



AQUINAS HOUSE OF STUDIES

Theology of the Body Rooted (Middle School) Yearlong 2023-24



Instructor: Mrs. Tisha Frost

Email: tfrost.scholeacademy@gmail.com

Class Times: Fridays 11:00am-12:15pm

Office Hours: By appointment (please include your local time zone)

ELIGIBLE STUDENTS:

Rising 7th–8th graders; 9th graders welcome. No previous course required.

The Catholic Church recognizes parents as the primary educators of their children so it is important that parents pray and discern if their child is ready for this class. Look over class topics listed in the syllabus and feel free to email me, the instructor, with any questions. Students must be mature enough to handle the subject content, and parents must be comfortable with the content. Parent resources and recordings will be provided to help parents discuss this course with their children.

Students are expected to have proficient reading and emerging writing skills as well as the interest and willingness to grow in discussion skills about the Church and history. Students suited for this course will also be cultivating the following scholarship skills:

- Learn annotation of text
- Apply teacher critiques
- Adhere to deadlines
- Be responsible for class and project preparedness
- Take initiative to ask questions for understanding and comprehension
- Respond in written form to prompts and questions
- Be able (sometimes with parental guidance) to interact with Canvas, the learning management system used by the Academy, to view homework, post assignments, view feedback, etc.

COURSE DESCRIPTION:

This course will introduce students to the Theology of the Body (study of the body) at a very basic level. Theology of the Body is rooted in St. John Paul's writings which help us understand God's plan for humanity and the body. His writings were a response to the cultural chaos he saw happening in the 20th Century. While there are many books to help us understand his rich, philosophical writings, this course will use three books written specifically for a middle school audience. In addition, we will be reading tales and fables that demonstrate teachings of Theology of the Body. The goal is that this course would feel more like a small catechetical group with prayerful discussion and reflection and minimal homework.

The five main goals of this course are for students to:

- 1) Know God's big plan for humanity.
 - Original man (Genesis)
 - Historical Man (Fallen and Redeemed)
 - Eschatological Man (Heaven)
- 2) Understand the importance and gift of the three "original" experiences in Genesis.
 - Original Solitude (God created humans different than animals)
 - Original Unity (God created humans male & female to complement one another)
 - Original Nakedness (God created humans to know and love each other; not use or hurt each other)
- 3) Recognize that the laws God and the Church give us lead to freedom and joy.
- 4) Recognize the gifts of Theology of the Body in all vocations.
- 5) Foster a prayer life and an inner dialogue with the Lord.

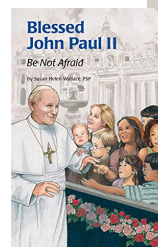
REQUIRED COURSE TEXTS:

A Bible (RSV Catholic Edition recommended)

3 Common Place Books - all available from [Ruah Woods Press store](#)

- Grade 6 TOB Common Place Book \$10
- Grade 7 TOB Common Place Book \$10
- Grade 8 TOB Common Place Book \$10

Blessed John Paul II: Be Not Afraid by Susan Helen Wallace
Published by Pauline Press / Available via Kindle



CLASS ACTIVITIES AND ASSIGNMENTS

Class Activities

Lectio Divina to start each class; also view *Sacred Art*.

Read aloud the chapter (3-4 pages)

Individual/Silent Reflection through writing and journaling in their common place book.

Class Discussion making sure they have a grasp on the material.

Short Lecture/Q and A making sure to address common misconceptions.

Challenge for the week which is in the student's Common Place book.

Assignments

Weekly response: 1 paragraph response either handwritten or typed.

End of quarter response: 1 page handwritten or typed uploaded to Canvas classroom.

Class	Topic	Lesson in Rooted
1	Intro to St. John Paul II and Theology of the Body Original Man, Historical Man, Eschatological Man	
2	Creation is a Gift	Book 6: Lesson 1
3	The Image of God	Book 6: Lesson 2
4	The Body Reveals Man	Book 6: Lesson 3
5	Original Solitude	Book 6: Lesson 4
6	Original Unity	Book 6: Lesson 5
7	Original Nakedness	Book 6: Lesson 6
8	TOB in Literature: The Story of Ping, Mufaro's Beautiful Daughters ; End of the Quarter Reflections	
Quarter 1 ends		
9	In class reflections of what we have learned	
10	Man of Concupiscence	Book 7: Lesson 1
11	Redeemed and Called	Book 7: Lesson 2
12	Law and Love	Book 7: Lessons 3

