

HOPE Semester 1 and 2 Summer Pace Guide

Print this guide and use a calendar to fill in your goal dates for completing each topic and each task. Post this tool in a place where you and your parent/ guardian will see it every day (on the refrigerator or next to the computer). Give yourself a check every time you complete a task and celebrate your efforts ☺

You are more than welcome to get ahead, just don't get behind!

WEEKLY DUE DATE	 TASK CHECKLIST		
Getting Started in HOPE DUE: JUNE 7	• Policies and Procedures for Mrs. Meloy's HOPE Semester 1 Class-3 • Policies and Procedures quiz • Contact Information • Logging into your textbook-Shmoop • Checking your Canvas Email	Module 9 Semester 2 Module 1 DUE: July 5	☐ Unit 4 Lesson 8 When Fit Goes Wrong: Hyperkinetic Conditions ☐ Unit 4 Lesson 9 Fitness Plan 1: Goal Setting ☐ Unit 4 Lesson 10 Fitness Plan II: Set the Foundation ☐ Unit 4 Lesson 12 Fitness Plan IV: The Fitness Plan ☐ Q4 Proof of Workout ☐ Study Final Exam ☐ Final Exam ☐ Lesson 1 The General Gist on Use and Abuse ☐ Lesson 2 Drugs with a Side of Psychosis, Please ☐ Lesson 3 Risk, Rehab, and Repeat ☐ Start Working on your biweekly workout log!
Module 1 and 2 DUE: JUNE 7	☐ Lesson 1 What is Health and Wellness ☐ Lesson 2 Pounding the Pavement ☐ Lesson 3 Exercise Does a Body Good ☐ Lesson 4 Risks, Rewards, and Planning for Your Health ☐ Lesson 5 Harder, Better, Faster, Stronger ☐ Begin Working on your biweekly workout log. ☐ Lesson 6 Skills Matter Too ☐ Lesson 6 Skills Matter Too- Part 2 ☐ Lesson 7 Let's Assess ☐ Lesson 8 Warm Ups and Cool Down ☐ Lesson 9 On Not Throwing Caution to the Wind ☐ Lesson 10 Sitting in the New Smoking ☐ Lesson 11 Tech Gets Fit	Semester 2 Module 2 and 3 DUE: July 12	☐ Lesson 4: Drugs with Dangerous Agendas ☐ Lesson 5 It's 5 O'Clock Somewhere ☐ Lesson 6 The Alcoholic's Afterparty ☐ Lesson 7 Not That Type of Abstinence ☐ Lesson 8 The Lovely World of Smoke and Snuff ☐ Bi Weekly Workout Log- Module 2 ☐ Lesson 9 Everyone Loves a Quitter ☐ Lesson 10 The Turbulent Trials of THC ☐ Lesson 11 Drugs and Sports ☐ Lesson 12 Advertising Trickster Tactics ☐ Lesson 13 Advocacy and Efficacy ☐ Lesson 14 Make Your Voice Heard
Module 3 and 4 DUE: JUNE 14	☐ Lesson 12 Adapting to an Active Lifestyle ☐ Study for Unit 1 Test ☐ Unit 1 Test ☐ Unit 2 Lesson 1 Communication Skills ☐ Unit 2 Lesson 2 Healthy Relationships ☐ Unit 2 Lesson 3 What is Stress ☐ Unit 2 Lesson 4 How Stress Affects You ☐ Workout Log- Module 3 ☐ Unit 2 Lesson 5 How to Manage Stress ☐ Unit 2 Lesson 6 Decision Making ☐ Unit 2 Lesson 7 Analyzing Influences ☐ Unit 2 Lesson 8 Accession Information ☐ Unit 2 Lesson 9 Depression	Semester 2 Module 4 and 5 DUE: July 19	☐ Study for Unit 5 Test ☐ Unit 5 Test ☐ Unit 6 Lesson 1 Influences on Sexuality: Nurture. ☐ Unit 6 Lesson 2 Influences on Sexuality: Nature ☐ Unit 6 Lesson 3 Sex in the Media and Advertising ☐ Bi-Weekly Workout Log Module 4 ☐ Unit 6 Lesson 4 Female Reproductive System ☐ Unit 6 Lesson 5 Male Reproductive System ☐ Unit 6 Lesson 6 Reproductive Disorders ☐ Unit 6 Lesson 7 Pregnancy Part 1 ☐ Unit 6 Lesson 8 Pregnancy Part 2 ☐ Unit 6 Lesson 9 Labor and Delivery

	Unit 2 Lesson 10 Self-Injury and Suicide		
Module 5 and 6 DUE: JUNE 21	- Unit 2 Lesson 11 Getting Help - Unit 2 Lesson 12 Advocacy - Study for Unit 2 Test - Unit 2 Test - Unit 3 Lesson 1 Nutrition Tetris: Macro nutrients and Micronutrients - Unit 3 Lesson 2 What Should You Eat? - Biweekly Workout Log - Module 5 - Unit 3 Lesson 3 Making Healthy Choices - Unit 3 Lesson 4 Alphabet Soup - Unit 3 Lesson 5 Thinking About Thinking About Food - Unit 3 Lesson 6 Obesity and Weight Loss - Unit 3 Lesson 7 Body Compositions and Symphonies - Unit 3 Lesson 8 Eating Disorders	Semester 2 Module 6 and 7 DUE: July 26	- Unit 6 Lesson 10- Contraception - Unit 6 Lesson 11 Abstinence - Unit 6 Lesson 12 Unhealthy Relationships: Physical Violence - Unit 6 Lesson 13 Unhealthy Relationships: Verbal and Emotional Abuse - Unit 6 Lesson 14 Self Advocacy - Workout Log Module 6 - Unit 6 Lesson 15 Advocacy in Your Community - Study for Unit 6 Exam - Unit 6 Test - Unit 7 Lesson 1 Infection Section - Unit 7 Lesson 2 The Big Killer - Unit 7 Lesson 3 The Big C
Module 7 and 8 DUE: JUNE 28	- Unit 3 Lesson 9 Breakfast of Champions - Unit 3 Lesson 10 Dietitian for the Day - Unit 3 Lesson 11 Meal Planning Master Class - Unit 3 Lesson 12 Nutrition Plan - Study for Unit 3 Test - Unit 3 Test - Workout Log Module 7 - Unit 4 Lesson 1 Exercising Safely - Unit 4 Lesson 2 Don't Stop Breaking My Heart - Unit 4 Lesson 3 Adjusting Cardiovascular Intensity - Unit 4 Lesson 4 Bend Me, Shape Me - Unit 4 Lesson 5 Muscle Milk Time - Unit 4 Lesson 6 All Day, All Night - Unit 4 Lesson 7 Getting Ripped and Ripped Off	Semester 2 Module 8 and 9 DUE: Aug. 2	- Unit 7 Lesson 4 STI's - Unit 7 Lesson 5 And the Band Played On - Unit 7 Lesson 6 Zero-Calorie Lifesavers - Unit 7 Lesson 7 Your Old Friend - Unit 7 Lesson 8 Oh Friendly FitnessGram - Unit 7 Lesson 9 Curl That Trunk - Unit 6 Lesson 10 FitnessGram: Over and Out - Unit 7 Lesson 11 - Unit 7 Lesson 12 Reflect of Fitness - Q4 Proof of Workout - Study for Unit 7 Test - FINAL EXAM

