

Rising 7th Course Selection Video Resource  
Frost Middle School  
2025-2026

**Required Courses** - video times below

<b>English 7</b> 🕒 0:00	<b>US History 7</b> 🕒 1:45	<b>Science</b> 🕒 3:50	<b>Math 7</b> 🕒 5:23	<b>Health &amp; PE 7</b> 🕒 8:01
			<b>Math 7 HN</b> 🕒 6:30	

**Elective Semester Courses** - video times below

Art Foundations 🕒 00:16	Computer Solutions 🕒 7:55
3D Art* 🕒 1:05	Coding & Innovative Tech 1* 🕒 8:34
Art Extensions* 🕒 2:09	Engineering 1 - Design & Modeling 🕒 9:18
Computers in Art* 🕒 3:08	Family and Consumer Science 1 🕒 10:09
Chorus 🕒 3:55	Creative Writing 🕒 11:17
Piano Lab 🕒 5:00	Literacy Arts/Journalism 🕒 12:22
Theatre Arts Appreciation 🕒 6:00	Strategies for Success 🕒 13:25
Technical Theatre 🕒 7:00	

**Elective Year-Long Courses** - video times below

Band 🕒 14:42	French 1 Part A 🕒 19:18
Orchestra 🕒 17:30	Spanish 1 Part A 🕒 20:54
Chorus 🕒 15:32	

\*prerequisite/teacher approval required (refer to course selection sheet for details)