



WHS Woodside High School College Prep Homework and Rigor Matrix 2019-20

English

Course	Emphasis of the rigor (majority of work)	Homework expectations per class meeting	Supports Offered	Common practice for late work	Additional important notes or requirements	Student Input Homework per class
English I	Reading and analyzing literature Writing analytical paragraphs and essays.	30-40 minutes	Brunch, lunch, after school	Essays may be turned in one class period late with a note from home.	Students must read nightly and are tested on it the following day.	15-30 minutes
English II	Reading (short stories, drama, novels, non-fiction) Writing (thesis paragraphs, multi-paragraph responses to literature, CAHSEE practice)	15-20 minutes	There is an English II support class for those who qualify. Tutorials vary by teacher, and The Den is also encouraged.	Late work accepted, for reduced credit.	Research paper.	30-60 minutes
English III	-Reading and analyzing literature -Writing expository and argument compositions	20-45 minutes	Office Hours: brunch and lunch. After school by appointment	Half credit for late work	-Students are expected to read 3-4 books independently over the course of the year.	20-60 minutes
English IV	Research for Senior Thesis, reading novels to prepare for quizzes, analytical and narrative writing.	30-60 min	Office Hours: brunch and lunch. After school by appointment	Late work accepted within limited time frame, for reduced credit.	Senior Thesis	20-60 minutes

Math

Course	Emphasis of the rigor (majority of work)	Homework per class meeting	Supports Offered	Late Work Policy	Additional important notes or requirements	Student Input Homework per class
Algebra Readiness	Critical thinking and problem solving; algebraic symbol manipulation and attending to precision; abstraction and making connections; numerical computation; effective communication of thought process; interpretation in the context of the problem.	30 minutes	After school tutorials and by appointment.	Limited # late assignments accepted for reduced credit		10-30 minutes
Algebra Topics	Critical thinking and problem solving; algebraic symbol manipulation and attending to precision; abstraction and making connections; numerical computation; effective communication of thought process; interpretation in the context of the problem.	30 minutes	After school tutorials and teachers are available lunch, brunch, and after school by appointment.	Limited # late assignments accepted for reduced credit		10-30 minutes
Algebra I	Critical thinking and problem solving; algebraic symbol manipulation and attending to precision; abstraction and making connections; numerical computation; effective communication of thought process; interpretation in the context of the problem.	30-45 minutes	After school tutorials and by appointment.	Limited # late assignments accepted for reduced credit	Mastery of the prerequisite math course is an important key to success in the current course.	20-50 minutes (9 th) 15-30 minutes (10 th -12 th)
Integrated Math	Complete Openers, Lecture Notes, Classwork in class. Start Homework assignments in class, and complete it at home.	30-60 minutes	Tutorials after school. Teachers available at lunch.	Limited # late assignments accepted for reduced credit		10-30 minutes



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MATH Continued Course	Emphasis of the rigor (majority of work)	Homework expectations per class meeting	Supports Offered	Late Work Policy	Additional important notes or requirements	Student Input Homework per class
Geometry	Critical thinking and problem solving; algebraic symbol manipulation and attending to precision; abstraction and making connections; numerical computation; effective communication of thought process; interpretation and perseverance in solving mathematical problems.	45-60 minutes	After school tutorials and teachers are available lunch, brunch, and after school by appointment.	Limited # late assignments accepted for reduced credit	Mastery of the prerequisite math course is an important key to success in the current course.	20-45 minutes
Geometry Enriched	Problem solving with emphasis on interpreting diagrams, modeling situations, and proof writing. Particular care is taken to integrating real-world problems and situations and critical thinking.	45-60 minutes	After school tutorials and by appointment.	No late work.	Mastery of the prerequisite math course is an important key to success in the current course.	30-45 minutes
Algebra II	Critical thinking and problem solving; algebraic symbol manipulation and attending to precision; abstraction and making connections; numerical computation; effective communication of thought process; interpretation in the context of the problem.	60 minutes	After school tutorials and by appointment.	Limited # late assignments accepted for reduced credit	Mastery of the prerequisite math course is an important key to success in the current course.	30-60 minutes
Algebra II / Trig	Critical thinking and problem solving; algebraic symbol manipulation and attending to precision; abstraction and making connections; numerical computation; effective communication of thought process; interpretation in the context of the problem.	90 minutes	After school tutorials and by appointment.	No late work.	Mastery of the prerequisite math course is an important key to success in the current course.	45-90 minutes
Pre Calculus	Critical thinking and problem solving; algebraic symbol manipulation and attending to precision; abstraction and making connections; numerical computation; effective communication of thought process; interpretation in the context of the problem.	90 minutes	After school tutorials and by appointment.	No late work.	Mastery of the prerequisite math course is an important key to success in the current course.	30-75 minutes
Statistics	Critical thinking and problem solving; interpreting and explaining statistical results and attending to precision; abstraction and making connections; numerical computation; effective communication of thought process; interpretation in the context of the problem.	60 minutes	After school tutorials and teachers are available lunch, brunch, and after school by appointment.	No late work.	Algebra II is a prerequisite for this course. Stats course has a sports theme (knowledge of sports is NOT a requirement).	30-60 minutes



