

COURSE CATALOG 2023-2024



**CHAMPIONS
For Christ**

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MATH

Algebra I: Grades 9-10

Mentor: Jaime Jones

Class Size: 5 - 15

Prerequisite: None

Cost: \$40/month /student (\$360/year)

Supply Fee: \$10

Texts:

- Saxon Algebra I 3rd Edition Homeschool Kit (includes textbook, tests, and answers) ISBN-13: 9781565771239
- Optional: Saxon Algebra I 3rd Edition Solutions Manual* ISBN: 1-56577-137-0

*Recommended if you don't feel comfortable helping your student with problems at home. This contains the step-by-step solution for all problems in the book. The regular answer key contained in the homeschool kit only has the final answer, not the steps to get there.

Supplies: 3-ring binder with dividers for homework and tests, notebook paper, pocket folders – 2, pencils, pens, graph paper, scientific calculator-a basic scientific calculator is required. A graphing/scientific calculator is optional but recommended (Texas Instruments TI-83 or 83+)

Course Description: This is a high school level Algebra I course.

Topics covered include: equations and inequalities, graphing, scientific notation, ratios, percent, variations, unit conversions, geometry, perimeter, area, volume, English to metric conversion, and surface area. Class time will focus on introducing new concepts, reviewing homework, and answering questions.

Homework: 4-6 hours/week. Students will be expected to complete problem sets and tests at home,

bringing questions to class. Parents will verify that the problem sets have been completed, graded, and

corrected. Mrs. Jones will grade tests.

Credits Earned: 1 math credit

Geometry: Grades 9-12

Mentor: Candice Dudley

Class Size: 3-15

Prerequisite: Algebra 1

Cost: \$40/month /student (\$360/year)

Supply Fee: \$10

Texts:

- Saxon Geometry Homeschool Kit (includes textbook, tests, and solutions manual)
ISBN: 1600329764
ISBN-13: 9781600329760

Supplies: 3-ring binder with dividers for homework and tests, notebook paper, 2 pocket folders, pencils, erasers, pens, graph paper, compass, protractor, ruler, and a scientific calculator-a basic scientific calculator is required. A graphing/scientific calculator is optional but recommended (Texas Instruments TI-83 or 83+).

Course Description: This is a high school level Geometry course presented in the familiar Saxon approach. Incremental development and continual review keep the concepts fresh in students' minds. Topics covered include: triangle congruence, postulates and theorems, surface area and volume, two-column proofs, vector addition, and slopes and equations of lines. Homework will also include some algebra problems woven in to ensure that material is not lost while our focus is on geometry. This is excellent preparation for standardized tests and/or future math classes. In class we will be exploring new concepts, reviewing homework, and answering students' questions.

Homework: 4-6 hours/week. Students will be expected to complete problem sets and tests at home, bringing questions to class. Parents will verify that the problem sets have been completed, graded, and corrected. Mrs. Dudley will grade tests and investigations.

Credits Earned: 1 math credit

Algebra II: Grades 10-12

Mentor: Carla Hoke

Class Size: 4-14

Prerequisite: Algebra I (Geometry also suggested)

Cost: \$40/month /student (\$360/year)

Supply Fee: \$10 for copies

Text: *Beginning and Intermediate Algebra 5th Edition* by Tobey/Slater/Blair/Crawford - ISBN# 0-13-417364-3

While the company currently offers a newer edition, there are ample used copies of the 5th edition available on Internet sale sites for less than \$20. I have acquired additional copies to rent out for the school year if the summer purchase price goes up. The companion Student Solutions Manual is not required since the student textbook provides a score key in the back for the questions we will be using, but it does provide a few additional steps to each solution instead of just the answer so some parents may choose to own a copy (ISBN # 0-13-418888-8).

Supplies:

Scientific Calculator – TI 83 or TI 83+ suggested

1 ½ inch three-ring binder

College-ruled notebook paper, graph paper, pencils/pens

Course Description: This is a High School level Algebra II course. Class time will focus on introducing new concepts and working practice problems. For homework, the students will be expected to complete problem sets and correct missed problems. Homework will be collected weekly. Quizzes are completed in class while tests will be sent home for parents to supervise. This particular class text focuses mainly on Algebra concepts so there will be a few extra worksheets at times to revisit important Geometry concepts or to introduce upcoming Chemistry or Physics applications of Algebra.

Concepts include:

Complex numbers

Factoring

Trigonometry

Quadratic Equations

Linear and Non-linear Systems

Polar Coordinates

Vectors

Variation

Discriminants

Inequalities

Logarithms

Rate Unit Conversions

Ideal Gas Laws

Chemical Compounds

Distance Formula

Probability

Homework: 4-5 hours per week

Credits Earned: 1 Algebra II math credit

SCIENCE

Earth Science: Grades 9-10

Mentor: Erin Brown

Class Size: 5-15

Prerequisite: None

Cost: \$40/month /student (\$360/year)

Supply Fee: \$35

Text: Earth Science, 4th Edition, BJU Press (ISBN-13: 9781606820704)

Earth Science Lab Manual, 4th Edition, BJU Press

Supplies: 3 ring binder for homework, quizzes and tests, notebook paper, colored pencils, calculator (one on a phone works as well)

Course Description:

This is a high school level earth science course with labs taught from a Christian viewpoint. The course will cover topics such as mapping, geology, tectonic processes, soil and groundwater conservation, oceanography, meteorology, and astronomy. Students will read and study the six units at home. Class time will be utilized for labs, demonstrations, and discussions.

Homework:

Students should expect 2.5/3 hours of homework per week. They will be required to read the assigned pages, complete the section notes and answer the Chapter Review questions before attending class. Students will also compose lab reports and complete tests at home. Mrs. Brown will grade all assignments/tests and will hold students responsible for completing assignments as instructed. There will be occasional special projects throughout the year.

Credit:

1 Lab Science credit

Exploring Creation with Biology: Grades 9-11

Mentor: Jaime Jones

Class Size: 5-18

Prerequisite: Pre-Algebra

Cost: \$40/month /student (\$360/year)

Supply Fee: \$60 (dissection specimens, lab supplies, copies, markers, erasers, shared Champions lab materials)

Text: Apologia Exploring Creation with Biology, 3rd edition Textbook ISBN: 978-1-946506-45-0 2.

Supplies: Three-ring binder with dividers, loose-leaf paper, pencils, pens, colored pencils, and homework folder/pocket portfolio

Course Description: This is a high school level biology course with laboratory taught from a Christian perspective. It is recommended to take this course the same year the student is taking Algebra I; a pre-requisite is Pre-Algebra. Students will read and study the sixteen learning modules at home, and class time will be utilized for labs, group discussion, and clarification of challenging concepts. Modules cover atoms, chemical structures, ecosystems, biomes, ecological communities, cell structure and function, cellular energy, DNA, proteins, cell cycles, and genetics (including inheritance, disorders, and technology). Students will also learn about prokaryotes, viruses, protists, fungi, and the fascinating worlds of plants and animals. Throughout laboratory exercises, students will frequently utilize a microscope, and they will dissect an owl pellet, earthworm, crayfish, grasshopper, perch, and frog during the year. (Recommended for Grade 9.)

