

**Biology Course 1 Part 1: Cells Proficiency Sheet**

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

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

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

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