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Science

Course	Emphasis of the rigor (majority of work)	Homework expectations per class meeting	Supports Offered	Late Work Policy	Additional important notes or requirements	Student Input Homework per class
Advanced Integrated Science	Reading and analyzing text Self-directed online assignments Writing analytical paragraphs.	30 minutes every two weeks.	Available at lunch or after school by appointment. Two office hours per week (various teachers)	Two late work passes given per semester, then half credit on late work beyond the late passes.		0-30 minutes
Physics	Perform experiments, analyze data and graphs, construct explanations of scientific phenomena, and engage in argument from evidence.	30 min (when assigned)	Tutorials before school, at lunch, and after school by appointment.	Late work can be turned in before the end of the semester when completed for reduced credit.	Students are free to retake any quiz.	15-30 minutes
Chemistry	Problem solving, experimental analysis, analytic reasoning	30 minutes	Teachers are available before school, during lunch, and after school.	Late work is accepted until the end of the unit with reduced credit.		20-50 minutes
Biology	Reading textbook, news articles, and other teacher selected readings. Answering questions about readings, talking to the text, or outlining readings. Completing analysis questions for labs.	10 minutes	Available at various office hours	Late HW passes provided.		10-30 minutes
Human Biology	The majority of homework assigned is review of previous class material via work from textbook, coloring anatomy and physiology handouts, finishing incomplete classwork.	30-60 minutes	Teacher available everyday at lunch and by appointment.	2 late passes per semester, not valid for large group projects.		20-45 minutes
Environmental Horticulture	1/3 Outdoor work in the garden/where your food comes from via video and Omnivore's Dilemma 1/3 lab based unit on soils 1/3 Energy production and usage: notes, videos, projects	15-30 minutes	Teacher available everyday at lunch or by appointment	Decreasing letter grade for each day late for assignments that are required to complete class projects.	6 hours of environmentally based service learning are required per semester. Both on and off campus opportunities available	30-60 minutes
Astronomy	Emphasis on vocabulary and development of astronomical concepts. Starry Night High School simulation is used in class, some night labs expected.	15-20 minutes per class, plus night labs	Available by appointment.	Only posts done by the end of a grading period count for that grading period.	Night labs require transportation to and from school outside of school hours.	10-30 minutes
Introduction to Engineering Design	Learning a CAD program, sketching, individual activities and group projects	Usually none.	Tutorials after school Thursday 3:15-4:30 and lunch tutorials Tuesday	3 late passes per semester		



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Science Continued Course	Emphasis of the rigor (majority of work)	Homework expectations per class meeting	Supports Offered	Late Work Policy	Additional important notes or requirements	Student Input Homework per class
Principles of Engineering	Physics of machinery, circuits, control systems, CAD	none daily, several long term projects	Lunch or after school by appointment	Late work accepted with penalty	Students are given time in class for the long-term assignments, but may need to work at home to meet due dates.	
Computer Integrated Manufacturing	Control systems, CSD, CNC programming, 3D printing, robotics	none daily, several long term projects	Lunch or after school by appointment	Late work accepted with penalty	Students are given time in class for the long-term assignments, but may need to work at home to meet due dates.	
Environmental Analysis through Chemistry	Problem solving Reading to understand/review concepts covered in class Analysis/summarizing of lab results	30 minutes - 60 minutes	Teacher available as needed - most days after school.	Green Academy policy - may be turned in late for 50% credit until Friday (and work due Friday can be turned in by Tuesday)		25-45 minutes
Design Thinking Entrepreneurship	This course is designed for any dedicated student (11-12) to develop entrepreneurial and engineering skills. It is designed to introduce students to startup projects as well as provide students with the opportunity to develop and launch their own, personal project.	20-40 minutes				

