Day 1: The Building Blocks of Life (Cell Biology)

Lesson Focus:

Introduction to the cell theory, differences between prokaryotic and eukaryotic cells, and the functions of key organelles (nucleus, mitochondria, cell membrane, chloroplast).

Activities:

1. Prokaryotic vs eukaryotic cells worksheet
2. Labeling an animal cell
3. Labeling a plant cell
4. Cells and cell theory Kahoot

End of Lesson Quiz

Day 2: The Code of Life (Genetics & DNA)

Lesson Focus:

Understanding DNA structure, how traits are inherited, and how to use Punnett squares to predict dominant and recessive traits.

Activities:

1. DNA worksheet
2. Matching genes worksheet
3. Punnett square practice
4. Genes and DNA Blooket

End of Lesson Quiz

Day 3: How Living Things Work (Human Body Systems)

Lesson Focus:

Overview of how major body systems work together to maintain homeostasis (specifically the Circulatory, Respiratory, and Digestive systems).

Activities:

1. Body systems worksheet
2. Labeling the Respiratory system
3. Body systems Kahoot
4. Review body systems worksheet

End of Lesson Quiz

Day 4: Connections in Nature (Ecology & Ecosystems)

Lesson Focus:

Food chains, food webs, and energy pyramids. Understanding producers, consumers, decomposers, and how energy flows through an ecosystem.

Activities:

1. Food chain practice worksheet
2. Identifying producers, consumers, and decomposers worksheet
3. Building a food web worksheet
4. Ecology and ecosystems Blooket

End of Lesson Quiz

Day 5: Adaptation & The Grand Finale (Evolution & Review)

Lesson Focus:

How natural selection allows organisms to adapt to their environments over time. Wrap-up and course review.

Activities:

1. Identifying types of adaptations
2. Evolution Blooket
3. Natural selection scenarios,
4. Big review practice

End of Lesson Quiz

End of Course Exam