

### **Acoustic Guitar**

Bring your acoustic guitars as we learn some basic techniques and methods. Come enjoy the jam sessions and good 'ol Applin' fun. It is preferred that you bring your own guitar. This club lasts for a full semester.

### **Apples to Apples**

Which is a better example of the adjective "fun"?

Skydiving

Home maintenance

The AIM course Apples to Apples

Do you enjoy matching Things and Descriptions? To play, the current referee selects a Description and players try to pick, from the cards in their hands, the Things that best match that Description. The referee then chooses the Thing that appeals most and awards the card to the player who played it. The unusual combinations of Things and Descriptions are humorous to the extreme. Apples to Apples was named "Party Game of the Year" in the December 1999 issue of Games magazine and received the National Parenting Center's seal of approval in May 1999.

### **Are You Smarter Than?**

So you think you are soooooo smart? Come and join your fellow "geniuses" for a battle of intellect. Challenging trivia questions that cover numerous subjects will be used to determine who is really the "smartest kid in the class". If you like the television show "Are you smarter than a fifth grader?" you will love this!

### **Arts and Crafts**

Arts and Crafts is an enjoyable course. Students participate in fun activity ideas that are centered around seasonal crafts and decorations, jewelry making, painting, and many other exciting ideas that come from the students.

### **Ballgame Time**

Kickball, Four-square, Beach ball, Soccer, Cat and Mouse...

Are you a person who likes to play ballgames of all kinds? If so, this is the place for you! In this course we will be playing some long time favorites as well as learning new ways to have fun with indoor/outdoor game time! No skill necessary, just bring a great attitude and willingness to get active and have fun!

### **Bananagrams**

Bananagrams is a fast paced addictive word game that will drive you BANANAS!! It requires no

pencil, paper, or board. Each player is able to play at their own level, using their tiles to form individual crosswords. The resulting race to grab more tiles and rearrange already played letters into new words is fun and addictive. It is both educational and a lot of fun.

### **Chess**

Explore the origins of chess as it evolves into its modern form. Theories of the game of chess will be examined to develop a positive use of thinking skills. You will learn intricate rules and strategies to corner your opponent and introduce him to checkmate.

### **D.A.R.E.**

Did you have D.A.R.E. in the fifth grade? Would you like to re-visit the topics covered in D.A.R.E.? Join D.A.R. E. and discuss the pressures that you face, now that you are in middle school. Learn essential tools that you can use to remain drug free.

### **Decorating Creations**

In this class the basics of decorating cakes will be taught using cookies as our cakes. In each class we will experiment with decorating techniques and eat our product at the end of class. Each student will need to purchase supplies for class.

### **E A G E R (Girls Only)**

#### **Empowering Adolescent Girls in Every Realm**

This mini course will:

- \* Encourage a wholesome lifestyle, a happy outlook and healthy self-image
- \* Promote self-esteem, self-respect and self-confidence
- \* Endorse acceptance and respect of others
- \* Become a vocal advocate for a healthy lifestyle

### **Extreme Fitness**

Extreme Fitness is a high intensity work out program suitable for boys or girls, and is a combination of aerobics and kickboxing. (Students will not be boxing each other) This course will enable its members to become fit, build their endurance, confidence and self-esteem. You can achieve these goals by learning some simple boxing, kickboxing and other well-known techniques that are essential to this exercise regimen. This activity can be performed by students of all fitness levels... there are no prior skills needed to be successful. Members will engage in high intensity cardio and endurance training, that will last for approximately one hour every time the class meets. It would be helpful and recommended by the instructor that on days that the students meet for this class, they wear clothing that they can move around easily in, such as t-shirts, tennis shoes, shorts, wind pants or other kinds of comfortable clothing.

Please be mindful of the Shelby County dress code... no spandex or halter-tops. It is a great way to work out and train your body for better endurance. Exercising in a group setting such as this with music can provide motivation and excitement and energy.

### **Garage Band**

This course is designed to allow students to learn the basic skills required to create their own music in the computer program "Garage Band." This course will also instruct the students in basic computer programming and music arranging. Additionally, students will be allowed to express themselves musically without the need of years of performance experience.