Social Studies

Course	Emphasis of the rigor (majority of work)	Homework expectations per class meeting	Supports Offered	Late Work Policy	Additional important notes or requirements	Student Input Homework per class
World Studies	Analyzing primary and secondary sources Writing analytical paragraphs and essays. Developing basic study skills.	15-45 minutes	Teachers available by appointment.	Accepted with reduced credit.		10-35 minutes
Life Skills	Life Skills is an introductory, quarter long course that covers mental, emotional, social, personal, & community health, as well as substance abuse. It introduces high school to freshmen, including discussions of high school success skills and goal setting while addressing state & district approved Health Education Standards.	15-30 minutes	Teachers available by appointment.	Accepted with reduced credit.		10-40 minutes
Modern European History	Analyzing primary and secondary sources Writing analytic paragraphs and essays.	30-45 minutes	Teachers available by appointment.	Late work is accepted by next class for reduced credit.	4 page research paper.	10-30 minutes



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Social Studies Continued Course	Emphasis of the rigor (majority of work)	Homework expectations per class meeting	Supports Offered	Late Work Policy	Additional important notes or requirements	Student Input Homework per class
US History	Analyzing primary and secondary sources Writing analytic paragraphs and essays.	30-45 minutes	Teachers available by appointment.	Late work is accepted by next class for reduced credit.	4-5 page research paper	10-35 minutes
Government/Economics	-Reading and analyzing primary and secondary sources. -Writing analytical paragraphs. -Analyzing and presenting current event articles.	15-20 minutes	Teachers available by appointment.	Accepted by end of week with reduced credit.	Senior Exhibition Project: 8-10 page research paper	5-30 minutes
Anthropology	Anthropology is a project based course in which students learn about culture and change in the modern world. Students develop their ability to analyze 'cultural texts' such as film, literature, and art to explore the major elements of culture and social institutions in the modern world.	30-40 minutes	Teachers available by appointment.	Late work is accepted by next class for reduced credit.		
International Relations	Reading and analyzing current events. Discussions/Socratic Seminars Mock United Nations debates.	None.	Teacher available by appointment	None.	Projects throughout year may require some outside work if not completed in class.	
Psychology	This elective course is a two-semester survey that explores the field of psychology including: History, Approaches, and Research; Biological Basis of Behavior; Motivation and Emotion; Consciousness; Human Development; Learning, Memory, and Intelligence; Personality Theory; Abnormal Psychology and Therapy; and Social Psychology. Completing both semesters of this course is necessary to meet the UC requirement for the "g" elective.	20 minutes	Teacher available by appointment			



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World Languages

Course	Emphasis of the rigor (majority of work)	Homework expectations per class meeting	Supports Offered	Late Work Policy	Additional important notes or requirements	Student Input Homework per class
French 1	Practice, re-inforce, and review materials covered in class. Varied assignments (Quizlet, worksheets, note-card preparation) cover grammar and vocabulary.	5-15 minutes	Available during lunch, brunch and after school by appointment	Buckland: Accepted for full credit up to a certain date Sparacino: Accepted for half credit	Attendance in class is vital for acquisition of new material.	5-20 minutes
French 2	Practice activities for grammar and vocabulary.	20-40 minutes	Available during lunch, brunch and by appointment	Sparacino: Accepted for half credit		0-10 minutes
French 3	Vocabulary memorization Use of vocabulary in activities (written) Grammar concepts used in activities (written)	10-15 minutes	Available during lunch, brunch and by appointment	Buckland: Accepted to full credit up to a certain date.	Major test once a month, involves synthesis of ideas (speaking/writing) as well as discreet item mastery. This involves a more intensive study expectation.	10-15 minutes
French 4	Continued mastery of vocabulary - meanings and uses. Grammar mastery of discrete concepts, as well as synthesis. Writing includes sentences, paragraphs, full essays and letters.	10 - 15 minutes	Available during lunch, brunch and after school by appointment	Homework can be turned in late for full credit up to a certain date.	French 4 is often a smaller part of French AP - AP level homework is abbreviated or changed for level 4	15-20 minutes
Spanish 1	Students use formulaic structures to communicate basic information. Practice and review activities for vocabulary and grammar.	5-20 minutes	Available at brunch or lunch by appointment. Spanish tutorial in the Den on Tuesdays. Online tools such as Quizlet.	Dorsey: Accepted until the end of each quarter. Late work receives a maximum of 70% original worth.	Students are required to speak and listen in Spanish.	10-20 minutes
Spanish 2	Focus and learning and using verb tenses and increasing vocabulary. Practice spoken and written language and includes reading short texts.	15-30 minutes	Available at brunch or lunch by appointment. Spanish tutorial in the Den on Tuesdays. Online tools such as Quizlet, conjugemos.com.	Dorsey: Accepted until the end of each quarter. Late work receives a maximum of 70% original worth. Hanson: Accepted until the end of each quarter. Major projects will receive a maximum of 70% original worth.	Active participation in class and regular practice outside of class are key to success.	15-30 minutes



