

# **COURSE CATALOG**

## **2022-2023**



**CHAMPIONS**  
**For Christ**

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# ***MATH***

## Algebra I: Grades 9-10

**Mentor:** Jaime Jones

**Class Size:** 3 - 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: TBD

**Class Size:**

**Prerequisite:** Algebra 1

**Cost:**

**Supply Fee:**

## Algebra II: Grades 10-12

**Mentor:** Carla Hoke

**Class Size:** 4-15

**Prerequisites:** Algebra I (Geometry also suggested)

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

**Supply fee:** \$10 for copies

**Texts:** *Beginning and Intermediate Algebra* by John Tobey and Jeffrey Slater - ISBN# 0-13-090949-1  
(While currently out of print, there are ample used copies available on Internet sale sites).

I will try to additionally acquire extra copies to loan out for the year. The companion Annotated Instructor Edition is not required, but parents may choose to look for a copy since it contains solutions for the practice problems (ISBN# 0-13-090940-8).

### 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 8-10

**Mentor:** Erin Brown

**Class Size:** 5-15

**Prerequisite:** None

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

**Supply Fee:** \$35

**Text:** Earth Science, 4<sup>th</sup> Edition, BJU Press (ISBN-13: 9781606820704)

Earth Science Lab Manual, 4<sup>th</sup> Edition, BJU Press

**Supplies:** 3 ring binder with dividers for homework, labs, and tests, notebook paper, colored pencils, calculator (one on a phone works 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:** 4-18

**Pre-requisite:** Pre-Algebra

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

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

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

ISBN: 978-

**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(s):** Algebra I

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

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

**Text(s):** • **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)

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

**Pre-requisite:** None

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

**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.

**Credits Earned:** 1 lab science credit

## Physics – The Foundation Science: Grades 11-12

**Mentor:** TBD

**Class Size:**

**Pre-requisite:**

**Cost:**

**Supply Fee:**

# Human Anatomy & Physiology (Advanced Biology of the Human Body): Grades 10-12

**Mentor:** Jaime Jones

**Class Size:** 4-20

**Pre-requisite:** Biology; Chemistry is recommended, but not required

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

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

# **SOCIAL STUDIES**

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

**Mentor:** Karen Eckert

**Class Size:** 6-20

**Prerequisites:** None

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

**Supply Fee:** \$25

**Text(s):**

- *The American Journey*. This textbook is provided by the teacher - loaned to students for the duration of the class.
- *Up From Slavery*, by Booker T Washington
- *Farewell to Manzanar*, by Jeanne Wakatski 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” offers a comprehensive survey of 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 study of 20th century America through postmodern accounts. This course is presented from a biblical world view. The goal of this study is 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 nations’ 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 be participating 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. The purpose of these research projects is to deepen their understanding of the “Signs and Times” in which we are studying, 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. Student should plan for a minimum of 60 minutes/day in study between classes.

**Credits Earned:** 1 History Credit

(Approximately 160 hours of study for 32-week session)



## World History: Grades 9-12

**Mentor:** Carla Hoke

**Class Size:** 6-20

**Prerequisites:** None

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

**Supply Fee:** \$30 (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

(I will provide 2 folders: one to store 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:** 25% Homework, 25% Projects, 25% Tests & Quizzes, 25% Presentations

**Credits Earned:** 1 History credit

## World Geography: Grades 9-12

**Mentor:** Joanie Jenkins

**Class size:** 10-15

**Prerequisite:** none

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

**Supply fee:** \$15 (materials, notebooks, copies, scissors, flash cards)

**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 are: 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)

**Credits:** 1 credit earned

## Government: Grades 10-12

**Mentor:** Barby Mouring

**Class Size:** Any

**Prerequisite(s):** None, except that I will expect *mature participation*.

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

As an option, PayPal payments can be made to [mourings@gmail.com](mailto:mourings@gmail.com)

**Supply Fee:** \$30

[*includes borrowed textbook*, special U.S. Senate folders, printing costs of student notes and quizzes, several DVDs (some to keep), and some of the field trip expenses]

**Text:** The Constitution Made Easy by Michael Holler (ISBN: 978-1-60725-330-3 or 978-1-40279-832-0 (hardback edition)). **PLEASE NOTE: You do not need to buy this text. It is out of print, and I lend copies to the students each year.**

I have customized this course to incorporate the following curricula: Notgrass, Bob Jones Press, Critical Thinking Press You Decide: Applying the Bill of Rights to Real Court Cases, and materials from Wall Builders, the Heritage Foundation, the NRA, Prager U, etc. But you do *not* need to buy any of these materials or texts.

