

Filling the Unforgiving Class Period with 50 Minutes Worth of Distance Run



# All Creatures of Our God and King

All creatures of our God and King,  
Lift up your voice and with us sing,  
Alleluia! Alleluia!

Thou burning sun with golden beam,  
Thou silver moon with softer gleam!

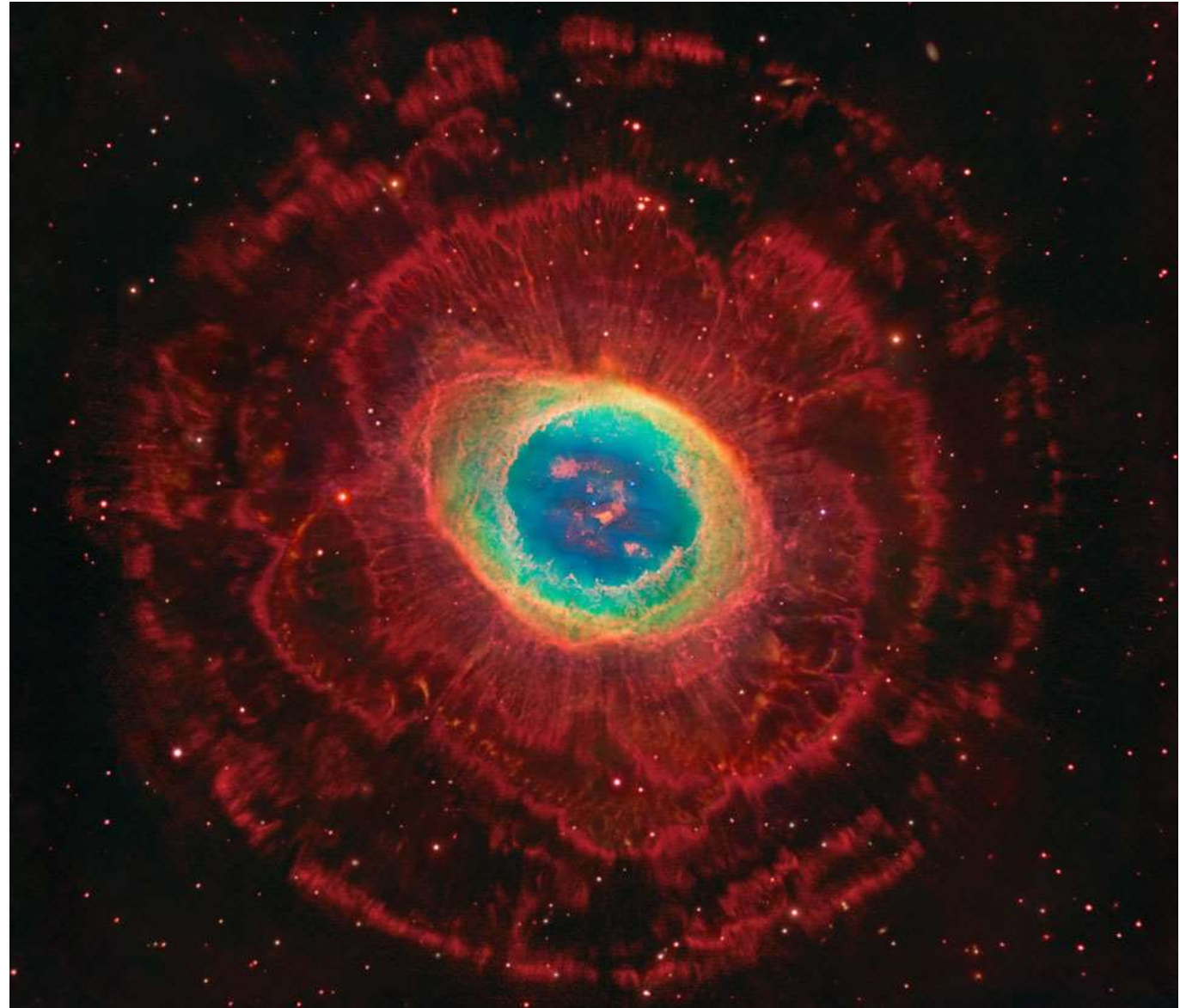
*Refrain:*

O praise Him! O praise Him!