Homework: 2.5-3 hours/week. Students will be expected to read modules, answer “On Your Own Questions”, complete the study guide, compose lab reports, and complete tests at home. There will be occasional special projects throughout the year.

Credits Earned: 1 science credit

Exploring Creation with Chemistry: Grades 10-12

Mentor: Carla Hoke

Class Size: 6-20

Prerequisite: Algebra I

Cost: \$40/month /student (\$360/year)

Supply Fee: \$45 (handouts, tests, activities, lab equipment and supplies)

Texts: *Apologia Science Exploring Creation with Chemistry*, Textbook (3rd edition)

- ISBN# 978-1-940110-25-7

Apologia Science Exploring Creation with Chemistry, Solutions Manual (3rd edition)

- ISBN# 978-1-940110-26-4

Optional: *Apologia Science Exploring Creation with Chemistry*, Student Notebook

- ISBN# 978-1-940110-41-7

Supplies:

Scientific Calculator – at least able to handle scientific notation (TI83 recommended)

- I will permit the use of a smartphone for most of our Chemistry computations

1 ½ inch three-ring binder (if not using the optional Student Notebook)

College-ruled notebook paper, graph paper, pencils/pens

Course Description: This is a High School level Chemistry course with laboratory taught from a Christian viewpoint. Students will work through 16 learning modules by completing each module over a two-week time period. Class time will be utilized for labs, group discussion, and clarification of concepts.

Concepts include:

Unit measurement

Temperature & Heat

Classifying Matter

Polyatomic Ions

Chemistry Equations & Solutions

reduction/oxidation reactions

Energy & Thermodynamics

Atoms & Molecules

Molecular Structure

acid/base Chemistry

Gas Laws

Kinetics

Homework: 4-5 hours per week

Credits Earned: 1 Science credit

Forensic Science: Grades 10-12

Mentor: Erin Brown

Class Size: 5-18

Prerequisite: None

Cost: \$35/month /student (\$315/year)

Supply Fee: \$45

Text: Forensic Science: Fundamentals and Investigations (thru enrollment in Cengage.com). Students will be given information to join the class through Cengage.com and the cost is \$50 for the MindTap digital platform which includes the digital textbook.

Supplies: pencils, colored pencils, and homework folder/pocket portfolio

Course Description: This class introduces students to the fascinating world of forensic science, the science used to help solve crimes, and shows them how to find clues, analyze evidence, and crack the case. Students will develop the abilities to think critically, creatively, and analytically through interesting, real world case studies. This curriculum includes hands-on activities dealing with life, earth, and physical science topics. Projects include handwriting analysis, identifying fingerprints, analyzing blood spatter, and DNA analysis.

Homework: 1-2 hours/week. Students will be expected to read assigned reading and compose lab reports at home. Mrs. Brown will grade lab reports, and will hold students responsible for completing assignments as instructed.

Credit: 1 Lab Science credit

Human Anatomy and Physiology

(Advanced Biology of the Human Body): Grades: 11-12

Mentor: Jaime Jones

Class Size: 5-20

Prerequisites: Biology: Chemistry is recommended, but not required

Cost: \$40/month/student (\$360 total)

Supply Fee: \$60 (dissection specimens, lab supplies, copies, markets, erasers, shared lab Materials)

Text:

- Apologia Advanced Biology, 2nd edition Textbook ISBN: 978-1-946506-60-3
- Anatomy Coloring Book (Kaplan Test Prep) Eighth Edition ISBN-10 : 1506276407, ISBN-13 : 978-1506276403

Supplies: Three-ring binder with dividers, loose-leaf paper, pencils, pens, colored pencils, and homework folder/pocket portfolio

Course Description: This advanced biology course covers both the anatomy and physiology of each of the human body's organ systems. When fully completed, this course can be listed as honors and/or an advanced course on high school transcripts. Please note that the reproductive system is covered in detail, including accurate yet respectful illustrations and descriptions.

This study will introduce the organizational levels of the human body from a single cell to the 11 major organ systems:

1. Skeletal
2. Nervous
3. Circulatory
4. Respiratory
5. Digestive
6. Muscular
7. Integumentary
8. Lymphatic
9. Urinary
10. Endocrine
11. Reproductive

Regarding the chemistry content of the course, Apologia recommends that students have a basic understanding of atoms, ions, and molecules, and the ways in which they interact. They also need to be familiar with osmosis, diffusion, hydrolysis, oxidation, Dalton's Law of Partial Pressure, and the basics of electromagnetic force, as well as how to read basic chemical formulas and chemical reactions.

Homework: ~3 hours/week. Students will be expected to read modules, answer "On Your Own Questions", complete the study guide, compose lab reports, and complete tests at home. There will be occasional special projects throughout the year.

Credits Earned: 1 science credit

Physics : Grades: 11-12

(Grade 10 will be considered if demonstrably far enough along in math)

Mentor: Candice Dudley

Class Size: 3-15

Prerequisites: Algebra 1, geometry, basic trigonometry (sufficient to use sine, cosine and tangent operations)

Cost: \$40/month/student (\$360 total)

Supply Fee: \$20

NOTE: Many shy away from physics because they are intimidated by the math involved. Truth is, some concepts can only be completely understood through the mathematics. **HOWEVER:** Despite the frequent math treatment in the textbook, this course will place emphasis on understanding the concepts. **DO NOT IGNORE THIS COURSE because of any math fear!** Many formulas look more complicated than they really are. A basic refresher of the algebra, geometry, and trigonometry used will be conducted when it first appears in a module.

Text: Exploring Creation Through Physics, 2nd Edition Dr. Jay Wile Apologia ISBN 1-932012-42-7 and the Exploring Creation Through Physics 2nd Ed. Solutions and Test Booklet ISBN 1932012435

Supplies: 3-ring binder with dividers for class notes, handouts, worksheets, reports, etc.
Calculator with scientific notation and trigonometric functions required.

Course Description: Physics is considered the foundation of all the natural sciences, focusing on the interaction between matter and energy. Physics governs all aspects of what happens around us and in us, from the subatomic level to the entire universe. This physics course is designed to stimulate critical thinking skills and provide an understanding of the world around us so the student will be better prepared to meet the challenges of our rapidly changing technology (and the pitfalls that come with it). It provides a detailed introduction to the methods and concepts of general physics: one-dimensional and two-dimensional motion, Newton's laws and their application, gravity, work and energy, momentum, periodic motion, waves, optics, electrostatics, electrodynamics, electrical circuits, and magnetism.

