

ACT/TCAP Alternative Activities Menu

Select and complete activities below for points that **go to the indicated content areas** (and don't count toward your 90%).

All alternate activities are **due the day following the last day of TCAP or ACT** testing by those students not involved in testing (so Friday, March 21 for those not taking the TCAP and Thursday, April 24 for those not taking the ACT).



Social Studies

PLAN A TRIP (Geography) [up to 5 pts]

Turn in to Chris A

Using <http://tripline.net> plan a week-long Spring Break trip across the United states! You have \$1,000 dollars. For all five points you must...

- (1) plan the trip (driving) with locations, photos and a timeline in tripline
- (2) Write a paragraph for each stop (minimum of 3) and
- (3) give a rough budget (including fuel, food, lodging, and attractions/entertainment)

SANITY TEST (Psychology) [up to 5 pts]

Turn in to Christopher V

Take the Sanity Test at <http://www.sanityscore.com> (free log-in) and evaluate the results. Discuss the findings with a trusted friend or family member, then answer the following questions...

- (1) How sane are you? What is your score out of 288 (higher indicates poor mental health)? What are areas of concern? In what areas are you especially mentally healthy (low numbers)?
- (2) BMI: Are you physically healthy (Body Mass Index of between 18.5 and 24.9)? Why are you not considered physically healthy if not? What do you do that prevents you from being physically healthy, or if you are healthy what is the secret to your success?
- (3) Changes: Based on your discussion with a friend or family member, what changes (if any) do you intend to make to become more mentally or physically healthy? What are the

most significant obstacles to achieving these goals? What kind of help, if any, do you need to make those changes?

PAST, PRESENT & FUTURE (US History or World History) [up to 5 pts]

Turn in to Dylan

Choose a current topic in the news (suggested resource: <http://news.google.com>). World events points go to World History and US events go to US History.

- (1) Summarize the article
- (2) Explain the historical events that led to the current situation described in the article.
- (3) Predict what the future will be surrounding your event.

CAMPAIGN PROMISES (Government) [up to 5 pts]

Turn in to Sherri

Imagine you are running for office: City Council, Colorado legislature or US House or Senate. What three issues would be your priorities? Make a stand related to economic and/or social issues such as taxes, stimulus projects or other spending, health coverage, Medicare, unemployment payments, education spending, and so on. State your opinion for each and give reasons for each. For the full three points, you must also point to existing politicians who hold similar views on each of your three topics *and* explain what obstacles might get in your way.

MOVIE NIGHT (Psychology/Sociology or US History depending on the movie) [up to 10 pts]

Turn in to any Social Studies Teacher

Watch any of the following movies. For each movie, write a minimum one-page (double-spaced) response that explains how this movie helps us understand our fellow human beings. Be sure to use characters' names and make reference to specific parts of the movie.

Approved movies: 12 Years a Slave, The Butler, Whale Rider, Shine, One Flew over the Cuckoo's Nest, A Beautiful Mind, Glory, Amistad, Shawshank Redemption, Sling Blade, Billy Elliot, A Beautiful Life, and Apollo 13. If you are under 17, get parent permission for rated R movies.

Language Arts

NEWS FLASH (Composition) [up to 5 pts]

Turn in to Breez

Use a newspaper or Internet news site to read 5 articles (of decent size!). For each article, write a paragraph (5 sentences minimum) response to what you read. Give your opinion, evaluate the events, and explain your reaction, etc., do not summarize the articles. The articles must be turned in with your responses.

VOCABULARY WORDS (Composition, English Elective) [up to 5 pts]

Turn in to Bob

Look up the [words](http://vocab.cfahs.com) at <http://vocab.cfahs.com>. Define them and use them in a sentence that tells me you know what the word means. In other words, don't copy the example sentence from the dictionary. For every 10 words you get one point.

READ A NOVEL (English Elective) [up to 25 pts]

Turn in to Becky or Julie

For each hour you read, you earn one point. You must keep a log and note the date and times that read plus write a few sentences summarizing or reflecting on what you read.

Math

MATH PACKET (Algebra/Geometry/Math Elective) [up to 5 pts]

Turn in to Eric or Ginger

Pick a packet to do from Alex and complete those for up to four points in the subject (Algebra, Geometry or Math Elective for skills review).

KHAN ACADEMY! (Algebra/Geometry/Math Elective) [up to infinity pts]

"Turn in" to Alex

Sign up for Khan Academy (see <http://cfahs.org>) or if already signed up complete math activities in Khan Academy. You will receive a point for every 50 minutes of work (as long as you are successful)!

Science

SCIENCE PACKET (Science - Various) [up to 5 pts]

Turn in to Matt

Pick up a packet from Matt and choose a science research project to complete for up to 5 points in the area of your choice.

FUN AT THE MUSEUM (Biology or Earth Science) [up to 15 pts]

Turn in to Mary or Dan

Visit any of the following places. You will need to turn in your admission receipt with your work. Write down the date of your visit and time that you spent there. During your visit, take detailed notes about what you see (be sure to focus on science concepts).

Approved locations: Denver Zoo, Museum of Nature and Science, Butterfly Pavilion, any Colorado state park, and Denver Botanic Gardens. You must also meet with Mary or Dan for a few minutes for a short discussion. Points depend on the amount of time you spend.

Health/PE/Art/Electives

JOB SHADOW (Elective) [up to 5 pts]

Turn in to Eric

Pick up a job shadowing packet to fill out before job shadowing with a somebody on the job. It's up to you to find that person. Think of a friend of the family or a relative in a career you find interesting. Ideally, this would be a career you're considering. Look at the directions on the job shadow form for more information.

FIT FOR LIFE (PE) [up to 5 pts]

Turn in to Jana

Visit your local recreation center and take advantage of the services they offer. Shoot hoops, swim, lift weights, do an aerobics class, run on the treadmill, etc.... You should spend at least one hour there. To get the points, you must turn in an admission receipt, so be sure to get one. Write a brief description of what you did and how long you were there. Have your parent or guardian sign the paper.

HEALTHY ME (Health) [up to 5 pts]

Turn in to Jana

Select a health article from the choices provided by Jana and complete an analysis.

ACT PREP (Math/Language Arts Elective) [up to 15 pts]

Turn in to Kathryn

Juniors getting ready to take the ACT next month can see Kathryn for a practice test booklet. For each of the subject area tests (math, reading & science) they complete, they get a day's worth of points. They may also earn a days worth of points if they complete the first 12 pages of the booklet that outlines test taking strategies and prep for the exam. In order to get points for that activity they need to have taken notes and are able to show your work.

A DAY AT THE MUSEUM (Fine Arts) [up to 5 pts]

Turn in to Kim

Visit the Denver Art Museum or any other gallery and write or sketch about what you saw. Students will earn points depending upon the amount of time and energy spent.