Preassigned Schedule

Use this schedule as a guide, but you will have to refer back to the Master List of Assignments. The boxes can be used to check off days as you complete the assignment.

Physical Fitness is either your sport/activity for 1 hour a week or following this assignment for 1 hour a week:

1.1 Physical Fitness

- ☐ Day 1 - Take half of the 1.2 Human Health - Diet and Nutrition | Alison class
  Time: Module 1 - 16min, Module 2 - 45min, Quiz - 8min
- ☐ Day 2 - Finish Human Health class, write your score on your grade sheet
- ☐ Day 3 - 1.3 Food Groups
- ☐ Day 4 - 1.4 Serving Sizes
- ☐ Day 5 - 1.5 Diet Related Health Challenges
- ☐ Day 6 - 1.6 Sugar Overload
- ☐ Day 7 - Take half of 3.1 Female Puberty: understanding puberty and managing menstruation sections only! Don't forget to log quiz scores on your grade sheet
- ☐ Day 8 - Finish Female Puberty class: staying healthy and safe, log quiz scores
- ☐ Day 9 - Take the 3.2 Male Puberty class, log quiz scores
- ☐ Day 10 - Take the 3.4 Sex Education class, log quiz score
- ☐ Day 11 - Take the 3.5 STI class, log quiz scores
- ☐ Day 12 - Take the 3.6 Birth Control class, log quiz score
- ☐ Day 13 - Take the 3.3 Pregnancy class, log score
- ☐ Day 14 - Take the 5.1 Healthy Relationships class, log score
- ☐ Day 15 - Take the 5.2 Screen Safety class, log score

- ☐ Day 16 - Take the 5.3 Personal Safety class, log score
  Take the 5.8 Internet safety | Life skills class
  Time: 12min

- ☐ Day 17 - Take half of the 5.4 Understanding Mental Wellness class
  Time: 1.5 hours

- ☐ Day 18 - Finish Understanding Mental Wellness class

- ☐ Day 19 - Take half of the 5.5 Stress Management: A Holistic Approach | Alison

- ☐ Day 20 - Finish Stress Management class, log score

- ☐ Day 21 - Take half of the 5.6 Identifying Child Abuse and Neglect | Alison class

- ☐ Day 22 - Finish Child Abuse class, log score

- ☐ Day 23 - Take half of the 5.7 How to Deal with Intimate Partner Violence | Alison calss

- ☐ Day 24 - Finish Partner Violence class, log score

- ☐ Day 25 - Take half of the 5.9 Social media literacy | Life skills | Khan Academy
  Time: 1 hour

- ☐ Day 26 - Finish Social Media class

- ☐ Day 27 - Take half of the 7.2 Prescription Drug Safety Training for High School Students class
  Time: 2 hours

- ☐ Day 28 - Finish Drug Safety class

- ☐ Day 29 - Documentary Day! Choose any one that sounds interesting

- ☐ Day 30 - Finish Documentary, fill out Reflection Form

- ☐ Day 31 - Take about 45 min of 7.3 Alcohol Education: Safe and Smart class
  Time: 2.5-3 hours

- ☐ Day 32 - Watch another 45min of the Alcohol Education class

- ☐ Day 33 - Finish Alcohol Education class

- ☐ Day 34 - Take the 7.1 Vaping: Know the truth | EVERFI class
  Time: 1 hour

- ☐ Day 35 - Take half of the 7.4 Drugs and Alcohol - Awareness and Prevention | Alison class
- ☐ Day 36 - Finish Drugs and Alcohol class, log score
- ☐ Day 37 - Take half of the 7.5 Opioid Crisis | Opioid Epidemic | Alison class
- ☐ Day 38 - Finish Opioid Crisis class, log score
- ☐ Day 39 - Take half of the 7.6 Understanding Methamphetamine Addiction | Alison class
- ☐ Day 40 - Finish Meth Addiction class, log score
- ☐ Day 41 - Take the 9.1 Health Literacy Curriculum for High School class
  Time: 1 hour
- ☐ Day 42 - 9.3 Sleep
- ☐ Day 43 - Take about 45min of the 9.2 Common Medical Conditions | Alison class
  Time: 3-4 hours
- ☐ Day 44 - Watch about 45min more of the Medical Conditions class
- ☐ Day 45 - Finish Medical Conditions class, log score
- ☐ Day 46 - 9.4 Prescription Drugs
- ☐ Day 47 - 9.5 Alternative Health Treatments
- ☐ Day 48 - 9.6 Holistic Healing
- ☐ Day 49 - 11.1 Emergency Preparedness
- ☐ Day 50 - 11.2 Driving Basics
- ☐ Day 51 - 11.3 Distracted Driving
- ☐ Day 52 - 11.4 Driving Under the Influence
- ☐ Day 53-60 - Choose any optional assignments you want.