

SAMPLE - Quarter 2 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

Co-Ed Basketball (.25 PE Credit) (HS Only)	Dribble, Shoot, Score! Join us for a great workout and fun skill-building drills. This X-Block prepares students for upcoming 3rd quarter Basketball League Play. If you would like to compete in Quarter 3, sign up for this block now!
Guitar (.25 ART Credit) (Combined with MS)	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.
Spanish III Must be taken for two consecutive quarters (one semester -.5 WLCredit)	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.
Spanish IV Must be taken for two consecutive quarters (one semester - .5 WL Credit)	This course builds upon knowledge and skills in Spanish III. Spanish IV students will continue to develop vocabulary, structures and expressions. Students will expand their vocabulary range to include more sophisticated terms, use advanced language expressions, learn verb tenses and grammatical concepts. Students will read increasingly complex Spanish literature and continue to increase competency in speaking and listening in Spanish.
Yearbook (.25 ELE or .25 ART Credit) (Combined with MS)	Calling all photographers, journalists, historians, publishers, editors, artists and any other creative individuals that want to help us capture the memories of the 2022-2023 School Year! Students will use various skills including photography, journalism, editing, organization, and collaboration. Yearbook requires students that truly are dedicated - that means that <u>you need to be willing to dedicate a minimum of TWO QUARTERS to this X-Block option</u>, in order to help us stay organized and to help us meet our big deadlines throughout the year.

Printmaking (.25 ART Credit) (HS Only)	This is an introductory course offering students the opportunity to experience different printmaking techniques including but not limited to monoprinting, block printing and collagraph printing techniques.
Dance (.25 ART Credit) (HS Only)	From Ballet (Technique) and Tap (Rhythms) onto Jazz (Musical Theater), this course will reassess our bodies, and refocus our minds into the dancers we ought and want to be. Dance is a Universal Language in riveting movements of emotions when spoken word and singing just is not enough. This class will be a refresher for those of us who dance at a studio. New to dance and/or have been wanting to learn about dance? This class is #readyforyou!
Choir (.25 ART Credit) (HS Only)	Choir is open to all students regardless of musical experience or ability. In this class, students will learn the basic skills of singing and reading music, developing listening skills, and experiencing the interrelated nature of music with other cultures and content areas. Students will study a variety of musical styles: including gospel, musical theater, pop, and classical. While learning rehearsal and performance techniques, students will analyze compositional elements in cultural and historical contexts. 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.
Ultimate Frisbee: Spirit of the Game (.25 PE Credit) (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.
Psychology & the Good Life (.25 ELE Credit)	In this class, students will learn what the science of psychology says about how to make wiser choices to live a life that is happier and more fulfilling. We'll also discuss misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change.
Adulting - Personal Finance (.25 ELE Credit)	Personal finance is an essential skill for adulting! This class provides foundational skills for teens; content includes compound interest, banking, budgeting, fraud & identity theft, credit, taxes, insurance, and paying for college. Students will leave this class armed with financial competencies they'll need to navigate their first jobs, college, and beyond into adulthood.
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 eDCSD Course 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!

2nd HS X-Block

Ur Urban Ur-Bane (.25 SST Credit) (HS Only)	In this course students will learn about the history and development of cities, with a special emphasis on 20th century urban planning and its associated problems. We will evaluate how we have designed modern cities, and what we can do (and in some cases, must do) in order to make them safer, cleaner, more sustainable places for us to live.
Crafty Gadget Fun (.25 ELE) (HS Only)	Like to tinker, craft, or explore? This class is for you. In this course, we'll build all kinds of cool projects (kites, radios, homemade instruments and more) and learn how they work in the process!

Sketching (.25 ART) (HS Only)	Want to bump up your sketching skills? Learn how to do shading, textures, realistic drawing, and more.
Advanced Design Lab (.25 ELE Credit) (HS Only)	Advanced Design Lab is a course for students with a background in Glowforge and or 3D printing. In this class, students will be assisting RSS teachers and students with the completion projects for their core content classes. Students will have time allotted to complete their own design projects when they are not assisting others. Students interested in Advanced Design Lab must be self motivated and have strong problem solving and communication skills. These students will be aiding inexperienced Design Lab users, trouble shooting problems, and determining best practices for various projects. Students must be preapproved for this class by the instructor.
Yoga (.25 PE Credit) (HS Only)	Yoga offers students the opportunity to study yoga as a subject in its own right. It is designed to introduce students, safely, to the basic postures (asanas), breathing techniques (pranayama), and relaxation methods of yoga. It will also introduce students to the historical roots of yoga, and give them an understanding of anatomy and physiology as it applies to this discipline.
Intro to Video Game Development (.25 ELE Credit) (8th-12th grade)	Do you enjoy video games? Have you ever wanted to learn how to create your own? If so, this is the X-Block for you! We will be learning the basics of coding as well as other software development processes that will give you a better understanding of what it could be like to do this sort of work as a profession. By the time you are done with this class, you will have the skills and knowledge to start creating your own web based 2D video games. As this class is only one quarter long, we will be packing as much information as we can into every class, so come prepared to learn a lot in a very short amount of time. Although you can use a Chromebook in this class, we will be installing software that may require you to add additional storage. If you have access to a PC or Mac, that would be preferred although it is not required. No prior coding experience is necessary, so come and join us and let's write some code together!
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!
Introduction to Philosophy (.25 SST Credit) (7th-9th grade only)	In this course you will be introduced to topics within both ancient and modern philosophy. We'll begin by trying to understand what philosophy is – what are its characteristic aims and methods, and how does it differ from other subjects? Then we'll spend the rest of the course gaining an introductory overview of several different areas of philosophy. We will examine both classical and contemporary philosophical writings in order to dive into the topics of the nature of truth and knowledge, mind and body, freedom and free will, language, morality and ethics (right and wrong), art, and death and the meaning of life. Philosophers discussed will include Socrates, Aristotle, Plato,

	Kant, Nietzsche, Descartes, and more!
Stewardship /Student Aide (combined with Middle School) (.25 Elective Credit)	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.