

Arlington High School  
Program of Studies 2023-2024  
Updates and New Courses

Last updated: 1/20/23

## Policy and General Information Updates

- Clarification on the Wellness course attendance policy.
- Clarification on the Wellness graduation requirement as pertaining to transfer students.
- Update to the states MCAS graduation requirements for class of 2027
- Clarification on wording for [Final Exams](#)
- [Course Selection Guidelines](#): An update on guidance on choosing ones course level.

## Courses

<b>New Courses</b>	<b>Dept.</b>	<b>Level</b>	<b>Grade(s)</b>	<b>Credits</b>
<b>*Full Course Descriptions are given below.</b>				
<b>*See below for flow chart of Visual Arts courses</b>				
Animation I - Curr. H	Visual Arts	Honors	9-12	2.5 credits
Animation II - Curr. H	Visual Arts	Honors	9-12	2.5 credits
Digital Photography I- Curr. H	Visual Arts	Honors	9-12	2.5 credits
Digital Photography II- Curr. H	Visual Arts	Honors	9-12	2.5 credits
Digital Photography III - Curr. H	Visual Arts	Honors	9-12	2.5 credits
Filmmaking I - Curr. H	Visual Arts	Honors	9-12	2.5 credits
Filmmaking II- Curr. H	Visual Arts	Honors	9-12	2.5 credits
Ceramics III - Curr. H	Visual Arts	Honors	10-12	2.5 credits
Ceramics IV - Curr. H	Visual Arts	Honors	10-12	2.5 credits
Introduction to Architecture - Curr. H	Visual Arts	Honors	9-12	2.5 credits
Woodworking I - Curr. H	Visual Arts	Honors	10-12	2.5 credits
Woodworking II - Curr. H	Visual Arts	Honors	10-12	2.5 credits
Woodworking III - Curr. H	Visual Arts	Honors	10-12	2.5 credits
Metalsmithing & Jewelry Making I - Curr. H	Visual Arts	Honors	9-12	2.5 credits
Metalsmithing & Jewelry Making II - Curr. H	Visual Arts	Honors	9-12	2.5 credits
Metalsmithing & Jewelry Making III - Curr. H	Visual Arts	Honors	10-12	2.5 credits
Mixed Media II - Curr. H	Visual Arts	Honors	9-12	2.5 credits
Mural Painting & Set Design - Curr. H	Visual Arts/PA	Honors	9-12	2.5 credits
Marketing and Customer Service Experience	FACS	Curr. A	10-12	5 credits
Outdoor Rock Climbing	PE	Curr. A	10-12	2.5 credits
Advanced Relaxation	PE	Curr. A	11-12	2.5 credits
Dance for Fitness	PE	Curr. A	10-12	2.5 credits
Pilates	PE	Curr. A	10-12	2.5 credits
Design Engineering I - Curr. H	<u>Science</u> /VA	Honors	9-12	2.5 credits
Design Engineering II - Curr. H	<u>Science</u> /VA	Honors	9-12	2.5 credits
AP African American Studies	History	AP	12	5 credits
Ethnic Studies	History	Heterogenous	12	2.5 credits
History of Music in Film I - Early	PA	Heterogenous	9-12	2.5 credits
History of Music in Film II - Modern	PA	Heterogenous	9-12	2.5 credits
Contemporary Music Ensemble I	PA	Heterogenous	9-12	2.5 credits
Contemporary Music Ensemble II	PA	Heterogenous	9-12	2.5 credits
Live Music Engineering	PA	Heterogenous	9-12	2.5 credits

Recording Engineering	PA	Heterogenous	9-12	2.5 credits
Advanced Scene Study (Semester 1)	PA	Curr. A	10-12	2.5 credits
Directing (Semester 1)	PA	Curr. A	10-12	2.5 credits
Improvisation (Semester 1)	PA	Curr. A	10-12	2.5 credits
Playwriting (Semester 1)	PA	Curr. A	10-12	2.5 credits
Divising For Theatre: Ensemble-Made	PA	Curr. A	10-12	2.5 credits
Theater for Social Change (Semester 1)	PA	Curr. A	10-12	2.5 credits
Community Projects in Computer Science	MA	Honors	10-12	2.5 credits

## Course adjustments

### Reactivated

Astronomy	Science	Heterogenous	10-12	2.5 credits
JavaScript and Web Development - Honors	Math	Honors	10-12	2.5 credits
Artificial Intelligence (A.I.) with Python	Math	Honors	10-12	2.5 credits

