

Course Descriptions

Los Gatos High School
2016 - 2017

English Course Descriptions

LGHS courses in English are designed to develop communication skills in reading, writing, speaking, and listening, as well as to develop an appreciation for literature. 40 units of English are required for graduation with 10 units required each of the 9th, 10th, 11th, and 12th grades. Summer reading is required for all college prep and honors classes. All of our English classes have been aligned with the California state framework.

P-English 9

Grade 9

P-English 9 is a college-preparatory course in literature, composition, grammar, and language. Students study literary forms of the short story, the novel, drama, and poetry. The course emphasizes development of composition skills in expository, narrative, and descriptive writing. Grammar fundamentals, including syntax, coordination, and subordination are an integral part of this course, as are spelling and vocabulary development. **Required summer reading for P-English 9:** *Breaking Through* by Francisco Jimenez.

P-English 9 H

Grade 9

P-English 9 Honors is a college-preparatory honors course designed for students who have demonstrated excellence in English. English 9 Honors provides in-depth study and analysis of literature and the writing of composition with particular emphasis on exposition. Extensive outside reading, vocabulary, spelling, usage, sentence patterns, and the development of critical thinking skills augment the curriculum. Extensive summer reading is required. **Required summer reading for P-English 9H:** In addition to reading *Breaking Through* by Francisco Jimenez, students should read either *The Chosen* by Chaim Potok or *A Tree Grows in Brooklyn* by Betty Smith. The other book not read over the summer will be required reading at the start of the fall semester.

P-English 10

Grade 10

This is a college preparatory composition/ literature course, which emphasizes vocabulary building, literature analysis and full-length essays with attention given to punctuation, sentence structure, and style. One Shakespearean play and participation in one team debate is required.

P-English 10 H

Grade 10

English 10 Honors is a college-prep class for students with superior skills and ability in comprehension and written expression. This course emphasizes literature and analytical expository writing which reflects higher cognitive skills. English 10 H requires development of oral communication skills, including a unit on Oxford debate.

P-English 11

Grade 11

This course covers literature, composition, and reading comprehension skills. The primary writing emphasis will be on full-length composition, formulating/development a thesis, outlining, writing effective introductions, transitions, and conclusions. Expository and persuasive compositions and writing essay examination answers requiring basic literary analysis will be combined with a thorough review of grammar and syntax. SAT practice and vocabulary development are included.

P-English Language/ Composition AP

Grade 11

English Language and Composition AP is an advanced placement college prep class that acquaints students with the styles, themes, and points of view of major writers. Emphasis is given to the philosophical and historical climate within which each writer lived and wrote. This course requires extensive literary analysis and writing.

P-English 12

Grade 12

This course further examines the three common strands of English: literature, composition, and language. The writing of a major research paper is an essential part of the course as well as preparation for the college essay and for college entrance exams.

P-English 12: Social Justice/Change

Grade 12

This English 12 course will focus on topics of social justice and change, including analyze themes of class, race, gender, community, and the human condition. One of the underlying themes of the course will be analyzing the resilient nature of our society, specifically in regard to individuals who are able to overcome the societal pressures and stratifications, in order to create change for all. This course invites students to examine social justice while creating opportunities for them to think, read, and write critically. It is an opportunity for authentic education and experiential learning to build a better world.

P-English Literature/ Composition AP

Grade 12

English Literature and Composition AP is a college level English course that readies students for the demands of college and university work. It prepares students to analyze literary works, to write research papers on literary subjects, to develop stylistic and organizational skills in writing, and to understand the works of the best-known writers. Students are prepared for both the SAT and AP exams. The class will review grammar and syntax as needed.

English Electives

Please note: While this course is taught by an English teacher, it does not count toward the 40 units of English required for graduation.

P-Creative Writing

Grades 9 -12

By studying a wide variety of teacher and student readings and films, students will examine how writers and film producers of the various different genres appeal to audiences of all different types. While this class will focus primarily on the writing aspect of our creations, it will give students the opportunity to share their writing in written and multi-media forms. Students will also explore ways to

develop their own writing by modeling the techniques learned through close study of our favorites. They will learn how to evaluate peer work in a workshop setting, using a Socratic seminar approach. In the same workshop setting, they will learn how to use classmates' responses to their creative work to improve and develop it.

Mathematics Course Descriptions

The aim of the Mathematics Department is to provide students with a sequence of study to suit their needs and skills. The development of basic mathematical skills, logic, and critical thinking, the preparation for further training beyond secondary school mathematics, and the appreciation for the contribution of mathematics to civilization are among the objectives of the mathematics curriculum. Most math courses require a grade of C- or higher to advance to the next level. Please refer to the course sequence chart for additional prerequisites. Each year of a math course meets one year of the two-year math requirement for graduation. Two years of math (reaching at least a minimum level of Algebra 1 equivalency) are required for graduation.

P-Algebra 1

This college prep course contains a study of real numbers, both rational and irrational, and laws that apply to them. The solutions of linear equations in one variable are reviewed. Considerable time is spent with quadratics. The emphasis is on learning to solve word problems using algebraic techniques. Many students who took Algebra in the 8th grade will be placed in this course to give them the opportunity to master the material. The importance of this course cannot be overemphasized since Algebra is the absolute foundation of all future math courses.

Applied Math

Applied Math is a course designed for students who have passed Algebra 1 and would like to improve their skills before moving on to Geometry. This class focuses on real-world applications of mathematics in fields such as finance, coding, logic, probability & statistics, and architecture. Students will also improve their Algebra skills by utilizing an online program that provides diagnostic feedback and individualizes math support to target growth in critical math concepts. To help students understand that math makes sense outside of a textbook, the course will incorporate real world data and technological tools. The course will be built around collaborative tasks that require students to persevere in solving problems. Students will be asked to clarify their thinking, verify the reasonableness of their conclusions, explain their solutions in writing, and critique the reasoning of others.

P-Geometry

This is a college prep course in which students study plane and geometric figures and parallel lines. The development of logical systems of reasoning with emphasis on geometric proofs is stressed. Students study triangles, other polygons, circles, areas, volumes, and coordinate geometry.

P-Algebra 2

This college-prep course reviews the basic concepts of Algebra 1 and continues with the study of linear functions and relations. Products and factors of polynomials, rational expressions, irrational and complex numbers, quadratic equations and functions, variation and polynomial equations, analytical geometry, exponential and logarithmic functions, determinants, and probabilities. Sequences, series, and matrices are covered when time allows. Course content is not as extensive and the pace of the class is not as accelerated as Algebra 2 Acc.

