

One Year [A]+[B]+[C] Schedule for Dr. Robin's School

[A] schedule is gentle/once a week. [B] schedule is focused/twice a week. [C] schedule is rigorous/3-4 times a week. A checkbox indicates that a lesson **is** part of the schedule. No checkbox indicates that the lesson exists but **is not** part of the schedule.

Module	Week	A	B	C	Lesson	Description
Introduction	0	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Draw a Human Cell	What are the organelles inside a cell and what do they do? And what are organelles anyway?
Circulatory System & Heart	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DIY Heart Pump	What does the heart do? How does it do that? Make your own working model!
				<input type="checkbox"/>	Systole & Diastole	What happens when the heart squeezes and relaxes?
			<input type="checkbox"/>	<input type="checkbox"/>	Intro to the Heart	What does the heart do and why is it so important?
	2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Blood and Blood Components	What makes blood red? What else does blood do?
			<input type="checkbox"/>	<input type="checkbox"/>	Heart In Situ Coloring	Where does the blood go when it leaves the heart? Where does it come back from?
				<input type="checkbox"/>	Heart In Situ Modeling	Where does the blood go when it leaves the heart? Where does it come from when it returns? How does it
	3			<input type="checkbox"/>	Intro to Blood Pressure	What does blood pressure mean? How is it measured?
			<input type="checkbox"/>	<input type="checkbox"/>	Heart Murmurs, Attacks, and Failure	What can go wrong with the heart and why does it happen?
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Taking Good Care of Your Heart	How do our choices affect the heart and how can we help the heart do its job?
	4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Stethoscopes	What is a stethoscope and how is it used to listen to the heart?
				<input type="checkbox"/>	EKGs	How do EKGs work and what can they tell us?
			<input type="checkbox"/>	<input type="checkbox"/>	Heart Dissection	Does a heart actually look like the drawings in books or the models?
				<input type="checkbox"/>	Careers: Cardiology	
	Respiratory System	5		<input type="checkbox"/>	<input type="checkbox"/>	Intro to Lungs
<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	DIY Lungs Model	How do you get air into your lungs? Why do you need a diaphragm?
				<input type="checkbox"/>	How We Make Speech	How does speech happen and what areas of the body are involved? (Hint: it's not just the vocal cords!)
				<input type="checkbox"/>	Pneumonia	What are the different kinds of pneumonia and how do doctors determine them? See for yourself on real
6		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Asthma	What is asthma? Why do people use inhalers?
			<input type="checkbox"/>	<input type="checkbox"/>	COPD and Smoking	What can go wrong with the lungs, and why?
				<input type="checkbox"/>	Careers: Pulmonology	
				<input type="checkbox"/>	Careers: Respiratory Therapist	
				<input type="checkbox"/>	Careers: Speech Therapist	

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Endocrine System	7		<input type="checkbox"/>	<input type="checkbox"/>	Intro to Hormones	What are hormones and how are they different from nerves?
				<input type="checkbox"/>	The HPA Axis	If our brain is in charge, how does that connect with hormones?
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Candy & Blood Sugar	Why do we love candy but it makes us feel so bad? What's a better way to get our sugar fix?
				<input type="checkbox"/>	Diabetes	What is diabetes and why are there sharp things involved?
	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	How We Grow	We all grow, but how? And where in our bodies? How do our organs know when to stop growing?
			<input type="checkbox"/>	<input type="checkbox"/>	Thyroid	Our metabolism is somewhere between a hummingbird and a sloth...but how?
			<input type="checkbox"/>	Careers: Endocrinology		
Gastrointestinal System	9		<input type="checkbox"/>	<input type="checkbox"/>	GI Overview	How do all the organs of the GI system work together to nourish you?
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Inside the Mouth	What are the parts of the mouth and how do they all work together? How does taste actually work, what are the bumps on our tongue, and what is a uvula for?
				<input type="checkbox"/>	Teeth	Why do we have different kinds of teeth and how do dentists count them?
				<input type="checkbox"/>	Mini Activity: Dental Chart	How to dentists fill out dental charts?
	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dental Care	Why do teeth fall out? And why do they stay in? What are cavities and how do braces work?
			<input type="checkbox"/>	<input type="checkbox"/>	The Stomach and What Goes Wrong	Why do we vomit? What are ulcers?
				<input type="checkbox"/>	The Small Intestine	What does a small intestine do and what would happen if it didn't?
	11		<input type="checkbox"/>	<input type="checkbox"/>	The Liver and Hepatitis	What does the liver do and why does hepatitis matter?
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Liver Enzyme Experiment	What happens when liver detoxifies a waste product in your body?
				<input type="checkbox"/>	Liver Dissection	What does a liver look like in real life?
				<input type="checkbox"/>	The Pancreas	What jobs does the pancreas have?
	12		<input type="checkbox"/>	<input type="checkbox"/>	The Large Intestine	Why do we need a large intestine and what can go wrong?
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Modeling the GI System	How do the organs of digestion fit together to nourish your body? Make your own model out of clay!
				<input type="checkbox"/>	Careers: Gastroenterology	
				<input type="checkbox"/>	Careers: General surgeon	