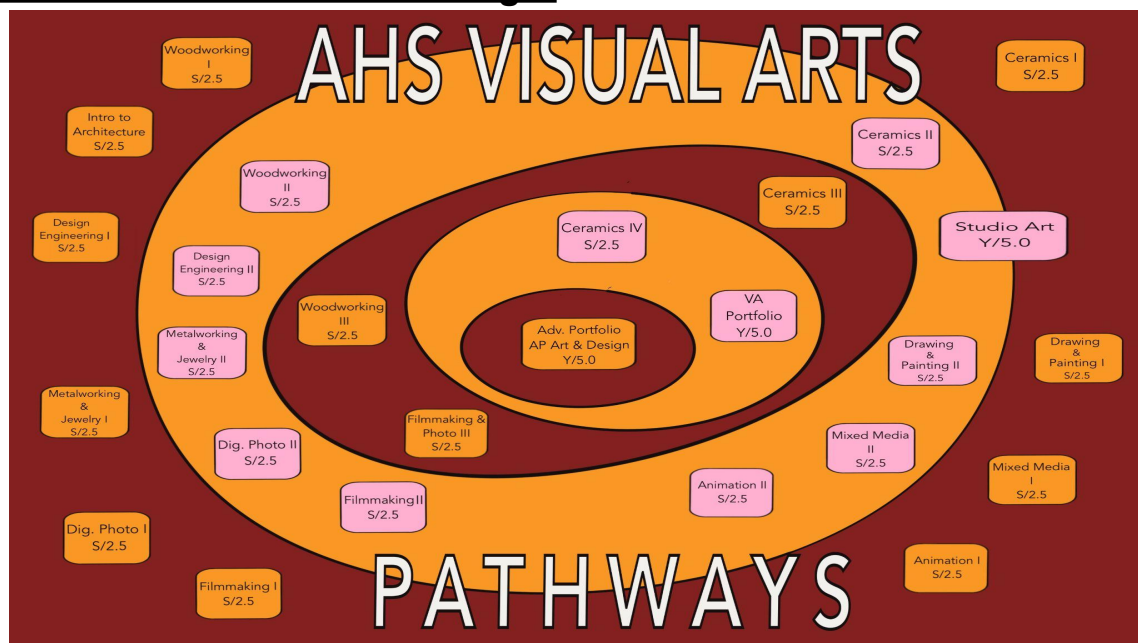
### Courses not offered 2023-2024 (maybe offered 2024-2025 school year)

SC7288Z Physiology of Exercise & Activity	Science	Heterogenous	10-12	2.5 credits
SC7277Z Oceanography	Science	Heterogenous	10-12	2.5 credits
SC7295Z Entomology	Science	Heterogenous	10-12	2.5 credits
MA7421Z Advanced Robotics	Math	Honors	10-12	2.5 credits

## Retired Courses

CL1115Z Latin Language and Culture 1A	World Language	10-12	5 credits
CL1116Z Latin Language and Culture 1B	World Language	10-12	5 credits
PA2249Z Honors Drama II	Performing Arts	10	5 credits
PA3150Z Honors Drama III	Performing Arts	11	5 credits
PA4150Z Honors Drama IV	Performing Arts	12	5 credits

## Flow chart of Visual Arts Offerings:



## **Course Descriptions for New Courses**

### **ACXXXXZ Animation I - Curriculum H**

**Grades 9, 10, 11, 12**

**2.5 credits**

This course introduces students to traditional and digital animation methods. Students will learn a variety of techniques including stop motion, claymation, hand-drawn, cut-paper, and various digital methods. Students will study the history of animation and contemporary masters, and learn filmmaking basics. Projects will be done both collaboratively and individually, culminating in each student producing their own animated short. Critiques, digital portfolio creation and presentation will be essential elements of the class, with an emphasis on both process and product. **Prerequisites:** None

### **ACXXXXZ Animation II - Curriculum H**

**Grades 9, 10, 11, 12**

**2.5 credits**

In Animation II students will explore more advanced techniques and begin to develop their own creative vision as an animator. Students will continue to work both individually and collaboratively, but both the content and methods used will be increasingly up to students to decide. Together we will work towards the completion of longer animations that are more complex both in terms of technique and content. Critiques, digital portfolio creation and presentation will be essential elements of the class. **Prerequisites:** Animation I

### **ACXXXXZ Digital Photography I - Curriculum H**

**Grades 9-12**

**2.5 credits**

This course is an introduction to the digital camera as an art-making tool, with a focus on expressive, and compositional skills. This course will also explore the history of photography, and push them to investigate their own identity and culture through the photographic lens. In addition students will develop their skills in the use of Adobe Photoshop and Lightroom, and learn about digital photographic equipment, materials, methods, and processes. Cellphone photography and editing with a variety of phone applications will also be infused in the curriculum. Students will present their work in a digital portfolio and in exhibitions. Digital cameras will be loaned to students who do not possess their own. **Prerequisites:** None

### **ACXXXXZ Digital Photography II- Curriculum H**

**Grades 9-12**

**2.5 credits**

This course allows students to further refine their skills in advanced digital imaging techniques, and to create well-composed images for Commercial and Fine Art applications. The creative use of different lenses, effective lighting, camera settings, and digital editing software (such as Adobe Photoshop and Lightroom) will enhance students' use of photography to express personal feelings and ideas. Students will study major photographers, explore historical movements in art and photography from a wide variety of cultures and contexts. Students will present their work in a digital portfolio and through in person exhibitions. **Prerequisites:** Digital Photography I

