

Cycle 1	27 Days	
	Aug. 23 - Oct. 1, 2021	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
<b>Unit 1: Personal Health and Wellness</b> In this unit students will practice knowledge and skills to comprehend concepts related to disease prevention, personal health care maintenance, and health promotion. As well as identify proper ways to protect vision, hearing and skin, be able to explain the importance of sleep and rest, and protective measures for communicable and non-communicable diseases.	<b>8</b> # class periods (30 min. each)	<b>1.1A</b> Describe and practice activities that enhance individual health such as enough sleep, nutrition, and exercise; and <b>1.1B</b> Describe activities that are provided by health care professionals such as medical check-up and dental exams. <b>1.4A</b> Identify and demonstrate use of the five senses; <b>1.4B</b> Identify major body structures and organs and describes their basic functions; and <b>1.4C</b> Identify and apply principles of good posture for healthy growth and development. <b>1.7A</b> Name types of germs that cause illness and disease; <b>1.7B</b> Identify common illnesses and diseases and their symptoms; and <b>1.7C</b> Explain common practices that control the way germs are spread.
	<i>Enrichment Opportunities</i> Aug. 2-13  <i>Teachers Report to Work</i> Aug. 16  <i>Teacher Service Days</i> Aug. 16-17, Aug. 19-20  <i>Teacher Prep Day</i> (no students) Aug. 18  <i>Labor Day</i> Sept. 6  <i>Fall Holiday</i> Sept. 16  <i>Teacher Service Day</i> (no students) Sept. 17	

Cycle 2	29 Days	
	Oct. 5 - Nov. 12, 2021	
<i>The recommended number of class periods 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.</i>		
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
<b>Unit 2: Consumer, Community, and Environmental Health</b> In this unit, students will explore knowledge and skills for influences on health behaviors, analyze ways to access health resources, and valid information, products, and services that affect health behaviors.	<b>8</b> # class periods (45-min. each)	<b>1.2(H)</b> Identify how to get help from a parent and/or trusted adult when made to feel uncomfortable or unsafe by another person/adult. <b>1.3(A)</b> Explain ways to seek the help of parents/guardians and other trusted adults in making decisions and solving problems. <b>1.3(B)</b> Describe how decisions can be reached and problems can be solved. <b>1.3(C)</b> Explain the importance of goal setting and task completion. <b>1.5(A)</b> Identify people who can provide helpful health information such as parents, teachers, nurses, and physicians. <b>1.5(B)</b> List ways health information can be used such as knowing how to brush teeth properly. <b>1.6(A)</b> Identify examples of health information provided by various media. <b>1.6(B)</b> Cite examples of how media and technology can affect behaviors such as television, computers, and video games. <b>1.8(A)</b> Name various members of his/her family who help them to promote and practice health habits. <b>1.8(B)</b> Describe ways in which a person's health may be affected by weather and pollution.
	<i>Teacher Service Day</i> <i>(no students)</i> <i>Oct. 4</i>	

Cycle 3	30 Days	The recommended number of class periods 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.
	Nov. 15, 2021 - Jan. 14, 2022	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
<b>Unit 3: Social, Emotional, and Mental Health</b> In this unit, students will apply knowledge and skills to enhance social, emotional, and mental health concepts. Develop and maintain healthy relationships while demonstrating positive communication skills when interacting with family, peers, and others. Comprehend the treatment, respect and care of self and others as well as concepts related to stress and stress management.	<b>8</b> # class periods (45-min. each)	<b>1.9(A)</b> Demonstrate respectful communication. <b>1.9(B)</b> List unique ways that individuals use to communicate such as using body language and gestures. <b>1.9(C)</b> Express needs, wants, and emotions in appropriate ways. <b>1.9(D)</b> Describe and practice techniques of self-control such as thinking before acting. <b>1.9(E)</b> List ways of actively discouraging bullying. <b>1.9(F)</b> Practice refusal skills and replacement behaviors to avoid and resolve conflicts. <b>1.10(A)</b> Describe ways to build and maintain friendships. <b>1.10(B)</b> Practice refusal skills to avoid and resolve conflicts. <b>1.11(A)</b> Demonstrate how to get help from a teacher, parent, or trusted adult when made to feel bullied, uncomfortable, or unsafe by a peer or an adult. <b>1.11(B)</b> Describe negative consequences for both the victim and the bully.
	<i>Thanksgiving Break</i> Nov. 22-26  <i>Enrichment Opportunities</i> Dec. 20-21  <i>Winter Break</i> Dec. 20-31  <i>MLK Jr. Day</i> Jan. 17  <i>Teacher Prep Day</i> (no students) Jan. 18	

