



# Waldorf Teacher Education - Grades Training -

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## COURSE OUTLINES AND SUGGESTED TEXTS

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Note 1: The books indicated for the corresponding courses are only suggested titles. The actual required reading titles will be provided by the course instructors in advance.

Note 2: The West Coast Institute reserves the right to make changes to the schedule of courses, as the program develops.

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### First Year: Recapturing Our Ideals

#### Description

The First Year is a prerequisite for participation in the full Waldorf Teacher Training Program, unless – in the judgment of the Program Director – a student’s previous studies and experiences would not make this essential. The emphasis will be on exploring the ideas of Rudolf Steiner and the practical ways in which these ideas have been applied in society. Particularly important will be the need to gain an understanding of the nature of the human being and of the evolution of human consciousness, since they form the essential basis for the work of the teacher within Waldorf Education, and provide a context for the entire Waldorf curriculum.

A significant portion of time will be given over to the practice of the Arts, so that dormant artistic perceptions and imaginative capacities in those who take part, might spring to life, grow, and thereby contribute to a time of cultural enrichment and personal growth.

This first year will include observation and phenomenology; the rhythms and festivals of the year; the path of inner development; artistic experience as a path of self-development; Rudolf Steiner’s life and work; social and anti-social forces in our time, the human double, and the curriculum for Grade One and Two. An Observation Week in a Waldorf school will be arranged for this first year.

## Courses for the First Year

### Academic Courses (120 hours, 8 credits):

- FS 100A: Rudolf Steiner's Life and Work. (1 week, 7.5 hours, 0.5 credit)  
FS 100B: Biography Work (1 week, 7.5 hours, 0.5 credit)  
FS 101: The Evolution of Human Consciousness through the History of Art and Architecture (2 weeks, 15 hours, 1 credit)  
FS 102: Meditative Practice (1 week, 7.5 hours, 0.5 credit)  
FS 103: Destiny and the Nature of the Human Being (2 weeks, 15 hours, 1 credit)  
FS 104: Parzival (2 weeks, 15 hours, 1 credit)  
EDU 100: An Introduction to Waldorf Education (Early Childhood - Grades - High School) (1 week, 7.5 hours, 0.5 credit)  
EDU 101: Grade 1 & 2 Curriculum / Child Development (5 weeks, 37.5 hours, 2.5 credits)  
- Form Drawing (1 week, 7.5 hours, 0.5 credit)  
- Writing and Reading (1 week, 7.5 hours, 0.5 credit)  
- Number-work (1 week, 7.5 hours, 0.5 credit)  
- Home Surroundings (1 week, 7.5 hours, 0.5 credit)  
- Movement Exercises (1 week, 7.5 hours, 0.5 credit)  
EDU 102: Music Curriculum for Grade 1 & 2 (1 week, 7.5 hours, 0.5 credit)

### Arts Courses (112.5 hours, 3.75 credits):

- FA 100: Wet Method Painting (2 weeks, 15 hours, 0.5 credit)  
FA 101: Form Drawing (2 weeks, 15 hours, 0.5 credit)  
FA 102: Crayon Drawing (1 week, 7.5 hours, 0.25 credit)  
AA 100: Handwork Skills (2 weeks, 15 hours, 0.5 credit)  
PA 100: Morning Chorus (1 week, 7.5 hours, 0.25 credit)  
PA 101: Remedial Singing (1 week, 7.5 hours, 0.25 credit)  
PA 102: Speech (2 weeks, 15 hours, 0.5 credit)  
PA 103: Eurythmy (2 weeks, 15 hours, 0.5 credit)  
EDU 103: Painting Curriculum, Grades 1 & 2 (1 week, 7.5 hours, 0.25 credit)  
EDU 104: Spatial Dynamics and Grade 1 & 2 Games (1 week, 7.5 hours, 0.25 credit)

### In-School Observations:

One week of observation in a Waldorf School (1 week, 30 hours, 2 credits)

### Books Relevant to the Above Courses:

- For FS 100: Phases – the Spiritual Rhythms in Adult Life – by Bernard Lievegoed  
For FS 101: The Evolution of Consciousness – by Rudolf Steiner  
For FS 102: How to Know Higher Worlds – by Rudolf Steiner  
For FS 103: Theosophy – by Rudolf Steiner  
For FS 104: Parzival – by Wolfram von Eschenbach  
For EDU 101: The Education of the Child – by Rudolf Steiner  
Practical Advice to Teachers – by Rudolf Steiner  
Discussions with Teachers – by Rudolf Steiner  
For arts courses: No textbooks required.

