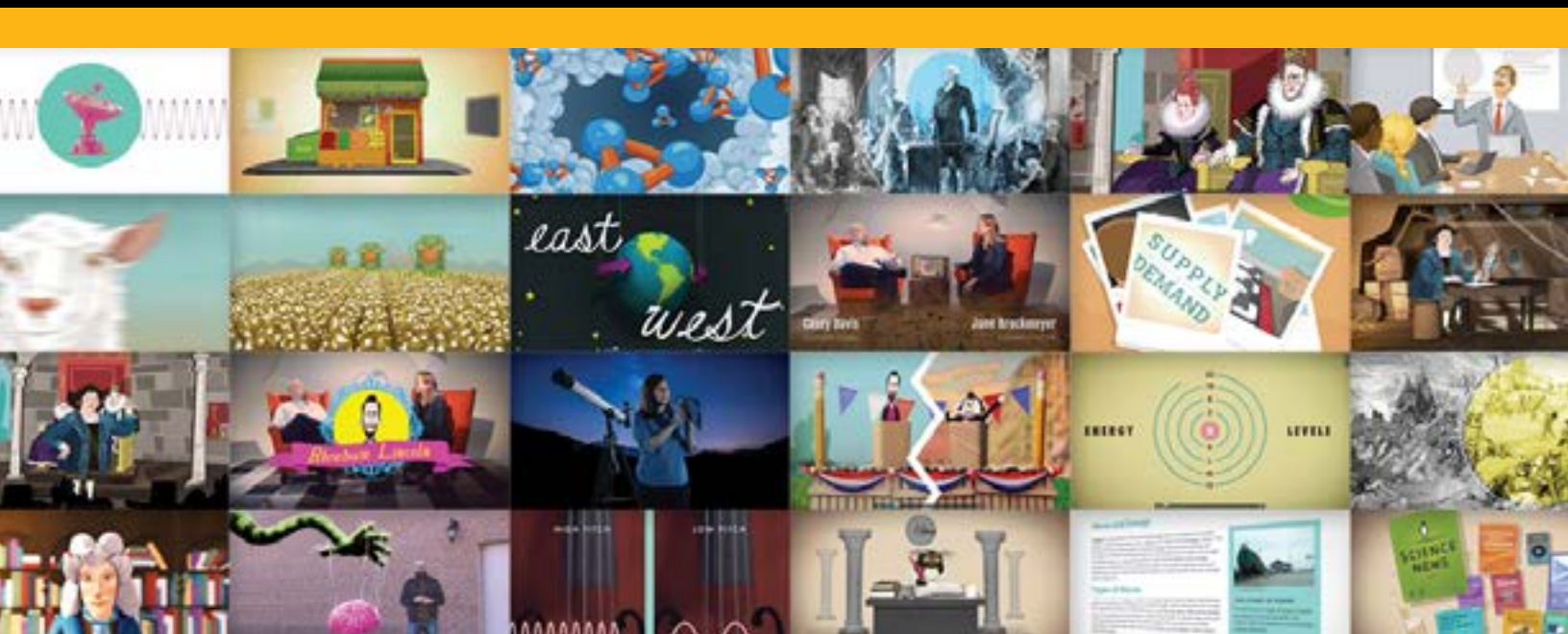




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ENGLISH LANGUAGE ARTS - KINDERGARTEN

Grade: K
 Prerequisite(s):
 None
[Course Intro Video](#)

English Language Arts K (1 of 2) focuses on identifying and printing both upper and lowercase letters of the alphabet. Recognition of letters leads to letter-sound correspondence, identifying short vowel sounds, and producing rhyming words. The course examines different story elements and provides opportunities to identify and retell details of those elements. Story elements include characters, settings, and details for different types of texts such as storybooks, nursery rhymes, fairy tales, folktales, fables, and poems.

Grade: K
 Prerequisite(s):
 None
[Course Intro Video](#)

English Language Arts K (2 of 2) explores the fundamentals of language concepts for reading and writing. Identifying and blending sounds, recognizing the parts of words and sentences, and building reading comprehension skills are key elements of the course. Reading skills include describing the roles of the author and illustrator, explaining text structures, and asking and answering focused questions using contextual evidence. The course includes informational texts, historical texts, opinion texts, to read or listen to being read aloud as interactive storybooks. Writing skills include acquiring knowledge of the writing process in context of completing an informational writing project and a research writing project.

ENGLISH LANGUAGE ARTS - GRADE 1

Grade: 1
 Prerequisite(s):
 None
[Course Intro Video](#)

English Language Arts 1 (1 of 2) focuses on phonics by immersing students in learning, isolating, segmenting, and pronouncing the sounds of consonants, consonant blends, digraphs, trigraphs, long and short vowels, vowel teams, diphthongs, r-controlled vowels, and inflectional endings primarily in single-syllable words. Students decode words in isolation and in context by pronouncing initial, medial vowel, and final phonemes. While learning sounds, students will read poetry, fables, folktales, fairy tales, stories, and informational texts with concepts such as retelling, topic, key details, characters, setting, events, and theme. Language focuses on nouns, pronouns, verbs, capitalization, end punctuation, and writing complete sentences.