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Immune System	13		<input type="checkbox"/>	<input type="checkbox"/>	Intro to the Immune System: Innate and Acquired	How is our body like a castle? How do we keep safe from infection?
				<input type="checkbox"/>	Intro to the Immune System: Meet the White Blood Cells	What are the different white blood cells and how do they work together to keep us safe?
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Bugs & Drugs	What are viruses, bacteria, and fungus? How are they different from each other and how are they treated?
				<input type="checkbox"/>	Vaccines	How do vaccines work? Are there different types?
	14			<input type="checkbox"/>	Scarlet Fever & Strep Throat	How are scarlet fever and strep throat related, and why aren't they as big a deal as they used to be?
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Allergies and Anaphylaxis	What goes wrong during an allergic reaction? Why is it important to not bringing peanuts to certain activities?
			<input type="checkbox"/>	<input type="checkbox"/>	Autoimmune Diseases	Why would the immune system attack a person's own body? What can be done to help?
				<input type="checkbox"/>	Careers: Immunology	
				<input type="checkbox"/>	Careers: Infectious Disease	
				<input type="checkbox"/>	Careers: Rheumatology	
Musculoskeletal System	15		<input type="checkbox"/>	<input type="checkbox"/>	Intro to Bones	What are the different kinds of bones and their jobs?
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Intro to Joints	What the different kinds of joints and their jobs?
				<input type="checkbox"/>	Intro to Muscles	What are muscles and how do they allow us to move?
				<input type="checkbox"/>	Chicken Dissection	How is the inside of a chicken like the inside of a human? The answer is: in more ways than you'd think!
	16			<input type="checkbox"/>	Feet	Why are feet important and how do you care for them?
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The Skull	What does your skull do for you? More than you think!
			<input type="checkbox"/>	<input type="checkbox"/>	Muscles of the Facial Expression	The muscles of the face are amazing...see them at work with the help of a little face paint!
				<input type="checkbox"/>	Cleft Lip & Limb Differences	What is cleft lip and what other differences can occur while the body is forming?
				<input type="checkbox"/>	Careers: Physical Therapy	
				<input type="checkbox"/>	Careers: Orthopedic surgery	
Integumentary System (Skin)	17			<input type="checkbox"/>	Intro to Skin, Hair, and Nails	What does our skin do? Why is it considered an organ? What are hair and nails?
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cuts & Bruises	How do we heal? What's the difference between a cut and a bruise?
			<input type="checkbox"/>	<input type="checkbox"/>	UV Damage	Why is it important to protect our skin? And how?
				<input type="checkbox"/>	Careers: Pathology	
				<input type="checkbox"/>	Careers: Dermatology	

