

Cycle 1	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.
	Aug. 23 - Oct. 1, 2021	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
<p><b>Unit 1: Health and Wellness</b> This unit focuses on personal health care, understanding health and wellness effects, and connecting to wellness through setting goals and making wise decisions about health and wellness.</p>	<p>11 class periods (90-min. each) or 22 class periods (45-min. each)</p> <p><i>Enrichment Opportunities</i> Aug. 2-13</p> <p><i>Teachers Report to Work</i> Aug. 16</p> <p><i>Teacher Service Days</i> Aug. 16-17, Aug. 19-20</p> <p><i>Teacher Prep Day</i> (no students) Aug. 18</p> <p><i>Labor Day</i> Sept. 6</p> <p><i>Fall Holiday</i> Sept. 16</p> <p><i>Teacher Service Day</i> (no students) Sept. 17</p>	<p><b><u>Foundations Health and Wellness</u></b> <b>HE.8.1A</b> Compare the interrelationships of physical, mental, and social health.</p> <p><b><u>Health Literacy and Media</u></b> <b>HE.8.3A</b> Explain the role of preventive health measures, immunizations, and treatment in disease prevention such as wellness exams and dental check-ups. <b>HE.8.3B</b> Analyze risks for contracting specific diseases based on pathogenic, genetic, age, cultural, environmental, and behavioral factors. <b>HE.8.4A</b> Use critical thinking to analyze and use health information such as interpreting media messages. <b>HE.8.4B</b> Develop evaluation criteria for health information. <b>HE.8.4C</b> Demonstrate ways to use health information to help self and others. <b>HE.8.9B</b> Explain the role of media and technology in influencing individuals and community health such as watching television or reading a newspaper and billboard. <b>HE.8.9C</b> Examine how programmers develop media to influence buying decisions. <b>HE.8.10B</b> Describe characteristics that contribute to family health.</p> <p><b><u>Health Decisions and Goals</u></b> <b>HE.8.13A</b> Interpret critical issues related to solving health problems. <b>HE.8.13B</b> Relate practices and steps necessary for making health decisions. <b>HE.8.13C</b> Appraise the risks and benefits of decision-making about personal health. <b>HE.8.13E</b> Examine the effects of peer pressure on decision making. <b>HE.8.13F</b> Develop strategies for setting long-term personal and vocational goals.</p>

Cycle 2	29 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.
	Oct. 5 - Nov. 12, 2021	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
<p><b>Unit 2: Social, emotional, Mental Wellness</b></p> <p>This unit focuses on identifying types of stressors that individuals face daily, providing ways to manage stress, and dealing with depression to prevent suicide, in addition to recognizing mental health and treatments.</p>	<p>12 class periods (90-min. each) or 23 class periods (45-min. each)</p> <p><i>Teacher Service Day (no students) Oct. 4</i></p>	<p><b><u>Stress Management</u></b></p> <p><b>HE.8.11B</b> Describe the application of effective coping skills.  <b>HE.8.12B</b> Demonstrate strategies for coping with problems and stress.  <b>HE.8.12D</b> Describe methods of communicating emotions.  <b>HE.8.12F</b> Describe the relationships between emotions and stress.  <b>HE.8.13D</b> Predict the consequences of refusal skills in various situations.  <b>HE.8.13F</b> Develop strategies for long-term plan for setting long-term personal and vocational goals.  <b>HE.8.13G</b> Demonstrate time-management skills plan such as organizing study/homework schedules.</p> <p><b><u>Mental Health</u></b></p> <p><b>HE.8.1C</b> Identify and describe lifetime strategies for prevention and early identification of disorders such as depression and anxiety that may lead to long-term disability.  <b>HE.8.12C</b> Describe strategies to show respect for individual differences including age differences.</p>