Homework: 5-6 hours/week. Students will be expected to complete the reading assignments, OYO problems, review questions, practice problems, lab reports, and tests. Mrs. Dudley will grade tests and lab reports.

Credits Earned: One science credit

SOCIAL STUDIES

U.S. History – “In God We Trust”: Grades: 10-12

Mentor: Karen Eckert

Class Size: 4-20

Prerequisites: None

Cost: \$35/month/student (\$315 total)

Supply Fee: \$25 (covers the cost of supplies, printing, and student handouts)

Text(s):

- The American Journey. The teacher provides this textbook - loaned to students for the class duration.
- Up From Slavery by Booker T Washington
- Farewell to Manzanar by Jeanne Wakatsuki Houston & James D. Houston
- Internet access and various US history resources will be necessary for research

Supplies: 2” three-ring binder, college ruled paper, 4-page dividers for organization, colored pencils, ability to print from home

Course Description: “In God, We Trust” comprehensively surveys modern United States history. This chronological study begins with a brief overview of 19th-century America’s historical highlights. The Monroe Doctrine, Manifest Destiny, Reconstruction... setting the stage for a saturated survey of 20th century America through postmodern accounts. This course is presented from a biblical worldview. This study aims to equip students with a foundation of understanding about America’s past - its good and its bad - that will challenge them to contemplate how God wants to use their lives in prodigious ways to preserve our nation’s heritage.

Homework: In preparation for the study of Reconstruction at the beginning of the year, students will be asked to read Up From Slavery before the first class in September. Students will complete reading and vocabulary assignments from select chapters in The America Journey and the supplemental books. During each decade, students will also participate in independent research projects they will present for class discussion. They will be required to prepare a paper, oral presentation, and visual for each research project. These research projects aim to deepen their understanding of the “Signs and Times” in which we are studying and to give depth to the decade beyond facts and dates. Quizzes will be given every 3-4 weeks, and each semester ends in a final. Students should plan for at least 60 minutes/per day in the study between classes.

Credits Earned: 1 History Credit

World History: Grades: 9-12

Mentor: Carla Hoke

Class Size: 6-20

Prerequisites: None

Cost: \$30/month/student (\$270 total)

Supply Fee: \$30 (covers handouts, maps, tests, activities, supplies)

Texts: *Exploring World History (Part 1)* – Ray Notgrass - ISBN# 978-1-60999-061-9

Exploring World History (Part 2) – Ray Notgrass - ISBN# 978-1-60999-062-6

Supplies:

College-ruled notebook paper, pencils/pens

(Mentor will provide 2 folders: one for handouts, and one for quiz/homework exchanges)

Course Description: This is a high school level history course with timelines and projects taught from a Christian viewpoint. Students will work through 30 learning modules by completing a full unit every week. Class time will be utilized for chapter concepts, activities, and group discussions.

Students will study the story of man from the beginning of Creation, through the early civilizations, the rise and fall of Greece and Rome, the Middle Ages, the Renaissance, the Reformation, to the present. The Western Civilization curriculum also covers Latin America, Africa and Asia. This particular curriculum additionally provides a supplementary Literature reading list and Bible coursework for parents that wish to integrate the three subjects together at home for multiple course credits. During our class, we will focus on the history portion of the materials.

Homework: 3-4 hours per week. Homework includes chapter readings with questions, a choice of a

weekly hands-on project to solidify the lessons, and easy preparations for short presentations (Pharaohs, ancient games, Emperors, etc.) 3-4 times during the year. Quizzes and tests that are sent home are monitored by the parent and returned in the student folder the following week.

Grading: 20% Homework, 20% Projects, 10% Timeline Journal, 10% Presentations, 40% Exams & Quizzes

Credits Earned: 1 History credit

World Geography: Grades 9-12

Mentor: Joanie Jenkins

Class Size: 5-10

Prerequisite: None

Cost: \$25/month /student (\$225/year)

Supply Fee: \$30 (covers atlas, handouts, and other materials)

Course Description: This class is designed for the child to memorize the seven continents, how to draw them, and their states/counties/provinces by heart. Don't be afraid, memorization is the goal, but certainly not a requirement! For children who need to be pushed a little, memorizing them and working consistently, a little bit a day, can be a constructive challenge. For children with special needs, or who may be a little younger, the curriculum can be adapted to go at a slower pace. We will be covering the Western Hemisphere in the first semester and the Eastern Hemisphere in the second semester. Knowing the world that the Lord has made can help us to be good stewards of it. Drawing the World by Heart is a curriculum made by FableVision Learning. Skills learned include the art of cartography (map-making), map reading, and geographical literacy. It is a fun class, filled with activities and cooperative learning.

Supplies to bring each week: Bring any maps that were done during the week for homework. The teacher will supply pencils and a sharpener, all maps for class, and maps for practicing at home.

Homework: It is recommended that the students spend 30-60 minutes, 4 days a week on map drawing and memorizing. It is also recommended that they find an app or online game to assist in their memorization. (Recommendations will be listed on the syllabus).

Government and Civics: Grades 10-12

Mentor: Jon Pavlis

Class Size: Any

Prerequisite(s): Basic middle school social studies and an expectation *mature participation*.

Cost: \$40/month (\$360 /year) make checks payable to Jon Pavlis.

Supply Fee: \$5.00

Text: God, Man, and Law: The Biblical Principles by Herbert Titus (ISBN: 0-916888-17-7).

PLEASE NOTE: You do not need buy this text. I'll print out several sections. But I recommend parents buy this book. Its valuable in understanding our legal system.

Several lessons from the Hillsdale 1776 Curriculum, High School American and Politics.

<https://k12.hillsdale.edu/Curriculum/The-Hillsdale-1776-Curriculum/>

Supplies: 1 college ruled notebook; 1 pocket folder, 1 copy of United States Constitution, 1 copy of the Declaration of Independence, and The Bible

Important: Internet access is required for this course, including the capability to watch online videos and access to formative.com, the homework platform.

Homework: Plan on 60 minutes of work per day for the 4 days we are not in class. This involves reading printouts and answering questions from reading assignments on formative.com

Credits Earned: 1 credit, can be labeled as “History” or “Social Studies”

Course Description: Civics is instruction in the rights and duties of citizenship.¹

What it means to be a citizen varies from one society to another, but the basic contrast is between a person who is a “subject,” such as the subject of a king who must take the king’s orders, and a “citizen” who has rights and within limits orders his own life.

Civics instruction begins with understanding the structure and function of government in American life. Within this framework, many important details remain to be answered. What are our duties to government? Where does government originate its power from? Why vote? What is a jury? Why pay taxes? Who serves in the military? What is a prison? What are the qualifications for elected office? Who is a qualified elector? What is jurisdiction?