### **ACXXXXZ Digital Photography III - Curriculum H**

**Grades 9-12**

**2.5 credits**

This course focuses on the students' development as a highly expressive digital photographer, utilizing advanced and experimental camera techniques. Students will study major contemporary photographers from a variety of cultures and backgrounds, and pursue independent sustained projects. Students will present their work in digital portfolios and in in-person exhibitions. **Prerequisites:** Digital Photography II

### **ACXXXXZ Filmmaking I - Curriculum H**

**Grades 9-12**

**2.5 credits**

This course introduces students to the art of filmmaking. Students will study both the creative and technical aspects of this media and learn about historical and contemporary methods from around the world. Camera, audio, and digital media production will be emphasized through projects using DSLRs, Mirrorless, Video, and iPhones cameras. Film editing will be done with Adobe Premiere Pro, iMovie, and ISO Davinci applications. Visiting Filmmakers will share their work and introduce students to careers in cinema and multimedia production. Arlington Community Media Inc. (ACM)I and the AHS Digital Media Lab resources will be available to all students. Students will present their work in digital portfolios and exhibitions. **Prerequisites:** None

### **ACXXXXZ Filmmaking II - Curriculum H**

**Grades 9-12**

**2.5 credits**

This course will build upon the foundations provided in Filmmaking I. Historical foundations of Cinema, aesthetic decisions, and personal judgment will be emphasized. Documentary, narrative, and comedic content works will be shot with DSLR, Mirrorless, and Video Cameras, and edited with Adobe Premiere Pro, iMovie, and ISO Davinci applications. Production planning will help students build mastery in storyboarding, script writing, set design, lighting, costume design, and camera techniques. Visiting Filmmakers will share

their work with the class and introduce students to careers in cinema and multimedia production. By the end of this course students will have begun to develop and refine their own personal aesthetic. Arlington Community Media Inc. (ACMI) and the AHS Digital Media Lab resources will be available to all students. Students will present their work in digital portfolios and exhibitions. **Prerequisites:** Filmmaking I

**ACXXXXZ Ceramics III - Curriculum H**

**Grades 10, 11, 12**

**2.5 credits**

This advanced level course builds upon the foundations developed in Ceramics I and II. Students will be pushed to fully embrace their own creative process and vision. Student learning is self-driven and complete choice in the direction of study is encouraged. Students are expected to maintain a digital portfolio that records their investigation, research, practice and overall artistic process. **Prerequisites:** Ceramics II

**ACXXXXZ Ceramics IV - Curriculum H**

**Grades 10, 11, 12**

**2.5 credits**

This course is an independent study in ceramics. Students will continue to explore new ideas and methods, but the paramount concern is to develop their own personal expression and voice in clay. This course will also expand upon students' technical knowledge and use of ceramics equipment, including glaze chemistry, kilns and firing techniques. Students are expected to maintain a digital portfolio that records their investigation, research, practice and overall artistic process. **Prerequisites:** Ceramics III

**ACXXXXZ Introduction to Architecture - Curriculum H**

**Grades 9, 10, 11, 12**

**2.5 credits**

Introduction to Architecture is a Semester-long course that takes place in the CADD lab and the AHS Makerspace. Students will create original designs and models using a combination of computer aided drafting, and digital fabrication including 3D printing and use of the laser cutter, as well as traditional tools and materials. **Prerequisites:** None

**ACXXXXZ Woodworking I - Curriculum H**

**Grades 9, 10, 11, 12**

**2.5 credits**

Woodworking I cultivate student's skills related to designing and fabricating small and medium sized wooden structures. These include boxes, cutting boards and furniture. We will use hand and power tools and work in an increasingly independent manner (once they have demonstrated that they can do so safely and confidently). Projects will be presented in a way that encourages problem solving and allows for students to design and build objects that are useful and of interest to the individual. Each finished project will be graded using a rubric that takes into account the student's understanding, effort, and execution. **Prerequisites:** None

**ACXXXXZ Woodworking II - Curriculum H**

**Grades 9, 10, 11, 12**

**2.5 credits**

Woodworking II further develops student's skills related to designing and fabricating larger, more complex wooden structures. Concepts related to housing construction will be introduced and individuals will design and build a scale model of a framed house. The class will also work collaboratively to build a full size shed. Students will also have the opportunity to complete projects of their own design. **Prerequisites:** Woodworking I

**ACXXXXZ Woodworking III - Curriculum H**

**Grades 10, 11, 12**

**2.5 credits**

Woodworking Three is an independent study that allows students to design and fabricate long term independent projects. In addition to creating their own original designs, students will also have opportunities to engage in building projects around the school that contribute to the community. Students can apply to participate in Woodworking III during any period of the school day. **Prerequisites:** Woodworking II

