

SAINT ALBERT THE GREAT

Roman Catholic School

Course Catalog for Electives 2019-2020

Art Room Council FULL YEAR

Instructor: Bizyak

Art Room Council is open to any student looking for a leadership role and who enjoys art! In Art Room Council, students will help run the school art show that occurs in May. They will pick a theme for the art show, help select student art to be in the show, organize the events, and create signs and displays. I am looking forward to your creativity and enthusiasm!

Battle Bots FULL YEAR

Instructor: TBA

Battle Bots is a full year elective that will focus on the designing, testing and weaponizing the team bot as well as learning about the manufacturing industry and working closely with a local manufacturing sponsor. Battle Bots is sponsored by The Alliance for Working Together Foundation (AWT) which exists to promote rewarding careers in manufacturing. One of the ways AWT does this is by connecting students to manufacturers to build combat robots that fight in the annual RoboBots competition. The last Saturday in April is always dedicated to the metal mayhem of teams from across Northeast Ohio, putting their builds to the test in the combat arena!

Bucket Drumming

Instructor: Keller

In this course you will learn to play bucket pieces, trash can pieces, and body percussion pieces in an ensemble setting. No expensive instrument is required. You will learn rhythmic notation skills in an easy to understand manner.

Cardio-Tone

Instructor: Meinberg

This elective (for girls only) focuses on fast-paced strength training with bands and cardio followed by a guided meditation. Girls will enjoy an efficient total body workout, followed by a guided meditation. We will use the same series of exercises throughout the year, guided by video. When weather permits, we may speed walk outside.

Club Fit / Gracie Ji-Jitsu

Instructors: Lombardo / Hoy

This class will be split between these two activities with boys in one and girls in the other for nine weeks and then rotating to the other program for the second nine weeks.

Are you ready to improve your fitness level? It's time to start! Students will participate at their own level while moving through a circuit. Stations will be set up to provide strengthening and conditioning exercises. Proper technique will be taught and monitored. Various equipment will be provided to the students, such as, barbells, resistance bands, kettlebells and medicine balls. No previous experience needed, let's get started!

This course is a basic introduction into the self-defense art of Gracie Jiu-Jitsu led by Mr. Hoy of Hoy's Martial Arts Academy. The purpose of this program will be to increase your body awareness, to develop self-confidence and strength, to teach proper physical and verbal self-defense skills, to learn proper methods of falling and rolling to avoid injury and to learn how to avoid physical confrontation when it all possible.

Concert Band / Orchestra Methods

Instructor: Keller

Do you LOVE playing your band instrument and/or your string instrument? Do you want more time to rehearse as a group and sharpen your skills/work on those difficult parts of your current band pieces? Concert Band Methods / Orchestra Methods is the place to be! You have the chance to have an extra rehearsal every week with other band/orchestra members. There will be a separate class for each group as determined by sign-ups. This will not replace lesson time or after school rehearsal times.

Creative Cutting

Instructor: Budas

In this class we will be working together to create images and cut various designs that can be used as stickers, wall sayings, and many other things. We will learn to cut and apply vinyl to almost anything. If you are creative, this class is for you. We will be working together to create a "sensory path" in the preschool/kindergarten hallways for all students to enjoy. We will also explore using heat transfer vinyl that can be applied to shirts, bags, and almost any kind of material.

Creative Writing Club/Power of the Pen

FULL YEAR

Instructor: Thorp

Students will discover the art of creative expression through a variety of fun activities. Students will go on an adventure of composing creative pieces of writing. The club will explore using aspects of figurative language, dialogue, sensory words, vocabulary, and structure to enhance his or her writing skills. The students may have the opportunity to compete with students from other schools through Power of the Pen.

Dance Elective

Instructor: Stauffer

Students will be exposed to dance styles, jazz, musical theatre, and lyrical at a beginner and/or intermediate level of instruction. Classes will include a warm-up, flexibility drills, techniques, fundamentals, and across the floor progressions. This class is open to all students with various levels of dance experience, including no dance experience. Please wear gym uniform to this elective and bring your water bottle. Be ready for FUN!

Exercise Dynamics

Instructor: Meinberg

This elective (for girls only) focuses on slow movement with yoga-like stretching and strengthening poses, followed by a guided meditation. Girls will enjoy the all-female comfort zone as we tone up, relieve stress, and have a little fun doing so. We will use the same series of exercises/poses throughout the year, guided by video. When weather permits, we may speed walk outside.

Gardening

Instructor: Mrs. Schermaier

This course will expand minds, talents, and food production through the building and use of vertical aeroponic growing systems and outdoor courtyard gardens. Students will learn about cost effective, self-sustainable organic gardening, using science, math, record keeping, prediction and analysis. All gardens provide the opportunity to engage students and create an edible outcome.

Intro to 3D Design

Instructor: TBA

Most all products we use were originally designed by engineers in the format of a 3D model prototype before being sent to a manufacturing company to be mass produced. Come and join us in learning how to use software and technology to develop and solve real life problems at our school with our 3D printer. If you are a creative visionary with a desire to solve problems sign up and challenge yourself in our Intro to 3D Design class!

Music Video Compilation

Instructor: Mr. Schermaier

This course is designed for those who are interested in both music and video editing software with the end product being a class created music video. Basic microphone techniques, instrumental/vocal skills, song creation techniques, and audio mastering skills will be explored. Lighting techniques, camera perspective, special effects, and video editing skills will also be explored. The culmination of the course will be a class written/recorded/produced music video where everyone gets a chance to let their creative energy shine.

