



## Suggested Timeline – Health, Part 1

All our courses are **self-paced**, students can take this course over a minimum period of 30 days, or over the course of a year. Many students take the course over the summer, while others take it over a semester. The timeline below assumes the course is being taken over a regular semester of 18 weeks. If you want to take this over the summer, adjust the timeline and do 2-3 weeks of work per week, and complete the course in 6-9 weeks.

To complete this course over one semester (18 weeks), you should aim to complete a unit every 2-3 weeks, spend 4 hours a week on the course. Remember every student is different, if you start to fall behind schedule increase your weekly study time. The course will expire a year after enrollment. You may petition for an extension; a \$50 fee will apply if approved. If you don't complete the course, you can request to drop it.

**IMPORTANT** – If your school gives you a date for the course to be completed, you must follow their deadline.

| Week    | Date* | Activity Completion                           |
|---------|-------|-----------------------------------------------|
| Week 1  |       | Lesson 1.1 to 1.3                             |
| Week 2  |       | Lesson 1.4 to 1.7                             |
| Week 3  |       | Unit 1 - Assignment and Unit Test             |
| Week 4  |       | Lesson 2.1 to 2.3                             |
| Week 5  |       | Lesson: 2.4 to 2.7                            |
| Week 6  |       | Unit 2 - Assignment and Test; Lesson 3.1      |
| Week 7  |       | Lesson 3.2 to 3.5                             |
| Week 8  |       | Lesson 3.6 to 3.8                             |
| Week 9  |       | Unit 3 - Assignment and Unit Test; Lesson 4.1 |
| Week 10 |       | Lesson 4.2 to 4.5                             |
| Week 11 |       | Lesson 4.6 to 4.8; Unit 4 Assignment          |
| Week 12 |       | Unit 4 Test; Lesson 5.1 to 5.3                |
| Week 13 |       | Lesson 5.4 to 5.7                             |
| Week 14 |       | Unit 5 - Assignment and Unit Test             |
| Week 15 |       | Lesson 6.1 to 6.4                             |
| Week 16 |       | Lesson 6.5 to 6.8                             |
| Week 17 |       | Unit 6 - Assignment and Unit Test             |
| Week 18 |       | Practice Final & Final Exam                   |

SVHS courses are broken down into units, we recommend that you focus on each unit at a time, don't move onto the next unit until you have completed all the quizzes, submitted your unit assignment and taken your unit test. Focusing on each unit will help you remember it better. Do the unit assignment before the unit test, the assignment requires you to apply the information you learned in the unit, and you'll be better prepared for the test.

\* We recommend that you print this timeline. In the "Dates" column, add the dates of your school's semester or dates that ensure you will meet your target deadline. Stick this timeline on the front of your notebook; it will help you stay on track.