**ACXXXXZ Design Engineering I - Curriculum H**

**Grades 9, 10, 11, 12**

**2.5 credits**

This class is a survey of methods and materials supported by the AHS Makerspace with a goal of providing students with the material skills and craftsmanship they need to engage in engineering based problem solving. There will be instruction in techniques such as metalsmithing, mold-making and metal-casting, woodworking and steel fabrication, as well as some opportunity to independently explore other media supported by the Makerspace. *This course can be taken for either Science or Visual Arts credit.* **Prerequisites:** None

**ACXXXXZ Design Engineering II - Curriculum H**

**Grades 9, 10, 11, 12**

**2.5 credits**

Design Engineering II provides students with the opportunity to spread their wings and work independently with a focus on research, design, and problem solving. The class will culminate in a capstone project to create a kinetic mechanism. *This course can be taken for either Science or Visual Arts credit.* **Prerequisites:** One of

the above: Design Engineering I, Metalsmithing and Jewelry Making I, Woodworking I, Introduction to Architecture, CADD

**ACXXXXZ Metalsmithing & Jewelry Making I - Curriculum H Grades 9, 10, 11, 12 2.5 credits**

This class is an introduction to basic metalsmithing and jewelry making techniques with a focus on skill building, creativity, expression, and craftsmanship. Students will use copper, nickel, and brass, to create their own designs using varied techniques such as sawing, casting, soldering, stone-setting, and many more. These skills can be used to create jewelry such as rings, pendants, earrings, brooches, and bracelets, as well as other objects beyond jewelry such as figurines, stamps, boxes, coins, or anything else they can imagine.

**Prerequisites:** None

**ACXXXXZ Metalsmithing & Jewelry Making II - Curriculum H Grades 9, 10, 11, 12 2.5 credits**

This class builds on the skills learned in Metalsmithing and Jewelry Making I, with an added focus on creativity, expression, and craftsmanship. Students will learn more advanced metalsmithing techniques such as forging, forming, chain-making, hinges, clasps, etching, enameling, and many more. Students will have much more opportunity to explore and create independent projects as they utilize the varied techniques they have learned. **Prerequisites:** Metalsmithing & Jewelry Making I

**ACXXXXZ Metalsmithing & Jewelry Making III - Curriculum H Grades 10, 11, 12 2.5 credits**

Metalsmithing & Jewelry Making III is an independent study that provides the opportunity for experienced metalsmiths to spread their wings to develop their own artistic vision. The class structure will allow students to create their own projects and provide the coaching they need to realize their aesthetic and technical goals.

**Prerequisites:** Metalsmithing & Jewelry Making II

**ACXXXXZ Mixed Media II - Curriculum H Grades 9, 10, 11, 12 2.5 credits**

This half year course builds upon the experience and skill sets gained from Mixed Media I and is designed for students who wish to continue their investigation of sculptural and mixed media works through independent and collaborative projects. Students will experiment with a range of materials, processes, and themes and maintain a digital portfolio documenting their process. The content of the artworks created will be student-driven, and focus on the development of their own personal, artistic voice. **Prerequisites:** Mixed Media I

**ACXXXXZ Mural Painting & Set Design - Curriculum H Grades 9, 10, 11, 12 2.5 credits**

Mural Painting and Set Design gives students the chance to work collaboratively to paint murals for public display and create sets for Arlington High School theater productions. The class will explore the history of mural art and its roots in social justice, as well as the history of set design and painting. Students will then work in small groups to design and execute murals or work with the AHS theater department to design and paint sets for the Fall and Spring productions. This is an extremely collaborative and community oriented class. All projects will be created in consultation with the community, and all murals will have to go through a public art application process before being approved for display.

**CSXXXXZ Marketing and Customer Service Experience Grades 10-12 2.5 credits**

Learn more about the role that customer service and marketing play in the success of both large and small businesses. Learn what employers are looking for in good customer service focused employees and marketing to help their business succeed. Practice your new skills, research and market products for our school laboratory store/cafe. This course will be a great introduction for students interested in business, marketing, hospitality, and/or customer service in any industry. Students will rotate working in our school store/cafe, participate in local field trips to examine customer service practices and large and small business marketing strategies to use as a point of reference and to spark ideas for our small school business.

**MAXXXXXZ Community Projects in Computer Science Grades 10-12 2.5 credits**

**PAXXXXXZ History of Music in Film I - Early (Semester 1) Grades 9-12 2.5 credits**

The course will enrich anyone's appreciation for this art form and provide an introduction to the music and sound of the film industry. The development of film music will be traced from the early Silent Film era through the advent of the "Talkies" and on to the grand Romantic scores of modern times through the 1970s and John

William's first "Star Wars". In addition, each student will be required to complete an independent analysis of a film score of critical substance from the list of suggestions or of a substantive film of his/her choice subject to teacher approval. Students will be taken through the significant film developments of each decade and will view many examples of musical elements in filmmaking. Through the study of film music, students can understand the relationship of film music to history and culture. This is a one-Semester class that fulfills 1/2 the credits of the fine arts requirement for graduation.

