

# American Heritage Worldwide

## 2025-26 Course Summaries

### Character Core: History, Science, Geography, Electives

The Family School Character Core courses for the 2025-26 school year are History, Science, Geography (1/2 year), Leadership (1/2 year), and Art & Music (Phase 1) or Electives (Phase 2). It is suggested that these courses be taught on a 2-week rotation. Each unit of each course includes a step-by-step, application-based unit project that students complete independently.

#### History

##### *Revolution and Change*

**Come experience the stirring story of the American Revolution and the birth of a nation!** As unrest stirs in the Thirteen Colonies, you will witness how faith, courage, and divine guidance shaped a people's fight for liberty. Meet brave leaders like George Washington and the inspired minds behind the Declaration of Independence as they stood for freedom—both civil and religious. Watch as God's hand directs patriots through trials, battles, and turning points that unite a nation. Then, see how the spirit of revolution spread to France and South America, and join the delegates at the Constitutional Convention as they craft one of the most remarkable documents of freedom in history. Finally, venture west with Lewis and Clark as they map new lands and open a bold chapter in America's story. Through it all, you will grow in your understanding of history, liberty, and the power of inspired action.

#### Science

##### *Anatomy & Physiology*

**Come discover the miracle of the human body—a divine gift full of wonder and design!** In this course, you'll explore the incredible systems that keep us alive and well, from the beating heart to the thinking brain, from muscles that move us to senses that connect us to the world. As you study anatomy (the body's parts) and physiology (how those parts work together), you'll see a powerful pattern: every part has a purpose, and each system depends on the others to function as one. You'll learn about the five senses, investigate how to care for your body through wise choices and preventive care, and consider how seeking healing honors the sacred gift of life. With every lesson, you'll deepen your appreciation for the way the body works—and the way God works in and through us.

#### Geography

##### *Africa*

**Come explore the heart of Africa—where land, life, and legacy come together!** From the peaks of Mount Kilimanjaro to the winding Nile River, from sunbaked deserts to lush jungles, this course is your passport to the wonders of Africa. Journey across the continent through a rich blend of physical, cultural, historical, and political geography. Walk through markets and villages, explore salt roads and camel caravans, hear stories from families and songs, and trace the rise and fall of mighty empires. Discover how geography shapes life—from migrating animals to the way people live, farm, and govern. Build map skills, explore natural systems and borders, and consider what the future might hold. As you study Africa, you'll grow in knowledge, curiosity, and compassion—and see this vast, beautiful continent as a place of deep connection and hope.

#### Leadership

##### *Micro Master Skill*

**Come discover the leader within you through this hands-on, challenge-based adventure!** In this action-first Leadership course, you'll explore eight essential leadership tools designed to help you lead yourself and others with purpose. Rooted in gospel-centered principles, each lesson begins with a real-world challenge that lets you practice a leadership trait—like noticing needs, generating energy, offering empathy, or guiding a group through change. As you complete each final challenge, you'll earn a badge and build your own leadership toolkit. From leading at home to influencing your community, you'll develop confidence, courage, and character. You'll also learn a simple framework for stepping up in everyday situations. By the end of the course, you'll not only speak the language of leadership—you'll live it with clarity, conviction, and compassion.

## I Love Language

Based on decades of research-based, nationally ranked Virginia State Standards, *I Love Language* provides students with a comprehensive reading and writing program designed to help students become skilled writers and effective readers. Students study Greek and Latin root words, in addition to their reading and writing practice. This course has a suggested calendar, but students can complete lessons at their own speed. All levels (6-8) are available to students, allowing them to move at their own pace while receiving support from our writing tutors during labs offered each week only to Micro School students.

## I Master Math

Similar to *I Love Language*, *I Master Math* was built using the backbone of the proven Virginia State Standards. Students learn math concepts through exploration and practice within five learning domains, including number and number sense, computation and estimation, measurement and geometry, probability and statistics, and algebraic thinking. Likewise, this course is self-paced, allowing students to progress at their own pace and on the schedule that parents determine is best. Importantly, as named, *I Master Math* is also mastery based. Students unlock the next lesson only after completing a lesson's post-lesson assessment with a score of 90% or higher. Advancing without learning gaps is a core objective of *I Master Math*.