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:
<p><b>Unit 3: Nutrition and Physical Activity</b> This unit focuses on an in-depth study of body composition influences, nutrition, substance abuse, disease prevention, and physical fitness.</p>	<p>12 class periods (90-min. each) or 24 class periods (45-min. each)</p> <p><i>Thanksgiving Break Nov. 22-26</i></p> <p><i>Enrichment Opportunities Dec. 20-21</i></p> <p><i>Winter Break Dec. 20-31</i></p> <p><i>MLK Jr. Day Jan. 17</i></p> <p><i>Teacher Prep Day (no students) Jan. 18</i></p>	<p><b><u>Nutrition</u></b> <b>HE.8.13B</b> Relate practices and steps necessary for making health decisions. <b>HE.8.13C</b> Discuss the risks and benefits of decision-making concerning personal health, such as making healthy nutritional choices.</p> <p><b><u>Physical Fitness</u></b> <b>HE.8.7C</b> Discuss the influence of physical and social environmental factors on substance misuse.</p> <p><b><u>Eating Disorders</u></b> <b>HE.8.1B</b> Identify and describe types of eating disorders such as bulimia, anorexia, or overeating.</p> <p><b><u>Substance Abuse and Disease Prevention</u></b> <b>HE.8.3C</b> Distinguish risk factors associated with communicable and noncommunicable diseases. <b>HE.8.4E</b> Identify and explain the importance of each component of an over-the-counter drug warning label. <b>HE.8.4F</b> Identify common uses of each prescription drug category. <b>HE.8.4G</b> Compare and contrast examples of various packaging and forms of medicines, including prescription drugs. <b>HE.8.4H</b> Discuss the legal consequences related to the use of drugs, including the misuse of prescription drugs. <b>HE.8.5A</b> Analyze the short- and long-term health consequences of prescription and over-the-counter drug misuse and substance use disorders. <b>HE.8.5B</b> Describe how substance misuse, including prescription drug misuse, and substance use disorders affect the body systems and brain. <b>HE.8.6H</b> Explain the impact of chemical dependency and addiction to tobacco, alcohol, drugs, including prescription drugs, and other substances. <b>HE.8.6L</b> Differentiate between appropriate and inappropriate use of prescription and over-the-counter drugs and the resulting consequences of each. <b>HE.8.6M</b> Describe how substance misuse, including prescription drug misuse, can lead to addiction.</p>

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:
<p><b>Unit 4: Relationships and Violent Behaviors</b> This unit focuses on investigating peer and family relationships, styles of communication, and how relationships can affect long and short-term goals. In addition, to understand violent behavior and what it is like cyberbullying, bullying, teen dating violence, harassment, and other behaviors like human trafficking, hate crime, and terrorism.</p>	<p>11 class periods (90-min. each) or 22 class periods (45-min. each)</p> <p><i>Teacher Service Day/Presidents' Day (no students) Feb. 21</i></p>	<p><b>Relationships</b> <b>HE.8.8A</b> Analyze positive and negative relationships that influence individual and community health throughout the life span, such as families, peers, and role models. <b>HE.8.8B</b> Develop strategies for monitoring positive and negative relationships that influence health. <b>HE.8.11A</b> Differentiate between positive and negative peer pressure. <b>HE.8.11E</b> Appraise or evaluate the importance of social groups.</p> <p><b>Family Health</b> <b>HE.8.10A</b> Describe personal health behaviors and knowledge unique to different generations and populations. <b>HE.8.10B</b> Describe characteristics that contribute to family health, such as choices to immunize. <b>HE.8.12E</b> Describe the effect of stress on personal and family health.</p> <p><b>Communication</b> <b>HE.8.11C</b> Distinguish between effective and ineffective listening such as paying attention to the speaker versus not making eye-contact. <b>HE.8.11D</b> Summarize and relate conflict resolution/mediation skills to personal situations</p> <p><b>Risky Behavior</b> <b>HE.8.6J</b> Apply strategies for avoiding violence, gangs, weapons, and drugs. <b>HE.8.5L</b> Differentiate between appropriate and inappropriate use of prescription and over-the-counter drugs and the resulting consequences of each. <b>HE.8.6B</b> Describe dangers associated with a variety of weapons. <b>HE.8.6K</b> Explain the importance of complying with rules prohibiting possession of drugs and weapons.</p> <p><b>Bullying</b> <b>HE.8.14A</b> Analyze strategies for preventing bullying, harassment, dating violence, and sexual assault. <b>HE.8.14B</b> Describe the seriousness of various forms of bullying such as harassment, acquaintance rape, and sexual abuse. <b>HE.8.14C</b> Demonstrate empathy toward others. <b>HE.8.14D</b> Analyze ways to show disapproval of inconsiderate and disrespectful bullying behavior. <b>HE.8.14E</b> Recognize the responsibility to report bullying behavior.</p>

