

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 the date of enrollment. If you need more time, use the 'Ask the Teacher' page to request an extension.

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.