Grade: 1
 Prerequisite(s):
 None
[Course Intro Video](#)

English Language Arts 1 (2 of 2) focuses on acquisition of new words, experimenting with sounds and syllables, and accounting for the parts of a well-crafted sentence. Reading skills include asking and answering questions about texts, as well as drawing conclusions. Reading selections include poetry, fairy tales, informational texts, opinion texts. Writing includes an informational writing project and an opinion writing project.



ENGLISH LANGUAGE ARTS - GRADE 2

Grade: 2

Prerequisite(s):

None

[Course Intro Video](#)

English Language Arts 2 (1 of 1) explores reading and writing literary texts from various genres, including conventional narratives, personal narratives, and poems. Reading selections include fables and folktales from diverse cultures, short stories, and a variety of poem types. Reading and writing topics demonstrate concepts such as character, setting, story structure, central message, point of view, dialogue, figurative and descriptive language, visual characteristics, and sound devices. Foundational language skills instruction provides guided and independent practice opportunities for decoding and spelling words and understanding their meaning using context clues, word relationships, and reference materials.

ENGLISH LANGUAGE ARTS - GRADE 3

Grade: 3

Prerequisite(s):

None

[Course Intro Video](#)

English Language Arts 3 (1 of 2) explores reading and writing literary texts from various genres, including conventional narratives, personal narratives, and informational texts. Reading selections include folktales and fables from diverse cultures, short stories, narrative nonfiction, and informational texts. Reading and writing topics demonstrate concepts such as character, setting, story structure, central message, point of view, dialogue, and figurative and descriptive language. Foundational language skills instruction provides guided and independent practice opportunities for decoding and spelling words and understanding their meaning, using context clues, prefixes and suffixes, reading with accuracy, word relationships, and research materials.

Grade: 3

Prerequisite(s):

None

[Course Intro Video](#)

English Language Arts 3 (2 of 2) explores the elements of story, such as character and plot through reading selections that include drama, opinion text, and informational text. Writing projects include an opinion writing project and a poetry writing project.



ENGLISH LANGUAGE ARTS - GRADE 4

Grade: 4

Prerequisite(s):
None

[Course Intro Video](#)

English Language Arts 4 (1 of 2) provides instruction and practice with informational and opinion text and with foundational language skills and vocabulary. Concepts and/or topics regarding informational and opinion text include key ideas, supporting details, author's purpose, text features and structure as well as summary and paraphrase. Additional tasks for opinion text include identifying the audience, the opinion or claim, and the reasoning and evidence. A research project provides instruction and practice on distinguishing paraphrase from plagiarism. The unique features of historical, scientific, technical, and informative texts are analyzed. Foundational language skills instruction includes guided and independent practice opportunities for recognizing and revising fragments and run-ons, using roots and affixes, and determining word meaning through context clues. Recognizing high frequency words, spelling grade-appropriate words correctly, and oral reading, as well as exploration of digital text and reference materials.

Grade: 4

Prerequisite(s):
None

[Course Intro Video](#)

English Language Arts 4 (2 of 2) explores literary works of fictional stories, dramas, and poetry. Reading analysis includes examining plot elements, theme, summary, grammar, point of view, perspective, and figurative language, as well as literary comparison of different types of texts. Writing projects include a personal narrative project.

ENGLISH LANGUAGE ARTS - GRADE 5

Grade: 5

Prerequisite(s):
None

[Course Intro Video](#)

English Language Arts 5 (1 of 2) provides instruction and practice with informational and opinion text along with foundational language skills. Concepts and/or topics regarding informational and opinion text include key ideas, supporting details, author's purpose, author's perspective, text features and structure, inferences, evidence, summary, and paraphrase. Historical, scientific, and technical texts as well as digital texts are include for analysis. Foundational language concepts and/or topics include capitalization, punctuation, sentence types, parts of speech, verb tense, and context clues. Instruction and practice with spelling high frequency words and syllabication are include, as well. Writing projects include an informational essay and research project.

Grade: 5

Prerequisite(s):
None

[Course Intro Video](#)

English Language Arts 5 (2 of 2) explores the differences between literal language, such as determining word meaning from roots and affixes using reference materials, and figurative language, including the use of similes, metaphors, idioms, proverbs, and puns. Readings focus on plot, theme, point of view, and perspective. Reading selections include poetry, drama, folktales, and myths. Writing projects include a personal narrative project and multimedia presentations.



FOUNDATIONS IN READING

Grades: 1-3

Prerequisite(s):
None

[Course Intro Video](#)

Foundations in Reading (1 of 1) reviews reading skills that build a strong foundation for effective reading. Topics include: a review of sounds in words by pronouncing initial, medial vowel, and final phonemes by segmenting and blending phonemes. The course begins with reading one-syllable words and moves onto multi-syllable words, practice decoding words in isolation and in the context of sentences, poems, stories, as well as informational texts. Reading fluency focuses on reading for accuracy, rate, expression, purpose, and understanding.

MATHEMATICS - KINDERGARTEN

Grade: K
Prerequisite(s):
None
[Course Intro Video](#)

First Semester:

Mathematics Kindergarten (1 of 2) explores counting, counting objects, number sense, adding and subtracting through 5, geometric shapes, and measurement. The topics include counting to 40, counting up to 15 objects, modeling numbers with objects, using the number line, adding and subtracting within 5, identifying and sorting flat shapes, understanding which attributes are measurable, and identifying coins.