## Art & Music/Electives

Come follow your interests and grow your talents with inspiring electives designed just for you! In the Electives program, students get the chance to explore their creativity, discover new passions, and develop practical life skills. **Phase 1** students enjoy a year of art and music, where they experience the beauty of Early American art and the joy of masterful music from around the world. Phases 2 and 3 students choose their own path! They can dive deeper into art history and hands-on technique in the 16-lesson *Early American Art* course, and/or explore one of our exciting 8-lesson Skills courses.

- A Taste of French Cuisine: Introduction to French Cooking
- Digital Design Discovery: Introduction to Digital Design in Canva
- How to Train Like an Athlete: Introduction to Performance Training
- Kickstarting Your Beat Journey: Introduction to Drums
- Light and Lens: Introduction to Photography
- Master the Minutes that Matter Most: A Guide to Time and Life Management

# 2025-26 Coach- and Parent-led School Calendar

## Phase 1 (Kindergarten - Grade 2)

AUGUST				
Mon	Tues	Wed	Thurs	Fri
Summer Break				
Foundations Week				
SEPTEMBER				
Labor Day	Hist 1	Hist 2	Hist 3	Hist 4
Hist 5	Hist 6	Hist 7	Hist 8	
Sci 1	Sci 2	Sci 3	Sci 4	
Sci 5	Sci 6	Sci 7	Sci 8	
Geo 1	Geo 2			
OCTOBER				
		Geo 3	Geo 4	
Geo 5	Geo 6	Geo 7	Geo 8	
Fall Break				
Art 1	Art 2	Art 3	Art 4	
Art 5	Art 6	Art 7	Art 8	
NOVEMBER				
Hist 9	Hist 10	Hist 11	Hist 12	
Hist 13	Hist 14	Hist 15	Hist 16	
Sci 9	Sci 10	Sci 11	Sci 12	
Thanksgiving Break				
DECEMBER				
Sci 13	Sci 14	Sci 15	Sci 16	
Geo 9	Geo 10	Geo 11	Geo 12	
Geo 13	Geo 14	Geo 15	Geo 16	
Christmas Break				

JANUARY				
Mon	Tues	Wed	Thurs	Fri
			New Year	
Art 9	Art 10	Art 11	Art 12	
Art 13	Art 14	Art 15	Art 16	
MLK Day	Hist 17	Hist 18	Hist 19	Hist 20
Hist 21	Hist 22	Hist 23	Hist 24	
FEBRUARY				
Sci 17	Sci 18	Sci 19	Sci 20	
Sci 21	Sci 22	Sci 23	Sci 24	
Winter Break				
Leader 1	Leader 2	Leader 3	Leader 4	
MARCH				
Leader 5	Leader 6	Leader 7	Leader 8	
Music 1	Music 2	Music 3	Music 4	
Music 5	Music 6	Music 7	Music 8	
Hist 25	Hist 26	Hist 27	Hist 28	
Hist 29	Hist 30			
APRIL				
		Hist 31	Hist 32	
Spring Break				
Sci 25	Sci 26	Sci 27	Sci 28	
Sci 29	Sci 30	Sci 31	Sci 32	
Leader 9	Leader 10	Leader 11	Leader 12	
MAY				
Leader 13	Leader 14	Leader 15	Leader 16	
Music 9	Music 10	Music 11	Music 12	
Music 13	Music 14	Music 15	Music 16	
Summer Break				

# 2025-26 Coach- and Parent-led School Calendar

## Phase 2 (Grades 3-5) and Phase 3 (Grades 6-8)

AUGUST				
Mon	Tues	Wed	Thurs	Fri
Summer Break				
Foundations Week				
SEPTEMBER				
Labor Day	Hist 1	Hist 2	Hist 3	Hist 4
Hist 5	Hist 6	Hist 7	Hist 8	
Sci 1	Sci 2	Sci 3	Sci 4	
Sci 5	Sci 6	Sci 7	Sci 8	
Geo 1	Geo 2			
OCTOBER				
		Geo 3	Geo 4	
Geo 5	Geo 6	Geo 7	Geo 8	
Fall Break				
Elective 1	Elective 2	Elective 3	Elective 4	
Elective 5	Elective 6	Elective 7	Elective 8	
NOVEMBER				
Hist 9	Hist 10	Hist 11	Hist 12	
Hist 13	Hist 14	Hist 15	Hist 16	
Sci 9	Sci 10	Sci 11	Sci 12	
Thanksgiving Break				
DECEMBER				
Sci 13	Sci 14	Sci 15	Sci 16	
Geo 9	Geo 10	Geo 11	Geo 12	
Geo 13	Geo 14	Geo 15	Geo 16	
Christmas Break				