Course Outline will include the following topics:

- The Principles of the Constitution
- The Congress
- The Presidency
- The Judiciary
- The Bill of Rights
- State and Local Government
- Intro to common law

¹ National Association of Scholars

Economics & Personal Finance: Grades 10-12

Mentor: Wendy Embrey

Class Size: 4-20

Prerequisite: None, except that I will expect mature participation.

Cost: \$30/month /student (\$270/year)

Supply Fee: \$30 (includes printing costs of student handouts, articles and quizzes, plus extra audio-visuals)

Texts: Common Sense Economics (ISBN: 978-1250106940)

Available from Amazon for \$15 (used for less); also available in Kindle and paperback formats.

Please be sure to get the 2016 edition.

The Go-Giver: A Little Story About a Powerful Business Idea (ISBN: 978-1591848288)

Available from Amazon for \$15 (used for less); also available in Kindle and paperback formats.

Please be sure to get the Expanded Edition, copyright 2015. It needs to contain the Foreword and Introduction.

Supplies: A 3-ring notebook for keeping notes. **Important: Internet access is required for this course, including the capability to watch online videos and access to formative.com, the homework platform.**

Course Description:

This is a combination of 2 courses:

~an overview study of free market economics, including principles of supply/demand, currency flow, inflation, wages, prices, debt, government spending, etc.

~a practical study of personal finances, including budgeting, saving and investing, credit, banking, insurance, taxes, etc. Students will do many hands-on activities, including balancing a checkbook, following stock market investments (via an online game), creating a personal budget, filling out tax forms, and learning to use personal accounting software.

~The students will also design a small business, do an extensive Cost-Of-Living project, and write a resume.

~We will study both courses in tandem; part of the class time will be spent studying economics and part will be personal finance.

Homework: Plan on 30-45 minutes of work per day for the 4 days we are not in class. This involves reading the books and articles online and answering questions on formative.com

Credits Earned: 1 credit, can be labeled as "History" or "Social Studies"

LANGUAGE ARTS

Literature & Composition (English): Grades 9-10

Mentor: Karen Eckert

Class Size: 4-20

Prerequisite: None

Cost: \$40/month /student (\$360/year)

Supply Fee: \$30 (Covers the cost of supplies, printing, and student handouts.)

Text(s): Year A (School year that begins with even years):

The Giver by Lois Lowry

The Hobbit by J.R.R. Tolkien

A Raisin in the Sun by Lorraine Hansberry

The Old Man and the Sea by Ernest Hemingway

Murder on the Orient Express by Agatha Christie

Year B (School year that begins with odd years):

Where the Red Fern Grow by Wilson Rawls

The Screwtape Letters by C.S. Lewis

A Christmas Carol by Charles Dickens

Midsummer Night's Dream by William Shakespeare

The Book Thief by Markus Zusak

A Long Walk to Water by Linda Sue Park

Supplies: Binder to organize handouts and papers, lined paper, and supplies for taking notes.

Course Description: This course will introduce your student to the fundamentals of high school writing and expand their knowledge of literature through careful reading of the text, writing clear and concise essays, and articulating ideas in class discussions and presentations.

Students will explore well-known books, stories, and poems. Class discussion will encourage students to analyze their reading and focus on the literature.

The writing section of this course will provide “across the board” writing skills to supply students with the basic skills needed for creative writing, summarizing, report writing, and forming better communication skills. We will add new stylistic techniques and fundamental sentence structure as we progress. MLA format will be taught, along with writing a bibliography.

This class is a 2-year cycle of readings from a variety of genres. Students may join the reading cycle at any year. Students will study the elements of great literary pieces, including character development, themes, and writing styles.

Homework: Students will be required to do 50 minutes to 1 hour of homework each day. This homework will primarily include reading, writing, editing, and researching.

Credits Earned: 1 English Credit

Literature and Composition (English): Grades 11-12

Mentor: Wendy Embrey

Class Size: 4-20

Prerequisite: None

Cost: \$40/month /student (\$360/year)

Supply Fee: \$25 (supplies, printing, handouts)

Year A Texts (School years that begin with even years): Till We Have Faces by C.S. Lewis, To Kill A Mockingbird by Harper Lee, Animal Farm by George Orwell, Fahrenheit 451 by Ray Bradbury, Pilgrim's Progress (Dover Thrift Edition)

Year B Texts (School years that begin with odd years): Tale of Two Cities by Charles Dickens, Cry the Beloved Country by Alan Paton, Brave New World by Aldous Huxley, The Great Divorce by C. S. Lewis, The Outsiders by S.E. Hinton

Supplies: Binder or folder to organize handouts and papers, and supplies for taking notes.

Course Description: This course will provide your student with the opportunity to increase their writing proficiency, expand their knowledge of literature, and prepare for college writing assignments. English 11/12 explores novels, short stories, poems, essays and a Shakespeare play. Reading assignments will focus on developing a love for reading, learning how to read literature well, and making connections with other great works of literature. Class discussion and assignments will challenge students to analyze and understand what they are reading. Students will also become familiar with literary terms that will expand their vocabulary. Written papers will focus on creating a strong thesis, followed by supporting a thesis by using textual evidence and will feature informative, persuasive, descriptive and narrative writing. Students will expand their writing skills through regular writing assignments which will be returned with feedback and suggestions. Students will find and use quality reference material, cite and paraphrase sources, and apply proper editing (MLA format). English 11/12 will introduce students to quality literature, while developing formal writing skills that will be required of them for the rest of their lives.

PLEASE NOTE that these students are 11th and 12th grade students, getting ready to graduate and finish their high school studies. They will be expected to read and discuss literature that may not necessarily reflect a Christian worldview, although the teacher holds a Christian worldview and will filter discussions through that mindset in the prayerful hope that the discussions will equip students to think through some complicated topics.

Homework: Students will be required to do 30 minutes to 1 hour of homework each day. This homework will primarily consist of reading, writing, editing, and researching.

Credits Earned: 1 English Credit

Journalism – Writing and Design (Yearbook) : Grades: 9-12

Mentor: Lori Payne

Class Size: 4-10

Prerequisites: Basic writing skills and a desire to create the CHAMPIONS yearbook

Cost: \$30/month/student (\$270 total)

Supply Fee: \$35 (for copies of worksheets and handouts)

- Texts:**
- Journalism Basics: An Introduction to Print Journalism Second Edition c. August 2017 \$29.00 on Amazon.com (ISBN# 978-1974208166)
 - The Associated Press Stylebook and Briefing on Media Law 2011 (ISBN# 978-0-465-02187-1) I have a few to loan. Please contact me to reserve.
 - Recommended: Grammar handbook of choice (ex. Elements of Style by Strunk & White)

- Supplies:**
- 3-ring binder filled with ruled paper
 - Top-spiral stenographer's notebook; pens and pencils
 - Home access to a computer with a word-processing program (such as Word) and a printer to type and print written assignments
 - A camera or phone that takes good quality photographs
 - A laptop, iPad, or tablet to bring to class during yearbook production with the ability to access, though church Internet, the free Canva.com site/app for designing pages

Course Description: Creating a written publication involves many disciplines – writing, editing, proofreading, interviewing, researching, brainstorming, organizing, and designing. In class students will learn and practice each of these disciplines until, by the end of the year, they put them all to use publishing the CHAMPIONS “yearbook.”

