

****Serving the homeschool community for over 15 years! ****



Hands in Motion

Homeschool Enrichment



Hands in Motion is proud to be offering academic and enrichment classes. It is our goal to provide the opportunity for children to explore their gifts; whether that is technology, sports, language, creative arts, math, writing, science, history, or building with their hands. Come and join us in encouraging *your* child as we put their "*Hands in Motion*" for learning!

Spring Session Begins January 4th

Story of the World
Drone Aviation
Lego Robotics/Engineering
Jr. Carpentry
PE Sports/Athletics
Sewing
US History/ Gov't

Nerf/Nerf Tag
Beg-Adv. Electronics
Minute-To-Get-It PE
Architectural Drafting
Small Engines
Hands on Science & Labs
1st-3rd grade STEAM

Elem. & Jr. High Hands on Science Labs



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Hands in Motion

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Hands in Motion Spring 2021 In-Person Class Descriptions

Please see schedule, website, or contact us for availability
All classes have virtual, hybrid, and in-person option

1st-3rd Grade Program

Fridays 10:00-11:50 \$295

'Li' Hearts and Hands- STEAM

New and Continuing Students Welcome



We are excited to offer a program for homeschooling families of students grades 1st through 3rd, to supplement what they are learning at home. This engaging Hands-On class will cover education in character traits and social skills, along with multiple subjects such as math, language arts, history, science, art, etc., all in an environment that is a safe, nurturing, and a fun Hands-On style of learning. Creating a place where kids can explore and learn their potential while building relationships with fellow homeschooling students is of high priority. Come join us in putting your little one's Hands in Motion for learning. Class size is limited.

Architectural Drafting & Model Building I & II (Grades 4-H.S.)

New and Continuing Students Welcome



"Take it to the drawing board." Two classes wrapped up in one! In this class we will be learning drafting techniques and designs. Students will draw two-dimensional building models to scale. We will be using pencils, drafting

instruments, and graph paper to create our blue prints. Students will then use these blue prints created to build 3D models.

Model Building... here things come to life! Students will learn & hone in on their drawing skills as they envision the house, they may want to ultimately build one day. After drawing up their "blue prints," they will then be given the opportunity to have their design "leap off the paper and come to life!" Working with various sized balsa wood, they will create a model size version of their plans. This is an assisted project-based class. Students will be challenged to their ability and beyond.

Some drafting instruments may be required for purchase.

****Targets State Standards for Math and Fine Arts****

Drone Aviation I & II (Grades 6-H.S.) \$245-- STEAM

STEAM in the Sky

New and Continuing Students Welcome

This exciting new STEAM course aims at immersing students in the unmanned aerial vehicles industry (UAV or Drones). This is an emerging industry. Students will be exposed to modeling and simulation technology that will prepare them for new in-demand career opportunities.

Our class objectives will focus on mastering the flight planes, execution of piloting the drones, and creating unique obstacle courses. Each drone is also equipped with a camera which we will use to create video clips of our adventures.

Space is limited. Drones are provided.

****Targets State Standards for Science, Technology, and Mathematics****

Electronics I – “Zap IT” I & II (Grades 4-8) \$195--STEAM

New and Continuing Students Welcome

Give your child an exciting, hands-on introduction to electronics.

From smart phones to appliances, digital circuits are all around us. This course provides a foundation for students who are interested in electrical engineering, electronics, or circuit design. In this course, students will gain skills and knowledge through classroom and hands-on lab activities in the areas of basic DC circuits using switches, resistors, microphones, and capacitors. Over the course of the

class we will be creating simplified working circuit boards just like the ones found in alarms, TV's, Radio, and other electronic devices.