### **How's Your Game? (Boys Only)**

Hey, are you tired of being picked last for a game of basketball in your PE class? Do your friends tease you about your jump shot or poor ball handling? Have you failed to make the team two consecutive years after basketball tryouts. If you answered yes, then this is the class for you. We will teach you the basic fundamentals of the game of basketball: shooting, ball handling, and passing. Students will compete in individual contests, as well as, competitive games. They will also hear from athletes who have played high school and college basketball. So lace up those sneakers and join us in the gym for one of the most exciting classes at Appling Middle School.

How's your game?

### **Introduction to French Language and Culture**

Bonjour! Students will be introduced to basic vocabulary in the French language. There will be some background in the customs and history of France. Vive la France!

### **Jazzercise**

Like to dance? Want to move to great tunes? Come join Jazzercise! This course combines elements of dance into aerobic exercise. Students will learn fun routines with popular music. Come join fun!

### **Learn to Eat with Chopsticks**

Have you ever been in an Asian restaurant and felt out of place because you couldn't eat with chopsticks? Never again, because in my course, you will learn why people of certain cultures eat with 'two sticks.' Participants will begin learning the technique with large items like mini marshmallows, and graduate up to rice on the last meeting day. You will be racing to the nearest Oriental restaurant by the end of the course!

### **Let's Read**

You can travel, meet interesting people, learn secrets, and even improve your well-being. This adventure called reading helps with sound decision making and offers opportunities that may not otherwise come your way. Come and join in as the journey takes us to different places with unfolding challenges that pique the imagination.

### **Make your own Greeting Cards**

Glitter, stencils, curly paper, fancy scissors, foam cut outs, and much more. These are some of the tools you will use to create your own original cards. Birthday, graduation, Valentine's Day, or general purpose, we do them all. This is a great opportunity to express your creative side, try out new ideas, and visit with classmates as you work. Don't miss the fun!

### **Making Memories**

Do you love to scrapbook? Are you creative? Do you like to display your pictures in creative ways? In this AIM, you will create a "Smash Book" to display your pictures. You will learn about scrapbooking, journaling, layouts, and more. There are a few requirements for this AIM. You will need six (6) or more pieces of 12x12 inch card stock, photographs, stickers, a glue stick, and other art supplies.

### **MANCALA Madness**

Are you a competitive person who likes to play simple board games? Then "mancala madness" could be the place for you. Come learn the history of the game and practice different strategies as you compete in friendly games and fierce competitions. Put your thinking skills and competitiveness to work as we find a mancala champion.

### **Math Games**

Learn strategies involving probability to play Yahtzee, Missed By and Bingo. Enjoy the complex versions of the ancient game of Mancala. If you have a competitive spirit, this course is for you!

### **Memphis Music**

Memphis Music course surveys the music made in our city starting in the 1920's and continuing on until today. Using CD's and DVD's, we cover the jug music and the blues of the 30's, 40's and 50's, the rockabilly and country of the Sun years, the soul music of the Stax era, and some of the bands working today. Members are also encouraged to bring in the music that they enjoy to share with the rest of the group.

### **Movie Sentiments**

In each session of this course students will watch a movie, movie clip, or an excerpted version of a media presentation that impacts their lives and/or society. Subjects may include interaction with peers, environmental issues, and influences of the media. A follow up response will engage students in identifying the problems of the characters or the societal issues presented and propose through discussion what action they can individually or collectively perform to positively affect the outcome in the scenarios presented.

### **Music-N-Me**

“Music-N-Me” will revolve around students sharing and discussing the music and artists they enjoy daily. Topics may range from music as a means of self-expression to how music influences our life and culture. In addition to having the opportunity to express their personal love of music, students will be exposed to different genres and artists that they may not encounter regularly. Hopefully, the experience will lead to a broader appreciation of musical preferences.

### **Photography**

Photography club students will learn the top ten tricks for taking awesome photos and learn about careers in photography, such as photojournalism and fashion photography! Students will take photos with disposable cameras and critique each other’s images. Learn how to change the way you see the world – through photography.

### **Pick’in and Grin’in 101**

Guitar anyone? Stuck in a rut? Join the Pick’in and Grin’in group for basic guitar instruction. Learn things like guitar care, reading tabs, and learning chords. It is preferred that you bring your own guitar. This club lasts for a full semester.

