

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>Unit 1: This unit focuses on the importance of personal hygiene, health, and wellness and making wise decisions while setting goals and using refusal skills to meet the objectives.</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>Foundations of Health and Wellness HE. 6.1C Compare immediate and long-range effects of health care choices such as personal and dental hygiene. HE.6.1E Examine the concept of cost versus effectiveness of health-care products such as vitamins, toothpaste, mouthwash, hair, and skin care products. HE.6.1G Describe the importance of establishing and implementing a periodic health maintenance clinical assessment. HE.6.8B Identify factors that affect an individual's physical, emotional, and social health such as school climate and safety measures.</p> <p>Mental Skills and Decision Making HE.6.13A Seek the input of parents and other trusted adults in problem solving and goal setting. HE.6.13B Demonstrate the use of refusal skills in unsafe situations. HE.6.13C Explain the impact of peer pressure on decision making. HE.6.13E Identify the possible health implications of long-term personal and vocational goals. HE.6.13F Identify decision-making practices such as refusing invitations, knowing the risks of substance abuse, and reporting the abuse to a parent school administrator, teacher, or other trusted adult that reduce unsafe health behaviors.</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>Unit 2: This unit focuses on students gaining skills necessary to cope, communicate, develop meaningful relationships, and respond to demands of everyday life, including identifying stressors, managing stress, anxiety, grief, and other mental/emotional issues which impact a person's well-being.</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><u>Stress Management</u> HE.6.1H Demonstrate strategies for managing stress such as exercising and eating well-balanced meals. HE.6.12E Describe ways to manage anxiety and grief such as talking to a trusted adult and keeping a journal. HE.6.12E Describe ways to manage anxiety and grief. HE.6.12H Define stress and its effects on individual health and relationships with family, friends, and others. HE.6.12I Identify stressors and their impact on the health of the individual and family.</p> <p><u>Mental Health</u> HE.6.8B Identify factors that affect an individual's physical, emotional, and social health such as school climate and safety measures.</p> <p><u>Styles of Communication</u> HE.6.9F Describe methods for communicating important issues with parents and peers such as home responsibilities and permission to participate in activities with parents. HE.6.12A Demonstrate ways to communicate empathy to others and have consideration for others such as taking time to listen and provide caring support. HE.6.12B Assess healthy ways of responding to disrespectful behaviors such as mediation, ignoring and walking away. HE.6.12C Practice and model methods for self-control such as not blurting out and allowing others to speak. HE.6.12D Describe healthy ways to express affection and love.</p> <p><u>Relationships</u> HE.6.9C Explain ways of maintaining healthy relationships such as resisting peer pressure to engage in unsafe behavior. HE.6.9D Practice conflict resolution and mediation skills to maintain relationships with peers and family. HE.6.9F Describe methods for communicating important. HE.6.11A Develop strategies for supporting and respecting all family members.</p> <p><u>Foundations of Personal Health</u> HE. 6.1C Compare immediate and long-range effects of health care choices such as personal and dental hygiene. HE.6.1E Examine the concept of cost versus effectiveness of health-care products such as vitamins, toothpaste, mouthwash, hair, and skin care products. HE.6.1G Describe the importance of establishing and implementing a periodic health maintenance clinical assessment.</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>Unit 3: This unit focuses on learning about the essentials of nutrients and why it's essential to the body. This unit also focuses on the effects of drugs, alcohol, and tobacco, how to use medicine safely, and how alcohol impairs the ability to drive, and the consequences of smoking.</p>	<p>12 class periods (90-min. each) or 24 class periods (45-min. each)</p> <p><i>Thanksgiving Break</i> Nov. 22-26</p> <p><i>Enrichment Opportunities</i> Dec. 20-21</p> <p><i>Winter Break</i> Dec. 20-31</p> <p><i>MLK Jr. Day</i> Jan. 17</p> <p><i>Teacher Prep Day</i> (no students) Jan. 18</p>	<p><u>Nutrition</u> HE.6.1A Analyze healthy and unhealthy dietary practices. HE.6.1B Explain the importance of a personal dietary and exercise plan. HE.6.1D Identify causes and effects associated with body image such as eating disorders and growth patterns. HE.6.1F Describe the mental, physical, and social benefits of regular exercise and fitness. HE.6.1H Demonstrate strategies for managing stress such as exercising and eating well-balanced meals. HE.6.13D Compare the risks and benefits of various health behaviors such as choosing not to smoke, healthy eating, and regular exercise.</p> <p><u>Substance Abuse</u> HE.6.6A Explain the difference between the misuse and abuse of prescription drugs. HE.6.6B Describe the misuse and abuse of prescription and over-the-counter drugs and the dangers associated with each. HE.6.6C Describe how the abuse of drugs affects the body systems and brain. HE.6.7B Describe chemical dependency and addiction to tobacco, alcohol, drugs, including prescription drugs, and other substances. HE.6.7D Identify ways such as alternative activities to prevent the use of tobacco, alcohol, drugs, and other substances. HE.6.7E Identify ways to prevent substance misuse, including the misuse of prescription and over-the-counter drugs, and substance use disorders. HE.6.11B Identify strategies for coping with unhealthy behaviors in the family such as abuse, alcoholism, and neglect.</p> <p><u>Mental Health</u> HE.6.8B Identify factors that affect an individual's physical, emotional, and social health such as school climate and safety measures.</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>Unit 4: This unit focuses on the student acquiring knowledge of health services in their community and investigating the various media influences on health decisions.</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><u>Mental Health and Health Information, Media, and Influences</u> HE.6.4A List ways to evaluate health products, practices, and services such as sun blocks, dietary aids, and over-the-counter medications. HE.6.4B Use critical thinking to research and evaluate health information. HE.6.7A Demonstrate an understanding of basic first-aid procedures including calling for help and transporting an injured victim. HE.6.7F Demonstrate strategies for the prevention of and response to deliberate and accidental injuries such as using conflict resolution skills instead of fighting and wearing a seat belt. HE.6.10A Identify ways in which media and technology influence social norms such as using prescription and over-the-counter drugs. HE.6.10B Identify and analyze various media and technologies that influence individual and community health such as computer software and the internet. HE.6.10C Explain the relationship between health needs and technology development such as the development of an HIV vaccine.</p> <p><u>Community Health</u> HE.6.8A Identify how environmental influences may affect an individual's substance misuse and substance use disorder. HE.6.8C Make healthy choices from among environmental alternatives such as leaving a smoke-filled room or selecting healthy snacks from vending machines.</p> <p><u>Risky Behavior</u> HE.6.6B Describe the misuse and abuse of prescription and over-the-counter drugs and the dangers associated with each. HE.6.7B Describe chemical dependency and addiction to tobacco, alcohol, drugs, including prescription drugs, and other substances. HE.6.7D Identify ways such as alternative activities to prevent the use of tobacco, alcohol, drugs, and other substances. HE.6.8C Make healthy choices from environmental alternatives such as leaving a smoke-filled room or selecting healthy snacks from vending machines. HE.6.9B Examine social influences on drug-taking behaviors. HE.6.9C HE.6.13B Demonstrate the use of refusal skills in unsafe situations such as stealing, smoking, and sexual activity. HE.6.13C Explain the impact of peer pressure on decision making such as leaving school without permission, fighting, and drinking alcohol. HE.6.13D Compare the risks and benefits of various health behaviors such as not smoking, healthy eating, and regular exercise.</p>