****Targets State Standards for Science, Technology, and Mathematics****

Jr. Carpentry (Grades 4-H.S.) \$225

New Projects for Spring

Get math skills through the back door. In this class students will practice measuring, plotting, graphing, arithmetic, geometry, and dimensions.... but they will be focusing on building their very own take-home projects.... not the math. Tool safety and instruction will be emphasized for such tools as a screwdriver, wrench, hammer, saw, router, drill, and various others. We will take ideas, learn how to draw and plan them out, and then have the skills to create them. **We start with raw wood materials to make individualized wood projects.** Students learn how to measure and calculate angles creating a blue print design for their project. They will then measure, cut, assemble, paint, stain, and engrave their very own projects to take home. Measuring tape, safety glasses, and pencils are required.

New and Continuing Students Welcome

****Targets Standards for Art and Math****

Lego® Robotics (Grades 4-8) \$195—STEAM

New and Continuing Students Welcome

In today's world, it seems all students need to be equipped with STEAM (science, technology, engineering, art, and mathematics) knowledge and the creative problem-solving skills necessary to be innovative and creative thinkers.

This is a beginning course in robotics. We will be utilizing Lego Mindstorms NXT base sets. Lego Mindstorms uses a computer software platform and various Lego Robotics materials to introduce the student to computer robotic programming, building techniques, as well as problem solving strategies. Students will be involved in the development, building, and programming of a LEGO Mindstorms robot to perform desired tasks. Students will work hands-on in teams of two to design, build, and program selected robotic projects. Cause and effect learning is enhanced as the models work in conjunction with a computer and, similar to scientists working in labs, students can test and adjust their programming in real time. These projects will start with simple designs which will grow in complexity throughout the class. This robotics program was designed by the creators of the LEGO Mindstorms NXT Robotics systems (for Middle & High School students) and

is a great way to introduce young students to foundational building and programming concepts. Computers are provided. Students will learn:



- How to collaborate in groups and teams
- How to design robots for specific activities and scenarios
- How to use robotics programming software on a laptop
- To design, develop, and complete robotic activities and challenges
- Computers and Lego Mindstorms provided

****Targets State Standards for Science, Technology, and Mathematics****

PE- “Minute to Get IT” - (Grades 4-8) \$185

New and Continuing Students Welcome



Come join us for this fast pace class where everyone has a ton of fun. Here we will be reenacting some of the challenges from the TV series “Minute to Win It”. This is a great way to learn team building and create friendships. Each week we will be dividing into teams and work through blue prints that will challenge your depth perception, hand-eye coordination, agility, patience, and problem-solving techniques. No athletic experience required but come prepared for a good work out. Due to COVID restrictions, we will not be using any shared food items in these games.

****Target Standards for Physical Education****

PE—Games in the Gym (Grades 4-8) \$175

New and Continuing Students Welcome

Parents, are you looking for a fun place for your children to get out and be active? Build friendships? In this class, the students will be playing, exercising, and learning all at the same time. Students will be exposed to sports such as basketball, soccer, dodgeball, volleyball, and others as we work on individual skills through drills. As well as focusing on the proper techniques in stretching, strengthening, and conditioning for better health. As restrictions ease, we’ll play non-competitive games focusing on teamwork and sportsmanlike conduct. Come join us for some healthy activity.

****Target Standards for Physical Education****

PE- Nerf Boot Camp/ Nerf Tag-Outdoor Style- Mondays (Grades 6-H.S.) \$195

New and Continuing Students Welcome



Dodge the Bullet!!!!... This class is created around the military boot camp format. A “Master Drill Sargent” will train the students in hurdling walls, shooting range/target practice, calisthenics, & obstacle courses, as they train to succeed at the “Nerf War Games!” ALL the exercise with DOUBLE THE FUN!!

This Nerf class is geared towards the older student with more military structure, physical conditioning, and Nerf games. We will be using the new Rival Nerf Guns in battle outside on our Nerf battlefield as well as Arrow Tag Obstacle course. **This is an outdoor “rain or shine class.”** “What kid wouldn’t want to battle in the rain and mud?! Children need to come prepared for the weather. (on days of extreme weather instructor may cancel class) Part of the class time will be focused on strength training, obstacle course achievements, team work, and self-discipline. Objectives covered will be developing an appreciation of the importance of physical fitness, basic first-aid, and developing knowledge of team building and basic military skills. Rival Nerf Guns and ammo are provided for class time. Purchase of Army tactical pants and safety glasses are required.