P-Algebra 2 Accelerated

P-Algebra 2 Accelerated reviews the basic concepts of Algebra 1; students study linear functions and relations. Products and factors of polynomials, rational expressions, irrational and complex numbers, quadratic equations and functions, variation and polynomial equations, analytical geometry, exponential and logarithmic functions, sequences, and series are covered. Matrices, determinants and probabilities are covered when time allows

P-Trigonometry/Advanced Topics

This trigonometry/advanced topics class will begin with a review of functions and matrices (from Algebra 2). The bulk of the course will be a study of circular functions, trigonometric functions, and applications of trigonometry. Sequences, series, and probability will also be presented. Vectors, polar coordinates, exponential and logarithmic functions, logic, finance and matrices will be studied as time allows.

P-Trigonometry/Pre-Calculus Honors

This class includes a study of circular functions, solutions to triangles, logarithms, and exponents. Analysis concerns the topics of vectors, matrices, conic sections along with exponential and logarithmic functions. Pre-calculus concepts of limits, continuity, derivatives and integrals are introduced.

P-Statistics

The purpose of the Statistics course is to introduce students to the major concepts and tools for collecting, analyzing, and drawing conclusions from data for students who prefer a pace that does not prepare students for the AP Statistics exam and therefore, have more time to discuss and apply topics. Topics studied will include the following: graphical displays of data (e.g., dotplots, stemplots, and histograms). Measures of data (e.g., mean, median, standard deviation, and least-squares regressive line), methods of conducting surveys and experiments, probability, the normal distribution and statistical inference, including tests of data (e.g., chi-square test). The course may be particularly useful for students planning on a college major of social science, health science, or business. A graphing calculator (e.g., the TI84) will be required and used extensively; its use will be taught.

P-Statistics AP

The purpose of the Statistics AP course is to introduce students to the major concepts and tools for collecting, analyzing, and drawing conclusions from data. Topics studied will include the following: graphical displays of data (e.g., dotplots, stemplots, and histograms). Measures of data (e.g., mean, median, standard deviation, and least-squares regressive line), methods of conducting surveys and experiments, probability, the normal distribution and statistical inference, including tests of data (e.g., chi-square test). The course may be particularly useful for students planning on a college major of social science, health science, or business. A graphing calculator (e.g., the TI84) will be required and used extensively; its use will be taught.

P-Calculus AB AP

This is a first year college calculus course for very able mathematics students. The basics of differential and integral calculus are covered. The course prepares students for the AB Calculus Advanced Placement Examination. A graphing calculator is required. The TI84 or TI84 series is recommended. Its use is taught.

P-Calculus BC AP

Calculus BC is designed as a sequel to the Calculus AB AP course taught at LGHS. Additional topics of differential and integral calculus will be introduced. Other new topics include polar graphs, vectors, and series. The course prepares the student for the BC Calculus Advanced Placement Examination. A graphing calculator (e.g., TI83 or TI84) is required.

Science Course Descriptions

Courses in the Science Department are designed to provide students with the opportunity to investigate the fundamental laws and principles that govern the universe and to understand the phenomena, which affect us in our daily lives. A minimum of ten units of physical science and ten units of life science is required for graduation; science is required in the freshman year.

P-Earth/Space Science

Grades 9-12

Earth Space is a college-preparatory foundational course in physical science that addresses a broad range of topics and is designed to prepare ninth grade students for success in Biology, Chemistry, Physics, and other advanced science courses at LGHS. The ESS course introduces students to main principles of meteorology, geology, chemistry, nuclear science, oceanography, and astronomy. Through participating in laboratory activities, students learn essential scientific techniques and methods, as well as principles of many different scientific fields.

Many freshmen, because they start with the ESS course, set themselves up for success along the science pathway at LGHS. ESS gives students opportunities to develop and practice organizational, test-taking and critical thinking skills that contribute to success throughout high school.

P-Biology

Grades 9-12

Biology is a college-preparatory laboratory course, traditionally taught at the sophomore level that is open to freshmen. Students who are successful in Biology have strong reading skills as well as strong organizational and study habits. The Biology course has two major aims. The first is to ensure that students become knowledgeable about many biological facts and the concepts that are built on them. The second is to understand what science is – and to appreciate its methods and recognize its dimensions. Students participate in several laboratory activities throughout this course and continue to develop solid skills in scientific procedure as well as critical thinking. Specific areas covered in Biology include ecology, cells, biotechnology, reproduction, development, plant and animal structure and function, and the five kingdoms of organisms. Biology prepares students for the next courses in the science sequence, Chemistry and Chemistry in the Community.

P-Biology H

Grade 9

Biology H is a freshman level honors course for which a placement test is required as part of the entrance process. The Biology Honors course is heavily laboratory-oriented with a high-level critical thinking emphasis. Biology Honors primarily focuses on molecular biology but also covers ecology, genetics, bioethics, anatomy, evolution, and a variety of other specialized sub-fields. Mostly, the class is dedicated to learning about human beings and the biologic world humans live in. In this course, students expand their thinking ability and knowledge by conducting laboratory experiments (including long-term projects), contributing to class discussions, reading and answering questions from textbooks, watching science videos, and taking part in interactive lectures and class activities. Much of the reading for this course is at a 12th grade level or above. Students who take Biology Honors will be asked to complete laboratory and observational work during tutorial and after school. Completing daily homework assignments of approximately one hour is mandatory.

P-Biology AP

Grades 11-12

Biology AP, intended to be the equivalent of a first-year college biology course, prepares students to pass the Advanced Placement Biology examination. Students will achieve the following: (1) the knowledge of facts, principles, and processes of biology, (2) an understanding of the means by which biological information is collected and interpreted, how a hypothesis is formulated, and (3) an understanding that science is a human endeavor with social consequences.

P-Chemistry in the Community (ChemCom)

Grades 10-12

ChemCom is a course created by the American Chemical Society as an alternative to traditional high school chemistry. The course is thematic, focuses on chemistry as related to community concerns, including water supply and contamination, the atmosphere and pollution, and material consumption and conservation. ChemCom is appropriate for college-bound students, as it fulfills the UC requirement for a laboratory science, but it does not meet the prerequisites for AP Chemistry.

P-Chemistry

Grades 10-12

This course specifically prepares students for college chemistry and biological science, physical science, engineering, medicine, nursing, or technical fields. Physical and chemical processes are introduced with an emphasis on theory, problem solving, and laboratory work.

P-Chemistry AP

Grades 11-12

This course, intended to be the equivalent of a first year college course, prepares students to pass the Advanced Placement Chemistry examination. Students will achieve the following: the knowledge of facts, principles, and procedures of chemistry, and an understanding of the relationship between the principles of chemistry and their application in today's society. Lab and problem solving skills are emphasized.