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World Language Continued Course	Emphasis of the rigor (majority of work)	Homework expectations per class meeting	Supports Offered	Late Work Policy	Additional important notes or requirements	Student Input Homework per class
Spanish 3	Thorough review and expansion of the present and past tenses leading to mastery; working knowledge of subjunctive and perfect tenses. Introduction to future and conditional tenses in context. Broaden basic vocabulary. Introduce new themes in Spanish. Geography and culture of several major countries. Further develop listening, reading, writing, and speaking skills to an intermediate level.	35-40 minutes	Tutorials at lunch and after school by appointment. Online tools such as Quizlet.com, StudySpanish.comEdPuzzle.com, VoiceThread, and School Loop.	Generally no late work accepted, but two grade improvement passes each semester. Nixon- Late work not accepted. One late pass gifted each semester	Active participation in class and regular practice outside of class are key to success. Nixon: attendance is extremely important	0-20 minutes
Spanish 4	Extensive review of all major tenses from Spanish 3, expand upon the perfect tenses and present subjunctive to include imperfect subjunctive. Spanish 4 takes a deep dive into all of the grammar learned previously. Broaden vocabulary and introduce thematic cultural units in Spanish. Further develop listening, reading, writing, and speaking skills to an intermediate-advanced level.	~30 minutes	Available at brunch or lunch by appointment. Spanish tutorial in the Den on Tuesdays. Online tools such as Quizlet and School Loop	<u>Hanson</u> : Accepted until the end of each quarter. Major projects will receive a maximum of 70% original worth.	Participation in class and regular practice outside of class are key to success.	15-20 minutes
Mandarin 1-2	1.Interpretive listening 2.Interpersonal speaking 3.Cultural connection and comparison	5-15 min	Available at brunch or lunch by appointment.	Accepted until the end of each quarter. Will notify parents if missing 3+ homework.	1. All quizzes are re-takable 2. No deductions on late homework 3. Weekly self reflection and peer effectiveness assessment	15-45 minutes
Mandarin 3	1.Interpretive listening and reading 2.Interpersonal speaking and writing 3.Cultural connection and comparison	10-20 min	Available at brunch or lunch by appointment.	Accepted until the end of each quarter. Will notify parents if missing 3+ homework.	1. All quizzes are re-takable 2. No deductions on late homework 3. Weekly self reflection and peer effectiveness assessment	20-35 minutes
Mandarin 4-AP	1.Interpretive listening and reading 2.Interpersonal speaking and writing 3.Presentational speaking and writing 4.Cultural connection and comparison	15-30 min	Available at brunch or lunch by appointment.	Accepted until the end of each quarter. Will notify parents if missing 3+ homework.	1. All quizzes are re-takable 2. No deductions on late homework 3. Weekly self reflection and peer Effectiveness assessment	20-60 minutes