****Targets State Standards for Physical Education****

Nerf Rival Wars- Tuesdays (Grades 4-9) \$185

New and Continuing Students Welcome

This Nerf class is for the kid who wants to see a little more action using the new Nerf Rival Guns. We will be focused mostly on fast pace Nerf Games in the gym along with battle strategies. We’ll talk about how warfare has changed throughout history as we discuss some “famous and not so famous” battles that the US Military was engaged in. Bring lots of **WATER and wear good gym shoes-** you’ll need it as you run around battling it out! Nerf Rival guns and ammo will be provided for class time. Safety glasses are required.

****Targets State Standards for Physical Education****

Science- Hands On: Tuesdays (Grades 4-8) \$225

With Labs (Some books available for rental)

New and Continuing Students Welcome

Come learn about science in a fun, hands on class that will target your science standards for the year. No boring lectures just lots of creative activities and experiments to promote learning. Building a solid science foundation for your elementary- and junior high-age kids so they will be well-prepared for high school is our goal! We use Real Science 4 Kids as our curriculum. Real Science 4 Kids is engaging and focuses on fundamentals, giving your child a confidence with essential concepts and terms. Chemistry I is the first part of the Level I curriculum, which includes basic **Chemistry** (introduces children to college-level chemistry concepts such as the atom and periodic table, molecular bonding and chemical reactions. acid-base reactions, mixtures and separating mixtures, and large molecules such as carbohydrates, polymers and enzymes), **Physics** (concepts covered are: Laws of physics and the scientific method; force, work and energy; potential and kinetic energy; motion; chemical and electrical energy; current, magnets and electromagnets; light and sound energy; and conservation of energy). **Biology** (topics covered: taxonomy, the cell, the specialized organelle (the chloroplast), plants, protozoa, frog and butterfly life cycles, ecosystems and cycles).

Class runs for the entire school year; however, new students are welcome in Spring. Prices are per semester.

Required Text: *Real Science 4 Kids Level I or Middle School by Rebecca W. Keller*
Text books are available for rental for \$25 for the year. Lab materials will be provided. Lab Manuals are optional and can be purchased separately.
Books can be ordered on [Amazon](#) or [Rainbow Resource](#)

Fall: Chemistry/ Physics

Spring: Physics/Biology

****Targets State Standards for Science**

Science Labs- Middle School: Wednesdays (Grades 5-8) \$210

With Labs Level I

New and Continuing Students Welcome

Kids ask real science questions. Our Advanced Science Labs for middle school enables them to discover real science answers. Science disciplines are so

interlaced, to learn one subject requires a foundational understanding of another. This year-long curriculum, with its fun-filled Hands on Labs, addresses this by focusing on the five core scientific disciplines of chemistry, biology, physics, geology, and astronomy.

Learn about acids, bases, pH, and acid-base neutralization, plus plotting data and nutritional chemistry. Discover different types of microscopes and their functions. Explore different types of protists and fungi (molds, yeasts, and mushrooms). Examine inertia, mass, friction, momentum, plus linear and non-linear motion. Study Earth as a system, its geosphere and atmosphere, how to use a star atlas, measuring time, different objects in our solar system Earth's stellar neighbors, and exoplanets.

If you have completed our Real Science for Kids Science Labs from above, this is the next class for you. Older grades may take this as a stand-alone class as Hands on Science is recommended but not required as pre-req. Spring Semester begins half way through the textbook.

Required Text- *Exploring the Building Blocks of Science Book 6 Student Textbook* by Rebecca W. Keller

Books can be purchased at [Rainbow Resource](#) or [Home Science Tools](#).

This book covers the entire school year. However, new students are welcome in Spring.