The first half of the course introduces students to the various writing styles of journalistic reporting. Students will write news stories, feature stories, and editorials using accepted AP (Associated Press) style. They will learn how to conduct interviews, do background research, and communicate events using unbiased language. The second half of the course focuses on graphic design. Students learn the do's and don'ts of proper page and story layout and experiment with fundamental elements of design to present their writing and photographs in pleasing and readable formats.

From February through late April, students will work exclusively on the yearbook. Each student will be assigned several CHAMPIONS classes to cover, gathering information by sitting in on those classes, taking notes, and interviewing the mentor and students. They will also be asked to take pictures in those classes. Students will design display advertising for CHAMPIONS family businesses and design a seniors' page featuring that year's graduating seniors with photos and bios. Layout of the yearbook will involve learning to use Canva design app for designing pages and helping to input text and photos into the InDesign program on my laptop to prepare for publication.

Homework: Each week during the first half of the course, students will complete handwritten worksheet exercises and/or typed writing assignments (submitted in 12-point Times Roman, double-spaced). For yearbook assignments, students will turn in electronic copies to me of their designed pages via email or the Canva app. Time spent on homework ranges from 1/2 hour to 2 hours per week. During the second half of the course, the only “homework” is putting together yearbook pages in class.

Credits Earned: 1/2 English credit (pair with literature for 1 English credit) OR 1 Elective credit

FINE ARTS

Learning Piano: By Note and By Chords : Grades: 9-12

Mentor: Lori Payne

Class Size: 4-8

Prerequisites: No musical experience required

Cost: \$25/month/student (\$225 total)

Supply Fee: \$20 (for copies of handouts)

Texts: • John Thompson's Modern Course for the Piano, The First Grade Book (\$6.99) (ISBN# 978-0877180050)
• Alfred's Essentials of Music Theory: Book 1 (\$8.50) (ISBN# 978-0882848945)

Supplies:

- At home, the student should have access to a piano or a keyboard for practice.
- A folder or binder to organize handouts
- Lined notebook paper and a pencil for writing scales and making notations
- If student has a portable keyboard he/she can bring each week to class, please do so, though this is not required for participation. I prefer every student to have a keyboard to play on in class. There is only one piano in the room, and I have only two I can lend out.

Course Description: This course is for **ANY student, NO MATTER THE AGE**, who has ever wanted to play the piano. Students will learn the basic elements of note-reading for the piano, and, in addition, learn scales, finger exercises, and chords, and how to apply them by ear to hymns and worship songs.

The main text is First Grade, NOT Primer level, assuming older students will be better challenged by it and able to catch on to the material more quickly. However, this means at least the first two classes will begin with a review of preparatory music theory – the staff, note values, time signatures, finger numbering and the basic C position and notes on the piano – for which I have prepared handouts. If a student has experience with another instrument and/or already understands musical notation, that is wonderful and will only make it easier for he/she to progress to piano, but even those without a music background should do well. After the initial review, we will work through the text, which continues instruction with each piece learned. A workbook reinforces note identification and music theory with written exercises.

Beyond the text, students will be taught the circle of fifths and basic chord positions, inversions and patterns in preparation for using them in improvisation of songs by ear. We will begin with simple tunes like “Jingle Bells” and “Jesus Loves Me” and progress to other well-known choruses, the goal being for students to adapt these chord patterns to compositions of their own choice beyond class and into the future.

Each student will play their "homework" at the piano and receive individual instruction as well as group learning and demonstration. There will be a recital for all CHAMPIONS piano students and my private piano students at the end of April. Students will choose one of the songs they've learned during the year to play for it.

Homework: Students will be given homework each week—a one-page written exercise in the Note Speller book, as well as piano “homework” which they will be expected to practice daily and check off on a Practice Log sheet (15-20 minutes per day, minimum 5 days per week) which counts toward their grade.

Credits Earned: 1 Fine Arts Credit

Advanced Piano II & III: Grades: 9-12

Mentor: Lori Payne

Class Size: 4-10

Prerequisites: Piano I (Champions class) OR minimum 1 year of piano lessons

Cost: \$25/month/student (\$225 total)

Supply Fee: \$20 (for copies of handouts)

Texts: • John Thompson's Modern Course for the Piano, The Second Grade Book (\$6.99)(ISBN# 0877180067)

• Hanon: The Virtuoso Pianist in Sixty Exercises (\$6.99) (ISBN#0793525446)

• Piano II students-- Alfred's Essentials of Music Theory: Book 2 (\$8.50)
(ISBN#978-0882848952)

• Piano III students-- Alfred's Essentials of Music Theory: Book 3 (\$8.50)
(ISBN#978-0739044308)

Supplies:

- At home, the student should have access to a piano or a keyboard for practice
- Three-Ring Binder for holding copies of extracurricular piano music
- Pencil and eraser
- Lined notebook paper
- OPTIONAL: If your student has a portable keyboard he/she can bring each week to class, please do so, though this is not required for participation. I prefer every student to have a keyboard to play on in class-- there is only one piano in the room, and I have only two I can lend out.

Course Description:

This course continues where the first (or second) year course leaves off, taking students through John Thompson's Second Grade book, which explores more advanced piano fingering techniques, key signatures and rhythms. Students will now learn minor scales and corresponding chords, cadence chords, dominant seventh chords, extended finger positions, 3/8 time, cut and common time, trills, triplets, pedal usage, and, along with playing classical pieces, will learn background information on their composers such as Bach, Hayden, Beethoven and Lizst. More work will be done on applying chords by ear to familiar worship choruses and hymns, coming up with pleasant left-hand patterns and chorded right hand arrangements using inversions. The text and handouts further expose students to other styles of music, such as folk, jazz, blues and pop. Weekly piano drill exercises from the Hanon book will strengthen and increase speed and flexibility of fingers.

Each student will play their "homework" at the piano and receive individual instruction as well as group learning and demonstration. Students will play for a recital at the end of April.

Homework: Students will be given "homework" every week, to include playing piano pieces, scales and/or drills, which they will be expected to practice daily and record onto a Practice Log sheet (15-20 minutes per day, minimum 5 days per week) which counts as part of their grade. Occasionally there will be fill-in-the-blank worksheets on each composer and on ledger line note identification.

