

Bangkok Christian College English Immersion Program
Course Scope for Fundamental English/Our Daily Life Mathayom 1
Semester 2/2025-2026 Teacher Miles Long

Date	Contents	Comments/ Remarks
20 -24 October	Teacher/student check-in after break. Review Term 1 progress, introduce Term 2 outline and expectations. Icebreaker discussion and writing activity.	
27 October – 31 October	Unit 3-1 Travels in Space: Creating an impression. Students read a fiction extract, answer questions, and practise inference and creating impressions. Standards: R7.1B/E, R7.2A, W7.1A.	
3 - 7 November	Unit 3-2 Travels in Space: Exploring intention and structure. Students read a science-fiction extract, practise inference, intention/response, and planning structure. Standards: R7.1E, R7.2A/B, R7.3A, W7.2C.	
10 - 14 November	Unit 3-3 Travels in Space: Selecting verbs. Students analyse a non-fiction astronaut article, practise verb choice and powerful descriptions. Standards: R7.1E, R7.4B, W7.3G.	
17 - 21 November	Unit 3-4 Travels in Space: Building noun phrases. Students read an extract about leaving Earth, practise inference, noun/prepositional phrases, and write a description. Standards: R7.1E, R7.4B, W7.3G.	
24 – 28 November	***Pearson Exams Week***	
1 – 5 December	Unit 3-5 Travels in Space: Mid-unit assessment. Reading non-fiction on astronomy, answering comprehension questions, and writing a descriptive text. Standards: R7.1B/E, R7.4B, W7.1A, W7.2C.	
8 – 12 December	Unit 3-6 Travels in Space: Creating a viewpoint. Students read a short story extract, track thoughts/feelings, practise vocabulary and verb tenses, and plan descriptive writing. Standards: R7.2A, R7.4B, W7.1A, W7.2C.	
15 – 19 December	Unit 3-7 Travels in Space: Explaining and describing. Students read non-fiction on space, practise structuring explanations, using formal register, and writing an article. Standards: R7.2A, R7.3A, W7.1A, W7.2C.	
22 – 26 December	***Christmas ceremonies, followed by the beginning of Christmas holiday on the 24 th ***	
29 December – 2 January	***Christmas Holiday***	
5 – 9 January	Unit 3-8 Travels in Space: Exploring sentence structure. Students read about aliens, practise identifying openings, camera focus, sentence length, and descriptive writing. Standards: R7.3A, R7.4A, W7.3C/F.	
12 – 16 January	Unit 3-9 Travels in Space: Gathering ideas. Students plan a description of a strange planet, practising story structure, vocabulary, and descriptive imagery. Standards: W7.1A, W7.2C, W7.3G.	
19 - 23 January	Unit 3-10 Travels in Space: Reviewing and revising. Students practise revising paragraphs, correcting spelling, and improving sentence choices. Standards: W7.1B/C, W7.3D/E/F.	
26 – 30 January	Unit 3-11 Travels in Space: End-of-unit assessment. Students plan and write a descriptive article, demonstrating structure, vocabulary, and editing skills. Standards: R7.1B/E/C, W7.2C, W7.3D/E/G/I.	
2 – 6 February	Unit 4-1 Love and Hate: Exploring and responding. Students read/respond to a poem about people, practise inference, ideas, and writing poems of their own. Standards: R7.1A, R7.1B, R7.2B, W7.2B.	
9 – 13 February	Unit 4-2 & 4-3 Love and Hate: Responding to ideas & whole text. Students analyse speaker/events, practise punctuation, inference, and linking ideas. Standards: R7.1A/B, R7.2A/B, W7.2B.	
16 -20 February	***Final Exams***	

Bangkok Christian College English Immersion Program
Course Scope for English Social Studies Mathayom 1
Semester 2/2025-2026 Teacher Rick Diaz

Date	Contents	Comments/ Remarks
20 -24 October	The Fundamental Economic Problem (1 day week)	
27 October – 31 October	The Fundamental Economic Problem	
3 - 7 November	Goods, Services, and Consumers	
10 - 14 November	Productivity and Economic Growth	
17 - 21 November	Economic Systems	
24 – 28 November	<u>***Pearson Exams Week***</u>	
1 – 5 December	Forms of Business Organization	
8 – 12 December	Supply & Demand	
15 – 19 December	Migration and Time	
22 – 26 December	<u>***Christmas ceremonies, followed by the beginning of Christmas holiday on the 24th***</u>	
29 December – 2 January	<u>***Christmas Holiday***</u>	
5 – 9 January	The Neolithic Revolution	
12 – 16 January	River Valley Civilization - Mesopotamia	
19 - 23 January	River Valley Civilization - Ancient Egypt	
26 – 30 January	River Valley Civilization - Indus River Valley	
2 – 6 February	River Valley Civilization - Ancient China	
9 – 13 February	<u>***Final Exams***</u>	