13	Life According to the Spirit	Book 7: Lesson 4
14	The Heroism of Love	Book 7: Lesson 5
15	The Spousal Meaning of the Body	Book 7: Lesson 6
16	TOB in Literature: Velveteen Rabbit, The Selfish Giant End of the Quarter Reflections	
Quarter 2 ends		
17	Assessment: In class reflections of what we have learned	
18	Vocation and Gift	Book 8: Lesson 1
19	Virginity for the Sake of the Kingdom	Book 8: Lesson 2
20	The Sacrament of Marriage	Book 8: Lesson 3
21	St. Paul on Flesh and Spirit	Book 8: Lessons 4
22	Logic of Domination vs. Logic of Gift	Book 8: Lesson 5
23	Resurrection of the Body	Book 8: Lesson 6
24	End of the Quarter Reflections	
Quarter 3 ends		
25	St. John Paul's biography / Fairy Tales	
26	St. John Paul's biography / Fairy Tales	
27	St. John Paul's biography / Fairy Tales	
28	TOB in Literature: Bring to class a book to present	
29	TOB in Literature: Bring to class a book to present	
30	Assessment: In class reflections of what we have learned	
31-32	Closing Classes	
Quarter 4 ends		

STUDENT EXPECTATIONS IN ACTION

1. Students are expected to come to class on time and prepared: with reading assignments completed and contemplated, all materials present, and ready to actively participate.
2. Students are expected to be engaged: listening carefully, asking and answering questions, and thinking about the matters under discussion.
3. Students are expected to submit assignments on time, completed neatly and thoroughly by submitting to the Canvas Classroom.
4. Students are expected to act responsibly: to let the teacher know if he or she will be absent and seek a way to make up for the lost class; to keep up with all reading and writing assignments, and ask for guidance and direction from the teacher whenever necessary.
5. Students are expected to be respectful to their teacher, their classmates and the material.

STUDENT EVALUATION: GRADING

While pursuing history through Scholé Academy will be “restful” and lots of fun, we also recognize the need to provide grades for students who will be using this course as part of their prepared college transcript. It’s a delicate balance to achieve both restful learning and excellent academic performance. Earning a specific grade should not overshadow achievement goals for mastery of this discipline. I will assign the following grades to your student’s level of achievement: *magna cum laude* (with great praise), *cum laude* (with praise), *satis* (sufficient, satisfactory), and *non satis* (not sufficient).

As much as you might be fully on board with this grading method in theory, there will undoubtedly be the need to complete a college transcript with either a numeric or traditional letter grade. Traditional percentage grades will be provided and will be readily accessed on the course Canvas course page. Additionally, Mrs. Frost will provide a transcript of that grade to the requesting parent at the end of the year.

STUDENT EVALUATION: ASSESSMENTS & WEIGHTS

Mrs. Frost will communicate with students regarding assignment feedback and grading through the free online grading system, Canvas. The teacher will provide students with more detailed information and access to the Canvas course page. Student’s grades will be comprised of:

- Class Participation: 50%
- Weekly Responses: 25%
- Quarterly Response: 25%

SCHEDULE

Class Times: Classes will take place on Fridays at 11:00am-12:15pm ET

Class Dates: Orientation will be at the end of August during regular class time (TBA).

Classes meet for the full 32 weeks of the Academic Year. Please see the [online academic calendar](#) for specific dates and school holidays.

**Please note the above dates and times are the anticipated class sessions. However dates are subject to change as the instructor's circumstances might dictate (e.g. illness, family emergency). Any classes canceled by the instructor will be made up at an alternate time designated by the instructor.*

THE VIRTUAL CLASSROOM:

We will be using the free online “virtual classroom” software provided by Zoom, one of the leading companies that provides such software. The virtual classroom will provide students with interactive audio, text chat and an interactive whiteboard in which texts, diagrams, video and other media can be displayed and analyzed. We will provide students with a link (via email) that will enable students to join the virtual classroom. Specific information regarding the technology used by Scholé Academy (including required technology) can be found by visiting the Technology in the Classroom section of the Student Parent Handbook. Students will submit documents by scanning and uploading them to their personal computer, then attaching those files as .pdfs to an email. They will submit their work to the Canvas course page (access granted after enrollment is secured).

ABOUT THE INSTRUCTOR

Tisha Frost has been teaching in a variety of settings over the last 20 years after following one of the best pieces of advice she was ever given, “Be who God created you to be and you will set the world on fire” (attributed to St. Catherine of Siena). This inspired her to study both history and theology during her undergraduate years.

She obtained a B.A. in American Studies, with a minor in Theology from the University of Notre Dame. She also holds a Master of Education from the University of Notre Dame, specializing in Middle School and High School Social Studies. Through her experiences of teaching many students, including her own children, she has seen the need for restful education that is focused on the true, good, and beautiful.

Tisha resides in Northern Minnesota with her husband and six children. When she has a moment to herself, she enjoys children’s literature, British mysteries, good movies, and baking.