

ABOUT SVL

WHAT IS SPOKANE VIRTUAL LEARNING?

The Spokane Virtual Learning (SVL) program is a web-based educational project of Spokane Public Schools that provides instructor-led online courses to students. All instructors have valid state certification in their subject areas. SVL presents students with an interactive learning experience, not a textbook online.

Elementary Course Offerings

English Language Arts
Mathematics
Social Studies
Science
ELA and Math Strategies **

Middle & High School Course Offerings

ENGLISH

English 7 / English 7 Honors
English 8 / English 8 Honors
English 9 / English 9 Honors
English 10 / English 10 Honors
English 11
Bridge to College English 12
Mythology
AP English 11 - Language & Composition
AP English 12 - Literature & Composition

MATHEMATICS

MS Math 1
MS Math 2
Accelerated Middle School Math
Algebra 1
Geometry
Algebra 2
Bridge to College Math
Precalculus
AP Statistics
AP Calculus AB/BC

SCIENCE

Science 7
Science 8
Biology
Chemistry
Physics
Anatomy & Physiology

SOCIAL STUDIES

7th Grade Research Skills & Geography (1 Semester)
7th Grade Washington State History (1 Semester)
8th Grade American Studies
World History
AP World History
AP European History
AP Human Geography
US History
AP US History
Current World Affairs (1 Semester)
Civics (1 Semester)
AP US Government & Politics (1 Semester - Fall only)
AP Comparative Government (1 Semester - Fall only)

VISUAL AND PERFORMING ARTS

Drawing, Sculpting, & Painting
Digital Photography / AP Studio Art (CTE or FA)
Music Theory
AP Music Theory

WORLD LANGUAGE

Chinese Year 1
French Years 1, 2, 3, 4
Japanese Years 1, 2, 3, 4
Spanish Years 1, 2, 3, 4
Latin Years 1, 2, 3

FITNESS AND HEALTH

Health
Intro to Fitness *
Intro to Fitness - Student Athlete (HS only)
Lifetime Fitness *
Lifetime Fitness - Student Athlete (HS only)

ELECTIVE

Individually Designed Studies

CAREER AND TECHNICAL

College, Career & Life Readiness (MS, 1 semester)
Certified Computer Applications Specialist (1 Semester)
Web Design (1 Semester)
AP Computer Programming/Science
Digital Photography / AP Studio Art (CTE or FA)
Intro to Health Careers (1 Semester, Health or CTE)

AP COURSES

AP Calculus AB/BC
AP Comparative Government (1 Semester - Fall Only)
AP Computer Programming/Science
AP English 11 - Language & Composition
AP English 12 - Literature & Composition
AP European History
AP Human Geography
AP Music Theory
AP Statistics
AP Studio Art 2D
AP US History
AP US Government & Politics (1 Semester - Fall only)
AP World History

ICAN (Individual Credit Advancement Now)

Credit retrieval courses are available. Register through your school counselor.

SUMMER SCHOOL COURSES

Visit our website for course information

(FA = Fine Arts, CTE = Career and Technical Education)
Courses are offered based on sufficient enrollment

* See website for fees and equipment associated with course.

** ELA and Math supplemental classes for intervention and acceleration
Must already be enrolled in regular ELA or math course at same time.

509.354.7545
REGISTER TODAY AT WWW.SPOKANEVIRTUAL.COM

SVL Fitness & Health Course Descriptions

These course descriptions and all SPS High School course descriptions can be found at www.spokaneschools.org/curriculum in the High School Course Catalog.

Graduation Requirements for SPS require students to earn 2.0 credits in Fitness and Health: 0.5 credit of Health and 1.5 credits of Fitness.

Health

This required class focuses on a variety of health concepts, skills and behaviors to help you plan for personal and lifelong health goals. You will develop and demonstrate skills, such as analyzing behaviors and their consequences, preventing disease, developing overall wellness, and identifying community health resources. The course includes such topics as nutrition, conflict resolution, Human Growth & Development, emergency situations, stress, addiction and dependency, and diseases. Students will take a Washington State Fitness & Health CBA in this course.

Intro to Fitness (Year 1)

In this first in a series of 3 required semesters of fitness, you will participate in a variety of activities in which you will demonstrate and apply complex motor skills, movement concepts, skill-related components of fitness, safety, and teamwork, sportsmanship and fair play. You will take a look at individual health behaviors and analyze your current personal health and fitness plan by assessing your fitness in the components of health-related fitness. You will demonstrate your ability to set and adjust individual fitness goals and to create a personal health and fitness plan based on your analysis. You will also identify barriers to physical activity and strategies to overcome those barriers to maintain a physically active lifestyle.

An activity monitor (provided by SVL) will be used to record student workout data.

Intro to Fitness – Student Athlete (Year 1) * For a list of approved activities please see the Verification of Athletic Participation form found on the SVL website, www.spokanevirtual.com

This course is the online version of Year 1 Fitness – Intro to Fitness for the student athlete. The activity portion of the course is completed through participation in an approved community or school activity. Student must be actively participating in the school or community activity during the same semester they are enrolled in the Student Athlete class.

This class earns a letter grade, based on the district's A-F grading scale. There are two components that must be successfully completed in order to earn an SVL Fitness Student Athlete credit. (**See below for important information)

Lifetime Fitness (Year 2)

Pre-requisite for Semester A: Year 1 Fitness • Pre-requisite for Semester B: Year 2 Fitness Semester A

In this course, you will apply movement skills and fitness concepts and evaluate health and skill-related components of fitness in lifetime activities. You will predict how physical activity interests and abilities change across a lifetime, and how to select coping skills to deal with personal challenges, differences and setbacks in physical performance. You will create, implement, monitor, self-assess, and modify a personal health and fitness plan. At the end of Lifetime Fitness Semester B, you will take the Washington State Fitness & Health CBA.

An activity monitor (provided by SVL) will be used to record student workout data.

Lifetime Fitness – Student Athlete (Year 2) * For a list of approved activities please see the Verification of Athletic Participation form found on the SVL website, www.spokanevirtual.com

Pre-requisite for Semester A: Year 1 Fitness • Pre-requisite for Semester B: Year 2 Fitness Semester A

This course is the online version of Year 2 Fitness – Lifetime Fitness for the student athlete. The activity portion of the course is completed through participation in an approved community or school activity. Student must be actively participating in the school or community activity during the same semester they are enrolled in the Student Athlete class. This class earns a letter grade, based on the district's A-F grading scale. There are two components that must be successfully completed in order to earn an SVL Fitness Student Athlete credit. (**See below for important information)

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1. Successful completion of written curriculum components via SVL course and,
 2. Successful completion in an athletic activity that is either a school based program or a directed community activity*

Enroll: Fall Sports = 1st semester, Winter Sports = in 1st semester (must complete coursework but will receive "incomplete" for 1st semester until the sport season is completed) or 2nd semester, Spring Sports = 2nd semester

Please Note: If you begin the SVL written curriculum prior to the start of your athletic activity and then do not make the team (or were cut for any reason) you must notify your SVL teacher right away and will be transferred to a regular SVL fitness class which requires regular physical activity using a heart rate monitor.