Grade: K
Prerequisite(s):
None
[Course Intro Video](#)

Second Semester:

Mathematics Kindergarten (1 of 2) explores counting, counting objects, number sense, adding and subtracting through 5, geometric shapes, and measurement. The topics include counting to 40, counting up to 15 objects, modeling numbers with objects, using the number line, adding and subtracting within 5, identifying and sorting flat shapes, understanding which attributes are measurable, and identifying coins.

MATHEMATICS - GRADE 1

Grade: 1
Prerequisite(s):
None

First Semester:

Mathematics 1 (1 of 2) explores number sense and counting skills; operations such as addition and subtraction; measurement; geometry; and data collection. The topics include skip counting; composing and decomposing numbers; strategies for adding and subtracting; word problems; comparing and ordering lengths; identifying coins and their values; classifying two-dimensional shapes based on their attributes; understanding parts of a whole; and collecting data to create bar graphs and picture graphs.

Grade: 1
Prerequisite(s):
None
[Course Intro Video](#)

Second Semester:

Mathematics 1 (2 of 2) explores number sense and counting skills up to 120, operations such as addition and subtraction within 20, geometry, data collection, money, and telling time. The topics dig deeper into skip counting, finding place value, using strategies to fluently add and subtract within 10, solving addition and subtraction word problems within 20. Topics also include finding the value of a collection of coins, classifying three-dimensional shapes based on their attributes, comparing numbers, collecting data to create bar graphs and picture graphs, telling and writing time to the hour and half-hour.



MATHEMATICS - GRADE 2

Grade: 2

Prerequisite(s):

None

[Course Intro Video](#)

First Semester:

Mathematics 2 (1 of 2) explores fluently adding and subtracting within 100 using mental strategies; understanding addition and subtraction within 200 using concrete models or drawings and strategies; and applying these addition and subtracting skills in solving one- and multi-step real-world problems; reading and writing numbers up to 1,200 in different forms; counting numbers up to 1,200 in 1s, 5s, 10s, and 100s; plotting, comparing and ordering numbers up to 1,200; and finally building the foundation for multiplication and division by making equal groups of objects.

MATHEMATICS - GRADE 3

Grade: 3

Prerequisite(s):

None

[Course Intro Video](#)

First Semester:

Mathematics Grade 3 (1 of 2) explores number sense; place values; operations such as addition, subtraction, and multiplication; measurement; and representing data. The topics include exploring numbers up to 100,000; using place value to plot, compare, and order numbers; rounding to the nearest tens and hundreds; using different strategies to add and subtract numbers up to 1,000; multiplication; finding area and perimeter; finding volume in liters and mass in grams and kilograms; using measurement and other data to create scaled pictures and bar graphs; and using scaled pictures and bar graphs to gather information and compare data sets.

Second Semester:

Mathematics Grade 3 (2 of 2) explores arithmetic patterns, operations such as multiplication and division, geometry, fractions, perimeter, area, time, measurement, data, and finances. Topics include explaining arithmetic patterns using properties of operations, identifying types of geometric lines, composing and decomposing fractions, generating equivalent fractions, calculating the perimeter of polygons, and using multiplication to solve for area. Topics will also include, reading and writing time to the nearest minute, measuring length in customary units, measuring liquid volume, mass, and temperature, interpreting and representing data on a variety of graphs, and understanding concepts in personal finance.

Grade: 3

Prerequisite(s):

None

[Course Intro Video](#)



MATHEMATICS - GRADE 4

Grade: 4
Prerequisite(s):
None
[Course Intro Video](#)

First Semester:

Mathematics 4th Grade (1 of 2) addresses concepts related to place value, operations with whole numbers and decimals, and data. The instruction covers identifying and using place value for calculations and rounding whole numbers; adding, subtracting, multiplying, and dividing multi-digit whole numbers; adding and subtracting decimals; using operations to solve word problems; representing and interpreting data; and applying mathematical processes and understanding to solve word problems.

Grade: 4
Prerequisite(s):
None
[Course Intro Video](#)

Second Semester:

Mathematics Grade 4 (2 of 2) focuses on modeling and solving within a variety of topics. These topics include fractions, geometric shapes, angles, and measurement. It explores comparing fractions, converting fractions to decimals, representing fractions on a number line, adding and subtracting fractions and multiplying fractions. The instruction also focuses on identifying geometric shapes and angles and measuring time, length, weight, volume and applying these skills to real world scenarios and word problems.

MATHEMATICS - GRADE 5

Grade: 5
Prerequisite(s):
None
[Course Intro Video](#)

First Semester:

Mathematics 5th Grade (1 of 2) addresses concepts related to place value, operations with multi-digit whole numbers, and operations with decimals. The instruction covers identifying and using place value for calculations and rounding decimals; multiplying and dividing multi-digit whole numbers by two-digit numbers; adding, subtracting, multiplying, and dividing decimals; and applying mathematical processes and understanding to solve word problems.