**PAXXXXZ History of Music in Film II - Modern (Semester 2)      Grades 9-12      2.5 credits**

The course will enrich anyone's appreciation for this art form and provide an introduction to the music and sound of the film industry. The modern development of film music will be traced from 1970s and "Saturday Night Fever" using popular music, Jazz-Rock scores such as "Rocky I and II" through the advent of more Synthesized scores including "Risky Business" and on to the grand re-emergence of orchestral scores of modern times including "Pirates of the Caribbean" and "Inception". In addition, each student will be required to complete an independent analysis of a film score of critical substance from the list of suggestions or of a substantive film of his/her choice subject to teacher approval. Students will be taken through the significant film developments of each decade and will view many examples of musical elements in filmmaking. Through the study of film music, students can understand the relationship of film music to history and culture. This is a one-Semester class that fulfills 1/2 the credits of the fine arts requirement for graduation.

**ACXXXXZ Mural Painting & Set Design - Curriculum H      Grades 9, 10, 11, 12      2.5 credits**

Mural Painting and Set Design gives students the chance to work collaboratively to paint murals for public display and create sets for Arlington High School theater productions. The class will explore the history of mural art and its roots in social justice, as well as the history of set design and painting. Students will then work in small groups to design and execute murals or work with the AHS theater department to design and paint sets for the Fall and Spring productions. This is an extremely collaborative and community oriented class. All projects will be created in consultation with the community, and all murals will have to go through a public art application process before being approved for display.

**PAXXXXZ Contemporary Music Ensemble I (Semester 1)      Grades 9-12      2.5 credits**

Open to performers on any instruments or vocals, the Contemporary Music Ensemble will study and recreate classic recordings and live album performances that celebrate decade anniversaries. The whole ensemble class may also form any number of smaller groups. In this course, students will participate in daily rehearsals working on stylistic integrity, and melodic, harmonic, and rhythmic proficiency. Learning goals include performing in class on a rotating schedule for discussion and critique and recording in our music studio. Consists of an ensemble-based historical investigation of modern music styles and performance techniques culminating in live performances each quarter within the school community. This is a one-Semester class that fulfills 1/2 the credits of the fine arts requirement for graduation.

**PAXXXXZ Contemporary Music Ensemble II (Semester 2)      Grades 9-12      2.5 credits**

Open to performers on any instruments or vocals, the Contemporary Music Ensemble will study and recreate significant classic recordings and live album performances that celebrate decade anniversaries. The whole ensemble class may also form any number of smaller groups. In this course, students will participate in daily rehearsals working on stylistic integrity, and melodic, harmonic, and rhythmic proficiency. Learning goals include performing in class on a rotating schedule for discussion and critique and recording in our music studio. Consists of an ensemble-based historical investigation of modern music styles and performance techniques culminating in live performances each quarter within the school community. This is a one-Semester class that fulfills 1/2 the credits of the fine arts requirement for graduation.

**PAXXXXZ Live Music Engineering (Semester 1)      Grades 9-12      2.5 credits**

Using our Auditorium and earning a place as a sound engineer on live events will require this course or the ability to demonstrate the knowledge it provides. This course provides an introduction to Live Event Engineering through learning the principles of sound, sound recording, connectivity, signal flow, microphone choice, and placement, attaining Dante certification levels, and developing each student's listening skills through the practice of mixing in our auditorium. Planning and executing sound support for Live Events that involve a variety of musical ensembles under diverse performance conditions; live-performance/concert recordings are the core elements of this course, culminating in a portfolio of work earning certification as a

studio and live engineer for the AHS Performing Arts Center. This is a one-Semester class that fulfills 1/2 the credits of the fine arts requirement for graduation.

**PAXXXXZ Recording Engineering (Semester 2)**

**Grades 9-12**

**2.5 credits**

Using our recording studio and earning a place as a sound engineer on live events will require this course or the ability to demonstrate the knowledge it provides. This course continues the introduction to Sound Recording Engineering building a deeper understanding of the principles of sound, sound recording, connectivity, signal flow, microphone choice, and placement, attaining further Dante certification levels, and developing each student's listening skills through the practice of mixing in our studio. Planning and executing recording sessions that involve a variety of musical ensembles under diverse recording conditions; live-performance/concert recordings; multi-track recording, overdub, and remix procedures; and research in recording techniques are all part of the study culminating in a portfolio of work earning certification as a studio engineer for the AHS Recording Studio. This is a one-Semester class that fulfills 1/2 the credits of the fine arts requirement for graduation.

**PAXXXXZ Advanced Scene Study (Semester 1)**

**Grades 10-12**

**2.5 credits**

Through intensive work on scenes, students will improve rehearsal techniques and solidify acting style. This course is designed for actors with more experience. It is especially appropriate for students who have already finished another drama course. Students will work both collectively and in small groups to analyze and rehearse individual scenes from a variety of texts, building on the fundamental ideas of Uta Hagen. The process will culminate in a sharing of the scenes you have prepared.

