

SAMPLE - Quarter 4 High School X-Block Course Guide

Please review course descriptions and credits carefully. We'll do our best to get everyone into their first or second choice block, whenever possible. If there are more requests than available seats in a course, students are selected at random for seats in the course. Course change requests will only be accommodated with a medical need or in extenuating circumstances. Remember to consider any credit deficiencies you have and discuss with the school counselor or your advisor if you have questions.

1st HS X-Block

Free Writing (.25 ENG credit) (HS Only)	Does a blank page make you want to quit? Does writing intimidate you? Do you want your writing to surprise you more? Are you curious about your subconscious? If you answered yes to any of these questions you should engage in free-writing. Free writing is all about conquering the blank page by any means necessary, even if the result is bad writing. Free writing does not slow down for correct spelling, punctuation, and structure. There will be no time to stop and think while we are writing which will lead us down unique paths and uncover our subconscious ideas. Consider this class an antidote to perfectionism. We will use our free writing to ultimately create unconventional and surprising creative writing projects. Unlock your unconscious and discover ideas you never knew you had with free writing!
Co-Ed Volleyball (.25 PE Credit) (HS Only)	Bump, Set, Spike! High School Co-Ed Volleyball is back! Join us for X-Block practices and team play in a local league. Please note that signing up for this X-Block indicates your intent to be a part of the volleyball team for spring. Details below: • There is a fee of \$175 associated with this X-Block, which covers the costs associated with league play, including registration fees, jersey/shirt, coaching, etc. <i>*If this fee presents a hardship, please go ahead and register and contact info@rensec.org for financial assistance information*</i>
Acting Styles (.25 ART Credit) (8th-12 grade)	This class will focus on the fundamentals of creating characters and allow students to learn about the craft of stage business. Students will research acting styles of their choice, and final products will be One Act plays. Students will write, direct, and act in One Act plays. Whether you're interested in writing, directing, or acting, this block is for you! All experience levels welcome - no experience required!
Guitar (.25 ART Credit)	Join us to learn guitar! All levels are welcome. Students will learn open chords and scales. Students will also play the guitar in a group setting and individually before a small audience. Instruction is differentiated to accommodate various skill levels.

(Combined with MS)	
Spanish III Must be taken for two consecutive quarters (one semester -.5 WL Credit)	This course builds upon knowledge and skills in Spanish 1 & II. Spanish III introduces new vocabulary, structures and expressions. Students will expand their vocabulary range to include more sophisticated terms, use advanced language expressions, and learn verb tenses and grammatical concepts such as the pluperfect and the subjunctive mood. Students will read selected Spanish literature.
Yearbook 101 (.25 ELE or .25 ART Credit) (Combined with MS)	Yearbook 101 teaches students "all things Yearbook", such as photography, writing techniques, interviewing skills and publication design. Students who are interested in being on the Yearbook staff for the 2023-2024 school year must take Yearbook 101 before they can apply to be on the Yearbook staff.
Yearbook Staff (.25 ELE or .25 ART Credit) (Combined with MS)	Students who have been in Yearbook Quarter 3 can sign up to take Yearbook Staff in Quarter 4. In the last quarter of the year staff will finalize remaining pages of the Yearbook and prepare for Distribution Day!
Sculpture (.25 ART Credit) (HS Only)	This course is an introduction to sculptural approaches in a variety of media including traditional and experimental. (examples of medium: Paper, Cardboard, Wire, Clay) The aim of this course is to assist students to explore sculptural processes through the body and space, considering visual aesthetics. Students will be required to produce a new body of work and to talk about it in critiques and write about it using proper vocabulary. Emphasis will be on integration of studio practice and critical thought.
Ultimate Frisbee: Spirit of the Game (.25 PE Credit) (9th and 10th grades, combined with MS)	Discover the reason Ultimate Frisbee is a way of life. "Spirit Of The Game" is unique to Ultimate and it governs the sport. Players will learn the mindset needed to play hard, push themselves, and be inclusive. We will learn basic throws, rules, and strategies. We will practice different offense and defense patterns. Participants should be able to run and cut (change direction). Most importantly, participants should join with an open mind and an attitude that supports being a "good sport". Cleats or turf shoes will be helpful but not necessary.
Brain Life Balance (.25 ELE Credit) (8th grade and up)	How to unlock the power of executive functioning skills, your well being and happiness. In this course you will learn: self-understanding, organizational skills, time management, emotional control, behavioral control, flexibility, initiative, attention, working memory, and persistence.
Intermediate Band (.25 ART Credit) (Combined with MS)	In this class students will learn intermediate music techniques on their chosen instrument as well as how to play together as a large group ensemble. Students will work on and perform a variety of music including pop, movie, and classical music. This class is designed for students who have either already played in Beginning Band at RSS or who have played

