## Unit 1: My Self

In this unit, students will develop self-awareness skills necessary for coping and responding to the demands of life.

<table>
<thead>
<tr>
<th>Number of Lessons</th>
<th>Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td><strong>Communication</strong></td>
</tr>
<tr>
<td></td>
<td><strong>HE.5.3B</strong> Demonstrate ways to communicate health information, such as posters, videos, and brochures.</td>
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<tr>
<td></td>
<td><strong>Decision Making/Goal Setting</strong></td>
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<tr>
<td></td>
<td><strong>HE.5.8A</strong> Explain the importance of communication skills as a major influence on the social and emotional health of the individual and family.</td>
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<td></td>
<td><strong>HE.5.9B</strong> Assess the role of assertiveness, refusal skills, and peer pressure on decision making and problem solving.</td>
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<tr>
<td></td>
<td><strong>Health Information</strong></td>
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<tr>
<td></td>
<td><strong>HE.5.6G</strong> Describe strategies for stress management.</td>
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<tr>
<td></td>
<td><strong>Influencing Factors</strong></td>
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<tr>
<td></td>
<td><strong>HE.5.8D</strong> Identify environmental protection programs that promote community health, such as recycling, waste disposal, or safe food packaging.</td>
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<td></td>
<td><strong>Our Bodies</strong></td>
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<tr>
<td></td>
<td><strong>HE4.4A</strong> Identify the use and abuse of prescription and non-prescription medication, such as over-the-counter.</td>
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<tr>
<td></td>
<td><strong>Safety</strong></td>
</tr>
<tr>
<td></td>
<td><strong>HE.5.5H</strong> Describe the value of seeking advice from parents and educational personnel about unsafe behaviors.</td>
</tr>
</tbody>
</table>

**Suggested Pacing:**
- Aug. 26 – Oct. 11
- Labor Day: Sept. 2
- Fall Holiday: Oct. 9 (students only)
- Early Dismissals: Sept. 27
- Oct. 18

- Extend Review
- Assess
- Reteach: Oct. 14-18

The recommended number of lessons is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.
### Cycle 2

<table>
<thead>
<tr>
<th>Unit</th>
<th>Number of Lessons</th>
<th>Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs)</th>
<th>39 Days</th>
<th>Oct. 21 – Dec. 19, 2019</th>
</tr>
</thead>
</table>
| **Unit 2: My Body** | 8 30-minute lessons | **Communication**  
HE.5.6F Apply and practice strategies for self-control.  
**Decision Making/Goal Setting**  
HE.5.9C Utilize critical thinking in decision making and problem solving.  
HE.5.9D Describe benefits in setting and implementing short and long-term goals.  
HE.5.9E Explain the necessity of perseverance to achieve goals. | **Suggested Pacing:**  
Oct. 21 – Dec. 13 |
|  |  | **Health Information**  
HE.5.9A Describe health-related situations that require parent/adult assistance, such as a discussion of the health-related consequences of high-risk health behaviors or going to a doctor.  
**Influencing Factors**  
HE.5.6A Distinguish between healthy and harmful influences of friends and others.  
**Our Bodies**  
HE.2A Describe the structure, functions, and interdependence of major body systems.  
HE.5.2B Identify and describe changes in male and female anatomy that occur during puberty.  
**Safety**  
HE.5.5G Describe response procedures for emergency situations.  
HE.5.5H Describe the value of seeking advice from parents and educational personnel about unsafe behaviors.  
HE.5.5I Explain the impact of neglect and abuse. | **Early Dismissal**  
Nov. 8  
**Thanksgiving Holiday**  
Nov. 25-29  
**Extend Review Assess Reteach**  
Dec. 16-19  
**Teacher Preparation Day**  
Dec. 20  
**Winter Break**  
Dec. 23 – Jan. 3 |

The recommended number of lessons is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.
### 2019-2020 Scope and Sequence

**Health Education – Grade 5**

**Cycle 3**

<table>
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<th>Number of Lessons</th>
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<tbody>
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<td><strong>Unit 3: My Relationships</strong></td>
<td><strong>Communication</strong></td>
</tr>
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</table>
| In this unit, students will emphasize the skills needed in personal relationships by identifying roles and responsibilities and practicing effective communication strategies. | **HE.5.5B** Compare and contrast the effects of medications and street drugs.  
**HE.5.6C** Identify ways to enhance personal communication skills.  
**HE.5.7D** Analyze respectful ways to communicate with family, adults, and peers.  
**HE.5.8E** Demonstrate ways of communicating with individuals who communicate in unique ways, such as having a speech defect and not speaking English. |
| 8 30-minute lessons | **Decision Making/Goal Setting**  |
| **Suggested Pacing:** Jan. 6 – Mar. 6 | **HE.5.8A** Explain the importance of communication skills as a major influence on the social and emotional health of the individual and family.  
**HE.5.9C** Utilize critical thinking in decision making and problem solving.  
**HE.5.9D** Describe benefits in setting and implementing short and long-term goals.  
**HE.5.9E** Explain the necessity of perseverance to achieve goals.  
**HE.5.9F** Explain the importance of parent/trusted adult guidance in goal setting. |
| MLK Jr. Day Jan. 20 | **Health Information**  |
**HE.5.7B** Identify the use of health-related technology in the school, such as audiometry and the Internet. |
| Extend Review Assess Reteach Mar. 9-13 | **Influencing Factors**  |
| Spring Break Mar. 16-20 | **HE.5.6A** Distinguish between healthy and harmful influences of friends and others. |

**Our Bodies**

*HE4.4A* Identify the use and abuse of prescription and non-prescription medication, such as over-the-counter.

**Safety**

*HE.5.5H* Describe the value of seeking advice from parents and educational personnel about unsafe behaviors.
## 2019-2020 Scope and Sequence
### Health Education – Grade 5

**Cycle 4**  
**47 Days**  
Mar. 23 – May 29, 2020

<table>
<thead>
<tr>
<th>Unit</th>
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</table>
| **Unit 4: My Choices**  
In this unit, students will focus on personal and physical safety, understanding personal space, keeping hands to self, and honoring privacy. Students will also learn personal and social skills that contribute to their safety and to respect their body to keep it free from substances that may become habit-forming. | 8  
30-minute lessons | **Communication**  
HE.5.3B Demonstrate ways to communicate health information, such as posters, videos, and brochures.  
HE.5.5H Describe the value of seeking advice from parents and educational personnel about unsafe behaviors.  

**Decision Making/Goal Setting**  
HE.5.9C Utilize critical thinking in decision making and problem solving.  

**Health Information**  
HE.5.5C Analyze the short-term and long-term harmful effects of alcohol, tobacco, and other substances on the functions of the body systems, such as physical, mental, social, and legal consequences.  
HE.5.5D Identify and describe alternatives to drug and substance use.  

**Influencing Factors**  
HE.5.6A Distinguish between healthy and harmful influences of friends and others.  

**Our Bodies**  
HE.5.4A Explain how to maintain the healthy status of body systems, such as avoiding smoking to protect the lungs.  
HE.5.2B Identify and describe changes in male and female anatomy that occur during puberty.  

**Safety**  
HE.5.5F Explain strategies for avoiding violence, gangs, weapons, and drugs.  

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**Suggested Pacing:**  
Mar. 23 – May 22  
Spring Holiday  
Apr. 10  
Memorial Day  
May 25  
Extend Review Assess Reteach  
May 26-29