

SACRAMENTS & CHURCH HISTORY I

Student Course Plan

HIGH SCHOOL
THEOLOGY 10 (K/H)





SACRAMENTS & CHURCH HISTORY I

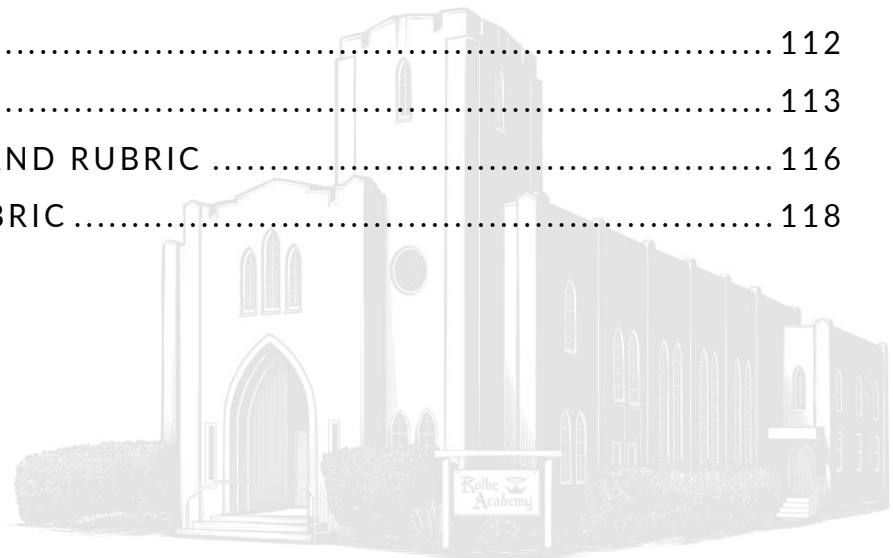


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Ad maiorem Dei gloriam!



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COURSE TITLE: Sacraments & Church History I

COURSE TEXTS:

- STUDENT GUIDE** *Theology 10: Sacraments & Church History I Student Guide.* Kolbe Academy Press. Napa, 2025.
- TEACHER GUIDE** *Theology 10: Sacraments & Church History I Teacher Guide.* Kolbe Academy Press. Napa, 2025.
- BIBLE** *The Didache Bible: With Commentaries Based on the Catechism of the Catholic Church.* Ignatius Bible Ed., Ignatius Press. Napa, 2015.
- CCC** Libreria Editrice Vaticana and United States Catholic Conference of Catholic Bishops. *Catechism of the Catholic Church.* Doubleday. New York, 1997.
- LAUX** Laux, Fr. John, M.A. *Introduction to the Bible.* Tan Books. Charlotte, 2012.
- READER** *Sacraments & Church History I Reader.* Kolbe Academy Press. Napa, 2025.
- EUSEBIUS** Louth, Andrew, editor. *Eusebius: The History of the Church from Christ to Constantine.* Translated by G. A. Williamson, Penguin Books. London, 1989.
- SENZ** Senz, Nicholas. *Mystery & Grace: The Sacramental Life.* Kolbe Academy Press. Napa, 2025.
- ECW** Louth, Andrew, editor. *Early Christian Writings.* Translated by Maxwell Staniforth, Penguin Books. London, 1987.
- WSG** *Kolbe Writing and Style Guide.* Kolbe Academy Press. Napa, 2024.

ADDITIONAL (OPTIONAL) WRITING RESOURCE

- GWP** *Kolbe Guided Writing Practice.* Kolbe Academy Press. Napa, 2024.



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COURSE DESCRIPTION:

Grade 10 Theology is a two-part course. The first semester covers Mass, the sacraments, and prayer, and the second semester covers Church History I. The semesters may be taught in any order. The first semester of the course will teach the student the origin of the seven sacraments, the development in the Church's understanding of them, and their absolute necessity in the Christian life. The student will also be exposed to the Church's rich tradition of prayer. In the second half of the course, Church History I, the student will learn the development of the Church from the close of the Apostolic Age to the conversion of the Roman Emperor Constantine, approximately A.D. 90 to 325.

This full-year, 1-credit course includes a minimum of 120 instructional hours. Credit and grades are awarded by semester, with each semester earning 0.5 credits. The coursework is structured into two 16-week semesters with a five-day week, but the student may adjust the schedule as needed.

This course plan encompasses both the Honors and Core designations of this course. A student pursuing the Honors designation will have additional reading and assignments, as specified in the Scope and Sequence and Weekly Assignments. Assignments not specifically noted as Honors or Core are assigned for all students.

