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**FIRST QUARTER**

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**WEEK ONE**

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Read and study Chapter 1: Bones and Muscles in *Science 5 for Young Catholics*.

**Day 1**

Read the chapter outline, and locate each section within the chapter. This is assigned for each chapter so that the student can obtain an overview before studying the details in the chapter.

Read and study I. The Skeletal System, II. Primary Functions of Skeletal System, and III. Helping Bones Move, pp. 2-4. Answer the Review Questions on p. 5.

**Day 2**

Read and study IV. Bones in General, pp. 5-6. Answer the Review Questions on p. 6.

**Day 3**

Read and study V. Major Bones, pp. 7-10. Answer the Review Questions on pp. 10-11.

**Day 4**

Read and study VI. Bone Health and Natural Healing with Vitamin D, pp. 11-12. Answer the Review Questions on pp. 12-13.

**Day 5**

Read and study VII. The Muscular System: Kinds of Muscles, pp. 13-14. Answer the Review Questions on p. 15.

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**WEEK TWO**

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Continue to read and study Chapter 1: Bones and Muscles.

**Day 1**

Read and study VIII. How the Muscular System Works, pp. 15-16. Answer the Review Questions on pp. 16-17.

**Day 2**

Read and study IX. Muscle Shapes and Contractions, pp. 17-19. Answer the Review Questions on p. 19.

**Day 3**

Read and study X. Muscles: Healthy and Otherwise, pp. 19-21. Answer the Review Questions on p. 22.

**Day 4**

Review Chapter 1. Do the Chapter Review Activity on pp. 23-24.



### Day 5

**Take the Chapter 1 Test.**

**Parent: This test may be taken online, or it may be taken on paper and sent to Seton. To take the test online, go to Seton's website ([www.setonhome.org](http://www.setonhome.org)) and log on to your MySeton page. Click on Courses, scroll down to Science 5, then click on the icon for taking online tests.**

**If your child completes the paper test, please send it to Seton at the end of this quarter, along with the First Quarter Report Form.**

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### WEEK THREE

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Read and study Chapter 2: Heart and Blood.

#### Day 1

Read the chapter outline, and locate each section within the chapter.

Read and study I. The Circulatory System, pp. 26-27. Answer the Review Questions on p. 27.

#### Day 2

Read and study II. The Heart, pp. 27-29. Read the prayer under the image of the Sacred Heart of Jesus on p. 29. Answer the Review Questions on p. 30.

#### Day 3

Read and study III. Blood Vessels, pp. 30-32. Answer the Review Questions on pp. 32-33.

#### Day 4

Read and study IV. Heart Health, pp. 33-35. Answer the Review Questions on pp. 35-36.

#### Day 5

Read and study V. Blood Composition, pp. 36-37. Answer the Review Questions on pp. 37-38.

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### WEEK FOUR

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Continue to read and study Chapter 2: Heart and Blood.

#### Day 1

Read and study VI. Blood Types, pp. 38-39. Look at the Holy Face of Jesus on p. 39. Answer the Review Questions on p. 40.

#### Day 2

Read and study VII. Blood and Health, pp. 40-41. Answer the Review Questions on p. 42.

#### Day 3

Read and study VIII. Amazing Medical Treatments, pp. 42-43. Answer the Review Questions on p. 43.

#### Day 4

Review Chapter 2. Do the Chapter Review Activity on pp. 44-46.



### Day 5

**Take the Chapter 2 Test.**

**Parent: This test may be taken online, or it may be taken on paper and sent to Seton. To take the test online, go to Seton's website ([www.setonhome.org](http://www.setonhome.org)) and log on to your MySeton page. Click on Courses, scroll down to Science 5, then click on the icon for taking online tests.**

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### WEEK FIVE

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Read and study Chapter 3: Lungs and Air.

#### Day 1

Read the chapter outline, and locate each section within the chapter.

Read and study I. The Respiratory System, p. 48. Answer the Review Questions on p. 48.

#### Day 2

Read and study II. Upper Respiratory System, pp. 49-50. Answer the Review Questions on pp. 50-51.

#### Day 3

Read and study III. Lower Respiratory System, pp. 51-52. Answer the Review Questions on pp. 52-53.

#### Day 4

Read and study IV. Speaking, p. 53. Answer the Review Questions on p. 54.

#### Day 5

Read and study V. Coughing, Sneezing, and Yawning, pp. 54-56. Answer the Review Questions on p. 56.

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### WEEK SIX

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Continue to read and study Chapter 3: Lungs and Air.

#### Day 1

Read and study VI. Respiration, pp. 57-58. Answer the Review Questions on pp. 58-59.

#### Day 2

Read and study VII. Lung Diseases, pp. 59-60. Answer the Review Questions on pp. 60-61.

#### Day 3

Read and study VIII. Healthy Lungs, pp. 61-63. Answer the Review Questions on p. 63.

#### Day 4

Review Chapter 3. Do the Chapter Review Activity on pp. 64-66.