

## ***Sports and Fitness***

A two- or four-week course designed to allow students entering grades 10-12 to complete one-quarter credit (two weeks) or two-quarter credits (four weeks) of their Physical Education requirement. Successful completion of the four-week course fulfills the entire Upper School Physical Education requirement.

Students will participate in activities that incorporate the principles of weight training and conditioning and their application to everyday living. The course includes basic weight training, heart rate monitoring, and aerobic activities for improving fitness. Students will also engage in lifetime activities such as sand volleyball, tennis, golf, and outdoor recreation to provide the connection between lifetime wellness and fitness so that they can make positive lifestyle decisions. **Class will meet every day from 8:30 – 11:30 am, and attendance every day is required.** Grades are based on a point system from the following categories: participation, responsibility/attitude, and written assessments, and students must meet all requirements to receive a transcript grade. The cost is \$350 per two-week session. Breck Physical Education instructor Merrill Harris, teaches this course.

Two-Week Sessions (each class earns one quarter credit toward Upper School physical education requirement)

**Session One:** June 21-July 2

**Session Two:** July 6 – July 16

**Session Three:** July 19 – July 30

Four-Week Session (fulfills entire Upper School physical education requirement)

June 21-July 16

## ***Summer French***

This two-, four- or six-week course is designed to allow students entering grades 5-12 to:

- improve their French language skills,
- enrich their French, or
- work on advancement and take a proficiency test to advance to the next level.

Listening, speaking, reading, writing, and culture study are all part of this course, which will be enriched with off-campus cultural immersion experiences (field trips in French) and French snacks.

The curriculum is based on Breck's regular French texts (*Paradigm* in Upper School and *Le Kiosque* in Middle School – all available for purchase through the Breck bookstore). We will also use computers, and Breck students may keep their laptops over the summer for this course.

Students will have ample opportunity to gain proficiency. (For comparison, a year of language study in a regular class for 45 minutes a day provides 135 hours. The six-week summer program provides 105 hours, all in small groups or one-on-one instruction.)

The class will meet from 8:30 am-12:00 pm daily. Students may sign up for one, two or three two-week sessions. The class size is small with individual tutoring throughout the morning. Students work closely with the instructor, individually and in small groups. The cost for this course is \$350 for each two-week session. The class is led by Breck French Instructor Jodi James.

**Session One:** June 21-July 2

**Session Two:** July 6 – July 16

**Session Three:** July 19 – July 30

### ***The Fundamentals of Speaking***

This two-week course for students entering grades 5-8 is designed to help students face public speaking confidently.

It will begin with activities crafted to strengthen students' ability to articulate, speak with proper posture and involve the audience. Throughout the course, students will explore various forms of public speaking, including impromptu, informative and persuasive speeches, and learn how to conduct the research needed to argue a point of view. On the final day, parents are welcome to come and watch as students give their final speeches and view footage of speeches from earlier in the course.

This class will meet during session three of Breck Summer Programs, July 19-July 30 from 8:30 am- 12:00 pm daily. The cost for this course is \$350. This class is led by Breck Middle School Resource Teacher Jay Rainville.

**Session Three:** July 19 – July 30

### ***Algebra Refresher***

This two-week course, available for students entering grades 7-9, is designed to provide a solid grasp of the concepts and procedures of first-year Algebra, which forms the basis for success in the Upper School math program. This course is for students who wish to firm up their algebra skills and understanding. The focus will be on properties of arithmetic, including those of powers and roots, and their application in solving equations and simplifying expressions. A review of arithmetic and algebraic fractions will be included. Linear functions and equations will be particularly emphasized.

This class will meet during session three of Breck Summer Programs, July 19-July 30 from 8:30-10:15 am daily. **This course does not earn Breck School academic credit.** A written progress report will be made available for parents and teachers at the conclusion of the two-weeks. The cost for this course is \$175. This class is led by Breck Middle Math Instructor Michelle Bonderer.

**Session Three:** July 19 – July 30