

BIBLE

Practical Christianity and Church History

- Prayer
- Sin and Salvation
- The Attributes of God
- Early Christian Leader
- Early Church History
- The Early Churches
- The Book of Proverbs
- Personal Choices in Today's World
- Understanding Parents
- Walking with God

LANGUAGE ARTS

- Communication Basics
- Evolution of English
- Punctuation and Essays
- Understanding Words
- Composition and Biblical Standards
- Old and Middle English and Autobiographies
- Structure and Reading
- Evaluating Media and Listening
- A Living Language

ARITHMETIC

- The Real Number System
- Modeling Problems in Integers
- Modeling Problems with Rational Numbers
- Proportional Reasoning
- More with Functions
- Measurement
- Plane Geometry
- Measures of Solid Figures
- Data Analysis
- Probability

HISTORY AND GEOGRAPHY

- European Backgrounds
- The Colonization of America
- War for Independence
- Emergence of a Nation
- Westward Movement
- The Civil War
- The Industrial Nation
- Twentieth Century World Power
- The United States in a Changing World

SCIENCE

- Science and Technology
- Structure of Matter
- Properties of Matter
- Health and Nutrition
- Energy and Change
- Energy and Magnetism
- Machines and Work
- Balance in Nature
- Science and Technology Vocations

CIVICS

- A New Nation
- The Constitution
- Branches of Government
- Government by the People
- Relationship to the World

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

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