LEARNING OUTCOMES:

This course will enable the student to:

- Understand in detail the nature of the sacraments he is receiving and be able to defend the Catholic understanding of each sacrament against detractors.
- Deepen his appreciation of the Mass and of the sacraments, so as to make reception of the sacraments more fruitful.
- Gain exposure to the Church's treasury of prayers and spiritual practices, so as to develop an appreciation for the Church's tradition and a zealously to serve God.
- Study the Word of God as it moved from the apostles through the Apostolic Fathers to the Fathers of the Church.
- Become familiar with the early Fathers and their works, particularly as they contributed to the unfolding of Catholic doctrine and Sacred Tradition.
- Apply Christian principles faithfully, as a result of studying the examples and seeking the intercession of saints of the period.



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COURSE PLAN COMPONENTS:



Readings | Assigned readings from the course texts, which have been broken down under the course plan weekly assignments.



Key Points | Highlighted key concepts from weekly readings, found in the course plan weekly assignments.



Papers | Papers are assigned for the student in a structured and intentional format to develop writing skills. In the beginning of the course, the student will find retellings, outlining, paraphrasing, and topic work. The student is then instructed to move to short persuasive assignment writing topics. Finally, a descriptive paper and a compare-contrast paper are assigned in the first semester. The second semester focuses on persuasive and analytic papers. The papers should be typed in 12-point font and double-spaced. Each paper should be comprised of a strong introduction, body, and conclusion. The *Kolbe Writing and Style Guide* and *Guided Writing Practice* are referenced for writing guidance and additional practice as needed. Additional paper topics for the strong student are available in Part 3 of the *Theology 10: Sacraments & Church History I Teacher Guide*.



Weekly Quizzes | Weekly study quizzes are provided in Part 1 of the *Theology 10: Sacraments & Church History I Student Guide*. Answer keys for each study quiz can be found in Part 1 of the *Theology 10: Sacraments & Church History I Teacher Guide*.



Exams | There are three exams per semester, given to assess the student's understanding and retention of materials and concepts. Exams are composed of three parts: Short Answers, Short Essays, and Essays, with an additional Honors question for students pursuing Honors designation. The exams and exam answer keys are provided in the course plan after the weekly plans.



Appendix | The course plan appendix includes grading guidance as well as rubrics for exam essays, Honors disputations, and papers. Writing rubrics are provided to assist both student writing and teacher grading.



Honors Assignments | These assignments are required for a student pursuing the Honors designation. They are optional and not required for a student pursuing Core or no designation. These assignments are specifically noted within the Scope and Sequence, as well as the Weekly Assignments sections of the Course Plans.



SACRAMENTS & CHURCH HISTORY I



SCOPE AND SEQUENCE | Semester 1

Week:	Lesson / Topic:	Major Assignment:
THE NEW TESTAMENT		
1	The Gospel of John	
2	The Gospel of John (continued)	
3	The Book of Revelation; Johannine Letters	
4	The Gospel of Luke	
5	The Acts of the Apostles	Exam I
6	Pauline Letters: Romans, 1 Corinthians	
7	Pauline Letters: 2 Corinthians, Galatians, Ephesians, Philippians	Paper 1
8	Pauline Letters: Colossians, Philemon	
9	Catholic Letters	Exam II
EARLY CHRISTIAN WRITINGS		
10	Eusebius Book 1; The Didache	
11	Eusebius Book 2	
12	Pope St. Clement I	HONORS: Semester 1 Disputation
13	St. Ignatius of Antioch	
14	St. Justin Martyr; St. Irenaeus of Lyons	Paper 2
15	St. Cyprian of Carthage	
16	No reading, Exam Week	HONORS: Semester 1 Paper First Semester Final Exam



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SCOPE AND SEQUENCE | Semester 2

Week:	Lesson / Topic:	Major Assignment:
THE SACRAMENTS		
1	Overview of the Sacraments	
2	Baptism	HONORS: Semester 2 Disputation
3	Confirmation	Exam III
4	The Eucharist: The Essentials	
5	The Eucharist: The Real Presence	
6	The Eucharist: The Mass as Sacrifice	
7	The Eucharist: How Mass is Celebrated	Exam IV
8	Penance and Reconciliation	Paper 3
9	The Anointing of the Sick	
10	Holy Orders	
11	Matrimony	Paper 4
PRAYER AND DEVOTIONS		
12	The Liturgical Calendar and the Divine Office	
13	Sacramentals and Devotions	
14	Introduction to Prayer and Epilogue	
15	Our Father as Model of Prayer	
16	No reading, Exam Week	HONORS Semester 2 Paper Second Semester Final Exam