## Second Year: Furthering the Exploration of Waldorf Teaching:

### Description

This year would see a continuation and deepening of various parts of the Foundation Studies, with greater focus on teaching. The application of many of Rudolf Steiner's ideas about the human being will now be seen more specifically in relation to the education of children and young people. Hence, courses are offered that demonstrate the relevance of these ideas to Waldorf education. The Waldorf curriculum for Grades 3 and 4 will serve as a focus for such studies. A practicum will be arranged for two weeks for this second year

### Courses for the Second Year:

#### Academic Courses (135 hours, 9 credits):

- FS 201: Cosmic Memory (2 weeks, 15 hours, 1 credit)  
FS 202A: How to Know Higher Worlds (2 weeks, 15 hours, 1 credit)  
FS 202B: Meditative Practice and Inner Work (1 week, 7.5 hours, 0.5 credit)  
FS 203: Reincarnation and Karma (2 weeks, 15 hours, 1 credit)  
EDU 200: Education as a Force for Social Change (1 week, 7.5 hours, 0.5 credit)  
EDU 201: Grade 3 & 4 Curriculum / Child Development (5 weeks, 37.5 hours, 2.5 credits)  
- Mathematics (1 week, 7.5 hours, 0.5 credit)  
- Old Testament Stories, House-Building, Farming & Gardening (1 week, 7.5 hours, 0.5 credit)  
- Human and Animal Studies (1 week, 7.5 hours, 0.5 credit)  
- Norse Mythology and Legends (1 week, 7.5 hours, 0.5 credit)  
- Local Geography (1 week, 7.5 hours, 0.5 credit)  
EDU 202: Music Curriculum for Grade 3 & 4 (2 weeks, 15 hours, 1 credit)  
EDU 206: Handwork Curriculum (2 weeks, 15 hours, 1 credit)  
EDU 207: The Role of the Festivals (1 week, 7.5 hours, 0.5 credit)

#### Arts Courses (97.5 hours, 3.25 credits):

- FA 200: Clay Modelling (1 week, 7.5 hours, 0.25 credit)  
FA 201: Form Drawing Curriculum (1 week, 7.5 hours, 0.25 credit)  
PA 200: Morning Chorus (1 week, 7.5 hours, 0.25 credit)  
PA 201: Remedial Singing (1 week, 7.5 hours, 0.25 credit)  
PA 202: Speech (2 weeks, 15 hours, 0.5 credit)  
PA 203: Eurythmy (2 weeks, 15 hours, 0.5 credit)  
EDU 203: Painting Curriculum, Grades 3 & 4 (3 weeks, 22.5 hours, 0.75 credit)  
EDU 204: Games (1 week, 7.5 hours, 0.25 credit)  
EDU 205: Blackboard Drawing (1 week, 7.5 hours, 0.25 credit)

#### In-School Practicums:

Practice in Teaching in a Waldorf School

(2 weeks for non-practicing, or 3 day evaluations for practicing teachers, 60 hours, 4 credits).

### Books Relevant to the Above Courses:

- For FS 201: Cosmic Memory – by Rudolf Steiner  
For FS 202A: How to Know Higher Worlds – by Rudolf Steiner  
For FS 202B: Lighting Fires – Deepening Education thro’ Meditation - by Jörge Smit  
For FS 203: Reincarnation and Karma – by Rudolf Steiner  
For EDU 200: Education as a Force for Social Change – by Rudolf Steiner  
The Recovery of Man in Childhood – by A.C. Harwood  
For EDU 201: The Kingdom of Childhood – by Rudolf Steiner  
For EDU 207: Rhythms and Turning Points in the Child - by Eugene Schwartz

For arts courses: No textbooks required.

