

Cycle 1		29 Days
		Aug. 22-Sept. 30, 2022
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
<p>Unit 1: Physical Health This unit focuses on the importance of physical health, growth, and nutrients, which may impact a student's ability to make healthy decisions while setting goals for personal health.</p>	<p>24 class periods (45-min. lessons)</p> <p>12 class periods (90-min. lessons)</p> <p><i>Teachers Report to Campuses Aug. 8</i></p> <p><i>Teacher Service Days Aug. 8-12, Aug. 16-19</i></p> <p><i>Teacher Prep Day (no students) Aug. 15</i></p> <p><i>Labor Day Sept. 5</i></p>	<p><u>Physical Health and Nutrition</u> HE.6.1A explains how to maintain the healthy status of body systems. HE.6.2F describes actions that should be taken when illness occurs, including asthma, diabetes, and epilepsy. HE.6.2G describes and recognizes the signs, symptoms, and treatments of vector-borne illnesses such as Lyme disease or West Nile Virus. HE.6.7A defines micronutrients, including calcium and iron, and their recommended daily allowances. HE.6.7B compare and contrast common food labels and menus for nutritional content and calories. HE.6.7C describes healthy and unhealthy dietary practices. HE.6.7D explain the importance of a realistic personal dietary plan HE.6.7E evaluates the importance of choosing lower sodium alternatives to foods that have high levels of sodium such as salty snacks and canned vegetables. HE.6.9B explains the role of media and technology in influencing individual and community health related to nutritional choices.</p> <p><u>Physical Activity</u> HE.6.8A identifies the CDC guidelines for daily physical activity throughout the lifespan. HE.6.8B analyzes the benefits of regular physical activity on mental, physical, and social health. HE.6.9B explains the role of media and technology in influencing individual and community health related to physical activity and nutritional choices. HE.6.10A analyzes the impact of moderate physical activity and dietary choices on the prevention of obesity, heart disease, and diabetes. HE.6.10B identifies strategies to adopt healthy behaviors to reduce the likelihood of developing chronic conditions such as obesity, heart disease, or diabetes. HE.6.10C analyzes internal and external factors that influence healthy eating and physical activity behaviors. HE.6.10D discusses the nutritional differences between preparing and serving fresh or minimally processed foods and commercially prepared or highly processed foods.</p> <p><u>Hygiene</u> HE.6.2A compares immediate and long-term effects of personal health care choices such as personal and dental hygiene. HE.6.2C compares immediate and long-term effects of personal health care choices <i>such as proper sleep.</i> HE.6.2E explains the role of preventive health measures, immunizations, and treatment such as wellness exams and dental check-ups in disease prevention. HE.6.4A identifies how physical and social changes impact self-esteem.</p>

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		HE.6.4D explains the steps in the decision-making process and the importance of following the steps. HE.6.7D explains the importance of a realistic personal dietary plan.	

Cycle 2		23 Days	<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>
		Oct. 3 - Nov. 4, 2022	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
<p>Unit 2: Social Emotional Learning This unit focuses on students gaining skills necessary to develop meaningful relationships, self-awareness, and respond to the demands of everyday life, including identifying the decision-making process and respecting self and others, which impact a person's well-being.</p>	<p>24 class periods (45-min. lessons)</p> <p>12 class periods (90-min. lessons)</p> <p><i>Teacher Service Day (no students) Oct. 4</i></p> <p><i>Fall Holiday Oct. 5</i></p>	<p><u>Relationships and Social Interactions</u> HE.6.3A demonstrates healthy methods for communicating emotions in a variety of scenarios. HE.6.3B assesses and demonstrates healthy ways of responding to conflict. HE.6.3C differentiate between positive and negative peer influence. HE.6.3D describes methods for communicating important issues with and understanding perspectives of parents and peers. HE.6.3E discusses and demonstrates how to listen and respect others' feelings and perspectives in a variety of scenarios. HE.6.20C lists healthy ways to express friendship, affection, and love. HE.6.20D describe characteristics of healthy dating/romantic relationships and marriage, including sharing, kindness, honesty, respect, trust, patience, communication, and compatibility;</p> <p><u>Awareness of Self</u> HE.6.4A identifies how physical and social changes impact self-esteem. HE.6.21E explains how to have a healthy sense of self.</p> <p><u>Responsible Decision Making</u> HE.6.4B identifies possible health benefits of setting and implementing long-term personal goals. HE.6.4D explains the steps in the decision-making process and the importance of following the steps.</p> <p><u>Responsible Conduct</u> HE.6.3E discusses and demonstrates how to listen and respect others' feelings and perspectives in a variety of scenarios. HE.6.3F identifies strategies for using non-violent conflict resolution skills.</p>	