Bangkok Christian College English Immersion Program

Course Scope for Mathematics Mathayom 1

Semester 2/2025-2026 Teacher Gregory Hewes

Date	Contents	Comments/ Remarks
20-24 Oct	Introduction to Class, ALEKS Initial Knowledge Check	24 Oct - School Opens
27-31 Oct	Multiplication Properties of Exponents Division Properties of Exponents Negative Exponents	
3 - 7 Nov	Basic Unit 5 Test Rational Exponents Simplifying Radical Expressions	
10-14 Nov	Operations with Radical Expressions Exponential Equations	
17-21 Nov	Additional Unit 5 Test Exponential Functions Transformations of Exponential Functions	
24-28 Nov	Writing Exponential Functions Transforming Exponential Expressions	
1-5 Dec	Geometric Sequences Recursive Formulas Basic Unit 6 Test	5 Dec. - King's Birthday
8-12 Dec	Adding Polynomials Subtracting Polynomials	10 Dec. - Constitution Day
15-19 Dec	Multiplying Polynomials by Monomials Multiplying Polynomials Special Products	
22-26 Dec	Polynomial Division Additional Unit 6 Test	25-26 Dec- Christmas Holiday
29 Dec - 2 Jan	(Christmas Holiday)	29 Dec – 2 Jan Christmas Holiday
5- 9 Jan	Using the Distributive Property Factoring Quadratic Trinomials Factoring Special Products	
12-16 Jan	Basic Unit 7 Test Graphing Quadratic Functions Transformations of Quadratic Functions Solving Quadratic Equations by Graphing	16 Jan – Teacher's Day
19-23 Jan	Solving Quadratic Equations by Factoring Solving Quadratic Equations by Completing the Square Additional Unit 7 Test	
26-30 Jan	Solving Quadratic Equations by Using the Quadratic Formula Solving Systems of Linear and Quadratic Equations Model and Curve Fitting Combining Functions	
2-6 Feb	Basic Unit 8 Test Measures of Center Representing Data Using Data Measures of Spread	
9-13 Feb	Additional Unit 8 Test Final Exam Review	
16-20 Feb	Final Exam Week	

Bangkok Christian College English Immersion Program**Course Scope for Science Mathayom 1****Semester 2/2025-2026 Teacher Stephen Welch**

Date	Contents	Comments/ Remarks
24 October	Introduction to Semester 2 Content	
27-31 October	Recap over Topic 4 Energy Stores & Transfers	
3 - 7 November	Energy Stores & Transfers Project	
10 - 14 November	Test Preparation & Topic 4 Test	
17 - 21 November	Introduction Topic 5 Electricity	
24 – 28 November	Topic 5 Electricity: Electrical Currents	
1 – 5 December	Topic 5 Electricity: Electrical Circuits	
8 – 12 December	Topic 5 Electricity: Potential Difference	
15 – 19 December	Topic 5 Electricity: Lab	
22 – 26 December	Topic 5 Electricity: Worksheet	
29 December – 2 January	***Christmas Holiday***	
5 – 9 January	Introduction Topic 6 Matter	
12 – 16 January	Topic 6 Matter: Particle Model, Pure Substances & Mixtures	
19 - 23 January	Topic 6 Matter: Separating Mixtures, Elements, Atoms & Compounds	
26 – 30 January	Topic 6 Matter: Worksheet	
2 – 6 February	Topic 6 Matter: Lab	
9 – 13 February 16 - 19 February	Fina Exam Revision	
	Final Exams	

Bangkok Christian College English Immersion Program
Course Scope for Design and Technology Mathayom 1
Semester 2/2025-2026 Teacher Dean Lenducci