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Neurologic System	18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The Brain	What is the brain and how is it organized?
			<input type="checkbox"/>	<input type="checkbox"/>	Spine & Spinal Cord	What is the difference between a spinal cord and a spinal column? Why do you need them?
				<input type="checkbox"/>	Grey and White Matter	Are you using your grey matter? What about your white matter? Learn how they both matter!
	19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sleep	We all have to sleep, but why? What are dreams for? And how can we get better sleep?
				<input type="checkbox"/>	Inner Brain Health	How do our feelings help us survive, what do we do when they're not helpful, and where are they in our brains and bodies?
			<input type="checkbox"/>	<input type="checkbox"/>	Using the Frontal Lobe	How do we make choices between what we SHOULD do and what we WANT to do, and how do we know what we should do anyway?
	20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Amygdala	Where does the fight/flight/freeze response come from? Our brains are good at protecting us from bears but not so much from public speaking. Find out why!
			<input type="checkbox"/>	<input type="checkbox"/>	Epilepsy	What is epilepsy? How is it diagnosed and treated? How can we be a good friend to someone with epilepsy?
				<input type="checkbox"/>	Careers: Neurology	
8 Senses	21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Intro to the 8 Senses	How did we come up with 8 senses? What are they?
			<input type="checkbox"/>	<input type="checkbox"/>	Draw a Human Eye	What are the parts of the human eye and how do they allow us to see?
				<input type="checkbox"/>	Touch	How does touch work? What happens when it doesn't?
	22		<input type="checkbox"/>	<input type="checkbox"/>	Proprioception	How do you know where your fingers are? Find out about the incredible sense of proprioception!
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The Tongue and Nose	What is taste? How does a stuffy nose affect it?
				<input type="checkbox"/>	Interoception	Have you ever wondered how you know when you're hungry? Interoception is the answer!
	23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The Ear and Hearing	How does hearing work and why does it sometimes not?
			<input type="checkbox"/>	<input type="checkbox"/>	Hearing & Vibrations	How do vibrations allow us to hear?
				<input type="checkbox"/>	Ear Infections	What are ear infections and why do we get them?
	24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Vestibular System	What does your inner ear have to do with being dizzy? What is vertigo and why are there rocks in your head?
			<input type="checkbox"/>	<input type="checkbox"/>	Tuning Fork	Why is a tuning fork with the medical instruments and what is it anyway?
				<input type="checkbox"/>	Careers: Anesthesiology	
			<input type="checkbox"/>	Careers: ENT		

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Genetics	25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Intro to Genetics & The Human Genome	What is DNA? What are genes? How has our understanding of genetics changed in the recent
				<input type="checkbox"/>	Mitosis & Meiosis	How do we have identical copies of our DNA in every cell but different DNA from our siblings?
				<input type="checkbox"/>	Protein Synthesis	How does our DNA actually DO anything in our body?
			<input type="checkbox"/>	<input type="checkbox"/>	The Genetics of Earwax	Did you know earwax is genetic? How do your genes compare with your actual earwax?
	26			<input type="checkbox"/>	Blood Type	What is blood type and what does it have to do with our genetics?
				<input type="checkbox"/>	Punnett Squares	How do geneticists write out the possible combinations of genes? What's the likelihood of a specific
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pedigrees	How to draw a genetic family tree--yours or someone else's!
				<input type="checkbox"/>	Careers: Geneticist	
Putting it Together (used with B+C schedules only)	27		<input type="checkbox"/>	<input type="checkbox"/>	Follow a Red Blood Cell	Where do red blood cells come from and where do they go? And did you know your body has a recycling
			<input type="checkbox"/>	<input type="checkbox"/>	Follow the Oxygen	Where does oxygen go in the body and why do we need it so much?
				<input type="checkbox"/>	Mitochondria Mini Lesson	A supplement to Follow the Oxygen - how exactly does the mitochondria convert oxygen into energy?
	28		<input type="checkbox"/>	<input type="checkbox"/>	Follow the Iron	How does iron move through your body? Watch this lesson after Small Intestine and Blood Components
			<input type="checkbox"/>	<input type="checkbox"/>	Hereditary Hemochromatosis (Iron Overload)	What causes iron overload and what do we do about it?
				<input type="checkbox"/>	Careers: Nurse	
Nutrition	29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Intro to Nutrition	Why is it so tricky to study nutrition?
			<input type="checkbox"/>	<input type="checkbox"/>	Protein	Where do we get protein and what does it do?
				<input type="checkbox"/>	Fat	Where do we get fat and what does it do?
	30			<input type="checkbox"/>	Carbohydrates	Where do we get carbohydrates and what do they do?
			<input type="checkbox"/>	<input type="checkbox"/>	Micronutrients	What are micronutrients, how do we get them, and how do we eat rocks without eating rocks?
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Choosing Food	Why is choosing the food we eat so complicated? How do our brains trick us and what can we do about it?
Healthy Choices	31	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Safety	How do we make safe choices when we don't know what the safe choice is to make?
			<input type="checkbox"/>	<input type="checkbox"/>	Habits	How do we form habits, and how can implementing the tiniest things change our lives for the better?
				<input type="checkbox"/>	Thinking About the Future	How do you build a happy, fulfilling life? It's easier than you think!
				<input type="checkbox"/>	Careers: Different Paths	