

SAMPLE - Quarter 3 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

Open Mic (.25 ENG credit) (Combined with MS)	There is nothing more magical than puzzling together strands of words that speak truth. The world of slam poetry has the potential to liberate us from the confines of our cerebrums and the shackles of our situations. Putting pen to page in this class will set you free and perhaps entice you to grab the mic!
Boys Basketball (.25 PE Credit) (HS Only)	<i>Dribble, Shoot, Score!</i> Join us for a great workout and fun skill-building drills. This X-Block includes Basketball League Play. If you would like to compete, 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 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.
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	Prerequisite: Yearbook during Quarter 2

(.25 ELE or .25 ART Credit) (Combined with MS)	Please sign up for Yearbook only if you have been on staff in Quarter 2. If you are interested in Yearbook for the next school year, please sign up for the 'Journalism 101' X-Block in Quarter 4. This will be a prerequisite to join the RSS Yearbook staff for the 2023-24 school year.
Perspective Drawing (.25 ART Credit) (HS Only)	In the art world, perspective is about your point of view, only this time, it's more spatial. When you learn to draw perspective as a beginner, you learn its importance. It's all about how you look at the world!
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 PART TWO (.25 ELE Credit)	Prerequisite: Psychology and the Good Life Quarter 1 or Quarter 2. Join us for a continuation of this nationally acclaimed course! 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.
太鼓と文化 Japanese Taiko & Culture (.25 ART Credit) (8th grade and HS Only)	Do you enjoy Japanese culture and music? This class will explore Japanese Bunka (culture) through the performance of taiko drumming. Taiko drumming is a full-body synchronized drumming style developed to work out the body and mind while bringing performers together in harmony. We will learn traditional Japanese drum pieces, dances, and songs with Sensei Stover.
Dance (3 days)/ Pilates (2 days) (.25 PE 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! "Physical fitness is the first requisite of happiness." - Joseph Pilates. In combination with dance, we'll spend two days per week working through

	the classical mat Pilates order, learning about Joseph Pilates vision of "Contrology" as we go!
Nutrition (.25 PHY Credit) (MS and HS Combined)	We are each unique. How can one approach to nutrition fit our individual needs? In this X-Block, we will explore the science of nutrition and the art of nourishing ourselves. We will examine traditional science-based approaches, as well as alternative, trendy, and holistic approaches to our relationship with food to gain an individualized understanding of nutrition.
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

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).
Cryptids (.25 SST Credit) (HS Only)	Exploring various legends around mysterious creatures worldwide, linking them to fables and folk music/art, as well as rigorous exploration of the likelihood or possibility of the existence of such creatures, now and/or in the past (e.g. Bigfoot isn't real, but could be based on actual tales of prehistoric hominids/apes).
Introduction to Philosophy (.25 SST Credit) (7th-9th grade only)	Back by popular demand! New students only - if you already took philosophy this year, you'll want to select something else! 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!
Theater Theory (0.25 ART Credit) (Grades 6-9 Only)	If you want to perform and act, this is the X-Block for you! Learn and understand multiple theater theories. This class will cover the basics of major modern theater theories and how to incorporate them into performances and productions. There is nothing more magical than seeing your performances come to life, and that's what we will be focusing on during this class.
Design Lab & Set Design (.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.

	New for Quarter 3: Students who want to be a part of set design for <i>Disney's Descendants</i> will have an opportunity to participate in this X-Block to create magnificent sets for the spring musical.
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!
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!
Maps & Navigation (.25 ELE credit)	Before Google Maps, there were these strange things called "paper maps" or, more colloquially, simply "maps." Learn how to get yourself from Point A to Point B without your cell phone. We'll learn how the explorers and voyagers of years past found their way across their neighborhoods and their worlds. Strengthen your Zombie Apocalypse skill set with this course.
Concert Band (0.25 ART Credit) MS & HS)	Have you ever wanted to learn flute, clarinet, saxophone, trumpet, trombone, or percussion (bells and snare drum)? RSS is beginning its first concert band. In this class students will learn the basics of their chosen instrument as well as how to play together as a large group. Students will learn a variety of music including pop, movie, and classical band literature. This is a semester long class and students should be prepared to take it for 2 quarters. IMPORTANT: Students will need to rent or purchase an instrument. CIOMIT will be at RSS on Tuesday, December 20 from 3:30-6pm for an instrument sampler and rental night. They will have instruments available to sample and also instruments that can be rented that night. Prices range from \$25 to 60 per month. A limited number of financial aid awards are available for families who qualify. Email: info@rensec.org to make a request.
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.