Alleluia! Alleluia! Alleluia!

Thou rushing wind that art so strong,  
Ye clouds that sail in heav'n along,  
O praise Him! Alleluia!

Thou rising moon, in praise rejoice,  
Ye lights of evening, find a voice!



J: What is the chief end of man?

All: Man's chief end is to glorify God and to enjoy Him forever

J: In the beginning...

All: God created the heavens and the earth

J: In the beginning was the Word...

All: And the Word was with God, and the Word was God

J: All things were made by Him...

All: and without Him was not anything made that was made

J: And God said, Let there be lights in the firmament of the heaven to divide the

All: day from the night

J: And let them be for s

All: signs

J: and for s

All: seasons

J: and for d

All: days

J: and for y

All: years



J. And God made two great lights; the greater light to rule the  
All: day

J: And the lesser light to rule the  
All: night

J: he made the stars also. And God saw that it was...  
All: Good

J: And the evening and the morning were the...  
All: fourth day.

J: Why do we study astronomy Biblically?

All: The heavens declare the glory of God; and the firmament sh

J: Philosophically?

All: It's the capstone of the Seven Liberal Arts

J: Practically?

All: For understanding foundations of CeNTNeST

J: Which are...?

All: Cosmology...Navigation...Time.....Number in Space and Time

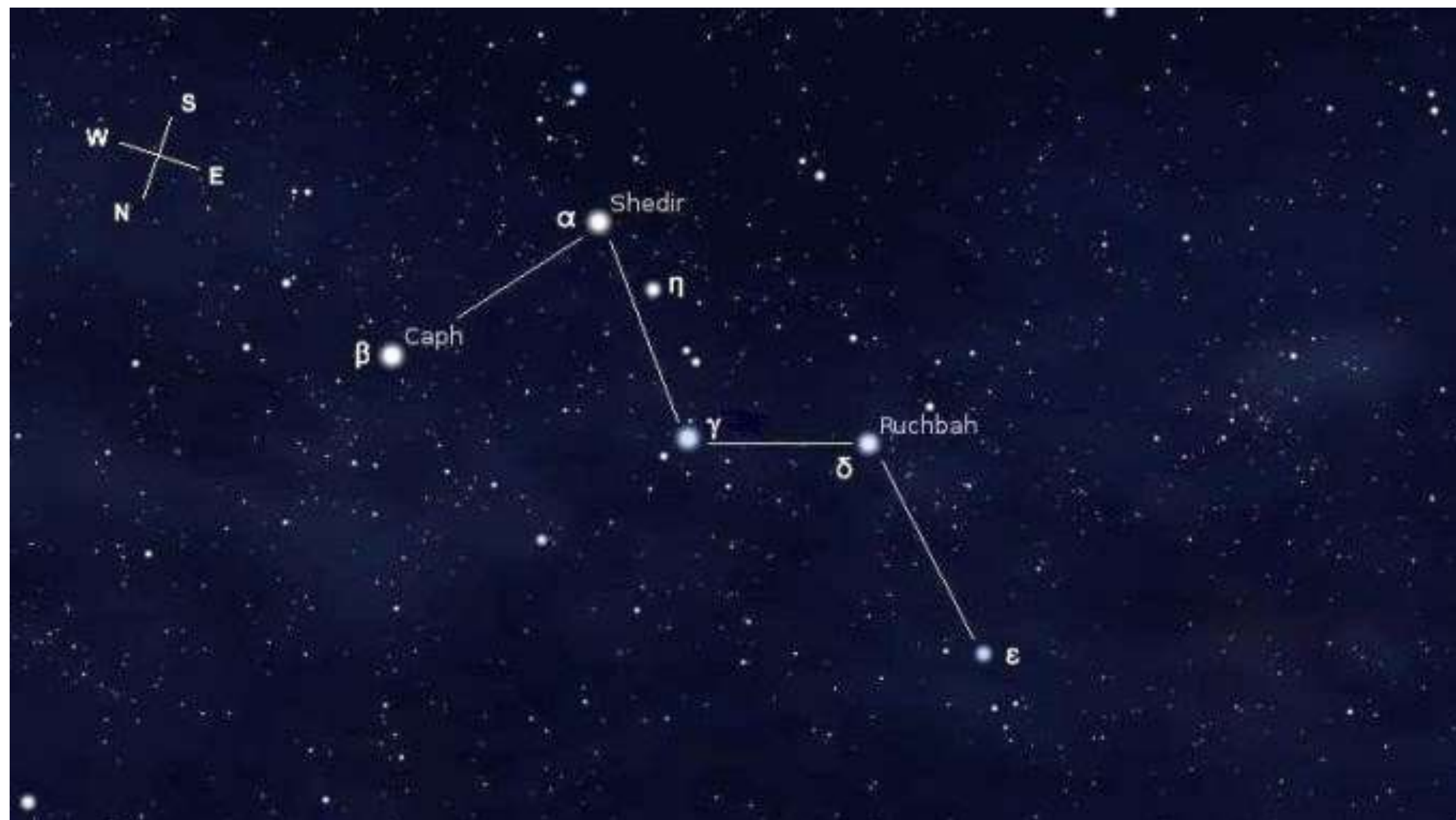
All: Sing Doxology









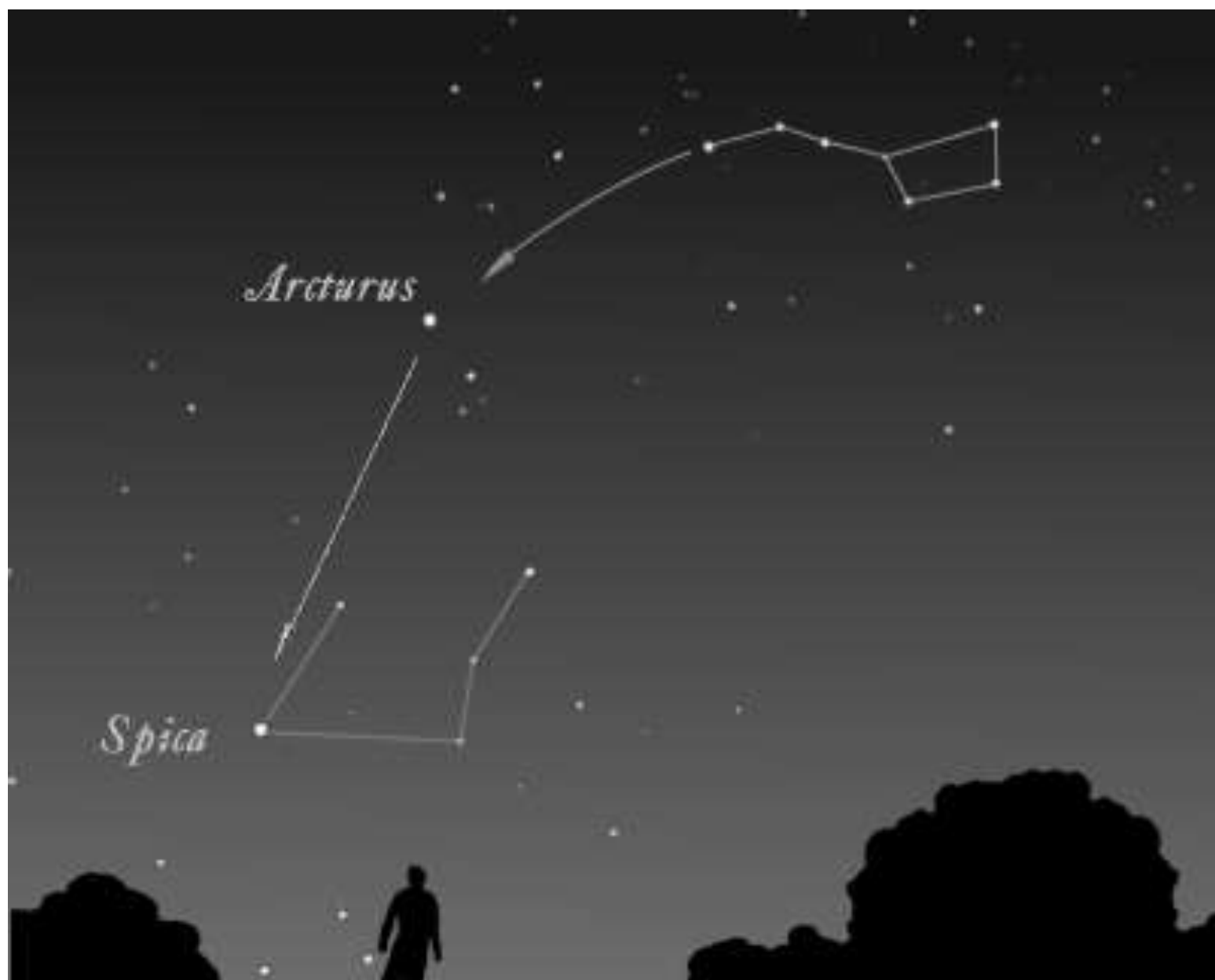














# Opening Exercises

1. Enthusiastic Opening
2. Energetic Pace
3. Overarching Theme
4. Systematic Review
5. Anticipatory Comment/Question
6. Declaration of Objective



