

Biology Course 1 Part 1: Cells Proficiency Sheet

Lessons	Topics	Learning Target	Activities	Score/%	Date taken
Lab Safety	Lab Safety		Lab Safety Vocabulary (liveworksheets.com)		
			Lab Safety Rules (liveworksheets.com)		
			Lab Safety Quiz (liveworksheets.com)		
Pretest			Biology Course 1 Cells Pretest (fsicourses.net)		
1.0 The Scientific Method	Scientific Method	<i>I can describe and explain the steps of the scientific method.</i>	1. Scientific Method Pretest (fsicourses.net)		
			2. Steps of The Scientific Method video notes (liveworksheets.com)		
			3. Scientific Method Interactive Activity (liveworksheets.com)		
			4. Bubble-ology Scientific Method Lab (Coach Spivey print out)		
			5. Scientific Method Post test (fsicourses.net)		
1.1 The Chemistry of Life	Carbon Compounds (Macromolecules)	<i>I can identify the structure & function of macromolecules and their roles in cellular functions.</i>	1. Macromolecules Pretest (fsicourses.net)		
			2. Macromolecules video notes (liveworksheets.com)		
			3. Macromolecules Interactive (liveworksheets.com)		
			4. Macromolecules Foldable (print out)		
			5. Macromolecules Cloze read (liveworksheets.com)		

			6. Macromolecules Murder & a Meal Lab (Print out)		
			7. Macromolecules Post test (fsicourses.net)		
	Chemical Reactions & Enzymes	<i>I can describe and explain why enzymes are vital for cellular homeostasis.</i>	1. Chemical Reactions & Enzymes Pretest (fsicourses.net)		
			2. Chemical Reactions & Enzymes Video Notes (liveworksheets.com)		
			3. Enzymes Interactive (liveworksheets.com)		
			4. Enzymes Foldable (print out)		
			9. Enzymes Post test (fsicourses.net)		
			10. Macromolecules & Enzymes Assessment (Print out)		
1.2 Cell Structure & Function	Cell Theory	<i>I can identify and explain the three parts of the cell theory.</i>	1. Cell Theory Pretest (fsicourses.net)		
			2. Cell Theory Video Notes (liveworksheets.com)		
			3. Cell Theory Foldable (Print out)		
			4. Cell Theory Post Test (fsicourses.net)		
	Prokaryotic vs. Eukaryotic Cells	<i>I can explain the differences between prokaryotic and eukaryotic cells.</i>	1. Prokaryotic vs. Eukaryotic Cells Pretest (fsicourses.net)		
			2. Prokaryotic vs. Eukaryotic Cells Video Notes (liveworksheets.com)		

			3. Prokaryotic vs. Eukaryotic Cells Interactive (liveworksheets.com)		
			4. Prokaryotic vs. Eukaryotic Cells Venn Diagram (Print out)		
			5. Prokaryotic vs. Eukaryotic Cells Post test (fsicourses.net)		
	Cell Structure	<i>I can explain how cell structures interact as a system to maintain homeostasis.</i>	1. Cell Structure & Function Pretest (fsicourses.net)		
			2. Cell Organelles Notes (liveworksheets.com)		
			3. Cell Organelle Matching Cards (Print out)		
			4. Energy & Protection Organelles (liveworksheets.com)		
			5. Protein Synthesis Interactive (liveworksheets.com)		
			6. Store, Cleanup, & Support Interactive (liveworksheets.com)		
			7. Organelle Wanted Poster or Organelle Flip Book (Print outs)		
			8. Cell Organelles Post test (fsicourses.net)		
	Animal vs. Plant Cells	<i>I can describe and explain the similarities and differences between animal and plant cells</i>	1. Animal vs. Plant Cells Pretest (fsicourses.net)		

			2. Animal vs. Plant Cells Video Notes (liveworksheets.com)		
			3. Cell Organelle Interactive (liveworksheets.com)		
			4. Animal vs. Plant Cells Posters (Use Poster boards and construction paper)		
			5. Animal vs. Plant Cells Post test (fsicourses.net)		