JANUARY				
Mon	Tues	Wed	Thurs	Fri
				New Year
Elective 2	Elective 2	Elective 2	Elective 2	
Elective 2	Elective 2	Elective 2	Elective 2	
MLK Day	Hist 17	Hist 18	Hist 19	Hist 20
Hist 21	Hist 22	Hist 23	Hist 24	
FEBRUARY				
Sci 17	Sci 18	Sci 19	Sci 20	
Sci 21	Sci 22	Sci 23	Sci 24	
Winter Break				
Leader 1	Leader 2	Leader 3	Leader 4	
MARCH				
Leader 5	Leader 6	Leader 7	Leader 8	
Elective 3	Elective 3	Elective 3	Elective 3	
Elective 3	Elective 3	Elective 3	Elective 3	
Hist 25	Hist 26	Hist 27	Hist 28	
Hist 29	Hist 30			
APRIL				
		Hist 31	Hist 32	
Spring Break				
Sci 25	Sci 26	Sci 27	Sci 28	
Sci 29	Sci 30	Sci 31	Sci 32	
Leader 9	Leader 10	Leader 11	Leader 12	
MAY				
Leader 13	Leader 14	Leader 15	Leader 16	
Elective 4	Elective 4	Elective 4	Elective 4	
Elective 4	Elective 4	Elective 4	Elective 4	
Summer Break				

2025

September

SAMPLE



Level 4

I Love Language

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 LABOR DAY	2 Unit 1 Lessons 1 & 2 CLASSES BEGIN	3 Unit 1 Lesson 3	4 Unit 1 Lesson 4	5 Unit 1 Lesson 5 LIVE LA CLASS	6
7	8 Unit 1 Lesson 6	9 Unit 1 Lesson 7	10 Unit 1 Lesson 8	11 Unit 1 Lesson 9	12 Unit 1 Lesson 10 LIVE LA CLASS	13
14	15 Unit 1 Lesson 11	16 Unit 1 Lesson 12	17 Unit 1 Lesson 13	18 Unit 1 Lesson 14	19 Unit 1 Lesson 15 LIVE LA CLASS	20
21	22 Unit 1 Lesson 16	23 Unit 1 Lesson 17	24 Unit 1 Lesson 18	25 Unit 1 Lesson 19	26 Unit 1 Lesson 20 LIVE LA CLASS	27
28	29 Unit 2 Lesson 1	30 Unit 2 Lesson 2				

Unit 1 Novel

☐ 'Because of Winn Dixie' by Kate DiCamillo

Unit 1 Project

☐ Infographic 'Because of Winn Dixie'

Mastery Checks

- Lesson 5
- Lesson 10
- Lesson 15
- Lesson 20

Notes

2025  
October

SAMPLE

Level 4      I Master Math

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Unit 1 Lesson 10 LESSON & PRACTICE SET	2 Unit 1 Lesson 10 REVIEW & ACTIVITY	3	4
5	6 Unit 1 Lesson 11 LESSON & PRACTICE SET	7 Unit 1 Lesson 11 REVIEW & ACTIVITY	8 Unit 1 Lesson 12 LESSON & PRACTICE SET	9 Unit 1 Lesson 12 REVIEW & ACTIVITY	10	11
12	13	14	15	16	17	18
--FALL BREAK--						
19	20 Unit 1 Lesson 13 LESSON & PRACTICE SET	21 Unit 1 Lesson 13 REVIEW & ACTIVITY	22 Unit 1 Lesson 14 LESSON & PRACTICE SET	23 Unit 1 Lesson 14 REVIEW & ACTIVITY	24	25
26	27 Unit 1 Lesson 15 LESSON & PRACTICE SET	28 Unit 1 Lesson 15 REVIEW & ACTIVITY	29 Unit 1 Lesson 16 LESSON & PRACTICE SET	30 Unit 1 Lesson 16 REVIEW & ACTIVITY	31	

Unit 1:  
Number and Number Sense

Mastery Checks

Lesson 5

Lesson 6

Lesson 12

Unit Assessment

Lesson 19

Notes

MATH LAB

Mon, Tues & Wed  
12pm MST