

2019-2020 I/E Descriptions for Student Survey- tentative

Session Name	Description
World History Through Film	Students will be able to watch from a variety of films that bring key historical events to life.
Current Events	Use of CNN 10 and Upfront Magazine to discuss current events
Strategic Board Games	Students will play strategic board games such as Axis and Allies, Risk, and Diplomacy, pandemic?
Historical Podcasts	Use online podcasts like "Stuff You Should Know.." and "Stuff You Missed in History Class..." to learn information about historical events
U.S. History through Film and television	Watch movies and TV episodes that illustrate key decades and events from U.S. History
Historical music - the vinyl club OR musician's corner (students bring in instruments and jam)	Students will share records and discuss the historical significance of certain styles of music, songs, albums, etc.
Film clips relating to the APUSH curriculum	There are many film clips that we don't have time for due to the amount of material we cover.
20th century pop culture in film and television	Students will watch films and television shows that have cultural relevance in American society
20th century pop culture in music	Students will listen to music that has cultural relevance in American society
Word, Content, or Skill Games	Students will play word, content, or skill related games such as Scrabble, Boggle, Chess; Trivial Pursuit
AP Psych FRQ practice	Extended time to work on improving writing skills for FRQ
Wonders of National Parks	Students will learn about historical beginnings and the evolution of National Parks in America.
Wilderness Skills	Students will learn basic outdoor skills they can use on a hike at the reservoir, or on the appalachian trail. This can also be an exploratory course so students can learn more about backcountry activities like backpacking, canoeing, bikepacking, camping and more!
Comedy Forms w/ The Three Stooges	Students will be introduced to different styles of comedy and

	writing through watching the shorts of legendary comedy group The Three Stooges
The Great Sports Debate	Students will be presented discussion topics on all sports and debate with their peers to reach a consensus
Quick Cooking	Students will learn how to create healthy, flavorful foods using minimal ingredients.
Destress Your Life	Students will learn a variety of ways to manage school and home stress through the use of mediation, essential oils, bullet journaling, etc
The Play's The Thing	Students will watch, analyze and discuss a myriad of plays and musicals.
Trivia	There are questions, you give answers
Nintendo Zone	Students are given the opportunity to play and compete in games from a variety of Nintendo-based video game systems (Mario Kart, Mario Party, etc.)
The Seinfeld Chronicles	Select episodes from the comedy series <i>Seinfeld</i> are shown and discussed
Upper Perk Film Critics Society	Students will vote on genres of films and then watch films from those genres while discussing aspects of the films, as well as, discussing new and upcoming releases.
Crochet and Knit	Students will learn the basics of both crafts as well as simple stitching, sewing on buttons etc.
Intro to Italian	Students will have a chance to explore basics of a language currently not offered.
Bardolatry	Everything Shakespeare: Students will discuss the Bard, his times, and explore his works.
Unplugged Jam	Students will have the opportunity to perform acoustic music.
Just Dance on the Oui (Wii)	Students will be able to dance the I/E period away; great exercise; deodorant suggested
Book Club	Each month (or every other month) students will agree on a title and then come together to discuss what they've read
Círculo de Conversación (Conversation Circle)	Opportunity for students to practice their Spanish in a conversational setting.
SPCA support club	Make small and easy toys for dogs and cats that can be donated to the SPCA

Global Literature/Comparative Mythology	Students will read and discuss short works of non-Western work literature and examine the classic hero and other archetypes in various cultures.
Cribbage Club	Students will learn the card game cribbage and play against one another/the instructor
Red Cross Club	As a program sponsored by the American Red Cross, the club would provide students with opportunities to make a meaningful impact in the community by addressing its greatest needs, and developing the life-saving and leadership skills needed to respond to emergencies.
Poetry Club	The opportunity to join others who share a love of words. It provides students with a venue to exchange poetry, songs or any creative writing and determines ways to showcase work.
Chess Club	Play chess! Meets during IE period Also every Monday after school
Guitar	Students who are interested in any type of guitar (classical, acoustic, or electric) or who are complete beginners
The Simpsons as Satire	Look at The Simpsons and other animated shows and talk about how they comment on society.
Classic Rock and its Influences	An appreciation of classic rock: the origins and its offspring
YouTube & Podcast Creator Time (20 people cap)	Students will be able to use the studio and sound editing lab to create Sports Talk Radio, Film Review Radio, DJ Mixing/Podcasting and Athlete's college highlight reels
Movie Reviews	Do you love watching movies and would like to share all your critiques and movie knowledge? Come on down and talk about any movie you've seen, why it was amazing, why it was horrible, whatever the case there's a spot for you to share.
Pickleball	Students will learn the rules of, and play pickleball against each other. This is a racquet game similar to badminton and tennis. Students would need to bring their own paddles.
Aerobics	Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength training routines with the goal of improving all elements of fitness (flexibility, muscular strength, and cardiovascular fitness).
HIIT	Stands for High Intensity Interval Training. A series of quick, intense bursts of exercise, followed by short, sometimes active rest periods. This burns fat quicker than other forms of exercise.