In this advanced acting class, students will learn methods for performing, preparing emotionally, and acting honestly in imaginary circumstances. Students in this workshop learn to analyze texts so that they can comprehend what they are expressing and doing. There are exercises for character development, motivation, transitions, moment-to-moment acting, going out of the head and into the heart, and screenplay analysis.

**PAXXXXZ Directing (Semester 1)**

**Grades 10-12**

**2.5 credits**

In this class, we focus on the development of skills in the areas of composition and use of theatrical space, the creation of stage imagery, dramaturgy and historical research, script analysis and textual interpretation, casting and the development of a production concept, collaboration and communication with actors and designers, ensemble development, and the creation of "style." We examine issues such as the interplay between politics and aesthetic practice, the function of the audience, the institutional realities of professional theater, the fidelity and "auteurism" of classical texts, multiculturalism and the politics of representation, and, most broadly, the function of theater-making in our society. The program will conclude with a public presentation of the students' projects.

**PAXXXXZ Improvisation (Semester 1)**

**Grades 10-12**

**2.5 credits**

This course is available to anybody who wants to improve their improvisational movement, communication, interpersonal, and presentational skills. It is meant for students who plan to get started in improvisation and the performing arts. In free form improvisation exercises, short and long form sketches, and conflict resolution, it gives experience in movement, voice, character study, spontaneity, presence, scene setting, and teamwork.

**PAXXXXZ Playwriting (Semester 1)**

**Grades 10-12**

**2.5 credits**

This course stresses what makes a scene work, how to develop character via dialogue and action, and how to think in theatrical terms. It is intended for starting playwrights as well as writers of other media. Weekly writing assignments will concentrate on text and subtext, points of attack, conflict, and resolution.

**PAXXXXZ Divising for Theatre: Ensemble-Made Performance (Semester 1)**

**Grades 10-12**

**2.5 credits**

This course offers a hands-on, experiential introduction to creative and collaborative theatermaking. The method of collaboratively creating theater is known as devising. The production of the piece, whether it is entirely original or modified, happens with the artists working together in the rehearsal room, informing each other's processes. Specific positions may be allocated, such as writer(s), director(s), actor(s), and designer(s). The processes used in creating ensemble theater will be introduced to the students, including adaptation, group writing, found text, Viewpoints and Composition, improvisation, working with counterpoint, creating solo performance, and techniques for providing constructive criticism on works-in-progress.

The program will conclude with a public presentation of the students' projects. Each student will be expected to perform their piece as well as take the lead during the audience feedback session after their performance.

**PAXXXXZ Theater for Social Change (Semester 1)                      Grades 10-12                      2.5 credits**

The specific developments in the American and Western European Theaters from the First World War to the present will be covered in this course. The performers and theater companies being considered will be those whose work has centered on current social issues and the power of live performance to affect social change. Students will also experiment with writing plays and performances that are based on current events. Readings will include passages from works by Erwin Piscator, Bertolt Brecht, The Federal Theatre Project, Harold Pinter, Augusto Boal, and other authors in addition to articles from periodicals, newspapers, and other media. Students will be given one significant research project in addition to creative and analytical writing assignments. Participation in class will be emphasized.

The program will conclude with a public presentation of the students' projects. Each student will be expected to perform their piece as well as take the lead during the audience feedback session after their performance.

**PEXXXXZ Outdoor Rock Climbing                      Grades 10, 11, 12                      2.5 credits**

This course offers students the opportunity to participate in a series of high impact challenges on our outdoor challenge course. With a focus on safety, students will learn how to use modern climbing equipment to safely ascend high climbing elements, rock faces, climbing walls, and other various high challenge activities. A focus of the course will be on personal challenge as well as on safety and support of others.

**PEXXXXZ Advanced Relaxation                      Grades 11 & 12 only                      2.5 credits**

This course is designed to be an extension to practices learned in Intro to Relaxation. In this course students will spend more concentrated time on honing Relaxation skills such as: guided meditation, self-guided meditation, yoga, mindful breathing, and nature theory. Students will also be tasked with cataloging and reflecting on their practices, ultimately creating a personal wellness plan they can utilize outside of the classroom. Students must have taken Intro to Relaxation prior to this course.

**PEXXXXZ Dance for Fitness                      Grades 10, 11, & 12                      2.5 credits**

This course is designed to give students a fun, high-energy, alternative approach to cardiovascular fitness. This course will help students learn the basic skills of dance while improving their techniques, poise, self confidence, and creative ability. Students will engage in: proper warm ups and stretching, basic movements and steps, pattern recognition, pattern building, combinations, and full routines. By the end of the course, students will choreograph their own dance and teach it to the class. No dance experience necessary - grades will be based on effort!