Grade: 5
Prerequisite(s):
None
[Course Intro Video](#)

Second Semester:

Mathematics Grade 5 (2 of 2) explores number sense, geometric principles, data analysis and patterns. Number sense topics include adding, subtracting, multiplying, and dividing fractions. Topics include describing and applying the order of operations to evaluate expressions and solve equations. Geometry topics include finding perimeter and area using two dimensional shapes and finding the volume of a three-dimensional figure. Data analysis includes exploring a variety of graphs and determining the mean, media, mode, and range. The utilizations of models and problem-solving skills repeat throughout this course to apply mathematical reasoning skills to real world scenarios.

SOCIAL STUDIES - KINDERGARTEN

Grade: K
 Prerequisite(s):
 None
[Course Intro Video](#)

First Semester:

Social Studies Kindergarten (1 of 2) explores the roles and responsibilities of students as citizens within the context of civics, geography, economics, and history. Students will also learn about their own culture and how it impacts understanding of oneself and others as well as be introduced to aspects of our National culture.

Grade: K
 Prerequisite(s):
 None
[Course Intro Video](#)

Second Semester:

Social Studies Kindergarten (2 of 2) explores how to solve problems, the need for rules and laws, and how they help communities. Topics ask students to examine their place in the world and learn about the environment and what it is made up of. Lastly, it will explore American symbols, traditions, and holidays.

SOCIAL STUDIES - GRADE 1

Grade: 1
 Prerequisite(s):
 None
[Course Intro Video](#)

First Semester:

Social Studies 1st Grade (1 of 2) examines how a community functions and how each member contributes to the community for the common good through the study of civics, geography, economics, and history. Students will study their local community and learn about characteristics that define urban, suburban, and rural communities. Democratic principles and participation in government are introduced. Community resources, environment, change over time, and cause/effect are examined.

Grade: 1
 Prerequisite(s):
 None
[Course Intro Video](#)

Second Semester:

Social Studies 1st Grade (2 of 2) examines the various features, symbols, holidays, leaders of the United States, as well as describing important people of the past. Activities include identifying national, state, and local government leaders and exploring how local government makes and enforces laws. The impact of resources and the environment are explored in terms of



SOCIAL STUDIES - GRADE 2

Grade: 2
Prerequisite(s):
None
[Course Intro Video](#)

First Semester:

Social Studies 2nd Grade (1 of 2) explores the students' lenses expand to learn how their world is interconnected globally through the study of geography and economics. Students will develop a spatial understanding of the world around them, so they can understand how other cultures and civilizations are interconnected and have influenced who we are as a community, state, and Nation. United States history, world history, and civics will also be taught in a comparative context using various stories from the United States and around the world.

Grade: 2
Prerequisite(s):
None
[Course Intro Video](#)

Second Semester:

Social Studies 2nd Grade (2 of 2) examines who producers and consumers are, how the world economy works and what it entails, how the environment affects how humans live, and how humans affect the environment now and through history. Activities include researching how people and groups have protected the environment.

SOCIAL STUDIES - GRADE 3

Grade: 3
Prerequisite(s):
None
[Course Intro Video](#)

First Semester:

Social Studies 3rd Grade (1 of 2) explores the geography, history, politics, and economics at the local, state, national, and tribal levels. Students will learn about working together as a community, government services, physical and culture features of the North American region, resources, industry, and why people migrate within the United States and to the United States from other countries.

Grade: 3
Prerequisite(s):
None
[Course Intro Video](#)

Second Semester:

Social Studies 3rd Grade (2 of 2) explores how to use sources to learn about the First Peoples to construct a narrative of American Indian Nations. Explorations include topics of the Pueblo people, influential people and groups from some states. Activities include making an argument about the past based on reasoning, examples, and details from sources, as well as constructing a narrative of explorers and settlers in the Southwest United States to describe expansion into the West.



SOCIAL STUDIES - GRADE 4

Grade: 4
Prerequisite(s):
None
[Course Intro Video](#)

First Semester:

Social Studies 4th Grade (2 of 2) explores the history, geography and economics associated with the original thirteen colonies of the United States, including topics regarding indentured servitude, culture mixing, and governments. Trade between Europe, Africa, and the Americas is analyzed to understand what was traded and the effects of these trades on the colonies. Finally, the New England Colonies, Middle Colonies, and Southern Colonies re-examined to understand the specific location, economy, government, religion, and culture for each area.

Grade: 4
Prerequisite(s):
None
[Course Intro Video](#)

Second Semester:

Social Studies 4th Grade (1 of 2) examines the earliest periods of America through the study of history, geography, economics, and history. The course includes a study of the settlement patterns, lifestyles, and governments of early American Indian societies. European exploration and settlement of North America, as well as interaction with American Indian groups are explored. Social studies skills are applied, and primary sources, maps, graphs, and timelines are used to analyze these periods of early American history.

SOCIAL STUDIES - GRADE 5

Grade: 5
Prerequisite(s):
None
[Course Intro Video](#)

First Semester:

Social Studies 5th Grade (1 of 2) begins with a study of the causes and effects of the American Revolution, investigate how British taxation following the French and Indian War created the discontent that led colonists to declare independence, and then explores the causes of the drafting of the US Constitution. The articles of the Constitution, the powers of each branch of government, and the citizens' rights protected in the Bill of Rights are examined. Social studies skills are applied, and primary sources, maps, graphs, and timelines are used to analyze this period of United States history.