Painting 101

Instructor: Bizyak

Students will utilize different mediums (e.g., acrylics and watercolor pencils) on a variety of materials (e.g., canvas and wood). Painting from still-life, landscape, and still-life models from observation, the paintings will be geared towards realism. Various other painting styles will also be explored.

Printmaking 101

Instructor: Bizyak

Printmaking is a way of creating art by transferring an image or design through contact with a matrix such as a block, plate, stone or screen. In Printmaking 101, students will explore a wide variety of printmaking processes, including relief, screen printing, block printing and monotype. Students focus on the understanding of techniques and materials and their relationship to the printed image and visual concepts.

Reaching for Christ (Rachel's Challenge)

Full Year

Instructor: Blair

Elective Rationale: Rachel Scott was the first student killed in the Columbine shooting in 1999. This was her mantra: "I have this theory that if one person can go out of their way to show compassion, then it will start a chain reaction of the same. People will never know how far a little kindness can go."

The purpose and outcome of the program is to target students who will:

* Equip and inspire group members to act with respect, kindness, and compassion.

* Positively affect school climate.

* Create activities throughout and for the school that promote kindness and compassion. These activities will be shared throughout the entire school/individual classrooms.

* Start a chain reaction by accepting the challenge to follow Rachel's example of making a positive impact in the lives of those around us.

Seventh grade students already in this program, will automatically have it entered in their schedules unless they advise Ms. Blair otherwise. Those wishing to join this group, will go through a selection process.

Roboloco Robotics 1

Full Year -Meet Twice/week

Instructor: Graber

Come build a real robot then program it in C++! Students will learn to code while they construct robots that spin, wave arms and flash LEDs and react to the environment around them.

Roboloco Robotics enables anyone to build real robots and program them. The program provides a set of tiered challenges that guides students through a planned, conversational curriculum. No previous technology experience is required. It is designed for students grades 7 -12. RoboLoco will inspire students' inner engineers and put students on the path to pursue and succeed in higher level STEM fields. It is based on the Project Based Learning Methodology of "learning by doing" which is the most effective way to learn to code and build a robot. This class will meet 2 times a week and includes an entire year of curriculum.

Roboloco Robotics 2

Full Year – Meet Twice/week / Prerequisite Roboloco 1

Building on the principles of robotics learned in year 1, students will start the process thinking about problems and learning how to solve them. They will start creating multi-purpose functional robots and more complex robots. Students will be allowed to progress at their own pace in this course or follow instructor led lessons. This class will meet 2 times a week and includes an entire year of curriculum.

Sports Syndicate

Instructor: Mr. Ryan Kilbane

Do you love sports? Did you ever wonder how those announcers are able to track the game and do it in such a way that makes the listener interested? This would be a great course for you and a chance to learn from a seasoned sports announcer. Some topics covered include elements of public speaking, introduction to broadcasting (how and why you want to be a broadcaster), sports reporting, news reporting, how to write and create a commercial, other behind the scenes jobs other than on-air personalities, and how to pursue a broadcasting career.

Stock Market Game

Instructor: Gonet

Learn the basics of saving and investing in the Stock Market by participating in the Securities Industry and Financial Markets Association's The Stock Market Game. Students will learn the ins and outs of global economics, finance, and basic supply and demand by managing a simulated portfolio of \$100,000 worth of real stocks, bonds, and mutual funds. Students complete regionally based on portfolio performance. Practice collaboration, research, leadership, communication, and analytical skills while having fun watching your money perform.

Strategic Card Games

Instructor: Stanowick

Learn to play "Magic: The Gathering," a collectible trading card game that features strategic thinking and problem-solving skills, combined with fantasy elements from popular culture. Sign

up for this elective to learn how to defeat your opponent in one of the most popular card games in the world. Cards will be provided. Other games that may be explored include: Euchre, Hearts, Set and more.

Student Council **Full Year – Once per week** **Instructor: Beskid**

Elective Purpose: To provide students with the opportunity to raise money for families or organizations that are in need of financial support, to give service to others, provide social involvement to the students in the school, and spiritual leadership through prayer.

To accomplish these goals, we provide spirit days, raffles, collection of donated items, prayer cards for the sick of the parish, arts and craft projects for the teachers, and a monthly contract to teachers for a service of their choice.

Membership: Students in grades 7-8 are either appointed or elected into this group, based on their responsibility, punctuality, effort, conduct and grades.

Trending Now! **Instructor: Poinsette**

Articulate and informed speakers can make a good point! Students will select local, national and world events--Trending Now--to investigate while learning the process and techniques of team debate. The class is open to confident speakers and those seeking to be more confident speakers. Enjoy the value of informed conversation related to current events in our world today.

Volleyball **Instructor: Lombardo**

Do you love friendly competition? Volleyball games will be played using official rules and skills. Students should have some previous experience and knowledge of the game. Proper skills and safety rules will be enforced. Students will be required to dress quickly in order to begin promptly.

Young Innovators **Instructors: St. Ed's Staff**

Sponsored by St. Edward High School this enrichment experience allows students to fully engage in the design cycle as they collaborate, idea, create, design, engineer, prototype, film, pitch, and launch new ideas into the world. While participating, students will work together to complete a design challenge with an emphasis on creating solutions for big problems. The challenge blends together five cutting edge fields, including coding, engineering, filmmaking, entrepreneurship and 21st century public speaking.