P-Physics

Grades 11-12

This is an introductory college prep course designed to increase knowledge of physics. Mastery of physical concepts as they apply to everyday life will be emphasized. Laboratory exercises will reinforce the concepts and will include extensive use of the computer as a tool to make measurements.

P-Physics C: Mechanics AP

Grades 11-12

This is an introductory college level general physics course, which emphasizes problem-solving techniques using algebra and trigonometry. Students achieve the following: (1) the understanding of basic physics principles, (2) the development of mathematical skills to solve problems in physics, and (3) the understanding of how physics relates to modern technology.

P-Environmental Science AP

Grades 11-12

The goal of the Environmental Science AP course is to provide students with the specific principles, concepts, and methodologies required to understand the interrelationships of the natural world, to identify and analyze environmental problems, both natural and human-made, to evaluate the risks associated with these problems and to examine alternative solutions for resolving or preventing them.

Agroecology 1, 2

Grades 10-12

Agroecology is the University of California's scientific study of sustainable agriculture. Each student learns to cultivate a raised garden ecosystem from seed to harvest. Students also learn how to care for our garden rabbits whose droppings are used to enrich our compost. Students spend the majority of class time in the gardens applying knowledge. This class satisfies graduation requirements for both a practical arts and one of two science classes needed.

P-Advanced Science Research 1, 2, 3

Grades 10-12

Advanced Science Research is an advanced laboratory science course, which meets the UC requirement for an applied arts elective. Under the guidance of the instructor, students will design and implement laboratory and field research projects using standard techniques. The skills learned in this class will replicate real-world research skills used by the science community. All students are expected to present their work at the Synopsys Championship (Santa Clara Valley Science and Engineering Fair Association) in March and continue to compete in State and National Fairs as their project warrants.

Social Studies Course Descriptions

Thirty units of Social Studies are required for graduation. Social Studies classes provide background knowledge that enable students to understand past and present cultural global and national policies and practices.

P-World History

Grade 10

World History is a required sophomore social science course intended to deepen understanding of ancient and modern world cultures. The scope is worldwide with a concentration on Western civilization through the end of the Cold War. Disciplines such as anthropology, geography, religion, and sociology are used to aid in the understanding of events and personalities of the past. World History is required for graduation.

P-European History AP (fulfills sophomore World History requirement)

Grade 10

The Advanced Placement program on European History will provide a broad overview of European history and cultures from 1450 to the present, in addition to providing a basic narrative of events and movements. This class will encourage students to develop (a) an understanding of some of the principal themes in modern European history, (b) an ability to analyze historical evidence, and (c) an ability to express that understanding and analysis in writing. The students will be instructed in the various methodologies for historical research while helping students build the necessary skills for critical evaluation of conflicting interpretations of historical questions.

P-United States History

Grade 11

U.S. History is a required college prep junior year course. During the first semester, students study significant factors leading to changes in American agriculture, industry, commerce, and society in the 1800's and early 1900's and identify the connections between history and current events. In second semester, students study political, economic, and social reforms of 20th Century and trace causes, progress, and results of World War, the Great Depression, World War II, and the pre- and post-cold war eras.

P-U.S. History through Arts, Media & Entertainment

Grade 11

U.S. History is a required college prep junior year course. U.S. History through Arts, Media & Entertainment will cover the required U.S. History curriculum through popular art, various media forms, and culture and entertainment. Students will learn how politics, economics, and society influenced, and were influenced by, technological and stylistic advancements in art, media, and entertainment. During the first semester, students study significant factors leading to changes in American agriculture, industry, commerce, and society in the 1800's and early 1900's and identify the connections between history and current events. In second semester, students study political, economic, and social reforms of 20th Century and trace causes, progress, and results of World War I, the Great Depression, World War II, and the pre- and post-cold war eras.

P-United States History AP

Grade 11

In U.S. History AP, students will study the following: establishment of the 13 colonies, the American Revolution, the creation of the Constitution, the economic/social differences between the North, South, West, and the Civil War. Students study the process of 19th century urbanization and resultant stresses, which it imposed upon society. The study of primary sources and original documents augment and enhance the course.

P-United States Government

Grade 12

U.S. Government/Politics is a required senior year semester course. Students study the structure, process, and problems of government at the national, state, and local levels. Emphasis is given to current events.

P-United States Government and Politics AP

Grade 12

This semester length AP course focuses on the kinds of questions political scientists try to answer. It is a course about the structure and operation of the U.S. government, the behavior of the electorate and politicians, and the process of policy decision-making. The course offers a rich introduction to the U.S. Constitution, the federal system of government, and, occasionally, the turbulent politics that it has produced. Students will gain the analytical perspective and knowledge to examine general propositions about government and politics, and the relationships between various institutions.

P-Economics

Grade 12

Economics is a required senior year semester course. This course helps students understand the fundamentals of how our society allocates resources to overcome the problems of scarcity. There are three main parts to the course: an introduction to the study of economics, microeconomics, and macroeconomics.

P-Economics H

Grade 12

Honors Economics is designed to give students a comprehensive understanding of the principles of economics that apply to whole economic systems and that are particularly relevant for making decisions at the state, national, and international levels. The course will focus on macroeconomic principles and their application in the United States. In addition to reading original source materials on macroeconomic theory and principles, students will be expected to keep up with current economic news, particularly news regarding the economic performance of the United States in relation to other countries, in the context of international trade and globalization.

Social Studies Electives Descriptions

Please note: While these courses are taught by Social Studies teachers, they do not count toward the 30 units of Social Studies required for graduation.

P-History through Film

Grades 9-12

This course is designed to enrich the historical experience through the viewing and evaluation of movies and documentaries dealing with events in European history ranging from the horrors of the Black Death to world exploration and conquest, from the Renaissance to communism, and everything

in between. Students will analyze particular films in relation to their accuracy, popular appeal, and effects on our perception of history. This class is open to all students, but it is especially helpful for students preparing to take AP European History in the sophomore year. Almost all work will be completed in class.

P-Psychology AP

Grades 10-12

The AP course in Psychology is to introduce the systematic and scientific study of the behavior and mental processes of human beings and other animals. Included is a consideration of the psychological facts, principles, and phenomena associated with each of the major subfields within psychology. Students also learn about the ethics and methods psychologists use in their science and practice

Social Entrepreneurship

Grades 10-12

The focus of the course is to use business methods and ideas to help solve social and environmental challenges. Students will combine the knowledge and skills from many other fields (i.e. classes) with a passionate commitment to having a meaningful and sustainable social impact. The main approach to learning in the class will be interdisciplinary, global and practical.

Introduction to Anthropology

Grades 10-12

This course is an introduction to the discipline of cultural anthropology, surveying many of the important areas of human society and culture that anthropologists study. The first part of the course considers the ways in which anthropologists have tried to understand culture through an application of the anthropological perspective, a distinctive way of looking at the world that makes anthropology a unique discipline. Awareness of the anthropological perspective means challenging our own assumptions and cultural preconceptions about ourselves, other peoples, and the world around us. We will also discuss techniques and philosophies of ethnographic data collection, and what these tell us about the study of culture. Then, using ethnographic case studies of cultures from around the world, the class will examine some critical areas of anthropological knowledge, with a particular emphasis on current issues and problems facing human societies today. Throughout the course, we will emphasize how anthropology's unique perspective and approach to research are tangible skills that students can put to work in a variety of careers, social situations, and cross-cultural encounters.

World Language Course Descriptions

The World Language Department provides elective courses designed to acquaint students with the many aspects of the languages and cultures of selected lands. Interested students are encouraged to learn a world language whether the goal is conversational, vocational, or college-preparatory. World language classes emphasize speaking, reading, and writing. One year of a world language meets the LGHS Visual/Performing Art requirement for graduation. However, it does not meet the college Visual/Performing Art requirement. Two years of a world language meets the minimum admission requirement for most four-year colleges. (Three years is strongly recommended.)

P-French 1

French 1 is an exciting course designed for students with limited or no experience with the French language. This course will explore Francophone cultures, and students will begin to develop the skills of listening, speaking reading, and writing in a culturally appropriate context. At the end of this academic course, students will be able to converse with others in French by using appropriate greetings and talking about school subjects, family and friends, foods and cultural activities, and much more!

P-French 2

In French 2, students will continue to develop the skills of listening, speaking, reading, and writing. Longer target language readings are introduced, and students will begin to compose short essays. At the end of this academic course, some of the topics on which the students will be able to converse include: geography, daily activities, health issues, cultural differences, and schooling. In this course, students are expected to speak in the target language.

P-French 3

This course, taught entirely in French, will round out the basic knowledge acquired in levels 1 and 2 by focusing particular attention to more advanced conversations and composition. More complex points of grammar will be presented, and students are expected to apply these points in their daily communication. Further structured practice in the four skills and enhanced cultural awareness will enable students to perform communicative functions at a higher level. Students will read from and discuss a variety of literary sources. Supplementary reading will be required.

P-French 4 H

Students study French history, literature, philosophy, politics, and theatre. Students also watch TV, read French newspapers, and magazines, and participate in field trips to view French art. In French 5, students participate in individualized experiences, based on interests recognized and developed during their work in French 4. Students will read and report on supplementary reading.

P-French Language AP

In French 5, students participate in individualized experiences, based on interests recognized and developed during their work in French 4. Students will be expected to do supplementary reading and report on it. Students will be prepared for the French Language Advanced Placement Exam.

P-Japanese 1

Japanese 1 is a course designed to introduce and develop the basics of listening, speaking, reading, and writing in Japanese and to prepare students for global citizenship. Students learn to understand and talk about a variety of topics, including self, family, like and dislikes, school, food, hobbies, and activities. Emphasis in the first semester is on learning to recognize the symbols in the hiragana

syllabary system and on language acquisition and listening comprehension rather than production. By the second semester, students begin to write paragraphs and short stories, make oral presentations, participate in dialogues, and recognize and write sample kanji. Hands-on cultural experiences are integrated throughout the year, and technology is a key component of the course.

P-Japanese 2

Japanese 2 is the continuation of the beginning level course in Japanese. The focus of the course is on the further development of written and oral communication skills and intermediate grammatical patterns. Students are expected to acquire proficiency in reading and writing katakana and approximately 200 kanji. Communication activities, which require active participation in pairs or groups continue to be an integral part of the course, but increased emphasis is placed on applying reading and writing skills, in both the computer lab and the classroom. The study of Japanese cultural practices, products, and perspectives is integrated throughout the curriculum.

P-Japanese 3H

The course is conducted primarily in Japanese and focuses on the mastery of the intermediate level skills in listening, speaking, reading and writing, and further development of cultural literacy. One aim of the course is to prepare students for the AP Japanese Language and Culture course, which follows Japanese 3H. Students reinforce and expand their language skills by writing in a variety of genres and interacting with materials from a variety of sources, including print media and the Internet, and are expected to be able to recognize and use approximately 350 kanji by the end of the course.

P-Japanese Language AP

AP Japanese Language supports students as they develop the productive, receptive, and cultural skills necessary to communicate with native speakers of Japanese. The content of the course is woven around the framework of the three models of communication outlined in the Standards for Foreign Language Learning in the 21st Century; interpersonal, interpretive, and presentational. A major component of the course is to prepare students for the Advanced Placement Exam in Japanese language. Students will expand and reinforce their language skills by writing in a variety of genres and interacting with a variety of media, including magazine articles, selections from literature, the Internet, and films. They will explore cultural topics within the context of their language study and will be expected to function primarily in the target language.

P-Japanese 5

In Japanese 5, students participate in individualized experiences based on interests recognized and developed during their work in AP Japanese Language. Students will be expected to do supplementary reading and personalized assignments conducive to such study. Students who have successfully completed AP Japanese will be eligible for enrollment in the class.

P-Spanish 1

Spanish 1 is designed to prepare students for real-world language use and global citizenship. The course introduces students to the grammar, structures, and vocabulary of the Spanish language through a variety of activities designed to develop listening, speaking, reading, and writing skills. Cultural study and hands-on experiences are integrated throughout the course, and technology is also an integral part of the classroom instruction and practice. One essential component of student success in the course is oral participation.

P-Spanish 2

Spanish 2 builds on the listening, speaking, reading, and writing skills developed in Spanish 1. Students learn to use and understand more complex and sophisticated grammar structures. Oral communication continues to be an integral part of the course, but increased emphasis is placed on reading and writing skills. Cultural study is integrated throughout the course, and students regularly

use the lab for language practice and cultural research.

P-Spanish 3 in the Global Community

Spanish 3 in the Global Community is an experiential course that builds on the listening, speaking, reading, and writing skills acquired in the previous levels and continue their Spanish studies within the context of cultural units that integrate history, the arts, foods, customs, and the local community. The course is conducted almost exclusively in Spanish and many of the assessments are project-based.

P-Spanish 3

In Spanish 3, students continue their language study within the context of cultural units that integrate history, the arts, foods, and customs while building on the skills of listening, speaking, reading, and writing skills from the previous level. It moves at a faster pace than Spanish 3 in the Global Community and includes a greater emphasis on advanced level grammar concepts. The course is conducted exclusively in Spanish and is designed to prepare students for the Spanish 4H course.