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### Third Year: A Deeper Understanding of the Task:

#### Description

Emphasis will be put on awakening the faculties of the teacher, and developing his/her creativity, as a preparation for becoming a qualified Waldorf Teacher. It is vital that throughout all years of this teacher training program, the artistic work is continued strongly and that, during this third year of training, the first results of that inner activity - resulting directly from such artistic involvement - can be connected up with the outer tasks of the teacher. This requires a deeper understanding of the art of teaching, enlivened with many practical ideas taken directly from Rudolf Steiner’s courses with the first Waldorf teachers in the first Waldorf School. A practicum will provide an opportunity for the student to further develop the progression and to put into practice what has been gleaned from the work in the classroom. Practicum requirements in these two final years will depend on individual circumstances, including whether or not the student is already teaching in the classroom. The Waldorf curriculum focus for this third year of training will be on Grades 5 and 6. A practicum will be arranged for three weeks this year.

#### Courses for the Third Year:

##### Academic Courses (142.5 hours, 9.5 credits):

- FS 301: The Philosophy of Freedom - the Nature of Thinking (2 weeks, 15 hours, 1 credit)  
FS 302: Meditative Practice and Inner Work (1 week, 7.5 hours, 0.5 credit)  
EDU 300: The Foundations of Human Experience (part 1) (2 weeks, 15 hours, 1 credit)  
EDU 301: Grade 5 & 6 Curriculum / Child Development (6 weeks, 52.5 hours, 3.5 credits)  
- Mathematics (1 week, 7.5 hours, 0.5 credit)  
- Science (1 week, 7.5 hours, 0.5 credit)  
- Plant Studies (1 week, 7.5 hours, 0.5 credit)  
- Greek Mythology & Language Arts (1 week, 7.5 hours, 0.5 credit)  
- Ancient Roman History & Language Arts (1 week, 7.5 hours, 0.5 credit)  
- Medieval History & Language Arts (1 week, 7.5 hours, 0.5 credit)  
- Geography (1 week, 7.5 hours, 0.5 credit)  
EDU 302: Music Curriculum for Grade 3 & 4 (1 week, 7.5 hours, 0.5 credit)  
EDU 308: Remedial Education (1 week, 7.5 hours, 0.5 credit)

- EDU 309A: Working with Parents and Colleagues (1 week, 7.5 hours, 0.5 credit)  
EDU 309B: Non-Violent Communication (1 week, 7.5 hours, 0.5 credit)  
EDU 310: Canadian History and First Nations Culture (2 weeks, 15 hours, 1 credit)  
EDU 311: The Art of Classroom Management (1 week, 7.5 hours, 0.5 credit)

Arts Courses (90 hours, 3 credits):

- EDU 303: Painting Curriculum for Grade 5 & 6 (2 weeks, 15 hours, 0.5 credit)  
EDU 304: Games (1 week, 7.5 hours, 0.25 credit)  
EDU 305A : Drawing Curriculum (1 week, 7.5 hours, 0.25 credit)  
EDU 305B: Geometric Drawing (1 week, 7.5 hours, 0.25 credit)  
AA 300: Woodcarving (2 weeks, 15 hours, 0.5 credit)  
PA 300: Morning Chorus (1 week, 7.5 hours, 0.25 credit)  
PA 302: Speech (2 weeks, 15 hours, 0.5 credit)  
PA 303: Eurythmy (2 weeks, 15 hours, 0.5 credit)

In-School Practicums:

Practice in Teaching in a Waldorf School

(3 weeks for non-practicing, or 2-3 day evaluations for practicing teachers, 90 hours, 6 credits).

