

Health

Units of study: safety, first aid, allergies and asthma, the 5 senses, dental health, cells, central nervous system, nutrition, body systems, family, community health, no smoking, stress, emotions, hygiene, puberty, drugs and alcohol are dangerous, germs and illness, Blood and disease, healthy environment, and fitness and exercise.

PE

Units of study: locomotor movements, non-locomotor movements, exercise movements, yoga, lead up activities and games for all sports, softball, kickball, basketball, flag football variations, soccer, floor hockey, volleyball, 4-square, bowling, badminton, pickle-ball, tag games, jailbreak, capture the cones, Dr. Dodgeball, Eclipse-ball, Nitro-ball, high jump, vertical jump, pegboard climb, fitness testing, javelin throw, dance, Wiffle ball, Frisbee golf, long-base, soccer kickball, Pillo Pollo, parachute games, jump rope, Waford Ball, Knockout, Hula Hoop Touchdown, Hide Out, Table ball, Spike ball, Dice bonk, Dr. Noodle Tag, Hula Hut Relays, horse, pig, lucky charms, skill ball, scooter pinball, battleship, scooter spell, Flicker ball, throw and catch, hoop tag, fire and ice tag, spider ball, X-Ball, Can-Jam, and sharks and minnows.

Music

The APS Music Program, grades K-8 is aligned with the National Association for Music Education Standards, and based on the KMEA Standard Guidelines. Students use a variety of materials in order to expand their music education, including sheet music, instruments, interactive notebooks, music manipulatives, and assessments. All Students are taught the music language and how to read and write music. K-2 students focus on the basics of music such as instrument families, dynamics, tempo, beat and rhythm. 3-6 Students continue to expand their knowledge by interpreting, improvising, and reading sheet music. 7-8 Students focus on making music connections to the world around them. It is important for students to be able to explore and create their own music, not

just music that is already created. In the music program, we focus on interpretation and creativity.

Technology

Anchorage Technology will provide necessary knowledge, skills, and competencies that equip students for a successful future. This goal requires the understanding of content that helps: empower learners, create responsible digital citizens, facilitate knowledge construction, design and innovate for learning, think computationally, communicate creatively, and collaborate with a global mindset. Using the engineering design process, Anchorage Innovators will curate using a variety of digital tools including robotics, 3D printing, audio/visual equipment, and green screen technology.