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REQUIRED SAMPLE WORK:

	<i>No Designation</i>	Kolbe Core (K) Designation	Kolbe Honors (H) Designation
Course Title	Sacraments & Church History I	Sacraments & Church History I	Sacraments & Church History I
Semester 1	Any two (2) samples of written and graded work from Semester 1.	<i>Complete & graded:</i> 1. Exam II 2. First Semester Final Exam 3. Paper 1 4. Paper 2	<i>Complete:</i> 1. Honors Coversheet <i>Complete (& graded optional):</i> 2. Honors Exam II 3. Honors First Semester Final Exam <i>Complete & graded:</i> 4. Paper 1 5. Paper 2 6. Honors Disputation 1 7. Honors Semester 1 Paper
Semester 2	Any two (2) samples of written and graded work from Semester 2.	<i>Complete & graded:</i> 1. Exam IV 2. Second Semester Final Exam 3. Paper 3 4. Paper 4	<i>Complete:</i> 1. Honors Coversheet <i>Complete (& graded optional):</i> 2. Honors Exam IV 3. Honors Second Semester Final Exam <i>Complete & graded:</i> 4. Honors Disputation 2 5. Paper 3 6. Paper 4 7. Honors Semester 2 Paper

* **Designation** refers to designation type on transcript. K designates a Kolbe Academy Core course. For additional information, see Grading Guidance notes in the appendix.

- **No Designation:** If no designation on the transcript is desired, parents may customize the lesson plan. Any two graded, written samples are acceptable to receive credit for the course each semester.
- **Kolbe Core (K) Designation:** A student pursuing the Kolbe Core (K) designation must follow the course plan and submit the samples in the above chart.
- **Kolbe Honors (H) Designation:** To earn the Honors (H) designation, the student must follow the course plan, including completing all honors assignments; be enrolled in the Honors course; and submit the items listed in the Honors plan, including the Honors Coversheet found in the Kolbe Portal. If your student is not currently enrolled in Honors and would like to pursue the Honors designation, please submit a Course Change Form via the Kolbe Portal.



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MODIFICATIONS

For a student entering Kolbe Academy who struggles with reading, it can be helpful to cut down the course a bit. This page provides guidance to cut the content of the course by one-fourth. The cut content is evenly divided between semesters in this course, making it easier to manage. The student and parent should divide three days' worth of work over four.

First semester:

- In the first 9 weeks, reduce reading by skipping:
Revelation, 1 John, 2 John, 3 John, 1 Corinthians, II Corinthians, Galatians, Philippians, Philemon, 1 Thessalonians, 2 Thessalonians, Jude, 1 Peter, 2 Peter, and/or readings from the Catechism of the Catholic Church.

Doing this will give the student a free day almost every week, allowing the student to spread out the readings.

- Another way the first 9 weeks can be approached is to simply read from the week's assigned Bible books for 1 hour during the week.
- Skip Weeks 10 and 11 completely. On the First Semester Final Exam, skip Questions 1-6 in Part 1 and Question 21 in Part 2.

Second semester:

- Do not include the Catechism of the Catholic Church passages each week.



SEMESTER 1: WEEK 1



TEXTS AND MATERIALS:

- *The Didache Bible* (BIBLE)
- *Introduction to the Bible* (LAUX)



KEY POINTS:

The Gospel of John is attributed to St. John the Apostle, called the “beloved disciple.” The last of the Gospels to be written, St. John’s Gospel focuses on the activity of Jesus in Judea, especially his conversations with the priests and scribes in Jerusalem. The Gospel of John is marked by its high tone (since in it Jesus speaks with the more educated classes) and its emphasis on Jesus as the Word, the eternal Son of God. In the first several chapters of this Gospel, we see Jesus foretell the Eucharist in the Bread of Life discourse, and perform several miracles, or “signs,” such as turning water into wine at the wedding at Cana.

