



Jr. High School Athletic Elective Curriculum

Dance (coed)

This course provides students dance experiences ranging from contemporary to ballroom to hip-hop. Students will learn and practice basic dance skills as well as choreograph individual and group dance routines.

Grade: 7-8

Length: 1 Semester

Prerequisite: None

Fitness/Weightlifting (coed)

This course is designed to expose students to the fundamentals of the athletics offered at North Pointe. In addition, students will be exposed to a variety of fitness components, such as cardiovascular endurance, muscular strength, muscular endurance, weight training, and understanding and maintaining a healthy lifestyle. This course is also designed to expose students to a variety of fitness components such as the use of barbells, dumbbells, machines, and body weight resistance.

Grade: 7-8

Length: 1 Semester

Prerequisite: None