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World Language Continued Course	Emphasis of the rigor (majority of work	Homework expectations per class meeting	Supports Offered	Late Work Policy	Additional important notes or requirements	
Latin-I	Vocabulary, grammar, and general linguistic training by way of note-taking and collective, collaborative learning practices; reading and basic writing in Latin emphasized with one process paragraph of writing for the year (in English) and one post card writing (in Latin)	10-20 minutes	Available at lunch and after school by appointment	Accepted with limitations for reduced credit	One construction project of a Roman building	10-25 minutes
Latin-II	The passage of time continues the practices of Latin-I (notes, vocabulary, grammar, memory, participation are assets); there are some collective readings in class (in English and Latin); as well as four or five writings that range from 1-2 pages on topics historical, rhetorical, personal, and imaginative; the accumulation of verb endings and tenses dominates the fourth quarter	20 minutes	Available at lunch and after school by appointment	Accepted with limitations for reduced credit	5 essays and one Roman sculpture project	15-25 minutes
Latin-III	Reading (in English (two novels)) and Latin (significant portions of verse and prose); learning of sophisticated syntactical constructions as well as the completion of the Latin grammar in advance of Latin-IV and AP Latin-V; vocabulary development continues, interpretive skills develop for poetry and prose; reading of poetry and understanding of ancient philosophical cultures is also a part of this class	30 minutes	Available at lunch and after school by appointment	Accepted with limitations for reduced credit	Students should take this course if they like Latin or Roman literature as well as their peer group and teacher; this is the most challenging of all levels of Latin. Students write three or four (English) essays of interpretation of Latin writings.	15-30 minutes
Latin-IV	Reading Latin poetry and prose, reviewing Latin grammar from levels I-III, introduction to outside readings for enhanced interpretations and exposure to antiquity in film, opera, graphic novel, and other media	30 minutes	Available at lunch and after school by appointment	Accepted with limitations for reduced credit	Essay writing, literary criticism reading, two operas, and several Latin prose composition	10-30 minutes



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Digital Visual Performing Arts

Course	Emphasis of the rigor (majority of work)	Homework expectations per class meeting	Supports Offered	Late Work Policy	Additional important notes or requirements	Student Input Homework per class
Digital Photography 1	Project based. (1/2 Camera, 1/2 computer/Photoshop)	Almost none.	Lab open at 7:15am & Lunch. After school by appointment.	Accepted but drops one grade level for each week it is late.	Once a semester: 1 hr. commitment (ex: sports event) after school and 1 hr. of research/writing	
CTE Digital Photo/Adv Digital Photo	Project based. (1/2 Camera, 1/2 computer/Photoshop)	Almost none.	Lab open at 7:15am & Lunch. After school by appointment	Accepted but drops one grade level for each week it is late.	Three times a semester: 1 hr. commitment (ex: sports event) after school Once per semester about 1 hour of research/writing.	0-15 minutes
Film Critique and Video Production I	Planning, shooting, and editing videos. Watching and writing about films.	60-120 minutes per quarter	Tutorials every day at lunch.	Late work is accepted with 10% reduced for each late period.		
Digital Comm. and Streaming	Producing the daily announcements and journalistic videos to air on closed circuit TV.	15 minutes and one brunch per week	Tutorials every day at lunch.	Late work is accepted with 10% reduced for each late period.	Each semester students will make one creative movie, which will require 2-3 hours of videotaping outside of class.	10-30 minutes
Art 1	Solving visual problems in a variety of mediums.	Almost none.	Office hours during lunch and brunch	Late work accepted. If more than one week late, reduced grade by 10%.		
Art 2	Solving visual problems in a variety of medium.	None	Office hours during lunch and brunch	Late work accepted. If more than one week late, reduced grade by 10%.		
Advanced Animation	Students can choose to work in 2D (Flash) and 3D (Blender) animation software. Development of computer games and learning to write computer code in various languages.	30-60 minutes each week	Tutorials before and after school. Online support.	Accepted without penalty	This course is largely self paced--although deadlines are in place at grading time	0-20 minutes
Web Design and Animation	Learn the basics of Designing web pages (HTML and CSS) as well as 2D animation in Flash and 3D animation in Blender.	30 to 60 minutes each week	Tutorials before and after school.	Accepted without penalty	Students choose an independent project for the fourth quarter project.	
Computer Science 1 (The Beauty and Joy of Computing)	Write computer code as well as learn about computers in society, the history of computing, the future of computing, computer ethics and more.	30 to 60 minutes	Tutorials before and after school.	Accepted without penalty	This course is a prequel for APCS Java and APCS Principles	
Jazz Ensemble	Music performance	None	Student led section help after school organized by student leaders.	No make-ups for missed required performances.	Students earn required performance schedule for grade points, plus extra effort performances offered for extra credit.	