Outdoor Sportsman/Sportswoman	Students would meet with other hunters, fishermen and outdoor enthusiasts to share ideas and investigate new hunting, fishing and outdoors experiences. This would include learning and sharing new tactics, locations and equipment.
Marvel movie (MCU) Appreciation	Students would watch Marvel movies and discuss plots and characters from the Marvel Cinematic Universe.
Board Games	Students would spend time playing group board games such as Pandemic, Forbidden Island, Catan, Parcheesi, Trivial Pursuit, etc. Students can bring in approved games and suggest ideas.
Documentary Films	Each IE Period cycle students would watch a different documentary on a wide variety of topics. Students can make suggestions, or may watch documentary series as well.
High Level Science Skills	Students would learn about high tech science procedures that might be done in a science laboratory.
Nutritional Snacks	Each week students would try a new recipe of healthy snacks, learn how to make it, and then make and enjoy.
Volleyball Open Gym	This would follow a league format, so you would play a different team each week, depending on interest and availability. It could be run as a weekly pickup game of volleyball.
Coloring for Stress Relief	Students can bring their own coloring books, or work on their own individual artwork.
Nature Documentaries	Students would watch nature documentaries including Planet Earth, Blue Planet and other similar nature documentaries.
Strategy Games	Students will play games like Risk, Monopoly, Stratego, Blockus, etc.
Scientific Illustration	Students work on their own projects illustrating scientific objects of their choice, using a variety of art media.
Fishing	The students are provided an opportunity to a life-long hobby that they can continue and pass on to their friends and family. Learn to fish, or improve their skills as students explore the sport of fishing. Students can learn how to fish for different types of species with a variety of techniques. This offering often takes outings to local fishing spots.
Golfing	The students are provided an opportunity to a life-long hobby that they can continue and pass on to their friends and family. Learn to golf, or improve their skills as students explore the sport of golfing. Students can learn the basics of golf, proper etiquette,

	and strategies for improving their golf game. This organization often take outings to local golf courses.
RPG (Role Playing Game)	Students are provided an opportunity to foster their team building and leadership skills through participating and leading RPG adventures, increase their creative writing through the creation of campaigns or work on their artistic abilities by creating character tokens and campaign playing scenarios.
Sudoku	Students will be learning how to solve the 9x9 puzzles through reasoning and critical thinking. Puzzles will be offered for the various levels of beginners through advanced.
Uno	Students will learn the strategies of saving special cards, observing the frequencies of colors and numbers, and luck involved in winning this game. You're never too old to play this card game.
Library Makerspace	Students can gather to create, invent, tinker, explore and discover using a variety of tools and materials. For example: knex, circuits, products made from recycled materials, coloring and painting, mixed media art assemblage and mosaics.
Book Club in Library: Waking	Reading and discussing fiction and nonfiction literature that help us explore contemporary issues in society through diverse perspectives.
Armed Services/Military History Club	For students interested in joining the Armed Services or Military History
Track Club	For students to work on form by watching video or by working in the small gym or weight room if space is available.
South Pacific Club	The student will learn about South Pacific cultures with emphasis on music, musical instruments (ukulele and Ipu), language, history, food, crafts (making leis) customs, sports (surfing, outrigger canoe, SUP) dances (hula and The All Blacks Haka) from Hawaii, New Zealand, Australia and other South Pacific Islands.
Journal Article Review (JAR)	Students will discuss scientific peer reviewed articles in a coffee shop setting.
Lap Swimming and Diving	For students who want to stay in shape for water polo or swim season or anyone who wants to get in the pool to swim laps. Also if anyone wants to learn to dive or work on their diving skills.