Grade: 5
Prerequisite(s):
None
[Course Intro Video](#)

Second Semester:

Social Studies 5th Grade (2 of 2) explores United States expansion, The Civil War, Reconstruction, Westward expansion, The Transcontinental Railroad, Economic and Urban Changes, and reform movements. Investigations include key historical events of the topics arranged chronologically, while also refining map skills, working with timelines and graphs, and analyzing causes and effects.

SCIENCE - KINDERGARTEN

Grade: K

Prerequisite(s):
None

[Course Intro Video](#)

First Semester:

Science K (1 of 2) examines basic scientific processes and methods. Those processes and methods are then used to identify the senses, classify matter, and describe energy, motion, and force. It also explores the engineering design process through designing a structure that will reduce the effects of the Sun on Earth.

Grade: K

Prerequisite(s):
None

[Course Intro Video](#)

Second Semester:

Science K (2 of 2) explores key characteristics of plants and animals, and how they work in various settings such as rain forests, deserts, rivers, and oceans. It also explores how plants and animals may change the environment in which they are found. It will explore the components that make up Earth and it will explore the various weather changes.

SCIENCE - GRADE 1

Grade: 1

Prerequisite(s):
None

[Course Intro Video](#)

First Semester:

Science 1 (1 of 2) investigates and applies the engineering design process to the concepts of light and sound. The course examines objects based on their properties of matter and compares different life cycles and organisms. Motion, forces, and the flow of energy are also described in the course.

Grade: 1

Prerequisite(s):
None

[Course Intro Video](#)

Second Semester:

Science 1 (2 of 2) explores how living things stay alive and how plants and animals survive, along with how plants and animals help solve human problems. It describes various objects in the sky such as the Sun, moon, and stars. Lastly, it will explain the changes in daylight in different seasons and weather and describe natural resources.



SCIENCE - GRADE 2

Grade: 2
Prerequisite(s):
None
[Course Intro Video](#)

First Semester:

Science 2 (1 of 2) digs deeper into the methods and tools scientists use. It explores the needs, life cycle, traits, and structures of plants and animals. That knowledge is then used to design a solution to a problem that will be tested and revised. Knowledge on matter, energy, motion, and forces is also gained through small experiments.

Grade: 2
Prerequisite(s):
None
[Course Intro Video](#)

Second Semester:

Science 2 (2 of 2) explores the structures of the human body, compares living things in different environments, and digs deeper into natural resources. Explorations include: the different types of landforms, bodies of water, and how to map both landforms and bodies of water. The course examines how changes are made to Earth's surfaces through weathering, erosion, earthquakes, volcanoes, hurricanes and floods. It digs deeper into the weather, seasons, and objects in the sky such as the Sun and moon.

SCIENCE - GRADE 3

Grade: 3
Prerequisite(s):
None
[Course Intro Video](#)

First Semester:

Science 3 (1 of 2) examines the states, properties, and changes that happen to matter. It also explores the forms of energy, investigates concepts of electricity and magnetism, and describes motion and forces. Knowledge of all these concepts lead to exploring the technological advancements that improve everyone's lives.

Grade: 3
Prerequisite(s):
None
[Course Intro Video](#)

Second Semester:

Science 3 (2 of 2) investigates plants and animals, and how traits are passed from parent to offspring. It examines how plants are sorted into flowering and nonflowering categories. Animal characteristics are described and sorted into major groups based on key characteristics. Topics include climate and weather, our solar system, and natural resources.



SCIENCE - GRADE 4

Grade: 4
Prerequisite(s):
None

[Course Intro Video](#)

First Semester:

Science 4 (1 of 2) examines the scientific method, solving problems through engineering, matter, energy and magnetism. It will also explore space including Earth's place and movement, as well as the different planets and objects in our solar system.

Grade: 4
Prerequisite(s):
None

[Course Intro Video](#)

Second Semester:

Science 4 (2 of 2) examines plant and animal organisms, specifically their structures, functions, heredity, and adaptations, as well as their relationship to their environment. Finally, it explores planet Earth. Topics include rock formations, soil properties, fossil fuels, how the Earth's surface is shaped, Earth's features and systems, and how the Earth impacts humans.

SCIENCE - GRADE 5

Grade: 5
Prerequisite(s):
None

[Course Intro Video](#)

First Semester:

Science 5 (1 of 2) identifies important scientific discoveries and the scientific method, describes the engineering design process, and explains different types of technology found in everyday life. It also examines matter, energy, forces, magnetism, and concludes with explaining astronomy and the solar system.

Grade: 5
Prerequisite(s):
None

[Course Intro Video](#)

Second Semester:

Science 5 (2 of 2) investigates structures and functions of organisms, ecology and evolution, Earth's spheres, the geosphere, engineering and natural resources, and the Sun, Moon and Earth Systems. Activities include identifying plant and animal anatomy, explaining the flow of matter, describing climate change, evolution, weathering and erosion, seasons and the moon cycle, predicting, modeling, and observing across these topics to draw conclusions.