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DVPA Continued Course	Emphasis of the rigor (majority of work)	Homework expectations per class meeting	Supports Offered	Late Work Policy	Additional important notes or requirements	
Orchestra	Music performance	None	Student leaders and guest clinicians offer support for student with weak basic skills.	No make-ups for missed required performances.	Students expected to attend after school full orchestra rehearsals 2 - 3 times a semester. Extra effort performances offered for extra credit.	
Advanced Band/ Band 2	Music performance	None	Student tutoring provided by student leaders for students with weak basic skills.	No make-ups for missed required performances.	Required to meet a rigorous performance schedule for the entire year. Students are required to audition for seating placement. Extra effort performances offered for extra credit.	
Choral 1, 2, & Adv. Choral	Music performance	None	Students leaders provide assistance during class time in help other students learn their music.	No make-ups for missed performances.	Students must meet a required performance schedule to earn their grade. Extra effort performances offered for extra credit.	
Guitar 1 & Guitar 2	Basic guitar technique and reading music are the main emphasis.	None	Daily individual help from instructor during class time along with buddy system for learning musical assignments encouraged.	All work must be completed by the progress report deadlines.	Students encouraged to practice at home with a guitar of their own if available.	
Digital Music Production	Learning software to produce music and sound for film.	0-10 minutes	Audio lab is generally open at lunch and after school until 4:30.	Projects can be revised or made up.	Almost all work is done in class due to the equipment requirements.	
Ceramics 1	Sketches, independent internet research, studying for quizzes	10 minutes	Open studio until 5:00 one day a week.	Work must be completed by the end of the quarter it is assigned in, reduced credit after.		0-5 minutes
Ceramics 2	Sketching, independent internet research	5 minutes	Open studio until 5:00pm one day a week	Work must be completed by the end of the quarter it is assigned in, reduced credit after.		0-5 minutes
CTE Audio Music Production/ Adv. Audio Music Prod.	Using skills developed in Audio Production I to create a portfolio of work, learning live sound (P/A) set up for DJs and events.	0-10 minutes	Lab is generally open at lunch and after school until 4:30.	Projects can be revised or made up.		
Drama I	Theatre terminology and processes. Performance of Scenes and Monologues. In class reading and writing.	20 minutes	Teacher available after school.	Reduced credit for late work.	Participation and working together are the most important elements of the class.	0-10 minutes



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DVPA Continued Course	Emphasis of the rigor (majority of work)	Homework expectations per class meeting	Supports Offered	Late Work Policy	Additional important notes or requirements	
Drama II/III	Performance of Scenes and Monologues. Written response and reading assignments in class. Theatre Terminology and Processes.	20 minutes	Teacher available after school.	Reduced credit for late work.	Participation, imagination and working together are key elements of the course.	0-15 minutes
Academy Computer Applications 1 Academy Animation I & II	Business focus and cross-curricular assignments with English, Social Studies and Math: Technical knowledge of various software suites (Office 2013 and Adobe CS6) using menus, tools, etc. to produce a variety of business documents, creating animations and websites. Mentor program that explores and researches various careers with an emphasis on interacting with a business mentor.	Collab with Academy classes.	Weekly after school tutorials and at lunch.	Flexible.	This is a three-year program where students will gain extensive knowledge of many aspects of the computer and software programs, learn about common business documents, business practices and gain exposure to real world business experiences.	0-15 minutes
Mobile Apps Development	Students will use Android software tools to design and create apps for Android devices. Exercises and labs will demonstrate event-driven programming, graphics and drawing, and animation. For the final project, students will use these skills to design an app or game for Android devices to use and share.	20-40 minutes	Tutorials before and after school.	Accepted with credit reduction.	Math and science majors	

Physical Education

Course	Emphasis of the rigor (majority of work)	Homework expectations per class meeting	Supports Offered	Late Work Policy	Additional important notes or requirements	Student Input Homework per class
PE 1 & 2	Preparation for passing the fitness tests and participating in physical education for fitness for life.	Review sheets, practice fitness tests at home	After school fitness center M,T,TH 3:30-5	After school makeups for excused absences or excused non-participation	None	
PE Dance 1 & 2	Preparation for passing the fitness tests and participating in physical education for fitness for life. Emphasis is placed on dancing.	None	After school fitness center M,T,TH 3:30-5	After school makeups for excused absences or excused non-participation	None	
PE 2: Weight Training	Active stretching warm up routine, core workout, anatomy/physiology of the muscular system, and individual muscle group workouts	None	After school fitness center M,T,TH 3:30-5	After school makeups for excused absences or excused non-participation	Students have to develop their own personal workouts	