



### HIGHLIGHT YOUR CHOICES BELOW

REQUIRED COURSES	ADDITIONAL COURSES	ATHLETICS	SPECIAL PROGRAMS
ENGLISH	WORLD LANGUAGE	FALL	SPECIAL EDUCATION
●Survey Comp./Literature - DC1010	●Spanish I - FC2010	Frosh Football - QO1010	SAI Wld Hist - MO1040
Survey Skills - DI1010	●Spanish II - FC2011	Frosh B Water Polo - QO1040	SAI English I - MO1031
(Support class taken <u>with</u> DC1010 if recommended)	●Spanish II Honors - FB2012	Frosh G Water Polo - QO1043	SAI Reading - MO1030
ELD I Lit. & Oral - GC1010	●Spanish III - FC2013	Frosh XC Co-ed - QO1030	SAI Pre-Algebra - MO1010
ELD II Lit. & Oral - GC1020	●+Spanish III H for Sp Speakers - FB2111	Frosh G Field Hockey - QO1020	SAI Algebra 1.1 - MO1012
ELD III & Survey Skills - GC1030	Lev III class for native Spanish Speakers.	Frosh G Volleyball - QO1050	SAI Algebra 1.2 - MO1013
	●+Spanish III Honors - FB2014	Frosh G Tennis - QO1060	SAI Geometry - MO1014
	●French I - FC1010	Frosh G Golf - QO3143	SAI Science I – MO1020
<b>MATH</b>	●French II - FC1011		SAI Study Skills - MO1120
●Algebra 9 - AC1010	●French III - FC1012		SAI Study Skills T - MO1130
●Algebra I with skills - AI1210	●+French III Honors - FB1013	<b>WINTER</b>	Academic Skills - NI1010
Double period support math class -	●Latin I - FC3010	Frosh B Soccer - QO2020	Learning Skills - MI2000
10 math credits for Algebra I and 10	●Mandarin Chinese I - FC5010	Frosh G Soccer - QO2023	Ac. Lang. Acq. - MI1035
elective credits - add <b>Math Lab</b> - AI0020	●Mandarin Chinese II - FC5011	Frosh B Basketball - QO2010	Survey Skills 2 - MI2100
●Geometry 9 - AC2010	●Mandarin Chinese III - FC5012	Frosh G Basketball - QO2013	
●Geometry Honors - AB2010	●+Mandarin Chinese IV H - FB5014	Frosh Wrestling - QO2030	
●Algebra II - AC3010			<b>TED</b>
●Algebra II H - AB3010			●Design & Prototyping - BC2040
	<b>PERFORMING ARTS</b>	<b>WINTER</b>	●Innov. Design Essentials - BC2045
<b>SCIENCE</b>	●Concert Band - JC1220	Frosh B Swimming - QO3030	●Intro. to Comp. Program. - BC1017
●Environmental Science - CC4010	Marching Band - JC1200	Frosh G Swimming - QO3033	●Intro. to Engr. Design - BC2010
●Biology - CC1010	●Orchestra - JC1270	Frosh B Diving - QO3040	●Principles of Engr. - BC2011 (prereq)
●Biology Honors - CB1010	●Chorale - JC1020	Frosh G Diving - QO3043	●Robotics I - BC2060
	●Acting I - JC1410	Frosh B Golf - QO3140	
<b>SOCIAL STUDIES</b>		Frosh Badminton - QO3010	<b>ELECTIVES</b>
●World Studies - EC1010		Frosh B Tennis - QO3050	●AVID Freshman - HC0020 (aud)
@Ethnic Studies (tentative) - EC6010	<b>VISUAL ARTS</b>	Frosh Track co-ed - QO3080	Dance Team - OO1060 (aud)
Student who takes Ethnic Studies	●Drawing I - IC1010	Frosh Softball - QO3060	Rally Frosh - OO1050 (aud)
in 9th grade will take World Hist.	●Painting I - IC1110	Frosh Baseball - QO3020	Competitive Cheer - QO3150 (aud)
in 10th grade.	●Photography I - IC1210	Frosh G Gymnastics - QO3070	in Winter Sport Season
●World Studies SDAIE - EC1011		Frosh B Lacrosse - QO3110	Journalism One - DC5052
		Frosh G Lacrosse - QO3120	
<b>PHYSICAL EDUCATION</b>		Frosh B Volleyball - QO3090	
Grade 9 PE Fall - PO1010			
Grade 9 PE Spring - PO1020			
All 9th Graders select and <b>take</b>			
<b>both Fall &amp; Spring PE.</b>			

## Los Altos High School

*This form is to help students select their courses and calculate how they utilize their time each week.  
There is a total of 168 hours per week.*

<b>Students typically spend 36 hours in classes per week</b> <i>LAHS College Prep courses have an average of 2-3 hours of homework per week;  AP and Honor's Courses have an average of 4-5 hours of homework per week.</i>				
	Current course	Fall 2021 Grade	Proposed Course (22-23)	Anticipated Hours of Homework per week
English				
Social Studies				
Math				
Science				
World Language				
Elective				
Elective				
<b>Total Anticipated Homework</b>				

Extra-Curricular Activities	Average Hours per Week
Paid Job	
Hobbies	
Community Service/Volunteer	
Sports	
Music/Performances	
Other	
<b>Total Extra-Curricular Hours</b>	

Daily Living Activities	Average Hours per Week
Sleep (7 days x 9 hours)	
Necessities	
Family Time	
Free Time (friends, TV, video games)	
Other	
<b>Total Daily Living Hours</b>	

Total Hours	
School Hours =	<div style="font-size: 2em; font-weight: bold; margin: 0;">168</div> <p style="margin: 0;"><i>Your total cannot exceed 168 hours.</i></p>
Extra-Curricular Hours =	
Daily Living Hours =	
<b>Total Hours =</b>	