**Supplies:** A 3-ring binder for keeping student notes

**Important: Internet access is required for this course, including the capability to watch online videos and access to [formative.com](http://formative.com), the homework platform.**

### Course Description:

This is a thorough United States government course, with 3 elements:

~a comprehensive study of the U.S. Constitution, including a working knowledge of different types of world governments and coverage of state and local governments

~a discussion from a Christian worldview of current events and issues affecting our country and state

~an in-class Senate simulation, in which the students assume the “persona” of a Senator and have experience introducing bills, serving on caucuses and committees, debating, voting, using parliamentary procedure, etc.

We also take a *field trip* yearly to D.C. to visit the Supreme Court, the Senate and House, the Capitol, Senators’ offices and the Library of Congress. This field trip (optional) will be on a non-CHAMPIONS day and will involve some additional cost. Details will be given well in advance. [COVID and security issues providing]

**Homework:** Plan on 30-45 minutes of work per day for the 4 days we are not in class. This involves reading the book and articles online and answering questions on [formative.com](http://formative.com).

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

## Economics/Personal Finance: Grades 10-12

**Mentor:** Barby Mouring

**Class Size:** Any

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

**Cost:** \$30/ month/student (\$270/year) As an option, Paypal payments can be made to mourings@gmail or Venmo to @Barby Mouring

**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

## English 9 & 10: Grades 9-10

**Mentor:** Karen Eckert

**Class Size:** 4-20

**Prerequisite(s):** None

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

**Supply Fee:** \$25 – 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, ability to write clear and concise essays, and articulate ideas in-class discussion and presentations.

Students will explore well-known books, stories, and poems. Class discussion will encourage students to analyze what they are reading and focus on 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 in any year. Students will study the elements for 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 consist of reading, writing, editing, and researching.

**Credits Earned:** 1 English Credit

## English 11 & 12: Grades 11-12

**Mentor:** Wendy Embrey

**Class Size:** 4-20

**Prerequisite(s):** None

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

**Supply Fee:** \$25 – Covers the cost of supplies, printing, and student 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 well-known books, stories and poems, and uses these works as topics for formal and analytical writing. Reading assignments will focus on literature with strong themes and valuable life lessons. Class discussion and assignments will challenge students to analyze and understand what they are reading. Writing assignments will focus on creating a strong thesis, followed by structure and organization. Students will expand their writing skills through brainstorming, drafting, and editing. Informative, persuasive, descriptive, and narrative writing will all be featured. 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,

**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: Grades 11-12 (Yearbook)

**Mentor:** Lori Payne

**Class Size:** 4-10

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

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

**Supply Fee:** \$30 (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)  
Can be purchased new or used from Amazon.com
- 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 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
- A camera or phone for taking quality photographs

**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 in 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



## Master StoryTeller: Grades 9-12

**Mentor:** John Jenkins

**Class Size:** 4-6

**Prerequisite(s):** (see below)

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

**Supply Fee:** \$75 covers the cost of supplies, printing, Master StoryTeller curriculum and student handouts, *Thresholds of Courage* book, and one copy of the professionally produced published student Master StoryTeller 2022-23 book that will be available on Amazon.

**Supplies:** Binder to organize handouts and assignments, plus supplies for taking notes.

**Course Description:** The Master StoryTeller class helps students develop the skills necessary to submit their work to a publisher. To achieve that express goal, the class combines professional fiction writing principles, methods and techniques with styles and themes from classical literature.

What students will learn: In this professional-skills class, students will learn how to: 1) read, interpret, and understand literature, 2) understand the impact of the author's worldview and historical context on their stories, 3) plan, write, and rewrite short stories using elements that include: setting, plot, characterization, tone/mood, genre, and theme, and optionally, learn how to format and edit a story for publication.

**Prerequisites:** Ability to write complete sentences and paragraphs using basic formatting, grammar, punctuation, spelling, and capitalization. Knowledge of Microsoft Word or equivalent. Internet access for research. Basic typing skills. Willingness to discuss required prewriting and writing assignment results in class.

**Homework:** Students will be required to do an average of 180 minutes of homework per week. This homework will primarily consist of researching, reading, planning, organizing, writing and rewriting vignettes and short stories. Assignments must be printed and brought to class (one or two copies). Students and parents will have one-on-one access during Teacher Office Hours on Zoom.

**Credits Earned:** 1 English Credit (Approximately 160 hours of study for a 32-week session.)

# FINE ARTS

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

**Mentor:** Lori Payne

**Class Size:** 4-8

**Prerequisite:** NO musical experience required

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

**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 Needed:

•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  
**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.** **If your student**

**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 sight-reading music on 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 have a chance at the piano with individual instruction as well as group learning and demonstration.

**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

**Prerequisite:** Learning Piano I (CHAMPIONS class) OR minimum one year of piano lessons

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

**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 Needed:

- 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 Liszt. 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 have a chance at the piano with individual instruction as well as group learning and demonstration.

**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

**Prerequisites:** None

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

**Supply Fee:** \$70 (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, 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

**Prerequisites:** None

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

**Supply Fee:** \$15 (for copies of handouts)

**Text:** None

### Supplies Needed:

- Sturdy Folder/Portfolio in which to keep and carry work and instructional handouts
- Three 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, cross-hatching, 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

## Biblical Survey: Grades 9-12

**Mentor:** Karen Eckert

**Class Size:** 4-20

**Prerequisite:** None

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

**Supply Fee:** \$20

**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 made choices to be obedient or not obedient—just like themselves!

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

**Credits Earned:** 1 Highschool Elective Credit earned



## 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)

**Text:** Supplied 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 and also the second most commonly used language on the Internet.

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 daily

**Credits Earned:** 1 Foreign Language Credit

## Guitar – Beginners: Grades 9-12

**Mentor:** Stephen Klein

**Class Size:** minimum of 7, no max

**Prerequisites:** none

**Cost:** \$35/month \$315/year

**Supply Fee:** none

Text: Guitar Method Book 1, Hal Leonard, 2nd Edition, ISBN 978-0-7935-1245-4

Supplies: Steel string (not nylon string classical) acoustic guitar, strap, picks, tuner, folder, pencils

Course description: Guitar Beginners class is designed for anyone who is in the beginner stage of learning guitar, from completely brand new to the instrument to someone who has progressed through some beginning elements of play.

Homework: Minimal to start, then 15-20 minutes of daily practice.

Credits: 1 elective credit

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

**Mentor:** Jaime Jones

**Class Size:** 3 - 20

**Prerequisite:** None

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

**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

**Prerequisite:** None

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

**Supply Fee:** \$10 – Covers the cost of student handouts.

**Supplies:** Notebook for handouts

Required Equipment: 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

**Course Description:** Learn the basics of digital photography! New technology has made taking and editing easier than ever before. Learn the mechanics of a digital camera, photography vocabulary, composition. We will be concentrating on the varying techniques of photography (Landscape, posing, macro, night, different lighting techniques) as well as editing. 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 3 images to have critiqued in class (Critiquing will be kind and constructive) This should take 1-2 hours a week

**Credits Earned:** 1 elective credit

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

**Mentor:** Jaime Jones

**Class Size:** 3 - 20

**Prerequisite:** None

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

**Supply Fee:** \$25

**Text:** Psychology: A Christian Perspective, High School Edition

**ISBN:** 0981558720

**ISBN-13:** 9780981558721

## **Supplies:**

- 3-ring binder with dividers for homework, labs, and tests
- 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 Highschool Elective Credit

## Spanish 1A: Grades 9-12

**Mentor:** Martha Young

**Class Size:** 4-12

**Prerequisites:** None

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

**Supply Fee:** \$30

(Includes copies of textbook, study cards, pencils, notebooks, and instructional materials/handouts)

**Text:** Easy Spanish Step-By-Step (provided by the mentor)

**Supplies:** 3 x 5 index cards

**Course Description:** Start with Spanish 1A to begin learning the Spanish language. In this course, students will learn basic vocabulary for communication as well as simple grammar and verb forms. We will focus on an appreciation and a curiosity about the lives of Spanish speaking peoples, while integrating conversation and reading recognition. Includes fun learning activities, games, and prizes to reinforce the lesson!

**Homework:** 1-2 hours/week

**Credits:** 1 foreign language credit

## Spanish 1B: Grades 9-12

**Mentor:** Martha Young

**Class Size:** 4-12

**Prerequisites:** Spanish 1A

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

**Supply Fee:** \$30

(Includes copies of textbook, study cards, pencils, notebooks, and instructional materials/handouts)

**Text:** Easy Spanish Step-By-Step (provided by the mentor)

**Supplies:** 3 x 5 index cards

**Course Description:** Spanish 1B follows Spanish 1A in preparing students for Spanish 2 by focusing on increasing the student's vocabulary. As with all Spanish classes, there will still be a focus on an appreciation and a curiosity about the lives of Spanish speaking peoples, while integrating conversation and reading recognition. This will also include fun learning activities, games, and prizes to reinforce the lesson!

**Homework:** 1-2 hours/week

**Credits:** 1 foreign language credit

## Spanish 2: Grades 9-12

**Mentor:** Martha Young

**Class Size:** 4-12

**Prerequisites:** Spanish 1A and Spanish 1B

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

**Supply Fee:** \$30

(Includes copies of textbook, study cards, pencils, notebooks, and instructional materials/handouts)

**Text:** Easy Spanish Step-By-Step (provided by the mentor)

**Supplies:** 3 x 5 index cards

**Course Description:** Armed with basic grammar and vocabulary from both Spanish 1A and Spanish 1B, students in Spanish 2 are ready to move on to more advanced sentence structures and conversations. As with prior Spanish classes, Spanish 2 will also focus on an appreciation and a curiosity about the lives of Spanish speaking peoples, while integrating conversation and reading recognition. Includes fun learning activities, games, and prizes to reinforce the lesson!

**Homework:** 1-2 hours/week

**Credits:** 1 foreign language credit



## Speech & Debate - Effective Communication: Grades 9-12

**Mentor:** Wendy Embrey

**Class Size:** 4-20

**Prerequisite(s):** None

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

**Supply Fee:** \$25 – Covers the cost of supplies, printing, and student handouts.

**Text(s):** 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. In class 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

# Survival Skills for College: Grades 9-12

**Mentor:** John Jenkins

**Class Size:** 6-8 **Prerequisite(s):** (see below)

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

**Supply Fee:** \$35

(Covers the cost of supplies, printing, and Survival Skills curriculum and handouts including communication, decision making and collaboration “best practices” and worksheets.)

**Supplies:** Binder to organize handouts and assignments, plus supplies for taking notes.

**Course Description:** In Survival Skills for College, from the opening day of class, fun, teamwork and critical thinking collide! The school year starts with fact-based ocean and wilderness survival challenges and ends with a mini-mock trial, as students engage in a highly active and collaborative learning environment.

Survival Skills for College dives headfirst into three areas of life-impacting and academic survival skills for high school, college, professionally and beyond.

Communication. This class integrates four key communication techniques, notetaking skills, and the active listening skills needed for both academics and personal success.

Decision Making. This class also integrates the foundational study skills for effective decision making: active reading, critical thinking, and time management – skills required for purposeful action in achieving academic, project, and personal goals.

Collaboration. Finally, Survival Skills for College integrates teamwork and leadership skills to help students balance the ability to both successfully work in teams and to lead by example.

**Prerequisites:** Knowledge of Microsoft Word or equivalent. Internet access for research. Basic typing skills. Willingness to participate in both individual and group classroom activities that includes discussion, collaboration and verbal presentations. May require that students have access to Google docs for collaboration assignments.

**Homework:** Students will be required to do an average of 120-180 minutes of homework per week. This homework will primarily consist of researching, reading, analyzing, markup and notating, scripting, writing, and editing. Printing of hardcopy assignments required. Students and parents will have one-on-one access during Teacher Office Hours on Zoom.

**Credits Earned:** 1 Elective Credit

## Tae Kwon Do: Grades 9-12

**Mentor:** Wendy Embrey

**Class Size** 4-12

**Prerequisites:** None

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

**Supply Fee:** \$25 (includes equipment, white belt & printing)

**Texts:** None

**Supplies:** Notebook for recording exercises, white martial arts pants preferred

**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 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

## Test Taking & Study Skills: Grades 10-12

**Mentor:** Wendy Embrey

**Class size:** 3-15

**Prerequisites:** Algebra 2, Geometry, or concurrent

**Cost:** \$20/month/student (\$180 Total)

**Supply Fee:** \$30 for copying

**Texts:** *Official SAT Study Guide (2022 Edition)* (College Board), available at Amazon.com or other online sources. Each student needs his own copy.

**Supplies:** #2 pencils, a 1 ½ inch three-ring binder with dividers, Scientific or graphing calculator---see the calculator policy at [www.collegeboard.com](http://www.collegeboard.com)

**Course Description:** The Scholastic Aptitude Test is the test most colleges require for entrance. The PSAT is very similar to the SAT and could lead to scholarship opportunities. Other tests (such as the ASVAB and CLEP tests) will benefit from standardized test taking skills. Class time will be split between test prep materials and the additional materials. Students will be prepared to take the SAT in the spring semester if they desire. The SAT portion of each class will include a discussion of the text, including test questions and strategies for improving test scores. Language and Math will be discussed and practiced. The student will work on sections of the text during the week, as assigned. Additional problems will be provided for classroom work. Practice problems and tests will be taken during class sessions and at home. Having students practice together in the classroom will help them encourage one another to confidently prepare for the test. The additional activities are designed to increase critical thinking skills, especially in the areas often seen on standardized tests. Activities such as riddles, puzzles, mysteries, and mind benders, will be a fun way to learn logic, math/language thought processes, and other reasoning skills useful in college and employment situations.

**Homework:** 1-2 hours per week

**Credits Earned:** No high school credit is given for this course. However, the class ought to be listed on the transcript in the area where other extracurricular activities and classes are listed.

## Woodcraft and Wilderness Survival: Grades 9-12

**Mentor:** Erin Brown

**Class Size:** 5-12

**Prerequisite:** None

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

**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.

**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.