	an instrument (band or orchestra) in either a previous ensemble or taken private lessons for at least 6 months. IMPORTANT: Students will need their own instrument. To rent or purchase an instrument, see Mr. Stover. A limited number of financial aid awards are available for school instruments for families who qualify. Email: info@rensec.org to make a request.
Acting Styles (.25 ART Credit) (HS Only)	This class will focus on the fundamentals of creating characters and allow students to learn about the craft of stage business. Students will research acting styles of their choice, and final products will be One Act plays. Students will write, direct, and act in One Act plays. Whether you're interested in writing, directing, or acting, this block is for you! All experience levels welcome - no experience required!
Broomball (0.25 PE Credit) (Combined with MS)	Kim is pumped to announce that Broomball is back! This active x-block will get you outside almost every afternoon as we play this sport at the rinks at Metzler Ranch Park. This sport is similar to hockey (without the skates) and soccer. 36 players are welcome to join our RSS league this spring -- no experience necessary. 'Checking' is NOT permitted in this sport and students must abide by our Full-Value Contract. Helmets are required. Excited to see you at the rinks soon!
Study Hall (NO CREDIT)	Need work time? Want to do some Khan Academy SAT prep? Study Hall is a no credit X-Block option for students wishing to work independently in a quiet environment.
Off Period (NO CREDIT)	Off periods are granted on a limited basis for Juniors or Seniors who are on track for meeting graduation requirements and are maintaining passing grades in academic courses. Students who select an 'off period' are required to leave campus. Counselor approval is required. Students who are credit deficient or who are not maintaining passing grades are not eligible for an off period, but may enroll in Study Hall. Students who select off periods should keep in mind that colleges and employers often like to see students taking a full course load, even if Study Hall is one of the courses.
eDCSD (online HS Credit)	Want to take an online course not offered at RSS? Marketing, Multimedia, Interior Design, perhaps? eDCSD offers semester-long online courses in a variety of subjects. Check out the eDCSDCourse Catalog 21-22 for more information. We'll provide a room at school for you to take part in the course - you bring the computer, curiosity, and commitment! *Please note that online courses require self-discipline and commitment. This option is available only for those who want to enroll in a semester-long eDCSD course. There is not an option for a quarter-long eDCSD class. Please plan accordingly.
Concurrent Enrollment (Arapahoe Community College)	Concurrent Enrollment courses are open to Juniors and Seniors who are ready for the rigor of a college level course. Be sure to review Renaissance's Concurrent Enrollment Policy before registering. Ready to take a CE class this fall? Start here: Request a Concurrent Enrollment Course for Fall

	Browse Courses Available through ACC this Fall (Select ACC-Castle Rock to view courses at ACC Sturm Collaboration Campus) Students taking a CE class in lieu of a core content class (such as Math or English) will have time during the core content blocks to complete their ACC coursework and should select a regular X-Block. Students who wish to take an elective course through ACC should select this option - we'll provide a room at school for you to take part in the course - you bring the computer, curiosity, and commitment!
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2nd HS X-Block