Aquatic Games	For students who like to play different games in the pool. Anything from inner tube basketball, volleyball, water polo, Marco Polo, sharks and minnows, etc...
Tumbling	Have you ever wanted to learn how to do a cartwheel? Now is your chance. From cartwheels to back flips, this is for students who want to learn or work on tumbling skills for cheerleading or gymnastics.
Aromatherapy Quiet Room	Learn and practice aromatherapy relaxation in a quiet space to study, meditate or complete assignment
Minerals Quiet Room	Learn about spiritual properties of minerals in a quiet space to study, mediate or complete assignments
Card Games	Learn a multitude of games utilizing playing cards and compete against one another.
Fantasy Sports	As a group, we will discuss any and all fantasy sports including both season-long and weekly/daily strategies, injury news and notes, and contrarian strategies for success. We will look at important statistics and listen to "expert" podcasts in order to make better decisions regarding roster management and make start/sit decisions
Poker!	Using ONLY play money, learn and play different types of poker games including hold'em, stud, and draw games.
Team Building	Participate in various group activities which cultivate a cooperative atmosphere. This is a way to work together with others toward a common goal while having FUN.
Stretch & Destress	Who doesn't need a little time to just catch your breath? This is a perfect opportunity to meet in a calming atmosphere and take some time to stretch the stress right out of your body. You will leave feeling refreshed and ready to tackle the rest of your day.
Mr. Upper Perk	Love watching the Mr. Upper Perk contest? Be part of the show. Help with choreographing dances and be part of the crew. Learn what happens behind the scenes and work with the contestants for the show that will take place in the spring.
Decorations committee	Do you love to decorate? Help decorate for Homecoming, Christmas and Prom. Make everything from centerpieces, posters, wall hangings and balloon arches. Also paint windows during Christmas time.
Cardio Kick	Tired of sitting in class all day? Do you want to get up out of your seat and get moving? Cardio Kick will use all forms of aerobic

	<p>exercise from interval training to circuits to old school step aerobics to give you the break from the classroom that you need! All fitness levels are welcome. So come join Cardio Kick and have some fun as you refocus, recharge and re-energize!</p>
Perk-UP	<p>It's time to Perk-UP Upper Perk. Perk-UP provides students service opportunities within the school and the community to make Upper Perk High School a happier place. We will do team building, character building and many different things to Perk UP someone's day as we strive to make the school and the community a better place. Come join us as we change the world one random act of kindness at a time.</p>
Team Sports Weight Training	<p>If you play in an after school sport and would like to get some extra in school weight training completed. This is for you. It may also help reduce some time off your after school lifting commitments.</p>
Baseball Skills	<p>If baseball is your interest and you would like to get some extra time working on your skills plus video skills study this is for you.</p>
Walum Olum	<p>Creative design extension and enrichment time for Walum Olum staff members. Also an opportunity for students who want to contribute to the yearbook publication, but weren't able to fit HS550/550B in their schedule.</p>
Genius Hour (Technology)	<p>Opportunity for advanced technology projects, and to enter contests and competitive events.</p>
Launch Lab	<p>Opportunity for advanced entrepreneurship projects, and to enter contests and competitive events.</p>
Directed Technology Study (Software and Hardware)	<p>Students will have access to open computer labs for programs and languages that exceed capabilities of 1:1 laptops (All Adobe CC programs, Python, Java, and many more)</p>
FBLA Competitive Events	<p>Preparation, tutoring, and strategy time for registered FBLA members who enter competitive events at the regional and state level.</p>
Investment Club	<p>Opportunity for exploring stock market games, and extending economic applications to traded securities.</p>
Standardized Test Skills & Prep	<p>Opportunity to complete Khan Academy and similar study strategy lessons in preparation for SAT/PSAT/ACT/ASVAB exams.</p>
College Ready	<p>HS540/540A extension and enrichment: Common App completion, college scholarship searching, essay writing, updating scholarship profiles (ie RaiseMe).</p>

Career Ready	HS540/540A extension and enrichment: mock job interviews, job applications, employment essays, etc.
Perk Pals	Developing relationships between regular education students and low incidence students through various activities
Brewed Awakening	Manage the student-run business.
Shark Tank	Students will view and analyze episodes of this entrepreneurship program and discuss business ideas.
Open Library	Library time for reading and research.
Guided Book Club	Library reading and discussion of books.
Reading Olympics Club	
Writer's Club	
Basketball Open Gym	An opportunity to practice shooting and playing 3v3 basketball
Teach and Transform	Build social consciousness and tolerance, embrace advocacy
Mindfulness	Learning how to lessen the effects of anxiety, stress, and anger through the use of breathing techniques as well as using your senses as a way of being in the moment
<u>Lacrosse skills/scoring:</u>	We will be refining student skills in throwing and catching of lacrosse as well as shooting on the goal cage. Students will need to provide their own equipment – mouth guard, goggles, and stick. Open to girls and boys.
<u>Basketball shooting and 3v3:</u>	Students will work on shooting baskets, especially foul shots, to improve their form and consistency. We will also play 3v3 games. Open to boys and girls.
<u>Field hockey skills/scoring:</u>	We will be refining student stick skills and various shooting techniques on goal. Students need to provide their own equipment – mouth guard, shin guards, goggles and stick.