****Targets State Standards for Science- Experimentation****

Science Labs- Middle School: Mondays (Grades 6-9) \$210

With Labs Level II

New and Continuing Students Welcome

Kids ask real science questions. Our Advanced Science Labs for middle school enables them to discover real science answers. Science disciplines are so interlaced, to learn one subject requires a foundational understanding of another. This year-long curriculum, with its fun-filled Hands on Labs, addresses this by focusing on the five core scientific disciplines of chemistry, biology, physics, geology, and astronomy.

Learn about acids, bases, pH, and acid-base neutralization, plus plotting data and nutritional chemistry. Discover different types of microscopes and their functions. Explore different types of protists and fungi (molds, yeasts, and mushrooms). Examine inertia, mass, friction, momentum, plus linear and non-linear motion.

Study Earth as a system, its geosphere and atmosphere, how to use a star atlas, measuring time, different objects in our solar system Earth's stellar neighbors, and exoplanets.

If you have completed the Hands-on Science Labs Level I (from above) or Advanced Science Labs from last year, this is the next class for you. Older grades may take this as a stand-alone class as Hands on Science is recommended but not required as pre-req. Spring Semester begins half way through the textbook.

High School students are welcome with the understanding this class does not qualify for A-G labs for H.S.

Required Text- *Exploring the Building Blocks of Science Book 7 Student Textbook* by Rebecca W. Keller

Books can be purchased at [Rainbow Resource](#) or [Home Science Tools](#).

This book covers the entire school year. However, new students are welcome in Spring.

****Targets State Standards for Science- Experimentation****

Sewing- Welcome to Sewing (Ages 8 +) Beginner- Adv. \$185

New and Continuing Students Welcome



Learn how to sew. Join Mrs. Tina Rohl in learning how to operate your sewing machine to create beautiful projects. All levels of seamstresses are welcome as students will have the opportunity to work on individual projects. Topics covered will be: machine safety, threading, ripping a seam, sewing a button, stitching techniques, and creating various projects. Students will need to bring their own machines to work on in class as well as a short supply list. See student materials link.

Small Engine Repair (Grades 5-H.S.) \$195

Must have completed Small Engines and Machines or have similar experience

This class is designed for the student that wants to “fix small engines and make some money.” Having completed our Small Engines and Machines class, these students will be able to take that knowledge and apply it to real world engine problems. Students will be instructed and trained to maintain and repair the most common small engines problems. This class covers, but is not limited to,

troubleshooting and repairs, restoring of lost power, smoking lawnmower, starter rope problems, lawn mower carburetor repair, oil change, and engine tune-ups. Through the use of hands-on labs, videos, and personal expertise, students will gain the necessary skills to perform repairs for family and friends. Students will be paired up in teams to work on individual engines.

****Targets State Standards for Science****

Story of the World- Medieval Times (Grades 4-8) \$195

New and Continuing Students Welcome

Let's explore history in a fun and interactive way. We'll take a captivating tour through The Middle Ages as we work with maps, timelines, and PowerPoints. We'll turn the pages of "The Story of the World" history curriculum as we take an integrated approach to the history of the whole world. Creating such projects as sugar-cube castles, make our own paper, and concoct a cauldron of Eye-of-Newt Soup. Spring students will join us where we are currently reading in the book.

Required Text: Students are required to purchase The Story of the World **textbook** Volume2: The Middle Ages by Susan Wise Bauer. Books can be purchased on [Amazon](#) or [Rainbow Resource](#)

****Targets State Standards for History****

U.S History- (Grades 6-H.S.) \$195 **Making of America**

New and Continuing Students Welcome



Let's explore America's history. We will be discussing the events leading up to the American Revolution and follow the course and consequences of that war: Learning how it paved the way to preparing our nation's freedom with the Declaration of Independence. Exploring how the contributions and idealisms of great men like John Adams, Thomas Jefferson, George Washington, and Benjamin Franklin shaped the making of our Constitution and its significance.

