

Soccer Intensive

Credit: .25 Physical Education

Grade Level: 7-12

Teacher: Ashley

Do you love to run around outside? Do you love to work hard and cooperate with others? Do you want to be a part of the “world’s game”? Then this intensive is for you! This soccer intensive is geared toward beginning and intermediate players hoping to get (or remain) fit, improve their technical skills, and have fun. We will be playing outside rain or shine so you need to be prepared for our Alaskan springs. Each day there will be a combination of fitness training, technical skill development, small-sided games and full field games. We will take breaks by researching famous players and watching clips of renowned games. The intensive will be co-taught with varsity high school players. Cleats, shin guards and a soccer ball are required. See Ashley if you do not have this equipment.

Botany in Art

Credit: .25 Art Elective

Grade Level: 7-12

Teacher: Chris

We’ll begin by diving into botany (plant biology), followed by a look into how plants have been featured in great art throughout history. Using knowledge of plant morphology, students will use different aspects of plants (flowers, stems, leaves, fruits) in creative designs, including *scientific illustration in pen, expressive watercolor and acrylic painting, clay, concrete and found-object sculpture*. There will be field trips to local greenhouses, and we will work with the Garden Club to determine what qualifies as “*garden art*”. The final project will be a collaborative design that may become part of the Steller Peace Garden.

Class fee: \$25

Cultivating Food, Cultivating Community

Credit: .25 Community Service **Grade Level:** 7-12

Teacher: Danielle

In this hands-on intensive students will earn a community service credit while learning about the environmental, health, and political issues associated with food production and about the innovative things people are doing locally and globally to address these issues. Students will also learn gardening basics and will have the opportunity to create a master design plan for Steller's Peace Garden. We will tour and work on Alaska Pacific University's Spring Creek Farm in Palmer and will visit a thriving "urban farm" in midtown Anchorage to learn about permaculture, an eco-friendly landscape design principle that emphasizes sustainability. Our service projects will relate to gardening, food, and hunger: We will get the Peace Garden ready to plant (weather permitting, we may even plant on the last day) and will volunteer for several organizations, possibly including Bean's Café, the Food Bank of Alaska, and the Anchorage Senior Center. Students will gain a better understanding of the role that food plays in the lives of individuals and communities and how growing food can be a tool for building-up communities.

Class Fee: approximately \$25.00

Pyrography

Credit: .25 Fine Art Elective **Grade Level:** 7-12

Teacher: Gerald

Class Fee: \$45

This will be a studio art intensive based upon the art of pyrography. Pyrography is the art of decorating wood or other materials with burn marks resulting from the controlled application of a heated object such as a poker.

Pyrography means "writing with fire" and is the traditional art of using a heated tip or wire to burn or scorch designs onto natural materials such as wood or leather.

Mystery Madness

Credit: .25 Language Arts Elective

Grade Level: 7-12

Teacher: Jennifer Wadsworth

The genre of mystery stories makes popular reading. In this intensive, we'll study the history of the mystery genre and the elements of a mystery. We'll read mysteries, solve a few mysteries, write our own mysteries, participate in a scavenger hunt, and more.

We'll identify the characteristics of the mystery writing genre and we'll plan our own original mystery story, outline the mystery story using a graphic organizer, write and revise our mystery story on our own, and edit each other's work. We'll then be given opportunities to share our mysteries and to evaluate how clues are laid out to come to conclusions, and to publish them online.

Get Your Music On ! - John

Grade Level: 7 – 12

Class size: 25 maximum

Are you ready to connect with your inner troubadour?

Beginners and seasoned rock stars are welcome. If you're brand new to the music scene or if you have already been working at it for a while, this is the intensive you want.

We will primarily focus on song writing this semester. Using given chord progressions or composing your own, you will learn a variety of techniques for writing original music. There will also be opportunities for improving your instrument skills or trying a new instrument; and overall the nuts and bolts of what it takes to be a talented musician.

Throughout the course students will be working on: song writing skills, developing instrument skills, music theory, the basics of home recording and basic music marketing. At the end of the intensive students will be able to step out and perform an original song.

Well known Anchorage musician, singing and music coach, Monica Lettner will be teaching this intensive. We will also have other music educators and professionals performing and sharing their talents and perspectives on songwriting.

Don't be shy...remember Jewel attended Steller; and there was a day that she first stepped out and got started.

Any questions about the Music Intensive can be sent to:

Intensive Leader: Monica Lettner

Contact: monicalettner@me.com

Credit Count: .25 Music

Elective credit

Class Fee: \$100

The Bible

Credit: .25 English Elective **Grade Level:** 7-12

Teacher: Lee

From the original languages to its impact on the world, and everything in between! Explore its rich history, variety of genres, textual transmission, and intense depictions of action, drama, conquest, romance, and more!

Class Fee: \$30.00 for books and materials

International Lawn and Field Games

Teacher: Leigh Anne Bonney

Credit: .25 PE

Grades: 7-12

Cost: \$70-\$90 (Depending on cost of equipment and wood for projects)

During this intensive students will learn about, make, and play international lawn and field games. We will explore the history and cultural significance of games worldwide. Each student will build two wooden lawn games to take home with them-Kubb, a Viking game of stick throwing, and Cornhole, a Native American beanbag tossing game. We will also learn about and play games such as bocce, croquet, and more. The plan is also to learn Native Youth Olympic Games, some of the Scottish Highland games, cricket, and lacrosse. Through out the two weeks, we will spend our days doing woodworking, painting lawn game sets, learning about the history of the games we are playing, and most importantly, outside playing the games we make and learn about. After this intensive, you will be able to travel the world and join in the games being played in people's backyards and fields.