**PEXXXXZ Pilates                      Grades 10, 11 & 12                      2.5 credits**

This course is designed to give students a low impact, high intensity approach through body weight exercises that concentrate on resistance training and flexibility. Students will learn how to pair their breathing with flowing movements that will improve their core strength and hip mobility. Students will engage in proper full body warm up and advance their muscular strength and endurance through basic pulses and posture combinations.

**SCXXXXZ Design Engineering I                      Grades 9, 10, 11, 12                      2.5 credits**

This class is a survey of methods and materials supported by the AHS Makerspace with a goal of providing students with the material skills and craftsmanship they need to engage in engineering based problem solving. There will be instruction in techniques such as metalsmithing, mold-making and metal-casting, woodworking and steel fabrication, as well as some opportunity to independently explore other media supported by the Makerspace. *This course can be taken for either Science or Visual Arts credit.*

**Prerequisites:** None

*\*Students have the option of earning Honors Credit through more challenging research and project work.*

**SCXXXXZ Design Engineering II                      Grades 9, 10, 11, 12                      2.5 credits**

Design Engineering II provides students with the opportunity to spread their wings and work independently with a focus on research, design, and problem solving. The class will culminate in a capstone project to create a kinetic mechanism. *This course can be taken for either Science or Visual Arts credit.* **Prerequisites:** One of



the above: Design Engineering I, Metalsmithing and Jewelry Making I, Woodworking I, Introduction to Architecture, CADD

*\*Students have the option of earning Honors Credit through more challenging research and project work.*

### **SSXXXXZ AP African American Studies**

**Grade 12**

**5 credits**

Arlington High School is excited to be part of the College Board's pilot of this course in 23-24. As a pilot, this course is not eligible for college credit; however, it reflects well on students who participate in the pilot program as it shows a dedication to learning outside of credit attainment. The interdisciplinary course includes study in a variety of disciplines—literature, the arts, humanities, political science, geography, and science. This approach will allow students to explore the vital contributions and experiences of African Americans. Students will study topics including the African Diaspora, enslavement and resistance, the practice of freedom, and liberatory movements. AP African American Studies is designed to be the equivalent of a two-Semester introductory college or university African American Studies course. **NOTE: Students choosing to take this AP level course will be responsible for completing a summer assignment and will be assessed within the first week of school.** **Prerequisites:** US 2 or equivalent

### **SSXXXXZ Ethnic Studies**

**Grade 12**

**2.5 credits**

This interdisciplinary elective course centers the history and experiences of people of color to empower us to collectively understand the world, while honoring and affirming our intersectional identities. Through Ethnic Studies, students develop the capacity to interrogate and critique systems of power while building solidarity with others in order to realize a world without racism and other forms of oppression. Ethnic Studies builds on the collective power of communities of color and their social movements to inspire us all to act locally and globally toward justice and transformation. Topics of study include, but are not limited to: intersectionality, 4 I's of Oppression, Restorative Justice, and more. *Adapted from Boston Public Schools Ethnic Studies program.* **Prerequisites:** US 2 or equivalent

## **Policies**

### **Wellness Clarification**

For each year in attendance, students must complete a number of wellness classes as defined below. Some students may opt to complete their grade 12 requirement during their 11th year. Students are required to fulfill the graduation requirements for Wellness only for the time they are enrolled in the school. For example, a student who transfers during their junior year, is subject to the graduation requirements for Grade 11 and 12, but not for grades 9 and 10.

### **Wellness Absence Clarification**

There is a three (3) absence allowance for all Quarter Elective classes. If a student surpasses the 3 absence allowance they must enroll in another elective in a different quarter to earn the PE Graduation requirement credit and may require changes to their schedule in order to complete this requirement.

### **Final Exams**

- Staff may offer a variety of means for students to demonstrate their learning and development over the course of the year which will factor into the students fourth quarter grade.
- Staff may choose to offer summative assessments throughout the course of the year to prepare students for such exams in the future.

# Arlington High School

## Guidance on Selecting Course Levels

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### **How should a student decide to take Curriculum H (H), Curriculum A (A), or College Level (AP) level courses in grades 10-12?**

The choice of level is an individual decision. While the administration makes the final approval of course selections, we generally follow the principle of challenge by choice. During the spring course selection process, students should elect the level they plan to pursue. Course changes in the fall can be disruptive to a student schedule.

Both H and A levels offer a rigorous college preparatory curriculum. Students who elect H level work will be expected to demonstrate a higher level of *sophistication, consistency, and independence* in meeting the expectations. College level (AP) courses offer college level curriculum and expectations as measured by the Advanced Placement exam, Syracuse University Project Advanced, or another college-level program. [More information can be found HERE.](#)

We encourage students to focus on learning rather than grade point averages and to take on the level of challenge that will best support their growth. Students should base their course level selection on their performance in their current classes: what is their current curriculum level, what is their current grade, how are they managing their current workload, and what is their current attendance.

