

Waldorf Curriculum Overview
First Grade
Barbara Warren, Class Teacher
2008–2009

The curriculum

- is based on a seven-year cycle.
- is based on all learning modalities developing academic, creative, and physical capacities and skills.
- is based on a healthy rhythm of inward focus and outward expansion.
- allows children’s natural learning capacities to develop and thrive at the correct time of their development.
- develops self-esteem naturally through children developing the capacity to succeed and care for themselves and others.
- allows a cycle of rest from academic content in order to develop long-term memory and strengthen neural pathways.
- contains moral, but not religious, images to help develop human beings with a capacity and desire to serve others and care for the planet.

First Grade

Language Arts: Consonants and blends introduced through sound in fairy tales. Short-vowel word families, sight words, and “talking on paper” lead children systematically to literacy as the child becomes developmentally ready.

Mathematics: The qualities and beauty of numbers are introduced through the fairy tales. All four mathematical processes are worked through story, movement, circle, manipulatives, and pictures, and then to the symbolic. Remains horizontal in first grade.

Nature Stories: Stories are developed by the teacher based on the nature around the children, which blend the unseen magical elements a young child may still hold with the gentle observation of the plants, insects, animals, and earth around us.

Painting: 1x a week; focuses on interaction and flow of color; sometimes progresses to form.

Beeswax Modeling: 1x a week: reproduces images from fairy tales or nature stories.

Interval Flute: 5–10 minutes a day as the children can tolerate; when mastered, switch to pentatonic.

Form Drawing: The first block, then 2x a week afterward; allows special capacities to develop.

Nature Walk: 1x a week: reinforces and works with science images found in nature stories.

Small Groups: Allows teachers access to smaller groups of students when necessary; focus of groups change as students age.

Free Play and Chores: 1x a week in small groups; daily cleanup of own space.

Service: A project or two to be decided.

Unstructured Outdoor Play: Daily

Crayon Pals: Our first steps to building solid relationships with the first grade at Golden Gate Valley; letters @ 3-4x a year; 2 visits a year.

Cross-Age Pals: Our first steps to building solid relationships with older children at Morse: Cris Chavez’s first grade class @ 1x a month.