World War II

Credit: .25 Social Studies Elective

Grade Level: 9-12

Teacher: Mike

Why it happened, why we won, and what effects it has on the world today.

This Intensive looks at the causes of world war II, presents details on the major battles which determined the course of the war, and studies some of the historical figures who changed the world forever because of their decisions made during the war years. We will study why the most important legacy of this war is found in how it ended, and what the winning side did to prevent it from ever happening again.

Eliza and Natalie/Carol - Peer Taught German Intensive

Grade Levels: 9-12, 7th and 8th with Advisor Recommendation

Open to NEW German students and PREVIOUS German students

Cost: \$10

Credit: .25 Social Studies Elective

For two weeks we will take a dive into German language and culture, covering a broad range of topics. Beginning students will learn basic German skills, at least enough to make it through a vacation in Germany; advanced students will build upon their existing knowledge and bring their German to the next level. Students will learn about German music, history, school systems, architecture and more.

Lastly we will be creating and enjoying popular German dishes such as Schnitzel, Kuchen, Kartoffelsalat, Bratwurst and more. If you are interested in Germany, its culture, history or language, this is the place for you. It is a peer taught course by Eliza McGownd, a student recently returning from a year spent in Germany.

Ich freue mich, mit euch zu arbeiten, wir werden unendlich viel Spaß haben!

Requirements: Enthusiasm! - This class will be taught using the "immersion" technique, participation is required!

Self-Defense and Brazilian Jiu-jitsu

Grade Level: 7-12

Costs: \$0

Prerequisites: None. Students must provide a mouth guard and wear athletic clothing.

Description:

Brazilian Jiu-jitsu is a grappling martial art based upon the use of proper technique and leverage to defend oneself against assailants. BJJ is used for self-defense and for sport grappling. The art was derived from the Japanese martial art of [Kodokan judo](#) in the early 20th century.

BJJ teaches that a smaller, weaker person can successfully defend against a bigger, stronger assailant by using leverage and proper technique—most notably by applying joint locks and chokes to defeat the other person. Brazilian Jiu Jitsu training can be used for sport grappling tournaments ([gi](#) and no-gi) or self defense.

[Sparring](#) (commonly referred to as 'rolling') and live drilling play a major role in training.

Jiu-Jitsu is a contact sport. Students will get bumps and bruises and may be sore from physical exertion. Students will participate in yoga, proper stretching techniques, drilling of jiu-jitsu positions, and then the application of these techniques in live rolling.

Other than basic BJJ, students will be introduced to the Gracie “Bully Proof” system as part of a self-defense program. Within this program students will learn many techniques applicable to self-defense.

If time permits we will cover many topics under the theme of “self-defense”. I am hoping to cover nutrition and other daily healthy habits for life long health during the course of this intensive.

Once again, there is physical contact in this intensive as it is a grappling sport. Students will get bumps and bruises as well as an excellent workout. Please talk to me with any questions you may have about this intensive and what it will entail.

Fencing

Teacher: Svetlana Jackson

Instructor: Wayne Johnson, coach from Fencing Center of Alaska.

Credit: PE

Fee: \$85 the most (could be cheaper if class is over 18)

This class is an introduction to the Art of Classical Foil Fencing. Students will learn how to move, defend, and attack using the basic fencing weapon - the foil. Great for developing physical agility and mental focus, fencing is also FUN! Fencing develops better eye-hand coordination, physical agility, grace, and balance, while promoting cardiovascular fitness and increased confidence and self-esteem. All equipment and instruction are provided. This class takes place in Fencing Center of Alaska facility. Please wear sneakers and comfortable clothing for this class.

Wayne Johnson has over 40 years of fencing experience including selection for two Olympic teams, two world university teams and national finalist multiple times. Wayne has a passion for fencing and engages his students to reach their potential. His coaching experience includes both elite and beginner inspiring all.

Troy & Isabel MacCay – Peer Taught Intro to Dance

Grade Levels: 7-12

Credit Count: .25 Physical Education

Class Fee: Students are required to either have or buy proper dance shoes (approx. \$20)

Ever feel like you're the one person on the dance floor who has no idea what they're doing? Are you desperately in need of PE credit? Well no more! Intro to Dance is an opportunity to explore the field of dance. You will learn coordination and gain a better awareness and control of your body. We will work on stretching and strengthening, the technique which is at the base of all dance styles, and will switch daily between modern and classical instruction. There will also be dance education and movies to gain a better understanding of the dance world. Students will also have two performance opportunities, one for the school and one for the parents. If you took this intensive last time, fear not. You can take it again and you will work on what we learned last time and learn some new stuff. If you didn't take it last semester, know that you won't be behind and everyone is learning new things this spring. Dance is an activity of expression and Athleticism that anyone can be a part of. Hope to see you there!

(Men not required to wear tights)