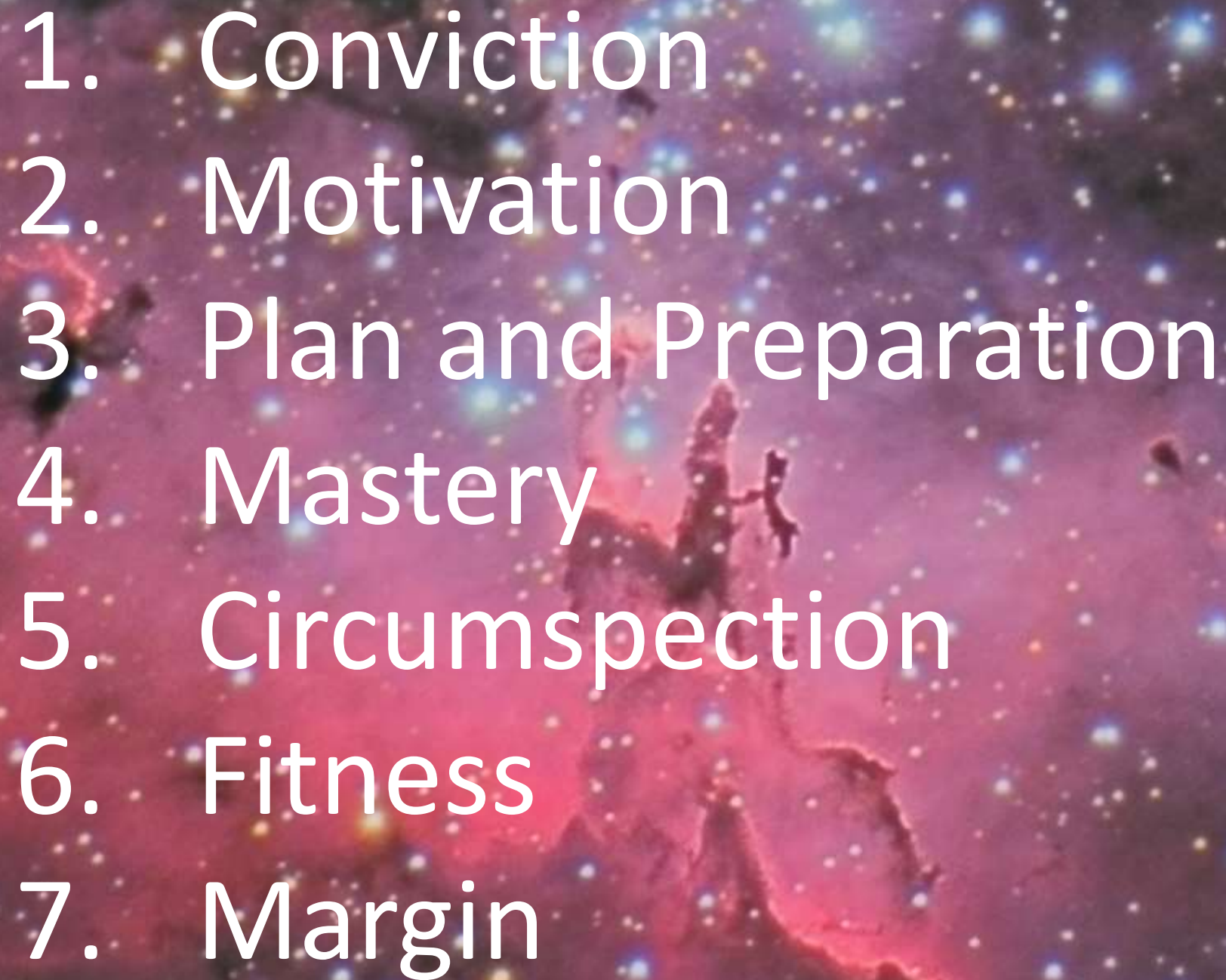
# IF

If you can keep your head when all about you  
Are losing theirs and blaming it on you;  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or, being lied about, don't deal in lies,  
Or, being hated, don't give way to hating,  
And yet don't look too good, nor talk too wise;

If you can dream - and not make dreams your master;  
If you can think - and not make thoughts your aim;  
If you can meet with triumph and disaster  
And treat those two imposters just the same;  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to broken,  
And stoop and build 'em up with wornout tools;

If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lose, and start again at your beginnings  
And never breath a word about your loss;  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: "Hold on";

If you can talk with crowds and keep your virtue,  
Or walk with kings - nor lose the common touch;  
If neither foes nor loving friends can hurt you;  
If all men count with you, but none too much;  
If you can fill the unforgiving minute  
With sixty seconds' worth of distance run -  
Yours is the Earth and everything that's in it,  
And - which is more - you'll be a Man my son!

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1. Conviction