Books relevant to the above courses:

- For FS 301: Intuitive Thinking as a Spiritual Path - by Rudolf Steiner  
For FS 302: The Esoteric Background of Waldorf Education – by Rene Querido  
For EDU 301: The Spiritual Guidance of Individual and Humanity – by Rudolf Steiner  
A Modern Art of Education – by Rudolf Steiner  
For EDU 308: Learning Difficulties – A Guide for Teachers – by Mary Ellen Willby  
For EDU 310: Native American Tradition – by A. Versluis  
For EDU 311: Practical Advice to Teachers – by Rudolf Steiner – August 1919  
For arts courses: No textbooks required.

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## Fourth Year: The End of the Beginning:

### Description

This final year emphasizes the practical application of all that has been acquired as the Art of Teaching, and a further four week practicum in a different Waldorf School will be arranged for the student. This will provide a sense of the differences between schools and also of the interworking of the teaching faculty, as well as providing an opportunity for students to enter more into the lives of the children in a given class, to be mentored by an experienced class teacher, and to be able to continue to develop a certain progression and development of their educational work. The curriculum focus in this final Grades training year will be on the oldest children, those in Grades 7 and 8.

## Courses for the Fourth Year:

### Academic Courses (142.5 hours, 9.5 credits):

- FS 401: Christology (2 weeks, 15 hours, 1 credit)  
EDU 400: The Foundations of Human Experience (part 2) and the Supplementary Course (2 weeks, 15 hours, 1 credit)  
EDU 401: Grade 7 and 8 Curriculum /Child Development (11 weeks, 82.5 hours, 5.5 credits)  
- Mathematics (1 week, 7.5 hours, 0.5 credit)  
- Science (3 weeks, 22.5 hours, 1.5 credits)  
- Geography (1 week, 7.5 hours, 0.5 credit)  
- Renaissance to Modern Times & Language Arts (3 weeks, 22.5 hours, 1.5 credits)  
- Nutrition, Health & Hygiene, Physiology of the Skeleton (1 week, 7.5 hours, 0.5 credit)  
- Projective Geometry (1 week, 7.5 hours, 0.5 credit)  
- The Platonic Solids (1 week, 7.5 hours, 0.5 credit)  
EDU 402: Music Curriculum for Grade 7 & 8 (1 week, 7.5 hours, 0.5 credit)  
EDU 407: The Deepening of Festival Life (1 week, 7.5 hours, 0.5 credit)  
EDU 408: Remedial Work (1 week, 7.5 hours, 0.5 credit)  
EDU 409A: Administration in a Waldorf School (1 week, 7.5 hours, 0.5 credit)

### Arts Courses (90 hours, 3 credits):

- EDU 403: Painting Curriculum for Grade 7 and 8 (1 week, 7.5 hours, 0.25 credit)  
EDU 404: Games & Sports (1 week, 7.5 hours, 0.25 credit)  
EDU 405: Black & White Shadow-Drawing and Perspective (1 week, 7.5 hours, 0.25 credit)  
EDU 406: Clay Modelling Curriculum for Grade 7 & 8 (1 week, 7.5 hours, 0.25 credit)  
EDU 409B: Graduation Preparation (1 week, 7.5 hours, 0.25 credit)  
AA 400: Metalwork (2 weeks, 15 hours, 0.5 credit)  
PA 400: Morning Chorus (1 week, 7.5 hours, 0.25 credit)  
PA 402: Speech (2 weeks, 15 hours, 0.5 credit)  
PA 403: Eurythmy (2 weeks, 15 hours, 0.5 credit)

### In-School Practicums:

Practice in Teaching in a Waldorf School

(4 weeks for non-practicing, or 2-3 day evaluations for practicing teachers, 120 hours, 8 credits).

### Books Relevant to the Above Courses:

- For FS 401: The Christ Impulse: Development of Ego Consciousness – by Rudolf Steiner  
For EDU 407: Waldorf Education: A Family Guide – by Pam Fenner and Karen Rivers  
For EDU 409A: The Child, the Teachers and the Community – by Jörgen Smit  
For arts courses: No textbooks required.

## CONTACTS

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