P-Spanish 4H

This class will expand and strengthen skills acquired in the previous courses. Advanced level grammar concepts will be reviewed and more emphasis will be placed on oral and written communication. Students will develop an appreciation for Spanish prose and poetry, as well as a familiarity with current events from periodicals, radio, and television sources. Civilization, culture, and art will be part of the curriculum, and mini-units on special topics will explore and focus on active vocabulary building. Students will explore and discuss representative works of Spanish and Latin American literature and cinema. Supplementary reading will also be required.

P-Spanish 5 AP

This is a one-year college-level course for which college credit may be received depending on the student's score on the Spanish Language Advanced Placement exam. Structures from prior study will be reviewed. Student activities include in-depth analysis of challenging literary sources, contemporary publications, and selections from radio, television, and major cinematic works. The study of civilization, culture, and art will be part of the curriculum. Critical thinking will be enhanced through active participation in discussion and demanding writing assignments, and supplementary reading will be required. Preparation for the Advanced Placement exam is incorporated throughout the class curriculum.

Visual and Performing Arts Course Descriptions

Visual Arts

P-Art 1

Grades 9-12

Art 1 is a year-length studio experience for students interested in the basics of art. Students are introduced to drawing, painting, and other art forms. The history of art is addressed and skills in basic media are used to teach the principles and elements of design. Media include tempera, watercolor, pencil, pen, and ink.

P-Art 2

Grades 10-12

This year-length course provides studio experience for students who wish to further develop skills, perception, and expressive capacities, and knowledge to explore the medium of painting, originality, personal experience, and creative awareness. Media include previously used materials plus oils, acrylics, scratchboard and mixed media.

P-Art 3

Grades 11-12

This course is a studio situation with an emphasis on the use of previously learned methods and media with a wide range of interpretation, as well as practical applications of the studio process including understanding pricing structures, creating business/sales plans, and creating opportunities for student artists both on- and off-line. Studio projects will include still and life drawings, oil and acrylic painting, contemporary approaches to image making, mixed media works, artist research, and a Student Portfolio.

P-Art 4H

Grade 12

This yearlong studio course is designed for students with a minimum of three years of LGHS art and/or highly recommended. This studio course is structured with an emphasis on previously learned mediums, creative/interpretive problem solving, and in-depth visual exploration. Students will continue to update their work on the on-line store and also discuss continued marketing/sales of the finished pieces. Portfolio quality work and the creation and implementation of an art business based on student work are the goals, with an eye toward further education at the post-secondary level.

P-Ceramics 1

Grades 9-12

Ceramics 1 is a year-length studio course, which introduces students to methods of clay construction. The first semester is primarily concerned with introducing students to the tools and equipment in the studio, clay preparation, and hand building techniques – pinch, coil, and slab construction. The second semester is focused on the techniques and forms on the potter's wheel – bowls, vases, mugs, and cylinders. Other topics covered throughout the course are pottery decoration, glazing methods, and firing methods.

P-Ceramics 2, 3, 4

Grades 10-12

Ceramics 2, 3, and 4 are advanced courses designed to refine both hand building and wheel throwing techniques. Students are required to make special projects. Glaze calculations are studied and students develop their own glazes. Students also prepare and present their artwork in a gallery setting.

P-Digital Photography 1 and 2

Grades 11-12

This Digital Photography class introduces students to the technical and creative world of photography. Students study how to make better pictures using camera settings, PhotoShop, composition, and inspiration from famous photographers. Students are encouraged to use their hobbies and personal interests as creative material for their work. Some of the projects include landscapes/nature, the "Living Los Gatos" Photo Competition, portraits, studio lighting, and a photo book students create to house their work. Students will have access to digital cameras, though most students choose to use their own.

P-Sculpture 1

Grades 9-12

This course is a beginning level exploration of three-dimensional forms, which offers hands-on experience in the making of sculptural pieces. Students use chipboard, wire packing tape, tin foil, plaster, wood and "found" objects to create figurative abstract and representational pieces. Class members will also produce a journal, which catalogues their year in sculpture. The journal includes photos of our projects, descriptions of the process for each, and application of elements and principles of art. Students will also learn and apply basic color theory and develop skills in painting with acrylics.

Performing Arts

The Performing Arts Program offers students opportunities to further their enjoyment and understanding of music and drama and to increase their skills as performers on stage or in instrumental and/or vocal music. Whether as performers or listeners, students will develop an understanding and appreciation for their area of study. Students are required to participate in all performances and other activities of the music and drama organization of which they are members. Students also have the opportunity to participate in several competitive music festivals and stage performances. Try-outs and auditions will be held in the spring, if needed. All courses will meet the Visual/Performing Art requirement for high school graduation and college eligibility.

P-Concert Choir 1, 2, 3, 4

Grades 9-12

This is an intermediate music class designed to acquaint students with a variety of choral music styles ranging from traditional to contemporary. Emphasis is placed on proper vocal technique, musicianship, and music reading skills. The major focus is ensemble singing. As a performance-oriented class, campus and community performances are required.

P-Chamber Choir 2, 3, 4

Grades 10-12

This is a small, select, artist-level mixed/women's choir. The ensemble studies and performs challenging music in all styles and languages. Students are placed in the group by audition and approval of Choir Director. Students must have advanced music literacy and vocal techniques in

order to be in Chamber Choir. Students are required to be present at extra-curricular performances and concerts.

P-Orchestra 1, 2, 3, 4

Grades 9-12

This is a course that develops musical skills and techniques by performing a variety of high quality literature ranging from traditional to contemporary. Emphasis is placed on proper instrumental technique and music reading skills. This is a performance-oriented class and campus and community performances are required.

P-Marching/Symphonic Band 1, 2, 3, 4

Grades 9-12

This is a course that develops musical skills and techniques by performing a variety of high quality literature. During the fall, the band focuses on the marching show and performs at various competitions, at home football games and other community events. During the remainder of the year, the band works on concert music and participates in concerts and festivals. Enrollment in four fall semesters of Marching Band fulfills two years (20 units) of Physical Education.

P-Jazz Ensemble 1 2, 3, 4

Grades 9-12

This course offers the student an introduction to a variety of jazz related music styles, which may include, but are not limited to swing, Latin, funk, blues and rock. Emphasis is placed on proper instrumental technique, musicianship, music reading skills and exploration of the basic techniques used for improvisation. This course is open to standard jazz instrumentation: saxophone, trombone, trumpet and rhythm. The ensemble will perform primarily as a "big band," however some small jazz combo settings may be explored. Campus and community performances as well as outside festivals are required.

