

Physical Educational Classes

Our Middle School Physical Education Curriculum concentrates on developing healthy adolescents who will go on to become active adults that participate in lifetime fitness activities. This is accomplished by teaching various movement skills, providing guidelines for a physically fit body and creating strategies to develop interest in life long fitness. Students participate in a variety of fitness, team building, competitive and noncompetitive activities. The Physical Education Department also strives to provide “real-world” participation in activities through numerous off site field trips during the school year. Student progress is evaluated through a variety of oral, written, and demonstrative assessments. Grade level curriculum is as follows:



Grade six students learn individual and team activities. Students learn various ways in which the body can move in relation to direction and space. How the body moves affects different physical activities. Curriculum includes activities that introduce body movement and its impact on individual and team challenges. The five elements of health-related fitness are introduced and students begin to understand the fundamentals of personal fitness.

Grade seven students implement skills learned the previous year and begin to focus on learning the skills, rules and sportsmanship associated with organized individual and team activities. Personal fitness is expanded upon as specific exercises are applied to increase fitness levels and improve overall health. Students also learn how quality of movement is related to time, flow and force.

Grade eight activities focus on mastering the various movement skills and their implementation into competitive and non-competitive game activity situations. Individual fitness levels are tested and various exercises are covered to help the student improve in all areas of health and skill related fitness. The concepts of frequency, intensity, time and type are crucial in maximizing both aerobic and anaerobic results.

Technology Educational Classes

Students in the sixth grade learn the relationships among math, science, and technology. They also learn the metric system and the safety rules of the lab. Projects are built that relate to these areas.



Students in the seventh grade focus on electricity and electronics. Using Foss Kits, students build circuits using diodes, capacitors, resistors, transistors and other electronic components. Projects are constructed using knowledge gained through the use of these kits.

Students in the eighth grade focus on Newton's Laws of Motion. Students build projects such as gravity cars, magnetic levitation vehicles and CO2 powered racers that relate to each of these laws.

We Celebrate Our Unified Arts



Concert Band

There are two bands at the Middle School: The 6th grade band and the 7/8 grade band. Each band meets twice a week during the 40-minute personalization block. Experience in playing a band instrument is a prerequisite for joining. Band class emphasizes performance expression techniques and fundamental music vocabulary. Students are exposed to music from all historical and contemporary eras. Students will be able to perform a variety of styles and types of music.

Math Computation/Math Challenge

Mathematical Computation is a course that concentrates on basic arithmetic facts, basic math vocabulary and the order of operations. Also included are exponents, two and three digit multiplication, long division and fraction, decimal and percent computation. Placement is based on the math computation exam given in every grade level at the end of the school year.

Mathematical Challenge is a course that allows students to investigate mathematical concepts that they would not usually be exposed to in their particular grade level.

Sixth grade students do some geometry, problem solving and concentrate on work in different bases such as base five, base sixty and base two, or the binary system.

Seventh grade students will deal with geometry, and particularly fractals. At the end of the quarter they produce a T-shirt with their fractal design on it.

Eighth grade students concentrate on discrete math and logic. The students investigate the different pathways and opportunities for alternative methods of solving logic problems.

Again, placement is based on the math computation exam given in every grade level at the end of the school year, as well as on grades and by teacher recommendation.

Art Classes

The Art curriculum is designed to help students become fluent in the use of the Elements and Principles of Art. The class structure requires them to develop their skills as a self-directed learner, to refine their use of planning, and to master various modes of communication. 6th grade students are introduced to the Elements through drawing, clay sculpture, and paint.



7th grade students are asked to apply their basic art knowledge to a variety of mediums and to begin the process of becoming a critical viewer. 8th grade students use their understanding of art to develop work that is more complex and deeper in content. Each grade level includes a written component, hands-on creation, and experience with a variety of studio materials.

Computer Classes

Sixth grade keyboarding class teaches correct finger placement and typing. The goal is for students to type 15-25 words per minute without looking at their keys. Textbooks and a typing program will be used to enhance the accuracy and speed of correct typing. Students will also explore the many programs Students will work with programs such as Photo Shop, Still Life and imovie

.Seventh grade multimedia class demands higher level thinking strategies from students as well as self-discipline, time management, and focus. Producing multimedia presentations develops strong intellectual, organizational and creative skills. Using multimedia as a goal promotes the development of the student from a passive consumer into an active producer of video presentations..

Eighth grade desktop publishing class students will take their skills learned in word processing and apply it to importing images, and using drawing tools. Students will work on creating a balance within a document for a professionally looking document. Aligning images, drawing objects and text manipulation are some of the skills they will master. Students will create newsletters, bi-folds, tri-folds and other brochures. Students will understand the best uses of spreadsheets and databases

Research /Study Skills Classes

The Research and Study Skills class consists of hands-on exposure to all of the necessary steps involved in the completion of a research project. Students will learn how to effectively organize their time, choose topics, retrieve both print and electronic information, evaluate, organize and present the research information. Students will be taught a variety of exercises to help in their understanding of these steps.

Performing Arts Classes

The Performing Arts Program is designed to foster creative expression, understanding of cultural heritage, critical thinking, democratic thinking and aesthetic awareness through musical performance. The Performing Arts Curriculum addresses the National Standards for Music Education and the Maine Learning Results for Visual and Performing Arts.



Students will use the elements and principals of music to express ideas, feelings or meaning. They will learn to sight read music using solfege symbols and music notation, and will master the basics of vocal performance. Students will use their knowledge of music to critique their own music and those of others. They will also perform music and dance from a variety of styles and types.

Health Classes

The sixth grade Health Curriculum will start with an introduction to several concepts relating to wellness and the eight essential life skills will be taught. Important topics such as substance abused, health issues concerning tobacco products and being fit through exercise and healthy eating habits. A resource validity will be taught to show students where to get valid answers to their questions on health related topics. will be introduced to several concepts related to health and wellness, as well as the eight essential life skills. This progresses into sequential units on life skills. Students in the sixth grade will also receive a substance abuse unit on



Interdisciplinary lessons on validity using the Internet will prepare students for using their laptops in seventh grade.

The seventh grade curriculum will start with a unit on Media and Advertising Influence. This unit will teach the students how the media influences their daily decisions and how to recognize and resist media's influence for healthy lifestyle choices. Students will learn about alcohol abuse and relate this information to alcohol in social situations. Students will be responsible to for learning the terms and concepts behind alcohol abuse, as well as demonstrate that knowledge in a role-playing situation. The next unit is about conquering infections, preventing diseases and illnesses. Students will learn which behaviors put them at risk for infections and how to protect themselves. The quarter ends with a unit on Safety and First Aid. Students are taught to think proactively in regards to safety and injury prevention.

The eighth grade curriculum will start with a thorough unit on Nutrition. It will cover many of the terms and concepts behind keeping a proper diet as well as how to eat according to their personal lifestyle. This unit transitions with personal diet into body image and eating disorders. The focus of this unit is eating disorder recognition and what steps need to be taken in order to get help. Students will then go through a unit on drug abuse and how drug use contributes to life long problems both physically and socially. I will end the semester with a unit on physical fitness.