

### BIBLE

- Creation to Moses
- Joshua to Samuel
- The Kingdom of Israel
- The Divided Kingdom
- Exile and Restoration
- The Life of Jesus
- The Followers of Jesus
- The Apostle Paul
- Hebrews and General Epistles
- Revelations

### LANGUAGE ARTS

- The Sentence and Parts of Speech
- Capitalization and Punctuation
- Reading and Analysis
- Developing Writing Skills
- Writing for a Purpose
- Fiction vs. Nonfiction
- Better Reading for a Purpose
- Literary Devices and Poetry
- The Bible as Literature
- Language and Literary Form

### ARITHMETIC

- Decimals
- Fractions
- Dividing Fractions
- Ratios
- Rates and Percent
- Geometry and Measure
- Rational Numbers
- Numerical and Algebraic Expressions
- Equations and Functions
- Data Analysis

### HISTORY AND GEOGRAPHY

- World Geography
- The Cradle of Civilization
- Greece and Rome
- The Middle Ages
- The Renaissance and World Wars
- The Byzantine Empire and Europe
- Africa
- South American Countries
- The Development of Our World

### SCIENCE

- Plants
- Systems of the Human Body
- The Nervous System and Plant Behavior
- Reproduction and Genetics
- Chemistry
- The Atmosphere
- Motion
- Earth and Space
- Astronomy and Constellations

### HEALTH

- The Human Body
- Health and Hygiene
- Nutrition and Fitness
- Health Maintenance
- Stewardship

### ATHLETIC AND LEADERSHIP CLASS

The purpose of the class is to create an opportunity to better serve, and positively impact Middle School students, and possibly, even some of the parents, by empowering students in the “Athletic and Leadership” class with lessons, lectures, information and class discussions that can lead to becoming better leaders, beginning with leading themselves, but also to encourage students to embrace “Good habits”, to efficiently use their mind, to develop faith, persistence and other pertinent traits that will lead to a more successful life in athletics, the classroom, and in life.

This class can help in developing a “solid foundation” in guiding and coaching the students at CPCA with essential skills, help in maximizing their God given abilities, and be competitive in a competitive environment, (athletically, socially, academic).

### ATHLETIC AND LEADERSHIP CLASS:

#### I. FOUNDATIONS TRAINING

- What is Leadership
- Habits- General
- Habit of “Self discipline”- Productive Habit
- Habit of “making excuses”- Non-Productive Habit

*Proverbs 1: 2-4: For attaining wisdom and discipline; for understanding words of insight; for acquiring a disciplined and prudent life, doing what is right and just and fair;*

#### II. THE MIND

- “You become what you think about”
- Choosing our mindset (Positive or
- Negative thinking)
- How to shift one’s thinking (Framing)
- Intentional thinking

*Proverbs 23:7 “As a man thinketh in his heart, so is he”*

#### III. MINDFULNESS

- Gratitude
- Optimism
- Making excuses/ victim mentality
- Personable accountable/ Responsible mentality
- Priorities
- Persistence
- Resilience

#### IV. CONNECTING THE MIND AND SPIRIT

- Faith
- Joy
- Character

#### V. HOLISTIC APPROACH- CONNECTING AND LINKING THE PHYSICAL WITH THE MIND AND SPIRIT

- Physical activities- Activating the body
- Nutrition- Healthy eating habits (General)
- Hydration- Drinking water and being hydrated.