### **Pilates**

Come improve your mental and physical well-being with Pilates. It will increase your flexibility, endurance, coordination and strengthen your muscles. A mat would be great, but it is not required. Wear comfortable clothes and be ready to exercise.

### **Podcasting 411**

Do you have something to say? Do you like talking about your favorite things? If so, podcasting is the course for you! Podcasts are mini movies. In Podcasting 411, you will be able to create your very own podcast on a topic of your choice. From researching your topic to finding pictures and music

for your podcast, you will learn how to use Garage Band to create a Podcast.

### **Pottery**

In this mini course students will use hand building to create ceramic pieces. Pieces will be glazed once they are fired. Students will experience brief introduction to the potter’s wheel. Each student will have unique creations to take home with them at the end of each course session.

### **Running**

Do you aspire to be a runner? This course is for beginner and intermediate level runners who would like to practice and build up their pace. Bring your running shoes and shorts. We will be working up a sweat!

### **Scrabble**

Scrabble is a game of word play and word challenges. Learn spelling strategies and new words! Use your new found knowledge to impress and thrill your friends and families. Did you know: The highest scoring English word in the game of Scrabble is "Quartz"? Come and enjoy the Scrabble spelling fun!

### **Skitsuations**

Do you like to perform? Students will present a humorous reading, do some improvisations, and perform a short skit. Come showcase your talent.

### **Sports Card Collecting**

Are you a sports card fanatic? Do you collect sports cards? Do you enjoy trading your cards? Do you know how much your cards are worth? If you answered “yes” to any of these questions, then this is the course for you. Bring your cards in and meet other collectors. It doesn’t matter which sport: basketball, baseball, or football. This is a fun course but you must have sports cards to be a part of the fun. This club lasts for a full semester.

### **Step N2 AMS**

You got rhythm? How about a chance to make music with your hands and feet! Yep! That’s called Stepping. This is a high energy, rigorous and fun activity! Hand and feet coordination is a plus! Show off your rhythm and Step N2 AMS.

### **Sticky Accessories**

Sticky Accessories is a hands-on course where wallets, hats, vests, purses, and even clothes are made out of duct tape. In this fun filled course, a student can explore different and creative ways of using one of the toughest tapes available on the market today.

Materials Needed:

- \* 3-5 rolls of (any color) duct tape
- \* Scissors

### **Story Corner**

This course is designed to teach tolerance. Students will share stories and discuss ways to be respectful of differences.

### **Strategy Games**

Do you think you are sharp as a tack? Have the right stuff? More clever than the average bear? The sharpest crayon in the box? Then try your hand at these award winning strategy games. Students will learn the rules and then play one new strategy game each week.

Week 1: SET

Week 2: Othello

Week 3: Blokus

Week 4: Ringgz and/or Gobblet

### **Sudoku**

Do you like a challenge? Do you enjoy solving problems? Discover what people all over the world are discovering - Sudoku is fun! In no time at all you will find yourself addicted to solving Sudoku puzzles. The puzzles are made of numbers, but math is not used to solve them. How intriguing is that? So sign up for Sudoku now and watch the fun begin.

### **Tae Bo Cardio**

Kick and punch your frustrations away at the end of the day. Dress for continuous leg movement and kicking. We'll be exercising for 45 minutes. Come and work out with us.

### **Volleyball**

Students will learn the basics of playing the game of volleyball. They will be placed in teams and compete for best of the best in a very active, intense game of skill and athleticism.

### **What's Cooking?**

You are what you eat! The foods that we eat affect our appearance, our health and the way we feel. We will participate in fun activities, watch videos, and listen to guest speakers to help us become healthier. We will prepare simple recipes like smoothies and other snacks that require little preparation. Who knows you might become the next Rachel Ray or Bobby Flay.

### **When Hollywood got it Right**

Hollywood is easy to criticize. So many times movies lack strong moral characters. Villains have become heroes. There have been some exceptions where the movies do give positive messages. This course will analyze two such instances.

### **Yoga**

Realign your mind and body with yoga poses. Yoga is a noncompetitive discipline where you may build strength, increase flexibility, improve confidence, and gain endurance for other sporting activities. Bring a yoga mat and wear comfortable clothing (t-shirt, yoga pants or warm-ups, and bare feet).

### **Zumba**

Zumba combines high energy and motivating music with unique moves and combinations that allows participants to dance their way to a healthier body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