Credits Earned: 1 Fine Arts credit

Explorations in Art: Grades 9-12

Mentor: Lori Payne

Class Size: 4-20

Prerequisite: None

Cost: \$25/month /student (\$225/year)

Supply Fee: \$75 (Includes a watercolor paint set, acrylic paint set, soft pastel set, basic charcoal set, and hardcover journal book for each student to keep, as well as clay, paper, canvas, and other consumable art materials students will share.)

Text: None

Supplies: Students must supply an **ART KIT in a cardboard or plastic box** which they will **bring to class each week**. It should include: #2 pencils, ruler, pencil sharpener, scissors, natural sponge(s), black permanent marker (Sharpie), ballpoint pen, small jar/cup for water, paintbrushes of various sizes, masking tape, white eraser, x-acto knife, white glue, sample size bar of soap, baby wipes, and a glue stick. These must be replenished as needed throughout the year. Occasionally they will be asked to bring in other materials such as empty milk jugs, cardboard or yarn.

- To protect clothing from paints, clay and other materials, students should consider either purchasing an artist's smock or bringing an old t-shirt to wear over their clothing!
- Each student will contribute a certain number of \$1 rectangular plastic tablecloths, to be determined when the total number of students in the class is known.

Course Description: This course is for students of ALL ages and any artistic skill, from 9th grade through high school senior. Explorations in Art is a survey course which exposes students to a variety of art media. Each art medium (for example, charcoal, acrylic paint or clay) has its own particular characteristics, and each requires its own technique for creating art. The goal of this class is to introduce students to the joy of working with each of these materials and to instruct them in their use while exploring various art subjects and styles. For example, students will use pastels to create a still life or will learn the basics of charcoal while creating a portrait.

The following media and subjects are covered by the course:

tempera paint -- color wheel/theory/mixing

acrylic paint-- palette knife painting

soft pastel -- still life/landscape

yarn/weaving -- textile art

scratch board -- animal portraits/texture

charcoal -- portrait drawing

felt & block -- print-making/pattern & motif

watercolor paint -- silhouette landscape/wash

papier-mâché -- folk art (theater masks)

clay -- pinch/coil pottery

decoupage/collage -- abstract expressionism

paper -- paper cutting/origami

Homework: None

Credits Earned: 1 Fine Arts credit

Art with Pen and Ink: Grades 9-12

Mentor: Lori Payne

Class Size: 4-12

Prerequisite: None

Cost: \$25/month /student (\$225/year)

Supply Fee: \$25 for copies of handouts

Text: None

Supplies:

- Sturdy Folder/Portfolio in which to keep and carry work and instructional handouts
- 3 kinds of black pens:--fine black gel pens (Pentel or Pilot G2 gel pen, 7 mm or smaller)
 - black ballpoint pens (Bic or Papermate 1.0 mm or smaller)
 - extra-fine black permanent markers (Sharpie fine stylo no-bleed marker preferred)
- Pad of tracing paper, 9" x 12"
- #2 pencils, pink eraser and RULER

Optional: at least a 10" x 12" light pad or box (if you have one of these, please bring it! We will be tracing photograph enlargements for our drawings, and we will take turns using as many as we have— and utilizing any windows available! If you would like to invest in your own, they typically run \$30 new or can even be easily constructed).

Course Description: Many students who thought they were not “artistic” have been successful in this style of drawing! Why? Because we begin with a traced pencil outline in correct proportion and reproduce shading and texture using strategically placed strokes from a pen!

This course introduces students to the techniques of pen and ink illustration. As they learn and draw, they will build a portfolio of several subjects (animals, portraits, buildings, and landscapes), suitable for framing. First, students will learn and practice the basic strokes of pen and ink drawing (hatching, crosshatching, contour hatching, scumbling and stippling). Next they will discover how to work from enlarged black and white copies of photographs or magazine pictures of subjects, how to trace and transfer in pencil, how to recognize and outline graduated areas of shadow, and then how to apply the pen strokes they’ve learned to create shading, texture and depth in their illustrations. When learning to draw buildings, a lesson in perspective will be taught and practiced. Students will also enhance certain pen and ink drawings with “wash” techniques using grayscale and colored markers.

For a final project, students will create a pen and ink cover illustration for a book of their choice, combining elements and subjects in an original design.

Homework: There is NO homework for this class, unless a student gets behind and needs to complete a drawing to turn in by the deadline. Students will work on their drawings during class hours.

Credits Earned: 1 Fine Arts credit

ELECTIVES

American Sign Language: Grades: 9-12

Mentor: Tamika Thomasson

Class Size: 5-15

Prerequisites: None

Cost: \$35/month/student (\$315 total)

Supply Fee: \$10

Texts:

- American Sign Language for Beginners by Rochelle Barlow
- ISBN 978-1-64611-642-3

Supplies: 3-ring binder, notebook paper, 2 pocket folders, pencils, erasers, pens.

Course Description: From letters and numbers to essential vocabulary and grammar basics, this beginner's sign language course provides the essentials needed to develop a solid foundation for American Sign Language in the real world. Throughout the course, you'll find key phrases, helpful memory tips, signing practice activities, and insight into deaf culture.

Homework: Each daily lesson takes 10 minutes to complete and focuses on a single set of vocabulary or ASL grammar.

Credits Earned: 1 Elective Credit

Biblical Survey: Grades 9-12

Mentor: Karen Eckert

Class Size: 4-20

Prerequisite: None

Cost: \$30/month /student (\$270/year)

Supply Fee: \$30 for copies

Text(s): Year A (School year that begins with even years):

-Bible

-Old Testament Survey. This text can be found at

<https://logospressonline.com/products/old-testament-survey/>

Text(s): Year B (School year that begins with odd years):

-Bible

-New Testament Survey. This text can be found at:

<https://logospressonline.com/products/old-testament-survey-package-1/>

Supplies:

-Small binder to organize handouts and papers and supplies for taking notes

-colored pencils

Course Description:

This class will emphasize critical historical characters and places within a chronological framework tied to important dates. The course's central overarching theme in the Bible is God's revealed will and His loving provision for our salvation; thus, it stresses Messianic connections. A foundational assumption is that the New Testament builds on the Old. Underneath all this is a desire to help students see how Scripture applies to all aspects of their lives and that Biblical characters were real people living in real places who chose to be obedient or not obedient—just like themselves!

Homework: Students should expect 2.5/3 hours of study per week.

Credits Earned: 1 Highschool Elective Credit earned

Computer Technology & Digital Applications: Grades 9-12

Mentor: Candice Dudley

Class Size: 4-20

Prerequisite: None

Cost: \$35/month /student (\$315/year)

Supply Fee: \$60 (includes online interactive textbook through CompuScholar)

Text: Access to interactive online textbook is included in the supply fee

Supplies: See hardware and software requirements below.