  2. Motivation
  3. Plan and Preparation
  4. Mastery
  5. Circumspection
  6. Fitness
  7. Margin

**Bible:** Scripture Memory Verses, Catechesis, Key Genealogies, Chronological Overviews, Books of OT and NT, the Shema, 10 Commandments, etc.

**Grammar:** Rules for a Sentence, Parts of Speech jingles, Punctuation Rules, and my favorite usage song “You should never put the word Me first, to do so is among the very worst, of the worrisome things to do with words.”

**Mathematics:** Dozens of math songs on the internet, skip counting by 2, 3, 4, 5, 6 through 10, Fibonacci sequence, Times table chants, *metric* unit chants,

**History:** State songs, Capital songs, Geography Songs, Presidents, Emperors, Patriarchs, Historical timeline songs, Veritas press songs, etc.

**Science:** Living classifications, mineral characteristics, laws, and the elements song (Pirates of Penzance elements: Tom Lehrer )

**Spelling:** Spelling Rules, Phonogram hints and Mnemonics

**Penmanship:** write the cursive alphabet twice each day without dotting or crossing. If you don't teach penmanship formally, you can write the alphabet twice as a warm up before the first writing exercise of the day.

**Literature:** Fiction vs Non-Fiction, Informative, Narrative, Poetry types