Colorguard 1-4

Grades 9-12

Colorguard is a yearlong performance based course that combines dance and equipment choreography (i.e., flags, rifles, and saber) to create an ensemble visual routine. The members of this ensemble will combine with the marching band for the fall semester. During the spring semester, the ensemble will perform as a winter guard. This class will require after school time commitments throughout the year. **Members of this ensemble are required to participate in both fall and spring seasons.** Auditions may be necessary for particular equipment or specific elements of the ensemble.

P-Introduction to Music Theory

Grades 9-12

Introduction to Music Theory is an elective course designed to develop students' visual and aural understanding of the structure of music. In this course, students will study the language and symbols of music. Not only will students learn to read various musical elements, such as scales, chords, pitch notations, and time signatures, they will also learn to construct these elements themselves. The course also teaches students to understand basic forms in music compositions, including the skill of notation. As students learn these various aspects of music theory, they will undergo ear training to teach them to recognize these elements aurally as well.

P-Beginning Guitar 1

Grades 9-12

Beginning guitar introduces students to the fundamentals of playing guitar. Students will be introduced to techniques that are essential to playing this instrument, such as picking and playing

chords. This is an introductory course designed for students who may have an interest in learning how to play an instrument.

P-Beginning Guitar 2

Grades 10-12

This class moves beyond the basics of Guitar 1 and moves into student directed instruction. Students will research, practice, present, and evaluate other performances including students in the class. Students will continue to develop strum techniques as well as picking and more advanced techniques. It is strongly advised that student have taken Beginning Guitar 1 before enrolling in this course.

P-Music Theory AP

Grades 10-12

This is a college-level course that will develop students' understanding of music theory and will prepare them for the AP examination. Students will explore the inner workings of compositional techniques from the western classical style of music.

Theater Arts

P-Drama 1

Grades 9-12

Drama 1 in a yearlong, activity-oriented course designed to introduce students to the theatre arts. In a workshop environment, students will learn the basic tools and techniques of acting. Principles of voice, movement, theatre games, improvisation, and character development will be explored. Students will apply this knowledge and experience to the performance of short monologues and scenes, storytelling and one-acts. Students will gain confidence and skills in collaboration, creative problem-solving, communication, and expression.

P-Drama 2

Grades 10-12

Drama 2 is designed to expand on the theatrical skills learned in the introductory drama course, Drama 1. Voice, movement, student improvisation, and character intention will be explored in greater detail. Designed to improve the actor's skills for performing scenes and monologues with truth and power, students will improve their ability to pursue the character's needs and objectives, to be vulnerable to their partners' words and actions and to create with a range of emotion. The course will concentrate more specifically on scene study and scene analysis, focusing on the study and performance of classic and contemporary plays.

P-Drama 3

Grades 11-12

Drama 3 is designed to give the student an increased appreciation of and additional experience in theater as an art form. The student will act, direct, or be technically involved in scenes, one-act plays or full-length productions. Students will read, write and evaluate plays as well as view and critique electronic and live performances. History, culture and technology will be examined, and career opportunities will be explored. Through creating theater, students will grow in their ability to comprehend the world and to communicate with others.

Applied Arts Course Descriptions

Los Gatos – Saratoga Union High School District requires that all students complete one semester of an applied art course. Los Gatos High School offers courses in a variety of subjects. Note that while only one semester is required for graduation purposes, most of our courses are year-length and students are not allowed to leave at the semester. If the course title begins with a P, the course is viewed as a college preparatory course and meets the subject entrance requirements for the University of California (UC) and California State University (CSU) systems.

Engineering and Computer Science

Graphic Design

Grades 9-12

Graphic Design is a yearlong course designed to involve techniques in graphic design, page layout through the use of Desktop publishing, and vinyl cutter/printer to produce vinyl graphics and banners. The students will gain knowledge of production and manufacturing through vinyl cutting and printing, heat transfer, sand carving, laser etching and burning, video production and editing, as well as power point presentations and the use of other media. Students will work on their own computer station following tutorials, individual and assigned projects provided by the instructor and self-chosen projects.

P-Computer Science (AP)

Grades 11-12

This demanding course introduces students to computer programming at an introductory college level. Students will learn how to code (program) fluidly in Java, the current industry programming standard, and will prepare for the AP Computer Science (A) exam. Successful students have an aptitude for logical problem solving and the maturity and self-discipline to complete many individual programming projects throughout the year. Previous programming experience is not required.

P-Introduction to Engineering Design

Grades 9-12

P-Introduction to Engineering Design is a year-length course based on Project Lead the Way curriculum (<http://www.pltw.org/>). Through hands-on projects, students apply engineering standards and document their work. Students use industry standard 3D modeling software to help them design solutions to solve proposed problems, document their work using an engineer's notebook, and communicate solutions to peers and members of the professional community.

P-Principles of Engineering

Grades 10-12

P-Principles of Engineering (POE) is a year-length course based on Project Lead the Way curriculum (<http://www.pltw.org/>). This survey course exposes students to major concepts they'll encounter in a post- secondary engineering course of study. Topics include mechanisms, energy, statics, materials, and kinematics. They develop problem-solving skills and apply their knowledge of research and design to create solutions to various challenges, document their work and communicate solutions. The course is available following the P-Introduction to Engineering Design course.

Robotics

Grades 9-12

Robotics is a year-long course designed for students who would like to learn fundamentals of robotics as well as serve on the LGHS Robotics Team. Core concepts including programming, computer-aided design (CAD), and machining will be covered. Students will work collaboratively on projects, some small and large, and will prepare for robotics competition in the spring.

Journalism

P-Journalism 2, 3, 4 (Newspaper)

Grades 10-12

This is a course, which teaches basics in journalistic writing, interviewing, ethics, and research. Contact with professional area journalists accompanies instruction and provides career information. Students produce the LGHS newspaper using various computer applications and graphic design strategies. Students read and critique various metropolitan and high school newspapers and discuss related works e.g. All the President's Men, Springboard into Journalism.

P-Journalism 2, 3, 4 (Yearbook)

Grades 10-12

Students will plan and produce the Wildcat Yearbook in this class. Each student will be responsible for covering part of a specific section, such as activities, sports, organizations, faculty or classes. Some students will have related jobs, such as editor, business manager, artist, photographer, copywriter, or typist. Students experience a great sense of unity and accomplishment as they produce the LGHS yearbook.