HEALTH EDUCATION - KINDERGARTEN

Grade: K
Prerequisite(s):
None

[Course Intro Video](#)

Health Education Kindergarten (1 of 1) explores physical, emotional, and social well-being through the exploration of health and safety behaviors. Topics include human growth and development, nutrition, hygiene, healthy habits, disease prevention, interpersonal communication, and personal safety. The course includes two projects: "Solve a Health Problem" and "Ready, Set, Health Goal!"

HEALTH EDUCATION - GRADE 1

Grade: 1
Prerequisite(s):
None

[Course Intro Video](#)

Health Education Grade 1 (1 of 1) explores physical, emotional, and social well-being through the exploration of health and safety behaviors. Topics include human growth and development, nutrition, hygiene, healthy habits, disease prevention, interpersonal communication, and personal safety. The course includes two projects: "Solve a Health Problem" and "Ready, Set, Health Goal!"

HEALTH EDUCATION - GRADE 2

Grade: 2
Prerequisite(s):
None

[Course Intro Video](#)

Health Education Grade 2 (1 of 1) explores physical, emotional, intellectual, and social well-being through the exploration of health and safety behaviors. Topics include human growth and development; disease prevention; good hygiene; healthy habits; food and nutrition; physical activity; general health; health care; health effects of alcohol, tobacco, and drugs; interpersonal communication; and personal safety. The course includes two projects: "Make Decisions about Your Health" and "Set Short-Term Health Goals."

HEALTH EDUCATION - GRADE 3

Grade: 3
Prerequisite(s):
None

[Course Intro Video](#)

Health Education Grade 3 (1 of 1) explores physical, emotional, intellectual, and social well-being through the exploration of health and safety behaviors. Topics include human growth and development; disease prevention; good hygiene; healthy habits; food and nutrition; physical activity; general health; health care; health effects of alcohol, tobacco, and drugs; interpersonal communication; and personal safety. The course includes two projects: "Make Decisions about Your Health" and "Set Short-Term Health Goals."

COMPREHENSIVE HEALTH EDUCATION - GRADE 4

Grade: 4

Prerequisite(s):
None

[Course Intro Video](#)

Comprehensive Health Education Grade 4 (1 of 1) explores physical, mental, emotional, intellectual, and social well-being through the exploration of health and safety behaviors. Topics include understanding the human body, good hygiene, food and nutrition, physical activity, disease and injury prevention, gangs and bullying, the effects of harmful substances, interpersonal skills, managing feelings, personal safety, growth, development, and sexual health. The course includes two projects: "Make a Health Decision" and "Set a Personal Health Goal."

HEALTH EDUCATION - GRADE 4

Grade: 4

Prerequisite(s):
None

[Course Intro Video](#)

Health Education Grade 4 (1 of 1) explores physical, mental, emotional, intellectual, and social well-being through the exploration of health and safety behaviors. Topics include understanding the human body, good hygiene, food and nutrition, physical activity, disease and injury prevention, gangs and bullying, the effects of harmful substances, interpersonal skills, managing feelings, and personal safety. The course includes two projects: "Make a Health Decision" and "Set a Personal Health Goal."

COMPREHENSIVE HEALTH EDUCATION - GRADE 5

Grade: 5

Prerequisite(s):
None

[Course Intro Video](#)

Comprehensive Health Education Grade 5 (1 of 1) explores physical, mental, emotional, intellectual, and social well-being through the exploration of health and safety behaviors. Topics include understanding the human body, good hygiene, food and nutrition, physical activity, disease and injury prevention, gangs and bullying, the effects of harmful substances, interpersonal skills, managing feelings, personal safety, growth, development, and sexual health. The course includes two projects: "Make a Health Decision" and "Set a Personal Health Goal."

HEALTH EDUCATION - GRADE 5

Grade: 5

Prerequisite(s):
None

[Course Intro Video](#)

Health – Grade 5 (1 of 1) explores physical, mental, emotional, intellectual, and social well-being through the exploration of health and safety behaviors. Topics include understanding the human body, good hygiene, food and nutrition, physical activity, disease and injury prevention, gangs and bullying, the effects of harmful substances, interpersonal skills, managing feelings, personal safety, the reproductive system, puberty, personal hygiene, and healthy relationships. The course includes two projects: "Make a Health Decision" and "Set a Personal Health Goal."

PHYSICAL EDUCATION - KINDERGARTEN

Grade: K
Prerequisite(s):
None
[Course Intro Video](#)

Physical Education K (1 of 2) introduces movements and motor skills important to maintaining a healthy body. The course explores movements done in place like curling, stretching, and bending, as well as movements that help students travel like running, skipping, hopping, leaping, jumping, and galloping. Topics include foundational motor skills like throwing, catching, dribbling, and kicking a ball. The course also teaches about nutrition, and good sports behaviors (safety, following rules, taking turns, and dealing with disagreements).

Grade: K
Prerequisite(s):
None
[Course Intro Video](#)

Physical Education K (2 of 2) reinforces locomotor movement concepts, such as patterns, pathways, speeds, and start/stop signals. The course explores non-locomotor movements while stretching, rotating, extending, and flexing the body into wide, curled and narrow body shapes and explores how muscles help the body move when pushing, pulling, jumping, griping, and climbing. Topics include foundational motor skills like jumping rope, volleying, striking with a paddle or racket, striking with a bat, and striking with a golf club, as well as goal setting, taking responsibility, sharing with others, and solving problems.