Cycle 3		28 Days
		Nov. 7 - Dec. 21, 2022
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
<p>Unit 3: Mental Health This unit focuses on students developing skills necessary to cope with the demands of everyday life, including suicide prevention, identifying stressors, managing stress, anxiety, grief, and other mental/emotional issues which impact a person's well-being.</p>	<p>24 class periods (45-min. lessons)</p> <p>12 class periods (90-min. lessons)</p> <p><i>Thanksgiving Break</i> Nov. 21-25</p> <p><i>Winter Break (students)</i> Dec. 22 - Jan. 6</p> <p><i>Winter Break (teachers)</i> Dec. 22 - Jan. 4</p>	<p><u>Mental Health and Wellness</u> HE.6.5A identifies and discusses how adolescent brain development influences emotions, decision making, and logic. HE.6.6B identifies and describes lifetime strategies for managing conditions that impact learning such as attention-deficit disorder (ADD), attention-deficit/hyperactivity disorder (ADHD), dyslexia, dysgraphia, and sensory issues. HE.6.6C identifies how to respond positively to develop resiliency. HE.6.6E identifies causes and effects associated with disordered eating and eating disorders such as bulimia, anorexia, and binge eating disorder and the importance of seeking help from a parent or another trusted adult for oneself or others related to disordered eating.</p> <p><u>Effective Communication</u> HE.6.3A demonstrates healthy methods for communicating emotions in a variety of scenarios. HE.6.3B assesses and demonstrates healthy ways of responding to conflict. HE.6.3D describes methods for communicating important issues with and understanding perspectives of parents and peers. HE.6.3E discuss and demonstrate how to listen and respect others' feelings and perspectives in a variety of scenarios</p> <p><u>Suicide Prevention</u> HE.6.6F discuss the suicide risk and suicide protective factors as identified by the Centers for Disease Control and Prevention (CDC) and the importance of telling a parent or other trusted adult if one observes the warning signs in self or others. HE.6.6G explains the role of a healthy self-concept in avoiding self-harming behaviors that can occur when someone is struggling to manage overwhelming emotions. HE.6.6H identify suicide prevention resources such as the National Suicide Prevention Hotline.</p> <p><u>Stress Management</u> HE.6.6A examines the outcomes of healthy and unhealthy methods for managing challenges related to long-term health conditions of self and others. HE.6.6C identifies how to respond positively to develop resiliency. HE.6.6D describes healthy and unhealthy self-management strategies for stress, anxiety, depression, trauma, loss, and grief.</p>

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Cycle 4		33 Days
		Jan. 9 - Feb. 24, 2023
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Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
<p>Unit 4: Substance Abuse and Addiction This unit also focuses on the effects and addiction of drugs, alcohol, and tobacco, using the medicine safely, how alcohol impairs the ability to drive, and the consequences of smoking and other drugs.</p>	<p>24 class periods (45-min. lessons)</p> <p>12 class periods (90-min. lessons)</p> <p><i>Winter Break (students)</i> Dec. 22 - Jan. 6</p> <p><i>Winter Break (teachers)</i> Dec. 22 - Jan. 4</p> <p><i>MLK Jr. Day</i> Jan. 16</p> <p><i>Teacher Prep Day (no students)</i> Jan. 5</p> <p><i>Teacher Service Day (no students)</i> Jan. 6</p> <p><i>Teacher Service Day (no students)</i> Feb. 20</p>	<p><u>Substance Abuse Prevention</u> HE.6.14A identifies how exposure to family violence can influence behavior and the importance of reporting suspected abuse. HE.6.15A describes the misuse and abuse of prescription and over-the-counter drugs, including combining drugs, and the dangers associated with each. HE.6.15C identifies and describes practices used to safely store and properly dispose of prescription and over-the-counter drugs. HE.6.15D describes substance abuse and addiction to alcohol, vaping products, tobacco, other drugs, and dangerous substances. HE.6.17A identifies ways to report a suspected abuse of drugs to a parent, school administrator, teacher, or another trusted adult. HE.6.17B identifies signs and symptoms of alcohol; tobacco; drugs, including prescription drugs; and other substance use and misuse such as using medicine prescribed for someone else or for reasons other than intended. HE.6.17C identifies examples of who, when, where, and how to get help related to unsafe situations regarding the use and misuse of alcohol; tobacco; drugs, including prescription drugs; and other substances. HE.6.19A identifies ways such as alternative activities and refusal skills to prevent or avoid the use of alcohol, tobacco, drugs, and other substances.</p> <p><u>Social and Mental Health</u> HE.6.5A identifies and discusses how adolescent brain development influences emotions, decision making, and logic. HE.6.18A explains the impact of peer influence on decision making regarding the use of alcohol, tobacco, and other drugs. HE.6.18C identifies physical and social influences on alcohol, tobacco, and other drug use behaviors.</p>

