

### BIBLE

- Worship
- Mankind
- The Attributes of God
- Fulfilled Prophecies of Christ
- New Life in Christ
- The Psalms
- The Life of Christ I
- The Life of Christ II
- The Life of Christ III

### LANGUAGE ARTS

- Word Usage
- More Word Usage
- Biographies
- Language Structure
- Nature of English
- Mechanics of English
- The Novel
- Literature
- Composition

### ARITHMETIC

- Integers
- Fractions
- Decimals
- Patterns and Equations
- Ratios and Proportions
- Probability and Graphing
- Data Analysis
- Geometry
- Measurement and Area
- Surface Area and Volume

### HISTORY AND GEOGRAPHY

- History Defined
- Geography Defined
- U.S. History and Geography
- Anthropology
- Sociology
- U.S. Anthropology
- Economics
- Political Science
- State Economics and Politics

### SCIENCE

- What Is Science?
- Measurements and Graphs
- Earth in Space I
- Earth in Space II
- The Atmosphere
- Weather
- Climate
- Human Anatomy I
- Human Anatomy II
- Careers in Science

### FAMILY AND CONSUMER SCIENCE

- Christian Character and Appearance
- What's Cookin'?
- Let's Eat

- The Clothes You Wear
- The Clothes You Sew
- Interior Decorating
- Your Home and You
- Financial Freedom
- Child Development and Care
- Relationships

### ATHLETIC AND LEADERSHIP

Purpose for 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
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#### 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