PHYSICAL EDUCATION - GRADE 1

Grade: 1
Prerequisite(s):
None
[Course Intro Video](#)

Physical Education 1 (1 of 2) builds on the skills developed in kindergarten and helps students develop greater competency in movements and motor skills. The course explores exercises to warm up and cool down like bending, stretching, twisting, and curling. Topics include more advanced skills in running, skipping, hopping, leaping, jumping, and galloping, dance and creating dance routines, gymnastics, obstacle courses, and the importance of nutrition.

Grade: 1
Prerequisite(s):
None
[Course Intro Video](#)

Physical Education 1 (2 of 2) reinforces manipulative skills and provides practice and repetition to develop mature movement patterns. Topics include manipulative skills such as dribbling with hands, dribbling with feet, kicking, tossing, throwing overhand, catching, and striking with short and long-handled implements. The course reinforces and expands on short and long rope jumping skills as well as the benefits of being active, following directions, food choices, food groups, the functions of the heart, trying challenging activities, accepting feedback, and playing well with others.

PHYSICAL EDUCATION - GRADE 2

Grade: 2
 Prerequisite(s):
 None
[Course Intro Video](#)

Physical Education 2 (1 of 2) provides instruction on a variety of movements and physical activities for good health and provides the chance to demonstrate those skills. Topics include warming up (stretches with curling, bending, and twisting), exercises for specific body parts, movements like rolling, hopping, skipping, jumping, sliding, and running, and the importance of nutrition. Basketball is introduced to develop dribbling, passing, throwing, and catching skills.

Grade: 2
 Prerequisite(s):
 None
[Course Intro Video](#)

Physical Education 2 (2 of 2) expands on foundational movements and motor skills important to maintaining a healthy body. The course explores moderate and vigorous activities such as jogging and sprinting, traveling in different pathways as well as around, under, and over obstacles, and sports such as baseball, volleyball, and soccer, as well as different types of dances. Topics include foundational motor skills like striking, serving, dribbling and kicking a ball, and moving to a beat and rhythm, as well as good sports behaviors such as safety, following rules, and sportsmanship.

PHYSICAL EDUCATION - GRADE 3

Grade: 3
 Prerequisite(s):
 None
[Course Intro Video](#)

Physical Education 3 (1 of 2) provides instruction on a variety of movements and physical activities. The course covers running, skipping, hopping, and leaping, with an emphasis on good form, balance and gymnastic sequences. Topics include the effects of physical activity on the body, as well as the importance of good nutrition, quality food, reading nutrition labels, ways to strengthen specific muscle groups, the importance of warming up and cooling down, as well as instruction in basketball.

Grade: 3
 Prerequisite(s):
 None
[Course Intro Video](#)

Physical Education 3 (2 of 2) explores health-related and skill-related activities to help improve fitness level and performance in sports such as table tennis, baseball, volleyball, and soccer, as well as different types of dances. Topics include a review of good sportsmanship, following rules, and how physical activity with others can create positive social interactions.

PHYSICAL EDUCATION - GRADE 4

Grade: 4
Prerequisite(s):
None
[Course Intro Video](#)

Physical Education 4 (1 of 2) promotes well-being through physical activity and includes practice skills used in sports like basketball and volleyball. Sport and game topics include moving and balancing the body; catching, throwing, dribbling, volleying, and striking; combining actions to play complex games; carrying out simple offensive strategies; and game experiences with peers. Personal fitness topics include setting fitness goals and developing routines with skills such as running and jumping rope.

Grade: 4
Prerequisite(s):
None
[Course Intro Video](#)

Physical Education 4 (2 of 2) combines foundational movements and motor skills to combine elements of jumping, landing, traveling, and balancing to create and perform a gymnastics sequence. Topics include manipulative skills needed in baseball (throwing, catching, and batting,) and in field hockey and soccer (passing, dribbling, and scoring), elements of folk and partner dances, as well as offense and defense strategies, good sportsmanship, hydration, analyzing fitness assessment results, and the benefits of exercise.

PHYSICAL EDUCATION - GRADE 5

Grade: 5
Prerequisite(s):
None
[Course Intro Video](#)

Physical Education 5 (1 of 2) explores both exercise basics and specific sports. Topics include fundamental aspects of physical activity (safety tips, proper form, and good sportsmanship), personal fitness, and emphasizes the importance of regular exercise to encourage lifelong healthy activity. Sports in the course include gymnastics, dance, soccer, baseball, and basketball.

Grade: 5
Prerequisite(s):
None
[Course Intro Video](#)

Physical Education 5 (2 of 2) refines and combines foundational movement and motor skills in various sports and activities. Topics include elements of gymnastics, such as weight transfer and jumping to create a routine, manipulative skills of throwing and catching to play a game with a partner, as well as skills for volleyball, field hockey, and tennis. The course also explores being a good sport, giving feedback, sun and water safety, eating healthy, the benefits of exercise, tracking exercise, heart rate, and testing physical fitness.