Course Description:

This course covers fundamental computing topics and skills such as:

- Hardware, software, and operating systems
- Managing files and folders
- Basic networking
- Online safety and computer security
- Using Word processors, spreadsheets, and presentation programs
- Creating simple databases
- Image editing
- Using social media and email communications
- Introductory website design
- Simple computer programming concepts
- Exploration of computing careers

The course material is designed to appeal to a variety of students, from traditional learners who thrive on written text to audio-visual students who enjoy a multi-media format. All content is delivered through an online system that allows students to work seamlessly both in the classroom and at home. Hands-On Activities: every chapter contains one or more hands-on activities that allow students to practice and demonstrate understanding of the lesson topics. Activities can be completed on any Windows, Mac OS, Chromebook, or tablet device when using online options (like Google Docs). Each chapter contains multiple lessons, quizzes and a chapter test in addition to the listed Activity assignments. Team Projects and other assignments may be adjusted to fit the available time

Minimum Hardware and Software Requirements: Activities can be completed on any Windows, Mac OS, Chromebook, or tablet device when using online options (like Google Docs). More specifically, course material (lessons, videos, quizzes) can be accessed through any recent HTML5- compliant web browser on any device. The recommended minimum versions and other device requirements are: • DEVICES: Windows OS, Mac OS, Chromebook, iOS or Android tablets • BROWSERS: Edge 38+, Firefox 44.0+, Safari 9+, Chrome 48+ • INTERNET: Any standard Internet connection

Homework: ~1-3 hours/week which will include chapter quizzes, chapter tests and hands-on coding and/or projects.

Credits Earned: 1 Computer Science Elective Credit

German 1 : Grades: 9-12

Mentor: Heidi Orris

Class Size: 4-15

Prerequisites: None

Cost: \$30/month/student (\$270 total)

Supply Fee: \$45 (Includes textbook, copies of worksheets and instructional materials/handouts)

Textbook: Provided by mentor

Supplies: 3 ring binder

Course Description: Germany is the economic powerhouse of Europe, and German is the most widely spoken language in Europe. German is the second most commonly used scientific language.

This class is a fun and interactive introduction to spoken and written German. Students will learn vocabulary and grammar necessary to communicate in various situations. Students will get the opportunity to participate in simple conversations and respond to basic conversational prompts. Students will be able to analyze and compare cultural practices, products and perspectives of various German-speaking countries. Frequent assessments of language progression will be completed during course work.

Homework: approximately 30-60 minutes per day

Credits Earned: 1 Foreign Language Credit

German 2 : Grades: 9-12

Mentor: Heidi Orris

Class Size: 5-11

Prerequisites: German 1

Cost: \$30/month/student (\$270 total)

Supply Fee: \$40 (covers multiple texts, copies and handouts)

Text(s): provided by Mentor

Supplies: 3 ring binder

Course Description: This course is a continuation of German 1 and is designed to help improve skills in the German language. Students will increase their skills through listening, speaking, reading and writing activities based on proven methods of foreign language instruction. Students will learn to express themselves using an ever-increasing vocabulary, present and past tense verbs, articles, adjectives and increasingly complex grammatical structures. Grammar is introduced and practiced in innovative and interesting ways with a variety of learning styles in mind. Culture is sprinkled throughout the course to help students learn about German culture, people, geographical locations and histories.

Homework: Approximately 30- 50 minutes a day

Credits Earned: 1 foreign Language Credit

Exploring Creation with Health and Nutrition : Grades: 9-12

Mentor: Jaime Jones

Class Size: 5-20

Prerequisites: None

Cost: \$35/month/student (\$315 total)

Supply Fee: \$25

Text: Exploring Creation with Health and Nutrition

ISBN: 9781940110349 (Text); 9781940110356 (Student Workbook)

Supplies:

- 3-ring binder with dividers for homework, labs, and tests
- Notebook paper
- Pocket folders - 2
- Pencils
- Pens
- Calculator

Course Description: Apologia's *Exploring Creation with Health and Nutrition* covers what maturing students need to know to help them make the best choices they can for themselves as they become young adults. This text, taught from a Christian perspective, covers the physical, nutritional, emotional, and spiritual aspects of growing into a healthy adult. Students will study the systems of the human body, senses, genetics, temperaments, and the physical influence on thoughts and feelings. The course respectfully covers mental illness and emotional stability, as well as the value of human beings, our culture, our gender roles, our families, socialization, communication skills, and conflict resolution skills. Students will gain an in-depth knowledge of both macronutrients and micronutrients, including the importance of exercise and proper diet. Projects will cover topics such as nature versus nurture, personal temperament, good decision-making skills, boundary setting, analyzing food intake and activity levels, creating good hygiene habits, keeping a sleep record, and more.

Parental Note: This is a full health textbook. Please use your knowledge of your students to decide if this course is appropriate for their maturity levels. Chapters mention alcohol and drug abuse, depression, pornography and other topics that also require maturity. Additionally, please also note that although we will not be addressing this material in class, the reproductive systems are covered in the final chapter of textbook (including accurate, yet respectful, illustrations and descriptions). This final chapter respectfully discusses the act of marriage, sexual misconduct, pregnancy, and sexually transmitted diseases.

Homework: Students should expect 2.5/3 hours of homework per week.

Credits Earned: 1 Highschool Health or Elective Credit

Photography : Grades: 9-12

Mentor: Joanie Jenkins

Class Size: 5-15

Prerequisites: None

Cost: \$25/month/student (\$225 total)

Supply Fee: \$25 (handouts, photo prizes)

Supplies: notebook for handouts, access to a digital camera or phone camera

Recommended: Adobe Lightroom and Photoshop - \$20/month

Bring a laptop to class (not required)

Free editing app: Snapseed, Remini

Course Description: Learn the basics of digital photography! New technology has made taking and editing easier than ever before. We will be practicing photography compositions and turning in weekly homework is required. We will be concentrating on the varying techniques of photography such as landscape, leading lines, close-up photography, We will also have photography challenges and critiques.

Field Trip: We will get together outside of class for hands-on Photography class, once a semester. (Optional)

Homework: Completing Photos for the weekly challenge. Choose 1-5 images to have critiqued in class (Critiquing will be kind and constructive) This should take 1 hour or less a week. Photos should be uploaded to the class website on the Champions page.

Credits Earned: 1 elective credit

Psychology: From a Christian Perspective: Grades: 9-12

Mentor: Jaime Jones

Class Size: 5-20

Prerequisites: None

Cost: \$35/month/student (\$315 total)

Supply Fee: \$25

Text: Psychology: A Christian Perspective, High School Edition

ISBN: 0981558720

ISBN-13: 9780981558721

Supplies:

- 3-ring binder with dividers for homework, activities, and quizzes
- Notebook paper
- Pocket folders - 2
- Pens

Course Description: Psychology is quoted and used in a number of different fields, is always on the news, and is a popular college-level course. This course will give your high schoolers a context and understanding of Psychology from a Christian perspective while still in high school. This elective will help students to understand how naturalism, behaviorism, humanism, evolutionism, moral relativism and reductionism are used within psychological theories. Covering the history of psychology, as well as current theories on motivation, emotion, development, memory, sensation, abnormal psychology, social psychology, treatment, and more.