Cycle 5		28 Days	<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>
		Feb. 27 - Apr. 14, 2023	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
<p>Unit 5: Health Literacy and Behavioral Influences</p> <p>This unit focuses on the student acquiring knowledge of health services in their community and investigating the various media influences on health decisions and the impacts of bullying.</p>	<p>24 class periods (45-min. lessons)</p> <p>12 class periods (90-min. lessons)</p> <p><i>Spring Break Mar. 13-17</i></p> <p><i>Chávez-Huerta Day Mar. 31</i></p> <p><i>Spring Holiday Apr. 7</i></p>	<p>Health Literacy HE.6.5B relates physical environmental factors such as school climate and availability of resources to individual, family, and community health. HE.6.21F identifies communication and refusal skills.</p> <p>Bullying HE.6.14A identifies how exposure to family violence can influence behavior and the importance of reporting suspected abuse. HE.6.14C analyzes the impact that bullying has on both victims and bullies. HE.6.14D identify strategies for prevention and intervention of all forms of bullying and cyberbullying such as emotional, physical, social, and sexual. HE.6.14E discusses ways to seek the input of parents and other trusted adults in problem solving issues relating to violence and bullying.</p> <p>Sexual Health HE.6.23F explain why abstinence is the preferred choice of behavior in relationship to all sexual activity for unmarried persons of school age. HE.6.23G identify why abstinence from sexual activity is the only method that is 100% effective in preventing pregnancy; STDs/STIs, including human immunodeficiency virus (HIV) and acquired immunodeficiency syndrome (AIDS); and the emotional risks associated with adolescent sexual activity. HE.6.23H list the benefits of abstinence from sexual activity such as increased self-esteem, selfconfidence, student academic achievement, and alignment with personal, family, and moral or religious beliefs and values. HE.6.23I explain how laws protect victims of sexual harassment, sexual abuse, and sexual assault.</p>	

Cycle 6		31 Days
		Apr. 17 - May 31, 2023
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Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
<p>Unit 6: Safety Preventions This unit focuses on safety, at home, at school, and tools to perform basic first-aid skills, learn how to protect oneself from disasters, and recognize acts of violence like bullying and cyberbullying to respond in a powerful way of communication.</p>	<p>24 class periods (45-min. lessons)</p> <p>12 class periods (90-min. lessons)</p> <p><i>Memorial Day May 29</i></p> <p><i>Teacher Prep Day (no students) June 1</i></p>	<p><u>Safety Preventions</u> HE.6.11A describes basic first-aid procedures. HE.6.12A discuss and demonstrate strategies for avoiding violence, gangs, weapons, and human trafficking. HE.6.12B defines safe haven and identifies dedicated safe haven locations in the community. HE.6.12E created a personal safety plan.</p> <p><u>Digital Citizenship and Media</u> HE.6.13A discusses appropriate personal digital and online communication boundaries. HE.6.13B develop strategies to resist inappropriate digital and online communication such as social media posts, sending and receiving photos, sexting, and pornography. HE.6.13C discuss and analyze consequences resulting from inappropriate digital and online communication such as social media posts, sending and receiving photos, sexting, and pornography. HE.6.13D discusses strategies and techniques for identity protection in digital and online environments. HE.6.13F identifies the current legal consequences of cyberbullying and inappropriate digital and online communication.</p>