

SACHEM GRADE 10 PROGRAMMING FOLDER
SACHEM HIGH SCHOOL
2025-2026 SCHOOL YEAR

Student Name _____ Student ID _____
Parent or Guardian Name _____ Home Phone _____
Guidance Counselor's Name _____

1. You must have one ENGLISH course.

1010601 AP Seminar 1013581 English 10 Honors 1013571 English 10 R 1013511 English 9/10 ENL

2. You must have one SOCIAL STUDIES course.

1023591 AP World History 1023571 Global History & Geography II R 1024011 Global History 9/10 ENL

3. You must have one MATHEMATICS course.

1038671 Algebra II 1038681 Algebra II Honors 1032771 Geometry Regents
1032781 Geometry Regents Ext. (Double period on alt. days)

4. You must have one SCIENCE course.

1041891 AP Biology 1042911 Earth Science ENL 1042011 Living Environment ENL
1042071 Living Environment Regents 1041171 Physical Setting: Chemistry
1041181 Phys. Setting Chemistry Honors 1042971 Phys. Setting Earth Science Regents

5. You must have one WORLD LANGUAGES course.

1051981 French 3 H 1051971 French 3 R 1055281 Italian 3 H 1055461 Italian 2 R
1055271 Italian 3 R 1051131 Spanish 1 1050961 Spanish 2 R 1050781 Spanish 3 H
1050771 Spanish 3 R 1051171 Heritage Spanish 1 1051181 Heritage Spanish 2

6. Each student must have a LUNCH period.

1998161 Lunch 1st Sem. **-AND-** 1998261 Lunch 2nd Sem. **-OR-**
1998561 Lunch Alt. (Plus an alternating workshop or course from page 2)

7A. Each student must have PHYSICAL EDUCATION, alternating days, for the full year.

1113661 Physical Education 10/11

7B. SCIENCE LAB

8. ELECTIVES – Choose either one full year elective, two semester electives or alternating choices. Course descriptions can be found in the Guidance Handbook. All students must complete **Health** prior to graduation and are recommended to take it during grade 10.

Full Year Courses

Art

1072321 Advanced Creative Crafts	1070491 AP Art History	1072311 Creative Crafts
1071361 Drawing and Painting 1	1073161 Game Design & Animation	1070771 Intro. To Visual Arts
1071761 Media Arts	1072161 Studio in Art	

Math

1033891 AP Computer Science A	1033911 AP Computer Science Principles
1030691 AP Statistics	1033231 Statistics for College and Career

Music

1092361 Concert Orchestra	1090661 Chamber Orchestra	1092461 Concert Band	1091861 Concert Choir
1094521 Musical Theatre Performance and Analysis	1092641 Digital Music Production	1090361 Music Theory I	1090191 Music Theory II AP
1090961 Symphony Orchestra	1094511 Stagecraft 1	1091561 Symphonic Band	1091961 Symphonic Choir
1094502 Theater Arts 2	1091971 Treble Choir	1094512 Stagecraft 2	1094501 Theater Arts 1
		1091261 Wind Ensemble	

Technology

1122561 Trade Electricity & Plumbing 1122261 Woodworking

English

1011961 Radio & Sports Broadcasting 1010981 Journalism

-OR- Semester Courses

Health (Students are recommended to take Health in grade 10)

1140171 Health

Art

1123061 Photography	1070681 Advanced Sculpture	1072661 Filmmaking
1072561 Graphic Design	1123062 Adv. Photography	1070661 Sculpture

Business

1061971 Career & Financial Management	1061911 Intro to Business	1060471 Intro to College 101
1061661 Retail & Fashion Management	1061381 Social Media Marketing	1061461 Sports & Entertainment Mgmt.
1061761 Wall Street: Investments		

English

1010781 Creative Writing	1011461 Film Studies	1011521 Media Literacy
1011561 Public Speaking		

Math

1033771 Intro to Computer Programming with Java	1033811 Python Programming with Drone Applications
1033821 Python Programming 2	

Social Studies

1022521 History of American Sports	1022261 History of Long Island
1021971 Intro. to Sociology	1022181 Social Psychology

Family & Consumer Sciences

1081371 American Cooking	1081681 Baking & Pastry	1080761 Child Development 1
1081541 Cooking Up Food Trends	1081361 Culinary Arts	11081831 DIY Design
1082871 Fashion Sewing & Textiles	1081861 Housing & Interior Design	1081771 World Cooking

Music

1092671 Arranging and Conducting	1097711 Music History
1092651 Piano & Keyboarding Skills 1	1092661 Piano & Keyboarding Skills 2
1092621 Song Writing 1	1092631 Song Writing 2

Science

1043881 Anatomy and Physiology 1044261 Astronomy 1044491 Evolution 1044431 Natural Disasters

Technology

1122671 Advanced Audio Systems	1120181 Architectural Design	1123971 Computer Aided Drawing
1123871 Construction	1120961 Design & Draw Production 1	1121161 Design & Draw Production 2
1122461 Electricity/Electronics	1122871 Engineering Technology	1122811 Intro to Trade Professions
1123671 Robotics	1122161 Rocket and Aircraft Design(Pre-Engineering)	
11122661 Audio Systems	1123471 Welding & Metalworking	1123461 Welding & Metalworking 2

-OR-

Alternating Day Courses (Please note: Students in Geometry Ext. and lab science must choose a course below to alternate with physical education). **(Students are recommended to take Health in grade 10)**

1012181 Academic Literacy II “Alt.”	1022571 Peer Education & Diversity “Alt.”
1046081 Advanced Science Research 10 “Alt.”	1082861 Fashion Sewing & Textiles 1 “Alt.”
1043891 Anatomy and Physiology “Alt.”	1140161 Health “Alt.”
1044361 Astronomy “Alt.”	1081871 Housing & Interior Design 1 “Alt.”
1061961 Career and Financial Management “Alt.”	1060461 Intro to College 101 “Alt.”
1080861 Child Development “Alt.”	1123071 Photography “Alt.”
1081531 Cooking Up Food Trends “Alt.”	1123063 Photography Adv. “Alt.”
1121061 Design & Drawing I “Alt.”	1022191 Social Psychology “Alt.”
1072761 Digital Painting “Alt.”	1022371 Student Leadership “Alt.”
1081841 DIY Design “Alt.”	1140251 Teens As Teachers “Alt.”

SAMPLE SCHEDULE WORKSHEET

Student Name _____ ID _____

Period 1		
Period 2		
Period 3		
Period 4		
Period 5		
Period 6		
Period 7		
Period 8		
Period 9		

STUDENT ATHLETES

In order to be eligible to compete athletically at Division I/II colleges and universities, students must successfully complete certain courses, achieve a minimum grade-point average in those courses and receive a minimum SAT or ACT score. These requirements are detailed in the Guidance Services section of the Guidance Handbook. I understand, as a potential collegiate athlete, the need to choose my courses carefully with regard to my academic potential, as well as fulfilling the NCAA requirements. I accept responsibility for attending classes, meeting course requirements and successfully completing these courses. I have read the NCAA requirements and discussed my program and course selection with my parents and counselor.

Student Signature

High School Sports Participation – Circle all that apply:

Baseball	Basketball	Bowling	Cheerleading	Cross Country	Field Hockey
Football	Golf	Gymnastics	Lacrosse	Soccer	Softball
Swimming/Diving	Tennis	Track and Field	Volleyball	Wrestling	