****Targets State Standards for History and US Government****

Tennis- Private and Semi-Private Available for all ages

Join us for some fun on the court. Chris Androkitis has been a professional tennis instructor for over 25 years. He is certified with the United States Tennis Registry and is skilled in especially working with children.

It is encouraged for students to have their own racquets. Some are available for loan.

\$65/hr. Private or Semi-Private Contact us for availability.

Classes held at Cresthaven Park just a couple blocks from the classroom.

****Targets State Standards for Physical Education****

Building Trades & Shed Fundraiser Program (Grades 6-H.S.) \$295

New and Continuing Students Welcome

Held at: 725 Vernon Street Roseville, 95678

Classroom:

Planning/Drawing/Budgeting/Ordering/Marketing

Building Lab:

Framing, Electrical, Doors, Windows, and Roofing



How do they do that?!! There are many trades that come together to build a house, and in this class, we will be introducing your child to many of these trades. Students will be working towards skills to build wood structured sheds carpentry/rough framing, electrical, roofing, and installation of windows and doors.

These sheds will then become part of a larger project to create a fundraiser. We will explore ideas on **marketing, entrepreneurship, project planning, budgeting, production, and delivery.**

Class size is limited due to the nature of the class. This class is designed for children who like to work with tools and have expressed an interest in this area, but no experience is required.

Fees include all tools and materials. Students will need to bring a pair of safety glasses and gloves.

Athletics at California Family Fitness Rocklin Sports Complex

Session Dates Still TBD

Athletics Sports Program

at Cal Fit Rocklin

(Grades- 4-H.S.) \$165 per session



Session Dates TBD- We are working with CalFit to follow COVID guidelines.

A fun place for students to get out and be active, practice sports, and build friendships! They'll be playing, exercising, and learning in a positive environment. Students will be exposed to sports such as basketball, soccer, dodgeball, volleyball, Nerf, and others as we work on individual skills through drills. As well as focusing on the proper techniques in stretching, strengthening, and conditioning for better health. As COVID restrictions ease, focus on teamwork along with sportsmanlike conduct in games and scrimmages at the state-of-the-art facilities of California Family Fitness Rocklin Sports Center will be implemented. Discounts for multiple session enrollment available.

****Targets State Standards for Physical Education****

Athletics Sports Program

at Cal Fit Rocklin- *Movin' and Grovin'*

(Grades- K-3) \$95 per session

Session Dates TBD- We are working with CalFit to follow COVID guidelines.

Parents, are you looking for a fun place for your children to get out and be active? Build friendships and practice teamwork? In this class, the students will be playing, exercising, and learning all at the same time. Weekly students will be introduced to games and activities such as relays, 4 square, kickball, parachutes, soccer, balloon volleyball, etc. We want to get them moving, stretching, and thinking about overall health. They will learn the proper techniques in stretching, strengthening, and conditioning. Class size will be limited. Come join us for some healthy play!

****Targets State Standards for Physical Education****

Virtual Only

Virtual content may vary from in-person class descriptions. Virtual classes are designed for independent learners providing content, assignments, projects, pacing guides, quizzes and tests (when textbooks are required). Projects are to be completed individually and supplies are not included in class cost. For a separate fee you may enroll in our hybrid option that includes our in-person classes/labs to complete projects in person with instructor and other students. See Below

Charter funds may be used for virtual content only.

Hybrid - Virtual **plus In-Person**:

Each of our classes have a virtual content option. Charter funds may be used for this self-pacing virtual option. Prices are as listed on schedule.

All virtual students may also enroll in corresponding hands-on/ in-person class(es) and lab(s) to complete projects in person with instructor and other students.

Separate private pay fee required for this hybrid option as follows:

Enrolled in 1 Class - \$50

Enrolled in 2 Classes- \$80

Enrolled in 3 Classes -\$90

Enrolled in 4 Classes -\$100

Enrolled in 5 Classes -\$110

Supplies are included for the in-person/hands-on class(es) and labs in the hybrid option.

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