P-Multimedia Journalism

Grades 9-12

Multimedia Journalism introduces students to a wide array of media fields including graphic design, video production, computer animation, broadcast journalism, videogame design, and web design. Emphasis is placed on teaching students the fundamental principles of artistic composition in each field and the technical knowledge necessary to effectively use a variety of multimedia software and hardware systems. These include studio lighting, visual recording and audio systems, Adobe InDesign, Page Maker, Photoshop, Final Cut Pro, Adobe Flash 8, Maya, and Dreamweaver. Class time will primarily be spent on project development and practice. In addition to these projects, broadcasting daily announcements will be an expectation and on-going project for the class. After completing introductory units within each field, students will have the opportunity to specialize in a specific area to create a substantial final project to develop their portfolio.

Home Economics

Clothing/Fashion Design 1, 2, 3, 4

Grades 9-12

Clothing/Fashion Design is a yearlong course for students who want to learn how to make clothing. Students will learn how to operate a sewing machine, use a pattern, and learn basic construction skills and the care and purchase of fabrics. All levels of ability are welcome in Level 1. Levels 2, 3, 4 are designed for advanced students who want to improve their skills. The class is taught in small groups and on an individual basis. Analysis of personal image and body type will be included.

Introduction to Fashion Style and Merchandising

Grades 9-12

Introduction to Fashion Style and Merchandising is a yearlong project-based course designed for students interested in the fashion industry. Topics include apparel and accessories terminology, body imagery, color theory, basic cosmetology, merchandise positioning, brand imagery and characteristics of fashion apparel and accessories. The course will also include a fashion illustration component and an internship component where students will gain an understanding of the retail industry.

International Cuisine and Hospitality 1 and 2

Grades 9-12

This course is a class designed to acquaint students with fundamental and advanced information about cooking skills, equipment, ingredients, and product standards. Emphasis first semester is placed on nutrition and wise consumer practices in the selection and preparation of foods. Emphasis second semester is on developing skills in the preparation of full course meals. Foods of many cultural varieties will be prepared during the year. There will be an individual project each semester. Students will be eligible to join the Skills USA (VICA Club) and compete in local culinary competitions.

Industrial Technology

Metals Manufacturing 1

Grades 9-12

Manufacturing is a year-length introductory course in the field of metalworking. This course gives students an understanding of safety procedures, tools, equipment, materials, techniques, and consumption of metal products. Five major areas of practical experience for students include oxyacetylene welding, electric arc welding, parallel line sheet metal development, heat-treating of steel, and ornamental wrought iron. Successful completion of three years of manufacturing/metals can be used as one year of physical science to meet high school graduation requirements.

Metals Manufacturing 2

Grades 10-12

This course offers students an in-depth study in various areas of manufacturing with a major emphasis on conventional machine tool operation (lathe and milling machine), tool sharpening (lathe tool bit and drill bit). Flame cutting, and advanced welding in: oxyacetylene, arc, metallic inert gas (MIG), and tungsten inert gas (TIG) will also be covered. Work samples for student personal portfolios will be developed.

Metals Manufacturing 3

Grades 11-12

In this advanced Manufacturing/Metals course, students take an active part in the mass production unit and produce a challenging project. A unit in computer numerical control manufacturing is also available. Students completing the third year of the Manufacturing/ Metals program with a **B** or better average will be considered for advanced placement at local community colleges.

Metals Manufacturing 4

Grade 12

This is a course that is based on a yearlong independent study project, which is developed, designed, built and documented by the student. A personal portfolio will be developed and completed by the end of the class.

Woodworking Technology 1

Grades 9-12

Woods provides students with an in depth study of woodworking and is project based. The use of modern design, construction, and materials is stressed. Students are encouraged to use their own ingenuity and to develop independent working skills. The use of jigs, fixtures, and other devices to speed up production is taught. Students should acquire a high degree of skill in the use of hand tool and woodworking machinery, the ability to apply mathematics, science, and drawing to practical situations, and a thorough knowledge of the requirements and opportunities in the woodworking trades and industries. Students will use a variety of domestic and exotic hardwoods in their projects. They may also gain experience using a CO-2 laser to embellish their projects. Students may take this course up to four years. This is a hands-on participation course where you learn by doing.

Woodworking Technology 2

Grades 10-12

This class is a second year woodworking course that offers a more in-depth study of woodworking techniques and applications. Each student will develop a broad knowledge of all tools and machinery in the shop, as well as general competence in using them. This is a “hands-on” course and students will learn through working. Projects will be of a more advanced nature than Woods 1 and will again be group oriented where all members will take part in choosing the projects. Each student will then build the selected project using mass production techniques. There may be additional time for individual projects. Students may be able to use our new CO2 laser to engrave on their projects.

Woodworking Technology 3

Grades 11-12

This class is a third year woodworking course. Students work with the instructor to design a course of study for the year, which revolves around that student’s interest. Projects are generally on a larger and more complicated scale than previous courses. Each student will be expected to be able to work independently on his or her projects. Students may be able to use our new CO2 laser to engrave on their projects.

Woodworking Technology 4

Grade 12

This fourth year woodworking course is structured in much the same way as Woods 3; students will be working independently on advanced projects of their choosing. These projects are meant to be extremely challenging and creative, allowing students to expand their previously acquired woodworking skills. Students may be able to use our new CO2 laser to engrave on their projects.

Leadership, Business and Work Related Electives

Leadership

Grades 9 -12

Leadership is a yearlong course for students who are currently school leaders or hope to take on leadership positions at LGHS. The curriculum will focus on such leadership skills as organization, event planning, presentation skills, etc. Guest speakers will give workshops on running meetings, marketing ideas, and motivating constituents. Ongoing projects will revolve around student body and related school activities such as talent shows, spirit weeks, fundraising, dances, campus clean-up days, and more. Priority will be given to elected student council members, but spaces will be available for leaders in other areas of the school and for those wishing to learn about leadership. This course may be repeated for credit.

Work Experience

Grades 11-12

Work Experience is offered to students who are employed. The student must have a job where he/she is issued a paycheck with deductions taken for taxes, workers' compensation and Social Security. Jobs that pay by commission do not qualify for Work Experience. This course is designed to encourage responsibility and an awareness of what it takes to succeed on a job, whether it is temporary or permanent. Classes are one day per week during which time the student explores problem areas related to the world of gainful employment. Students may enroll for up to four semesters. Students can enroll for a full year or one semester.

Introduction to Business

Grades 11-12

This class gives an overview of the different aspects of business. Possible topics include marketing, finance, entrepreneurship, and personal finance. Students will use the case method through which they will be immersed in real life situations where they must exercise their sense of leadership, teamwork, and acquired class knowledge. No previous business experience is required.