Cycle 5	33 Days	2The 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:
<p><b>Unit 5: Reproductive Health</b></p> <p>This unit focuses on sexual health, relationships, the body systems, human cycle, reproduction, STDs, and other infections a student may encounter when engaged in unsafe behavior and the best practice of abstinence.</p>	<p>13 class periods (90 min. each) or 26 class periods (45 min. each)</p> <p><i>Enrichment Opportunities</i> Mar. 14-16</p> <p><i>Spring Break</i> Mar. 14-18</p> <p><i>Chávez-Huerta Day</i> Mar. 28</p> <p><i>Spring Holiday</i> Apr. 15</p>	<p><b>Communicable and Non-Communicable Diseases</b></p> <p><b>HE.8.3A</b> Explain and discuss the role of preventive health measures, immunizations, and treatment in disease prevention such as wellness exams and dental check-ups.</p> <p><b>HE.8.3B</b> Analyze risks for contracting specific diseases based on pathogenic, genetic, age, cultural, environmental, and behavioral factors.</p> <p><b>HE.8.3C</b> Distinguish risk factors associated with communicable and non-communicable diseases.</p> <p><b>HE.8.3D</b> Summarize and discuss city and regional facts related to Human Immunodeficiency Virus (HIV) infection and Sexually Transmitted Diseases (STDs).</p> <p><b>HE.8.5C</b> Relate medicine and other drugs to communicable and noncommunicable disease, prenatal health, health problems in later life, and other adverse consequences.</p> <p><b>Growth Development</b></p> <p><b>HE.8.1D</b> describe the life cycle of human beings including birth, dying, and death.</p> <p><b>HE.8.2A</b> explain how differences in growth patterns among adolescents such as onset of puberty may affect personal health.</p> <p><b>HE.8.2B</b> Describe the influence of the endocrine system on growth and development.</p> <p><b>HE.8.2C</b> Compare and contrast changes in males and females.</p> <p><b>HE.8.2D</b> Describe physiological and emotional changes that occur during pregnancy.</p> <p><b>HE.8.2E</b> Examine physical and emotional development during adolescence.</p> <p><b>HE.8.2F</b> Identify the common side effects associated with each drug category on the body systems and brain.</p> <p><b>Sexual Health</b></p> <p><b>HE.8.4D</b> Discuss the legal implications regarding sexual activity as it relates to minor persons.</p> <p><b>HE.8.6C</b> Identify strategies for prevention and intervention of emotional, physical, and sexual abuse.</p> <p><b>HE.8.6D</b> Identify information relating to abstinence.</p> <p><b>HE.8.6E</b> Analyze the importance of abstinence from sexual activity as the preferred choice of behavior in relationship to all sexual activity for unmarried persons of school age.</p> <p><b>HE.8.6F</b> Discuss abstinence from sexual activity as the only method that is 100% effective in preventing pregnancy, sexually transmitted diseases, and the sexual transmission of HIV or acquired immune deficiency syndrome, and the emotional trauma associated with adolescent sexual activity.</p> <p><b>HE.8.11D</b> Summarize and relate conflict resolution/mediation skills to personal situations.</p>

<b>Cycle 5</b>	<b>33 Days</b>	<i>2The 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>
	Feb. 28 - Apr. 22, 2022	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
		<p><b><u>Sexual Abuse</u></b></p> <p><b>HE.8.6C</b> Identify strategies for prevention and intervention of emotional, physical, and sexual abuse.</p> <p><b>HE.8.5C</b> Relate medicine and other drugs to communicable and noncommunicable disease, prenatal health, health problems in later life, and other adverse consequences.</p> <p><b>HE.8.6H</b> Explain the impact of chemical dependency and addiction to tobacco, alcohol, drugs, including prescription drugs, and other substances.</p>

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:
<p><b>Unit 6: Physical Health and Safety</b></p> <p>This unit focuses on preventing and treating minor injuries and how to respond to medical emergencies like CPR, burns, and choking. In addition to environmental health safety protection.</p>	<p><b>13</b> 90-min. class periods or <b>25</b> 45-min. class periods</p> <p><i>Memorial Day May 30</i></p> <p><i>Teacher Prep Day (no students) June 8</i></p>	<p><b>Safety and Injuries Prevention</b></p> <p><b>HE.8.6A</b> Analyze and demonstrate strategies for preventing and responding to deliberate and accidental injuries.</p> <p><b>HE.8.6G</b> Demonstrate basic first-aid procedures including cardiopulmonary resuscitation (CPR) and the choking rescue</p> <p><b>Environmental Health</b></p> <p><b>HE.8.6A</b> Relate physical and social environmental factors to individual and community health such as climate.</p> <p><b>HE.8.6B</b> Describe the application of strategies for controlling the environment such as emission control, water quality, and waste management.</p> <p><b>HE.8.6C</b> Discuss the influence of physical and social environmental factors on substance misuse.</p>