Cycle 4	27 Days	The recommended number of class periods 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. 19 - Feb. 25, 2022	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
<b>Unit 4: Nutrition and Physical Activity</b> In this unit, students will apply knowledge and skills to develop healthy eating and drinking behaviors (practices). Learners will explain how physical activity can benefit personal health.	<b>8</b> # class periods (45-min. each)	<b>1.1(A)</b> Describe and practice activities that enhance individual health such as enough sleep, nutrition, and exercise. <b>1.2(A)</b> Identify and use protective equipment to prevent injury. <b>1.2(B)</b> Name safe play environments. <b>1.2(G)</b> Identify and practice safety rules during play.
	<i>Teacher Service Day/Presidents' Day</i> <i>(no students)</i> <i>Feb. 21</i>	

Cycle 5	33 Days	The recommended number of class periods 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.
	Feb. 28 - Apr. 22, 2022	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
<b>Unit 5: Alcohol, Tobacco, and Other Drugs Prevention</b> In this unit, students will utilize knowledge and skills to distinguish between helpful and harmful substances (alcohol, tobacco, other drugs).	<b>8</b> # class periods (45-min. each)	<b>1.2(C)</b> Explain the harmful effects of, and how to avoid, alcohol, tobacco, and other drugs. <b>1.2(D)</b> Identify ways to avoid weapons and drugs or harming oneself or another person by staying away from dangerous situations and reporting to an adult. <b>1.2(E)</b> Identify safety rules that help to prevent poisoning. <b>1.2(H)</b> Identify how to get help from a parent and/or trusted adult when made to feel uncomfortable or unsafe by another person/adult. <b>1.3(A)</b> Explain ways to seek the help of parents/guardians and other trusted adults in making decisions and solving problems. <b>1.5(A)</b> Identify people who can provide helpful health information such as parents, teachers, nurses, and physicians. <b>1.9(F)</b> Practice refusal skills and replacement behaviors to avoid and resolve conflicts. <b>1.11(A)</b> Demonstrate how to get help from a teacher, parent, or trusted adult when made to feel bullied, uncomfortable, or unsafe by a peer or an adult.
	<i>Enrichment Opportunities</i> Mar. 14-16	
	<i>Spring Break</i> Mar. 14-18	
	<i>Chávez-Huerta Day</i> Mar. 28	
	<i>Spring Holiday</i> Apr. 15	

Cycle 6	31 Days	The recommended number of class periods 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.
	Apr. 25 - June 7, 2022	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
<b>Unit 6: Safety, Injury, and Violence Prevention</b> In this unit, students will apply knowledge and skills to promote a safe, violence, and bully free environment. Practice disaster preparedness procedures and demonstrate the ability to execute an escape plan for various emergency situations. Utilize appropriate injury protective gear, equipment and guidelines.	<b>8</b> # class periods (45-min. each)	<b>1.1(B)</b> Describe activities that are provided by health care professionals such as medical check-up and dental exams. <b>1.2(A)</b> Identify and use protective equipment to prevent injury. <b>1.2(B)</b> Name safe play environments. <b>1.2(D)</b> Identify ways to avoid weapons and drugs or harming oneself or another person by staying away from dangerous situations and reporting to an adult. <b>1.2(E)</b> Identify safety rules that help to prevent poisoning. <b>1.2(F)</b> Identify and describe safe bicycle skills. <b>1.2(G)</b> Identify and practice safety rules during play. <b>1.2(H)</b> Identify how to get help from a parent and/or trusted adult when made to feel uncomfortable or unsafe by another person/adult. <b>1.5(A)</b> Identify people who can provide helpful health information such as parents, teachers, nurses, and physicians. <b>1.5(B)</b> List ways health information can be used such as knowing how to brush teeth properly. <b>1.8(A)</b> Name various members of his/her family who help them to promote and practice health habits. <b>1.8(B)</b> Describe ways in which a person's health may be affected by weather and pollution.
	<i>Memorial Day</i> <i>May 30</i>  <i>Teacher Prep Day</i> <i>(no students)</i> <i>June 8</i>	