Date	Contents	Comments/ Remarks
24 October	Coding Fundamentals: Students are introduced to the principles of coding, focusing on algorithms, logic, and the role of programming in problem solving.	
27-31 October	Syntax and Structure: Learners practice the correct use of syntax and coding conventions to build a foundation for writing functional programs.	
3 - 7 November	Problem Solving with Code: Students apply coding techniques to solve structured problems and develop computational thinking skills.	
10 - 14 November	Building Projects: Learners create small-scale coding projects that integrate skills in logic, structure, and creativity.	
17 - 21 November	Artificial Intelligence and Automation: Students explore how AI is used in industries, daily life, and its role in automating complex tasks.	
24 – 28 November	Biometrics: Learners examine biometric technologies, their applications in security, and associated ethical considerations.	
1 – 5 December	Virtual and Augmented Reality (VR/AR): Students investigate the use of VR/AR in education, entertainment, and professional fields.	
8 – 12 December	Quantum Cryptography: Learners are introduced to quantum cryptography and its potential to revolutionize data security.	
15 – 19 December	Robotics and Automation: Students analyze how robotics reshape the workforce, influence education, and drive STEM-related opportunities.	
22 – 26 December	Desktop Publishing Fundamentals: Students gain familiarity with desktop publishing software and its role in creating professional publications.	
29 December – 2 January	Layout and Design Principles: Learners apply design concepts such as alignment, balance, and spacing to create visually effective documents.	
5 – 9 January	Using Images and Graphics: Students incorporate images, illustrations, and graphic elements to enhance communication in publications.	
12 – 16 January	Typography and Font Selection: Learners explore the use of fonts and typography to strengthen readability and design aesthetics.	
19 - 23 January	Exporting and Publishing: Students finalize and export their publications into multiple formats, preparing for project submission.	
26 – 30 January	Coding Integration Project: Students complete a coding mini-project that demonstrates problem-solving and creativity.	
2 – 6 February	Emerging Technology Case Study: Learners present a case study analyzing the real-world impact of an emerging technology.	
9 – 13 February	Final Infographic Project: Learners create and present an infographic that synthesizes research, design skills, and emerging technology insights.	
16 - 19 February	***Final Exams***	

Bangkok Christian College English Immersion Program

Course Scope for Physical Education Mathayom 1

Semester 2/2025-2026 Teacher Ben Fishman

Date	Contents	Comments/ Remarks
25 October	Ice Breaker/What is a health goal?	School Starts
28 October – 1 November	Fitness Test • Burpees • 40 yard dash • Max jump height	
4 - 8 November	Health Research 101/Beginning of health myth research project	Students will investigate and debunk an online fitness myth
11 - 15 November	Football • Handling Drills • Defensive Drills • Live Games	
18 - 22 November	Basketball • Handling Drills • Defensive Drills • Live Games	
25 – 29 November	***Pearson Exams Week***	
2 – 6 December	Types of exercise • Hypertrophy explained • Cardio, and why it's the worst but also the best • Weight Training, and why you shouldn't be lifting that much	
9 – 13 December	American Football • Rules & Strategies • 7 on 7 games	Research Proposals Due
16 – 20 December	Capture the Flag	
23 – 27 December	***Christmas ceremonies, followed by the beginning of Christmas holiday on the 24 th ***	
30 December – 3 January	***Christmas Holiday***	
6 – 10 January	Nutrition 101 • Calculating Caloric Maintenance • Safe Weight loss/gain • “Gaintaing” and why it literally never works except for you	
13 – 17 January	Research Project Presentations	Research Projects Due
20 - 24 January	Research Project Presentations (if needed) • If not, sport of choice	
27 – 31 January	Re-do Fitness Test • Burpees • 40 yard dash • Max jump height	Results will be compared to the beginning of the semester
3 – 7 February	Football 2.0 • Handling Drills • Defensive Drills • Live Games	
10 – 14 February	***Final Exams***	

Bangkok Christian College English Immersion Program

Course Scope for FE Science Mathayom 1

Semester 2/2025-2026 Teacher Stephen Welch

Date	Contents	Comments/ Remarks
24 October	Introduction to Semester 2 Content	
27-31 October	Section 1: Sequencing (Lesson 1 & Lesson 2)	
3 - 7 November	Section 1: Sequencing (Lesson 3 & Lesson 4)	
10 - 14 November	Section 2: Sprites (Lesson 5 & Lesson 6)	
17 - 21 November	Section 3: Events (Lesson 7 & Lesson 8)	
24 – 28 November	Section 3: Events (Lesson 9 & Lesson 10)	
1 – 5 December	Section 4: Loops (Lesson 11 & Lesson 12)	
8 – 12 December	Section 4: Loops (Lesson 13 & Lesson 14)	
15 – 19 December	Section 5: Conditionals (Lesson 15 & Lesson 16)	
22 – 26 December	Section 5: Conditionals (Lesson 17 & Lesson 18)	
29 December – 2 January	***Christmas Holiday***	
5 – 9 January	Section 5: Conditionals (Lesson 19 & Lesson 20)	
12 – 16 January	Section 6: Functions (Lesson 21 & Lesson 22 & Lesson 23)	
19 - 23 January	Section 7: Variables (Lesson 24 & Lesson 25)	
26 – 30 January	Section 7: Variables (Lesson 26 & Lesson 27)	
2 – 6 February	Section 8: For Loops (Lesson 28 & Lesson 29)	
9 – 13 February	End of Course Mini Project	
16 - 19 February	***Final Exams***	