DAY ONE	<ul style="list-style-type: none"> ○ Read BIBLE John 1-5. Take notes to include key points.
DAY TWO	<ul style="list-style-type: none"> ○ Read BIBLE John 6-10. Take notes to include key points.
DAY THREE	<ul style="list-style-type: none"> ○ Read LAUX pp. 242-48, “V. The Gospel According to St. John.” Take notes to include key points.
DAY FOUR	<ul style="list-style-type: none"> ○ Complete Weekly Quiz 1.
DAY FIVE	<ul style="list-style-type: none"> ○ Optional day for catching up on assignments, projects, or papers; reviewing materials; studying for exams; going on field trips; etc., as needed.

***Weekly* NOTES:**



SEMESTER 1: WEEK 2



TEXTS AND MATERIALS:

- *The Didache Bible (BIBLE)*
- *Catechism of the Catholic Church (CCC)*
- HONORS: *Sacraments & Church History I Reader (READER)*



KEY POINTS:

The last half of the Gospel of John begins by pointing toward both Jesus’ death and His resurrection. The raising of Lazarus portends Jesus’ rising from the dead, which also prompts the Sanhedrin to plot His death. Several chapters of the last portion of the Gospel take place during the Last Supper, in which Jesus exhorts His apostles to remain close to Him and the Father, and to love one another. In His Passion, Jesus responds to Pilate that Pilate would have no power over Him if it had not been given to him; Jesus makes clear that all these things happen to fulfill God’s will. After His resurrection, Jesus appears to His apostles, empowering them to forgive sins, strengthening the faith of Thomas, and commissioning Peter to care for His sheep. The Gospel famously concludes by saying that all the volumes of the world could not contain the deeds of Jesus.

NOTE: Honors and Core assignments have been specifically noted this week.

DAY ONE	<ul style="list-style-type: none"> ○ Read BIBLE John 11-16. Take notes to include key points.
DAY TWO	<ul style="list-style-type: none"> ○ Read BIBLE John 17-21. Take notes to include key points.
DAY THREE	<ul style="list-style-type: none"> ○ Read CCC 571-76, “Article 4: Jesus Christ Suffered Under Pontius Pilate, Was Crucified, Died and Was Buried” and “Paragraph 1. Jesus and Israel.” Take notes on key points.
DAY FOUR	<p>CORE</p> <ul style="list-style-type: none"> ○ Complete Weekly Quiz 2.



HONORS

- Read READER pp. 2-17, "Lecture I: Commentary on John Chapter 2." Take notes on key points.

CORE

- Optional day for catching up on assignments, projects, or papers; reviewing materials; studying for exams; going on field trips; etc., as needed.

DAY
FIVE

HONORS

- Complete Weekly Quiz 2.
- Use extra time to catch up on assignments, projects, or papers; review materials; study for exams; go on field trips; etc., as needed.

Weekly NOTES:



SEMESTER 1: WEEK 3



TEXTS AND MATERIALS:

- *The Didache Bible (BIBLE)*
- *Introduction to the Bible (LAUX)*
- HONORS: *Sacraments & Church History I Reader (READER)*



KEY POINTS:

The Book of Revelation is written during a time in which the Church is persecuted. Through highly figurative language, St. John communicates the need to remain faithful in the face of persecution and the assurance that Christ and His Church will triumph in the end. Revelation, also called the Apocalypse, is a kind of prophetic writing that discusses eschatological themes, or themes concerning the last things. The Letters of St. John are written to exhort the community following the apostle to imitate the love of God, to reject false teachers, and to give support to the apostles and their companions.

NOTE: Honors and Core assignments have been specifically noted this week.

DAY ONE	<ul style="list-style-type: none"> ○ Read BIBLE Revelation, pp. 1690-1714. Take notes on key points.
DAY TWO	<ul style="list-style-type: none"> ○ Read BIBLE 1 John, 2 John, and 3 John, pp. 1676-86. Take notes on key points.
DAY THREE	<ul style="list-style-type: none"> ○ Read LAUX pp. 305-313, "Chapter III: The Prophetical Book of the New Testament: The Apocalypse of St. John the Apostle." Take notes on key points.
DAY FOUR	<p>CORE</p> <ul style="list-style-type: none"> ○ Complete Weekly Quiz 3. <p>HONORS</p> <ul style="list-style-type: none"> ○ Read READER pp. 18-33, "Homily 8 on the First Epistle of John." Take notes on key points.



CORE

- Optional day for catching up on assignments, projects, or papers; reviewing materials; studying for exams; going on field trips; etc., as needed.

DAY
FIVE

HONORS

- Complete Weekly Quiz 3.
- Use extra time to catch up on assignments, projects, or papers; review materials; study for exams; field trips; etc., as needed.

Weekly NOTES: