

Cycle 1	38 Days		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.
	Aug. 26 – Oct. 18, 2019		
Unit	Number of Lessons	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
<p><u>Unit 1: My Self</u> In this unit, students will focus on developing self-awareness skills necessary for coping and responding to the demands of everyday life.</p>	<p>8 30-minute lessons</p> <p>Suggested Pacing: Aug. 26 – Oct. 11</p> <p><i>Labor Day</i> Sept. 2</p> <p><i>Fall Holiday</i> Oct. 9 (students only)</p> <p><i>Early Dismissals</i> Sept. 27 Oct. 18</p> <p>Extend Review Assess Reteach Oct. 14-18</p>	<p><u>Communication</u> HE.1.2H Identify how to get help from a parent and/or trusted adult when made to feel uncomfortable or unsafe by another person/adult. HE.1.9A Demonstrate respectful communication. HE.1.9D Describe and practice techniques of self-control, such as thinking before acting. HE.1.9E List ways of actively discouraging bullying.</p> <p><u>Decision Making/Goal Setting</u> HE.1.3A Explain ways to seek the help of parents/guardians and other trusted adults in making decisions and solving problems. HE.1.3B Describe how decisions can be reached and problems can be solved. HE.1.3C Explain the importance of goal setting and task completion.</p> <p><u>Influencing Factors</u> HE.1.6B Cite examples of how media and technology can affect behaviors, such as television, computers, and video games. HE.1.10A Describe ways to build and maintain friendships.</p> <p><u>Safety</u> HE.1.2G Identify and practice safety rules during play.</p>	

Cycle 2	39 Days		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.
	Oct. 21 – Dec. 19, 2019		
Unit	Number of Lessons	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
<p><u>Unit 2: My Body</u> In this unit students understand the relationship between body systems, nutrition, disease, and personal well-being.</p>	<p>8 30-minute lessons</p> <p>Suggested Pacing: Oct. 21 – Dec. 13</p> <p><i>Early Dismissal</i> Nov. 8</p> <p><i>Thanksgiving Holiday</i> Nov. 25-29</p> <p>Extend Review Assess Reteach Dec. 16-19</p> <p><i>Teacher Preparation Day</i> Dec. 20</p> <p><i>Winter Break</i> Dec. 23 – Jan. 3</p>	<p><u>Our Bodies</u> HE.1.1A Describe and practice activities that enhance individual health, such as enough sleep, nutrition, and exercise. HE.1.1B Describe activities that are provided by health care professionals, such as medical check-up and dental exams.</p> <p><u>Communication</u> HE.1.2H Identify how to get help from a parent and/or trusted adult when made to feel uncomfortable or unsafe by another person/adult.</p> <p><u>Health Information</u> HE.1.7A Name types of germs that cause illness and disease. HE.1.7B Identify common illnesses and diseases and their symptoms. HE.1.7C Explain common practices that control the way germs are spread.</p> <p><u>Influencing Factors</u> HE.1.8A Name various members of his/her family who help them to promote and practice health habits. HE.1.8 B Describe ways in which a person’s health may be affected by weather and pollution.</p>	

Cycle 3	49 Days		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.
	Jan. 6 – Mar. 13, 2020		
Unit	Number of Lessons	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
<p><u>Unit 3: My Relationships</u> In this unit, students will identify skills needed in personal relationships by recognizing roles and responsibilities.</p>	<p>8 30-minute lessons</p> <p>Suggested Pacing: Jan. 6 – Mar. 6</p> <p><i>MLK Jr. Day</i> <i>Jan. 20</i></p> <p><i>Early Dismissals</i> <i>Jan. 17</i> <i>Feb. 14</i></p> <p>Extend Review Assess Reteach Mar. 9-13</p> <p><i>Spring Break</i> <i>Mar. 16-20</i></p>	<p><u>Communication</u> HE.1.9A demonstrate respectful communication. HE.1.9F Practice refusal skills and replacement behaviors to avoid and resolve conflicts. HE.1.9E List ways of actively discouraging bullying. HE.1.9C Express needs, wants, and emotions in appropriate ways.</p> <p><u>Decision Making/Goal Setting</u> HE.1.3A Explain ways to seek the help of parents/guardians and other trusted adults in making decisions and solving problems.</p>	

Cycle 4	47 Days		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.
	Mar. 23 – May 29, 2020		
Unit	Number of Lessons	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
<p>Unit 4: <u>My Choices</u> In this unit, students will focus on how to make healthy decisions in regards to their personal health, such as keeping their bodies safe and clean, avoiding uncomfortable situations, and seeking out a trusted adult for help.</p>	<p>8 30-minute lessons</p> <p>Suggested Pacing: Mar. 23 – May 22</p> <p><i>Chávez/Huerta Day</i> Mar. 30</p> <p><i>Spring Holiday</i> Apr. 10</p> <p><i>Memorial Day</i> May 25</p> <p>Extend Review Assess Reteach May 26-29</p>	<p><u>Communication</u> HE.1.9A Demonstrate respectful communication. HE.1.9B List unique ways that individuals use to communicate, such as using body language and gestures. HE.1.9E List ways of actively discouraging bullying. HE.1.10A Describe ways to build and maintain friendships. HE.1.10B Practice refusal skills to avoid and resolve conflicts.</p> <p><u>Decision Making/Goal Setting</u> HE.1.3 Explain ways to seek the help of parents/guardians and other trusted adults in making decisions and solving problems. HE.1.3B Describe how decisions can be reached and problems can be solved. HE.1.3C Explain the importance of goal setting and task completion.</p> <p><u>Our Bodies</u> HE.1.4A Identify and demonstrate use of the five senses. HE.1.4B Identify major body structures and organs and describes their basic functions. HE.1.7A Name types of germs that cause illness and disease. HE.1.7B Identify common illnesses and diseases and their symptoms. HE.1.7C Explain common practices that control the way germs are spread.</p> <p><u>Safety</u> HE.1.2A Identify and use protective equipment to prevent injury. HE.1.2B Name safe play environments. HE.1.2C Explain the harmful effects of, and how to avoid, alcohol, tobacco, and other drugs. HE.1.2D Identify ways to avoid weapons and drugs or harming oneself or another person by staying away from dangerous situations and reporting to an adult. HE.1.2E Identify safety rules that help to prevent poisoning. HE.1.2F Identify and describe safe bicycle skills. HE.1.2G Identify and practice safety rules during play. HE.1.2H identify how to get help from a parent and/or trusted adult when made to feel uncomfortable or unsafe by another person/adult.</p> <p><u>Influencing Factors</u> HE.1.9E List ways of actively discouraging bullying. HE.1.8A Name various members of his/her family who help them to promote and practice health habits. HE.1.8B Describe ways in which a person’s health may be affected by weather and pollution.</p>	