If you are **enrolled in the H or AP level course** in a content area, then you should consider continuing to the next course in the curriculum sequence at the same or corresponding level (i.e., **proceed from H to H or AP**), if:

1. You are earning an A or B in your current grade level course
2. You are finding the workload manageable (getting enough sleep, not experiencing harmful stress), AND
3. You have good attendance (not missing more than 15 days per year or more than 6 in any term).
4. If you answered “No” to any of these three criteria, you should consider **enrolling in the A level course** in the coming term and speak with your counselor to seek support where appropriate.

If you are **enrolled in the A level course** in a content area, then you should consider **changing levels from A to H**, if:

1. You are earning an A in your current course
2. You are finding the workload manageable (getting enough sleep, not experiencing harmful stress), AND
3. You have good attendance (not missing more than 15 days per year or more than 6 in any term).
4. If you answered “No” to any of these three criteria, you should **continue in the A level course** the coming term and speak with your counselor to seek support where appropriate.

### Grade 10-11 Example

Geometry - Curr H.

A student is enrolled in Geometry - Curr. H and earning a B+. They are completing their work in this and their other courses and are not experiencing undue stress. They have had only a few absences for a bout of COVID. The students should expect to be successful in Algebra 2 - Curr. H.

Another student is enrolled in Geometry - Curr. H and is also earning a B+. However, they are having difficulty completing their work in this and their other courses. For a variety of reasons, they have had high absence levels and have been out 20 days. This student may continue on to Algebra 2 - Curr. H, but they should consider Algebra 2 - Curr. A or an A level course in one or more other classes.

### How should a student decide to take curriculum H (H), curriculum A (A) level courses in grade 9?

The choice of level is an individual decision. While the administration makes the final approval of course selections, we generally follow the principle of challenge by choice. During the spring course selection process, students should elect the level they plan to pursue. Course changes in the fall can be disruptive to a student schedule.

English 9 is “heterogeneously grouped,” so students will make their final level selection in September once the course begins. However, we ask students to make a selection at this time for planning purposes. For more on heterogeneous grouping and English 9, [More information can be found HERE](#).

Both H and A levels offer a rigorous college preparatory curriculum. Students who elect H level work will be expected to demonstrate a higher level of *sophistication, consistency, and independence* in meeting the expectations. [More information can be found HERE](#).

We encourage students to focus on learning rather than grade point averages and to take on the level of challenge that will best support their growth. Students should base their course level selection on their performance in their current classes: what is their current curriculum level, what is their current grade, how are they managing their current workload, and what is their current attendance.

If you are **enrolled in the general education course** offered in a content area at your grade level, you should consider enrolling in the **following grade 9 course at the H level** if:

1. You are earning an A or B in your current grade level course, AND
2. You are finding the workload manageable (e.g., getting enough sleep, not experiencing harmful stress), AND
3. You have good attendance (not missing more than 15 days per year or more than 6 in any term).
4. If you answered “No” to any of these three criteria, you should consider **enrolling at the A level in grade 9** and speak with your counselor to seek support where appropriate.

## Grade 9 Examples

Each sequence is a little different, so we provide examples in each content area.

### Grade 8 Algebra

A student is enrolled in Algebra and earning a B or higher. They are completing their work in this and their other courses and are not experiencing undue stress. They have had only a few absences for a bout of COVID. The students should expect to be successful in Geometry - Curr. H.

However, if they are earning a B- or lower. OR if they are having difficulty completing their work in this and their other courses. OR, if for a variety of reasons, they have had high absence levels and have been out 16 days. This student should consider Geometry - Curr. A.

### Math 8

Students enrolled in Math 8 will proceed to Algebra 1 - Curr. A.

### Grade 8 English

English 9 is heterogeneously grouped, meaning that students in the same class can choose to do either Curriculum-H or Curriculum-A level work and earn that designation on their transcript. For planning purposes, we ask students to identify the level they think they will choose.

Students who earned a B or higher in grade 8 English and did not struggle to complete their work, and have good attendance will probably be comfortable in English 9 - Curr. H. Students who struggled to complete their work, had difficulty maintaining their grades, or who need extra support with their skills or executive functioning may want to choose the English 9 - Curr. A level. Both levels offer a rigorous college preparatory curriculum.

### Grade 8 History and Science

In grade 8 History and Science, a student who earned a B or higher, did not struggle to complete their work, and had good attendance will probably be comfortable in grade 9 Curr. H (Modern World History or Physical Science). Students who struggled to complete their work, had difficulty maintaining their grades, or who need extra support with their skills or executive functioning should choose the English 9 - Curr. A level. Both levels offer a rigorous college preparatory curriculum.

### Grade 8 World Languages

In grade 8 World Languages, a student who earned a B or higher, did not struggle to complete their work, and had good attendance will usually proceed to Level 2 - Curr. H in the same language.

Students who struggled to complete their work, had difficulty maintaining their grades, or who need extra support with their skills or executive functioning should choose the Level 2 - Curr. A. Both levels offer a rigorous college preparatory curriculum.

Students who did not study a World Language in middle school should register for a Level 1 language course.