Students will be responsible for chapter summary and review questions. Quizzes will be administered for each chapter.

Homework: Students should expect 2.5/3 hours of homework per week.

Credits Earned: 1 elective credit

Spanish 1: Grades 9-12

Mentor: Kelly Wilton

Class Size: 5-20

Prerequisite: None

Cost: \$40/month /student (\$360/year)

Supply Fee: \$30

Text: Entreculturas 1 by Wayside Publishing (waysidepublishing.com)

Required:

ISBN: 978-1-641594-65-3 Hardcover textbook + Digital Package which includes a one-year subscription to EntreCulturas 1 Student Companion Reader Edition FlexText® and EntreCulturas 1 Explorer online platform (\$130 total)

Optional:

ISBN: 978-1-641590-42-6 Level 1 Activity Workbook (\$26) for students with unreliable internet service at home

Supplies: 3-ring binder (1in), notebook paper, dividers, pencils, colored pencils, 3-ring pencil pouch, a computer (optimally with Google Chrome browser) to access the digital platform at home.

Course Description: This is a high school level Spanish I course that takes a proficiency-based approach to language learning. Through the use of authentic resources and scaffolded activities, students will build their communication skills and their appreciation for the many Spanish speaking cultures in our world. Students will speak, read, write, and comprehend the Spanish language starting on Day 1. Class time will be devoted to engaging, hands-on lessons and interactive activities. As an incentive for class participation and using their Spanish language skills, students will earn play money for lively Spanish Auctions at the end of each semester. Each student will also complete two country projects during the year.

Homework: 4-6 hours/week. Students will complete assignments (written, listening, and speaking), add to their online portfolios, and communicate with peers and instructor through the Explorer virtual platform. Parents will proctor online tests and quizzes at home.

Credits Earned: 1 Foreign Language credit

Speech and Debate – The Art of Effective Communication: Grades 9-12

Mentor: Wendy Embrey

Class Size: 2-15

Prerequisite: None

Cost: \$25/month /student (\$225/year)

Supply Fee: \$25 (supplies, printing, handouts)

Text: None

Supplies: Binder or folder to organize handouts, and supplies for taking notes.

Course Description: In this class, students will learn how to become effective communicators. We will journey through the basic structure and concepts of communication with many opportunities to practice speaking skills along the way. Students will listen to lectures, listen to other speakers, and perform speeches of their own.

Some of the topics covered will be speaking fundamentals, overcoming stage fright, effective research and outlining, using visual aids, informative speaking, argumentative speaking, and oral interpretation.

One quarter of the course will be dedicated to debate and logical thinking. Students will also practice interpersonal speaking skills and learn how to lead and influence others through diplomacy.

Through practice at home and performing in class, students will have the opportunity to solidify their abilities in one of life's most important skills.

Homework: Students will be required to do 30 minutes to 1 hour of homework each day. This homework will primarily consist of practicing speeches and doing online research.

Credits Earned: 1 Elective Credit

Tae Kwon Do: Grades 9-12

Mentor: Wendy Embrey

Class Size: 2-15

Prerequisite: None

Cost: \$30/month /student (\$270/year)

Supply Fee: \$30 (belts, boards for testing, use of sparring equipment)

Texts: None

Supplies: paper for writing down exercises, white martial arts pants preferred but exercise/jogging pants acceptable, white t-shirts for testing or white uniform top

Course Description: Tae Kwon Do, literally the way (do) of the foot (tae) and fist (kwon), is a Korean martial art which focuses on five tenets: courtesy, integrity, perseverance, self-control and indomitable spirit. Students will perform exercises to strengthen core and increase flexibility and stamina. Proper blocking, striking and kicking techniques will be taught to students and they will be asked to practice these techniques at home. Students will also learn Tae Kwon Do forms (Poomsae). They will also acquire self-defense techniques, but will be encouraged not to use any training outside of the classroom unless absolutely necessary. Other benefits of martial arts include increased concentration and balance.

Homework: Keeping an exercise journal, practicing forms, combinations and self-defense techniques

Credits Earned: 1 Elective/P.E. Credit

Woodcraft and Wilderness Survival: Grades: 9-12

Mentor: Erin Brown

Class Size: 5-12

Prerequisites: None

Cost: \$35/month/student (\$315 total)

Supply Fee: \$50

Text: SAS Survival Handbook, Third Edition: The Ultimate Guide to Surviving Anywhere by John 'Lofty' Wiseman (ISBN 10: 0062378074)

Supplies: Journal (for nature observations), pencils, folder, backpack/duffle bag for collecting tools and resources for woodcraft and wilderness survival.

Course Description:

This is a high school elective course that focuses on the basics of woodcraft in our Virginia environment as well as wilderness survival. This class will be completely hands-on and will cover topics such as forest navigation, tracking, wilderness first aid, knot-tying, basic shelters, potable water, plant and animal identification, fire starting, and observation skills. Students should come to class ready to participate, with a mature attitude, and willing to get a little dirty.

Please Note: Due to the nature of the course, students will be using pocket knives, hatchets, fire starting materials, and other items with the potential to cause harm if not used appropriately. Students will bring home permission slips to be signed on the first day of class. Additionally, any students that are not behaving in a safe manor will not be allowed to participate in the class activities.

Homework: Students should expect 1-2 hours of work per week practicing the skills introduced during class time. Students will keep a log of their practice time.

Credit: 1 elective credit

STUDY HALL

Study Hall Guidelines & Expectations

Cost: \$12/month/student for ONE study hall (\$108/year for ONE study hall)
\$24/month/student for TWO study halls (\$216/year for TWO study halls)
(LIMIT TWO STUDY HALLS per student)

- Students **MUST** be enrolled in a minimum of TWO CHAMPIONS CLASSES to be eligible to sign up for Study Hall
- Limit TWO study halls PER STUDENT
- Make checks payable to “CHAMPIONS FOR CHRIST” and deposit in the Tuition Box at the hostess desk each month

IMPORTANT: Please read carefully--

Study halls are offered by CHAMPIONS FOR CHRIST as a convenient privilege for parents of those students needing to fill a gap between classes. Students are expected to study QUIETLY. It is NOT a time for socializing with friends. Students **MUST** bring work to do or a book to read.

All Standards of Conduct outlined in the CHAMPIONS Family Manual apply in Study Hall.

Students may not eat in Study Hall.

Students may not text during Study Hall. Cell phones should be out of sight and silenced. Special permission may be granted by the study hall monitor for the student to send an “emergency” text to parents.

If a student consistently talks, disrupts others from studying, or does not bring work to do, they will be asked to drop study hall and make other arrangements.