



Freshman Scheduling Worksheet

(Total credits can range from 60-80)

Required Courses		Credits
English	English 9	10
Theology	Intro. To Scripture and Christology	10
Math	<i>Placement emailed to students</i>	10
Science	<i>Placement emailed to students</i>	10
Modern & Classical Language	French 1/Italian 1/Spanish 1/Latin 1 or placement	10
Social Studies	Historical Geography	5
	Subtotal	55

Choosing your other classes (see below for options):

Pick 15 credits (2-3 classes)		Credits
Health		5
Physical Education		5
Athletics	Sport/s:	*5
Fine Arts		5 or 10
Technology		5 or 10
Leadership		5 or 10
	Subtotal from top section	
	Total credits requested for freshman year.	

* Athletics take place after school and do not count as a block during the day

Pick 15 Credits (2-3 classes) Options

Health : Health (5) Recommended to complete before the end of sophomore year

Physical Education: Students need to complete 3 PE courses in order to graduate.
 Yoga (5), Recreational Fitness (5) , Dance Styles (5), Intro to Show Choir (5)
 Intermediate Dance Techniques (some dance experience required) (5),
 Show Choir (audition required) (5) and Hula (audition required) (5)

Athletics : _____ Circle the season the sport is offered, write in sport (5)
 Non-SF Sport (application for waiver required – see Class of 2025 webpage)

Fine Arts:
 _____ Digital Photography 1, Drawing 1, Figure Sculpting 1, or Painting 1 (5)
 Digital Photography 2, Drawing 2, Figure Sculpting 2, or Painting 2 (5)
 Theater Arts 1 (10), Theater Tech and Design (10) Concert Choir, Chamber Singers (10),
 Concert Orchestra, Chamber Orchestra (10), Apprentice Dance Company, SF Dance
 Company (10)

Technology _____ Computer Graphics (5), Computer Science Discoveries (10)
 Computer Programming C-STEM (Prerequisite: Completion of IM1) (10)

Leadership _____ Ministry Leadership (5)
 Student Leadership (application & interview required) (10)