Bangkok Christian College English Immersion Program
Course Scope for English Social Studies Mathayom 1
Semester 2/2025-2026 Teacher Rick Diaz

Date	Contents	Comments/ Remarks
20 -24 October	The Fundamental Economic Problem (1 day week)	
27 October – 31 October	The Fundamental Economic Problem	
3 - 7 November	Goods, Services, and Consumers	
10 - 14 November	Productivity and Economic Growth	
17 - 21 November	Economic Systems	
24 – 28 November	<u>***Pearson Exams Week***</u>	
1 – 5 December	Forms of Business Organization	
8 – 12 December	Supply & Demand	
15 – 19 December	Migration and Time	
22 – 26 December	<u>***Christmas ceremonies, followed by the beginning of Christmas holiday on the 24th***</u>	
29 December – 2 January	<u>***Christmas Holiday***</u>	
5 – 9 January	The Neolithic Revolution	
12 – 16 January	River Valley Civilization - Mesopotamia	
19 - 23 January	River Valley Civilization - Ancient Egypt	
26 – 30 January	River Valley Civilization - Indus River Valley	
2 – 6 February	River Valley Civilization - Ancient China	
9 – 13 February	<u>***Final Exams***</u>	

Bangkok Christian College English Immersion Program
Course Scope for Fundamental English/Our Daily Life Mathayom 1
Semester 2/2025-2026 Teacher Miles Long

Date	Contents	Comments/ Remarks
20 -24 October	Teacher/student check-in after break. Review Term 1 progress, introduce Term 2 outline and expectations. Icebreaker discussion and writing activity.	
27 October – 31 October	Unit 3-1 Travels in Space: Creating an impression. Students read a fiction extract, answer questions, and practise inference and creating impressions. Standards: R7.1B/E, R7.2A, W7.1A.	
3 - 7 November	Unit 3-2 Travels in Space: Exploring intention and structure. Students read a science-fiction extract, practise inference, intention/response, and planning structure. Standards: R7.1E, R7.2A/B, R7.3A, W7.2C.	
10 - 14 November	Unit 3-3 Travels in Space: Selecting verbs. Students analyse a non-fiction astronaut article, practise verb choice and powerful descriptions. Standards: R7.1E, R7.4B, W7.3G.	
17 - 21 November	Unit 3-4 Travels in Space: Building noun phrases. Students read an extract about leaving Earth, practise inference, noun/prepositional phrases, and write a description. Standards: R7.1E, R7.4B, W7.3G.	
24 – 28 November	***Pearson Exams Week***	
1 – 5 December	Unit 3-5 Travels in Space: Mid-unit assessment. Reading non-fiction on astronomy, answering comprehension questions, and writing a descriptive text. Standards: R7.1B/E, R7.4B, W7.1A, W7.2C.	
8 – 12 December	Unit 3-6 Travels in Space: Creating a viewpoint. Students read a short story extract, track thoughts/feelings, practise vocabulary and verb tenses, and plan descriptive writing. Standards: R7.2A, R7.4B, W7.1A, W7.2C.	
15 – 19 December	Unit 3-7 Travels in Space: Explaining and describing. Students read non-fiction on space, practise structuring explanations, using formal register, and writing an article. Standards: R7.2A, R7.3A, W7.1A, W7.2C.	
22 – 26 December	***Christmas ceremonies, followed by the beginning of Christmas holiday on the 24 th ***	
29 December – 2 January	***Christmas Holiday***	
5 – 9 January	Unit 3-8 Travels in Space: Exploring sentence structure. Students read about aliens, practise identifying openings, camera focus, sentence length, and descriptive writing. Standards: R7.3A, R7.4A, W7.3C/F.	
12 – 16 January	Unit 3-9 Travels in Space: Gathering ideas. Students plan a description of a strange planet, practising story structure, vocabulary, and descriptive imagery. Standards: W7.1A, W7.2C, W7.3G.	
19 - 23 January	Unit 3-10 Travels in Space: Reviewing and revising. Students practise revising paragraphs, correcting spelling, and improving sentence choices. Standards: W7.1B/C, W7.3D/E/F.	
26 – 30 January	Unit 3-11 Travels in Space: End-of-unit assessment. Students plan and write a descriptive article, demonstrating structure, vocabulary, and editing skills. Standards: R7.1B/E/C, W7.2C, W7.3D/E/G/I.	
2 – 6 February	Unit 4-1 Love and Hate: Exploring and responding. Students read/respond to a poem about people, practise inference, ideas, and writing poems of their own. Standards: R7.1A, R7.1B, R7.2B, W7.2B.	
9 – 13 February	Unit 4-2 & 4-3 Love and Hate: Responding to ideas & whole text. Students analyse speaker/events, practise punctuation, inference, and linking ideas. Standards: R7.1A/B, R7.2A/B, W7.2B.	
16 -20 February	***Final Exams***	

Bangkok Christian College English Immersion Program

Course Scope for FE Science Mathayom 1

Semester 2/2025-2026 Teacher Stephen Welch

Date	Contents	Comments/ Remarks
24 October	Introduction to Semester 2 Content	
27-31 October	Section 1: Sequencing (Lesson 1 & Lesson 2)	
3 - 7 November	Section 1: Sequencing (Lesson 3 & Lesson 4)	
10 - 14 November	Section 2: Sprites (Lesson 5 & Lesson 6)	
17 - 21 November	Section 3: Events (Lesson 7 & Lesson 8)	
24 – 28 November	Section 3: Events (Lesson 9 & Lesson 10)	
1 – 5 December	Section 4: Loops (Lesson 11 & Lesson 12)	
8 – 12 December	Section 4: Loops (Lesson 13 & Lesson 14)	
15 – 19 December	Section 5: Conditionals (Lesson 15 & Lesson 16)	
22 – 26 December	Section 5: Conditionals (Lesson 17 & Lesson 18)	
29 December – 2 January	***Christmas Holiday***	
5 – 9 January	Section 5: Conditionals (Lesson 19 & Lesson 20)	
12 – 16 January	Section 6: Functions (Lesson 21 & Lesson 22 & Lesson 23)	
19 - 23 January	Section 7: Variables (Lesson 24 & Lesson 25)	
26 – 30 January	Section 7: Variables (Lesson 26 & Lesson 27)	
2 – 6 February	Section 8: For Loops (Lesson 28 & Lesson 99)	
9 – 13 February	End of Course Mini Project	
16 - 19 February	***Final Exams***	

Bangkok Christian College English Immersion Program
Course Scope for Design and Technology Mathayom 1
Semester 2/2025-2026 Teacher Dean Lenducci

Date	Contents	Comments/ Remarks
24 October	Coding Fundamentals: Students are introduced to the principles of coding, focusing on algorithms, logic, and the role of programming in problem solving.	
27-31 October	Syntax and Structure: Learners practice the correct use of syntax and coding conventions to build a foundation for writing functional programs.	
3 - 7 November	Problem Solving with Code: Students apply coding techniques to solve structured problems and develop computational thinking skills.	
10 - 14 November	Building Projects: Learners create small-scale coding projects that integrate skills in logic, structure, and creativity.	
17 - 21 November	Artificial Intelligence and Automation: Students explore how AI is used in industries, daily life, and its role in automating complex tasks.	
24 – 28 November	Biometrics: Learners examine biometric technologies, their applications in security, and associated ethical considerations.	
1 – 5 December	Virtual and Augmented Reality (VR/AR): Students investigate the use of VR/AR in education, entertainment, and professional fields.	
8 – 12 December	Quantum Cryptography: Learners are introduced to quantum cryptography and its potential to revolutionize data security.	
15 – 19 December	Robotics and Automation: Students analyze how robotics reshape the workforce, influence education, and drive STEM-related opportunities.	
22 – 26 December	Desktop Publishing Fundamentals: Students gain familiarity with desktop publishing software and its role in creating professional publications.	
29 December – 2 January	Layout and Design Principles: Learners apply design concepts such as alignment, balance, and spacing to create visually effective documents.	
5 – 9 January	Using Images and Graphics: Students incorporate images, illustrations, and graphic elements to enhance communication in publications.	
12 – 16 January	Typography and Font Selection: Learners explore the use of fonts and typography to strengthen readability and design aesthetics.	
19 - 23 January	Exporting and Publishing: Students finalize and export their publications into multiple formats, preparing for project submission.	
26 – 30 January	Coding Integration Project: Students complete a coding mini-project that demonstrates problem-solving and creativity.	
2 – 6 February	Emerging Technology Case Study: Learners present a case study analyzing the real-world impact of an emerging technology.	
9 – 13 February	Final Infographic Project: Learners create and present an infographic that synthesizes research, design skills, and emerging technology insights.	
16 - 19 February	***Final Exams***	

Bangkok Christian College English Immersion Program

Course Scope for Mathematics Mathayom 1

Semester 2/2025-2026 Teacher Gregory Hewes

Date	Contents	Comments/ Remarks
20-24 Oct	Introduction to Class, ALEKS Initial Knowledge Check	24 Oct - School Opens
27-31 Oct	Multiplication Properties of Exponents Division Properties of Exponents Negative Exponents	
3 - 7 Nov	Basic Unit 5 Test Rational Exponents Simplifying Radical Expressions	
10-14 Nov	Operations with Radical Expressions Exponential Equations	
17-21 Nov	Additional Unit 5 Test Exponential Functions Transformations of Exponential Functions	
24-28 Nov	Writing Exponential Functions Transforming Exponential Expressions	
1-5 Dec	Geometric Sequences Recursive Formulas Basic Unit 6 Test	5 Dec. - King's Birthday
8-12 Dec	Adding Polynomials Subtracting Polynomials	10 Dec. - Constitution Day
15-19 Dec	Multiplying Polynomials by Monomials Multiplying Polynomials Special Products	
22-26 Dec	Polynomial Division Additional Unit 6 Test	25-26 Dec- Christmas Holiday
29 Dec - 2 Jan	(Christmas Holiday)	29 Dec – 2 Jan Christmas Holiday
5- 9 Jan	Using the Distributive Property Factoring Quadratic Trinomials Factoring Special Products	
12-16 Jan	Basic Unit 7 Test Graphing Quadratic Functions Transformations of Quadratic Functions Solving Quadratic Equations by Graphing	16 Jan – Teacher's Day
19-23 Jan	Solving Quadratic Equations by Factoring Solving Quadratic Equations by Completing the Square Additional Unit 7 Test	
26-30 Jan	Solving Quadratic Equations by Using the Quadratic Formula Solving Systems of Linear and Quadratic Equations Model and Curve Fitting Combining Functions	
2-6 Feb	Basic Unit 8 Test Measures of Center Representing Data Using Data Measures of Spread	
9-13 Feb	Additional Unit 8 Test Final Exam Review	
16-20 Feb	Final Exam Week	

Bangkok Christian College English Immersion Program
Course Scope for Physical Education Mathayom 1
Semester 2/2025-2026 Teacher Ben Fishman

Date	Contents	Comments/ Remarks
25 October	Ice Breaker/What is a health goal?	School Starts
28 October – 1 November	Fitness Test • Burpees • 40 yard dash • Max jump height	
4 - 8 November	Health Research 101/Beginning of health myth research project	Students will investigate and debunk an online fitness myth
11 - 15 November	Football • Handling Drills • Defensive Drills • Live Games	
18 - 22 November	Basketball • Handling Drills • Defensive Drills • Live Games	
25 – 29 November	***Pearson Exams Week***	
2 – 6 December	Types of exercise • Hypertrophy explained • Cardio, and why it's the worst but also the best • Weight Training, and why you shouldn't be lifting that much	
9 – 13 December	American Football • Rules & Strategies • 7 on 7 games	Research Proposals Due
16 – 20 December	Capture the Flag	
23 – 27 December	***Christmas ceremonies, followed by the beginning of Christmas holiday on the 24 th ***	
30 December – 3 January	***Christmas Holiday***	
6 – 10 January	Nutrition 101 • Calculating Caloric Maintenance • Safe Weight loss/gain • “Gaintaing” and why it literally never works except for you	
13 – 17 January	Research Project Presentations	Research Projects Due
20 - 24 January	Research Project Presentations (if needed) • If not, sport of choice	
27 – 31 January	Re-do Fitness Test • Burpees • 40 yard dash • Max jump height	Results will be compared to the beginning of the semester
3 – 7 February	Football 2.0 • Handling Drills • Defensive Drills • Live Games	
10 – 14 February	***Final Exams***	