Silicon Valley Career Technical Education (SVCTE)

Sophomores (16 years old), juniors, and seniors who wish to specialize in a particular vocational elective may choose to attend SVCTE and take their three elective choices per semester in a one-block course (15 units at SVCTE). The basic purpose of each SVCTE program is to provide students with a saleable skill that will prepare them for employment after graduation. Students enrolled in SVCTE classes have school- provided transportation to and from the spacious SVCTE campus on Hillsdale Avenue for either morning or afternoon classes. Upon graduation from both high school and SVCTE, personal assistance in seeking and gaining employment is provided by the SVCTE Administrative Staff. Students exploring or enrolling in a SVCTE program must contact a Student Advisor. Tours of the SVCTE campus are available throughout the year. Please see your counselor for additional details about the SVCTE program.

Advanced Science Research 1-3

Grades 10-12

Advanced Science Research is an advanced laboratory science course, which meets the UC requirement for an applied arts elective. Under the guidance of the instructor, students will design and implement laboratory and field research projects using standard techniques. The skills learned in this class will replicate real-world research skills used by the science community. All students are expected to present their work at the Synopsis Championship (Santa Clara Valley Science and Engineering Fair Association) in March and continue to compete in State and National Fairs as their project warrants.

Agroecology 1, 2

Grades 10 - 12

Agroecology is the University of California's scientific study of sustainable agriculture. Each student learns to cultivate a raised garden ecosystem from seed to harvest. Students also learn how to care for our garden rabbits whose droppings are used to enrich our compost. Students spend the majority of class time in the gardens applying knowledge. This class satisfies graduation requirements for both a practical arts and one of two science classes needed.

P-Art 3

Grades 11-12

This course is a studio situation with an emphasis on the use of previously learned methods and media with a wide range of interpretation, as well as practical applications of the studio process

including understanding pricing structures, creating business/sales plans, and creating opportunities for student artists both on- and off-line. Studio projects will include still and life drawings, oil and acrylic painting, contemporary approaches to image making, mixed media works, artist research, and a Student Portfolio.

P-Orchestra 4

Grade 12

This is a course that develops musical skills and techniques by performing a variety of high quality literature ranging from traditional to contemporary. Emphasis is placed on proper instrumental technique and music reading skills. This is a performance-oriented class and campus and community performances are required.

P-Marching/Symphonic Band 4

Grade 12

This is a course that develops musical skills and techniques by performing a variety of high quality literature. During the fall, the band focuses on the marching show and performs at various competitions, at home football games and other community events. During the remainder of the year, the band works on concert music and participates in concerts and festivals. Enrollment in four fall semesters of Marching Band fulfills two years (20 units) of Physical Education.

Physical Education Course Descriptions

This program provides the opportunity for students to become involved in activities that can be enjoyed now and for most of their lives. The primary objectives of the Physical Education program are development of skills in a variety of physical activities and an appreciation of physical fitness. Two years of P.E. credit are required for graduation. All freshman students must be enrolled in Health and Fitness. The second year of P.E. credit may be fulfilled in any other school year and can be fulfilled through a variety of options.

Health and Fitness

Grade 9 (Required for All Students)

Health and Fitness is designed to help develop the student physically, mentally, emotionally and socially. The student is expected to participate in physical and learning activities that assist in meeting these goals. The experiences presented in the course are designed to build rapport among the students and help students develop knowledge, understanding, habits, attitudes and ideals necessary to maintain physical, mental, and emotional health. Two years (four semesters) of P.E. credit are required for graduation. All freshman students must be enrolled in Health and Fitness. The second year of P.E. credit may be fulfilled in any other school year.

Students with medical exemptions must submit a doctor's note with specific dates of exemption and information to the Health Office, Guidance Office, and PE Office.

During 10th – 12th grade years, students can receive P.E. credit by participating on a LGHS sports team or through one of the courses listed below. Students will receive 5 credits for each completed sport.

PE Classes for Grades 10-12

PE – Team Sports/Group Activities

Grades 10 -12

The team sports program is designed to meet the needs and enhance the experience of every student. It will provide the knowledge, skills and confidence that students will need to maintain meaningful physical activity through their lifetime. This course will include activities such as: swimming, tennis, soccer, basketball, volleyball, badminton, team handball, Frisbee golf, softball and aerobic fitness training.

PE – Fitness for Life

Grades 10 -12

This course is designed to promote functional strength and mobility for everyday/life activities. Students will participate in boot camp activities with an emphasis on functional body weight exercises. This class will involve both static and dynamic stretching through yoga movements that will emphasize flexibility and mobility. It will also include metabolic conditioning and lifetime activities to improve overall aerobic capacity, such as: running, circuit training, step-aerobics, Pilates, and much more.

PE – Optimum Fitness

Grades 10 -12

This course is primarily for those students who want to learn how to get fit and stay fit for life. This course will concentrate on exercise and weight training that can be applied for a lifetime of good health. The course will work to include work in the areas of flexibility, core (ab and lower back) training, aerobic training, circuit training, nutrition, running and jogging technique, and may include cross fit training. Students will be pre-tested and post-tested in flexibility, strength and aerobic conditioning. Once the students have learned the basics of the workouts, they will be tested periodically during the course to best decide what their workouts should include. They will focus on those areas where gains need to be made. Students will also learn how to develop or create their own workouts to best suit their needs in the future in order to maintain good health for a lifetime of fitness.

Sports and Other PE Options

First Semester Sports		Second Semester Sports	
Fall Season	Winters Season	Spring Season	
Boys/Girls Cross Country	Boys/Girls Basketball	Co-Ed Badminton	Boys/Girls Swimming
Girls Field Hockey	Boys/Girls Soccer	Boys Baseball	Boys Tennis
Boys Football	Boys Wrestling	Boys Golf	Boys/Girls Track
Girls Golf		Boys/Girls Lacrosse	Boys Volleyball
Girls Tennis		Girls Softball	
Girls Volleyball			
Boys/Girls Water Polo			

Spirit Squad

This squad meets during period 7, and participation is determined by try-outs. Students who make Spirit Squad will be required to spend many hours outside of their regular class in practice and performance at games. Expenses include uniforms and other essentials necessary for public performances. Participation in spirit related activities (Football Program sells, Phone-A-Thon campaign, Father/Daughter Dance, etc.) is required. Auditions requiring workshop participation will be held in the spring.

Dance Team

Dance Team meets during Period 7, and participation is determined by audition. Students who join the LGHS Dance Team will spend many hours outside of the regular class in practice and performance. Dances' backgrounds range from having past experience in ballet, ballet folkloric, competitive dance, Bay Area performing companies, to theater. Sometimes relatively new dancers who have a sincere desire to learn and improve their art will be added to the team. Dancers support their school with dance performances at different venues throughout the school year. Auditions will be held in the spring.

Colorguard 1-4

See course description under Performing Arts.

Marching/Symph Band (Fall)

See course description under Performing Arts.