2D MEDIA ARTWORK



Grade: 4-8

Prerequisite(s):
None

[Course Intro Video](#)

2D Media Artwork (1 of 1) introduces concepts and methods used in the creation of digital art and design. The course explores design principles, common applications of digital artwork, and techniques for brainstorming and developing an artistic idea. Topics include artistic mediums such as digital photography, 2D computer graphics, web design, and digital illustration, relevant tools, techniques, and skills of each medium. Supporting topics include meaning, audience, impact, and ethics in the creation and use of digital media. Course projects include the creation of a digital photograph and a web page.

3D GRAPHICS AND VIDEO



Grade: 4-8

Prerequisite(s):
None

[Course Intro Video](#)

3D Graphics and Video (1 of 1) explores digital art and design, how life relates to art, and how individual works of art are interpreted. Topics include design principles, types and common applications of digital artwork, and techniques for brainstorming and developing an artistic idea, artistic mediums (3D computer graphics, animation, digital video, and digital audio). Supporting topics include expression, purpose, meaning, ethics, testing, critique, improvement, presentation, and distribution in the creation and use of digital media. Course projects include the creation of a digital animation and a piece of digital audio.

ART - KINDERGARTEN



Grades: K

Prerequisite(s):
None

[Course Intro Video](#)

Art Grade K introduces the basic tools, elements, and principles of visual art. The course explores art forms such as drawing, painting, sculpture, and photography. Topics include lines, shapes, patterns, color, texture, and subject matter. In addition to examining how visual art can represent a culture, the course explores why artworks and museums are important to the community. The course concludes with the basics of critiquing visual artworks and the importance of distinguishing fact from opinion.



ART - GRADE 1



Grade: 1

Prerequisite(s):
None

[Course Intro Video](#)

Art Grade 1 (1 of 1) explores the basic tools, elements, and principles of visual art. The course explores art forms such as drawing, painting, sculpture, and photography. Topics include lines, shapes, patterns, color, texture, balance, imagery, symbol, and subject matter. In addition to examining how visual art can represent a culture, the course explores why artworks and museums are important to the community. The course concludes with critiquing visual artworks and determining what gives art value.

ART - GRADE 2



Grade: 2

Prerequisite(s):
None

[Course Intro Video](#)

Art Grade 2 (1 of 1) explores the tools, elements, and principles of visual art from different cultures. The course explores art forms such as drawing, sketching, architecture, painting, sculpture, photography, and textile art. Topics include lines, shapes, patterns, balance, movement, rhythm, mood, repetition, expression, emphasis, theme, and solving design issues. The course concludes with the importance of community art and how to repurpose objects to create something new.

ART - GRADE 3



Grade: 3

Prerequisite(s):
None

[Course Intro Video](#)

Art Grade 3 (1 of 1) explores the tools, elements, and principles of visual art from different cultures. The course explores interpreting messages in art forms such as drawing, sketching, architecture, painting, illustration, sculpture, photography, and textile art. Topics include lines, shapes, patterns, balance, movement, rhythm, mood, repetition, expression, emphasis, theme, and solving design issues. The course projects and portfolio encourage evaluation of personal, professional, and community art.

COMPUTER APPLICATIONS



Grades: 4-8

Prerequisite(s):
None

[Course Intro Video](#)

Computer Applications (1 of 1) explores online networks and software. Topics include word processing software, organizing data, selecting the correct digital tools, analysis of data, visual representation of data, and troubleshooting software and operating systems. Additional topics include safe digital citizenship, data security, intellectual property, file management, and intellectual property rights.



INTRODUCTION TO COMPUTERS



Grades: K-3

Prerequisite(s):
None

[Course Intro Video](#)

Introduction to Computers (1 of 1) provides essential background knowledge and practical instruction in the use of computers. Topics include how technology has shaped people and the world, how to be a safe and responsible digital citizen, and how to communicate and collaborate using digital tools. The course targets beginner-level skills in computer troubleshooting, keyboard use, word processing, slideshow software, spreadsheets, and basic internet skills.

KEYBOARDING



Grades: 4-8

Prerequisite(s):
None

[Course Intro Video](#)

Keyboarding (1 of 1) focuses on the skills needed to improve typing speed and accuracy in order to format, type, and edit letters, articles, and reports. Topics include the proper hand and finger placement, posture, the touch-typing technique, file management, reliable electronic sources, as well as keyboarding and computer terminology. Course projects include a log to track typing progress and typing a research article.

SCRATCH CODING



Grades: 4-8

Prerequisite(s):
None

[Course Intro Video](#)

Scratch Coding (1 of 1) introduces the basics and logic of programming language in Scratch. Topics include introducing and using the different tools in Scratch; creating programs that include loops, variables, lists, or conditionals; and identifying and fixing errors in a program. The course concludes with putting the tools and concepts altogether to create a larger program.

MINECRAFT FOR KIDS COMMAND BLOCKS SCRIPTING



Grades: K-5

Prerequisite(s):
None

Developed by a third party

Description coming soon!



ROBLOX FOR KIDS



Grades: K-5

Prerequisite(s):
None

Developed by a third party

Coming Soon!

Description coming soon!