Scientific Illustration (.25 SCI Credit) (HS Only)	Students will learn how to illustrate plants, animals, fungi, and microscopic organisms. Basic drawing or illustration skills are a plus, but not required. We will also learn how to create a nature journal (describing aspects of living organisms in relation to illustrations creating a compilation of student work).
Chess (.25 ELE Credit) (MS & HS)	Come play chess, as well as research and present on various strategies, styles, and intricacies of one of the world's oldest and most esteemed board games.
Musical Theatre Workshop (.25 ART Credit) (Grades 6-9)	Come hone your musical theater skills in this workshop-model course! This class will culminate in a Musical Revue. All experience levels welcome - no experience required!
Wiffle Ball (.25 PE Credit) (8th Grade and up)	In this X-block students will learn to play Wiffle Ball in accordance with the World Wiffle Ball Championship. It will be competitive, informative, and fun! Additionally, it will provide a chance to hone some basic fielding and batting skills, as well as provide a unique addition to our fitness routines.
Interior Design (.25 ELE Credit) (HS Only)	Come learn interior design from an in-the-field expert! This course will take into account color theory, industry trends, floor plans, design ideas, and interior design basics. Learn how to transform spaces! No prior experience necessary.
Photography (.25 ART Credit) (HS Only)	Do you like to take pictures? Have a camera or just a cell phone? Join this class to learn the basics of how to construct fun and beautiful photographs. Have fun with weekly challenges that will push both your skills and your artistic vision.

Design Lab (.25 ELE Credit) (HS Only)	This 3D Printing and Laser Printing class will utilize various graphic design computer programs to create 2D scalable vector files. The student-created files will be designed with an end "product" in mind, that will be printed/created using the Glowforge 3D Laser Printer or 3D Printer. The course will allow students to explore creativity, realize their own ability to make things, and get students critically thinking about how a 2D design translates into a real-world 3D object..
HIIT Training (.25 PE Credit) (HS Only)	High-intensity interval training (<u>HIIT</u>) describes any workout that alternates between intense bursts of activity and fixed periods of less-intense activity or even complete rest." This will be a progressive exercise program, where all you will need is your own body! It will be a lot of fun, so come get ready to sweat!
Video Game Development Level 2 (.25 ELE Credit) (8th Grade & HS)	Video Game Development Level 2 If you have taken the Introduction to Video Game Development course and you are interested in learning more, this is the x-block for you! During this course we will continue to build on our basic software development skills and expand our knowledge by learning about new tools, concepts, and frameworks critical to indy game developers. During this course you will be responsible for coming up with a game concept and making it a reality. Please note, although most of the software we will be learning about in class should work on a Chromebook, you may be limited if that is the only type of device you have access to. You must have taken the Introduction to Video Game Development course before you can take this course.
Choir (0.25 ART Credit) (8th Grade & HS)	In this class, students will learn the basic skills of singing and reading music. Students will study a variety of musical styles: including gospel, musical theater, pop, and classical. The class will be taught as a performing ensemble with daily rehearsals and students will learn multiple part music as part of a team in preparation for a formal performance/concert. Choir is open to all High School and 8th grade students regardless of musical experience or ability.
Stewardship /Student Aide (.25 ELE Credit) (MS&HSI)	This is an opportunity for a select few students to serve the Renaissance campus by maintaining the grounds, being responsible for stewardship in our spaces, and providing teachers with office support (copies, lamination, etc). Join this small crew!
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*Are you participating in an off-campus sport or activity and want it to be considered for credit? 'Off-Campus X-Blocks' are for activities at locations other than Renaissance that fit into the categories of PE, Arts, or Academics, and are sanctioned by an instructor or coach. Attendance must be taken and a grade given. Approval is required to be enrolled in an off-campus X-Block. [Submit this form](#) to request one.

Students who are working, taking part in an independent activity, or completing an activity with a parent or family member, should elect to take an off period instead.