Cycle 4	27 Days Jan. 19 - Feb. 25, 2022	<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:
		<p>Unhealthy Behavior HE.6.11B Identify strategies for coping with behaviors in the family such as abuse, alcoholism, and neglect. HE.6.12D Describe healthy ways to express affection and love.</p> <p>Stress Management and Unhealthy Behavior HE.6.10B Identify and analyze various media and technologies that influence individual and community health such as computer software and the internet. HE.6.10C Explain the relationship between health needs and technology development such as the development of an HIV vaccine. HE.6.13A Seek the input of parents and other trusted adults in problem solving and goal setting. HE.6.13E Identify the possible health implications of long-term personal and vocational goals.</p>

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:
<p>Unit 5: This unit focuses on risk and consequences when confronted with decisions on sexual health, substance abuse, and inappropriate social behavior, in addition, tools to make positive life-changing choices.</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><u>Growth and Development</u> HE.6.2A Analyze the relationships among the body systems such as nervous, circulatory, and respiratory. HE.6.2B Describe changes in male and female anatomy and physiology during puberty. HE.6.2C Analyze the role of hormones as they relate to growth, development, and personal health. HE.6.2D Describe menstrual health and identify the relationship to reproduction.</p> <p><u>Substance Abuse</u> HE.6.7C Explain the relationship between tobacco, alcohol, drugs, and other substances and the role these behaviors play in unsafe situations such as drinking and driving and Human Immunodeficiency Virus (HIV)/sexually transmitted disease (STD) transmission.</p> <p><u>Sexual Health</u> HE.6.7G Identify and describe strategies for avoiding drugs, violence, gangs, and weapons and other harmful situations. HE.6.7H Explain the consequences of sexual activity and the benefits of abstinence. HE.6.9A Differentiate between positive and negative relationships that can affect individual health such as clubs, gangs, or families. HE.6.9E Describe strategies such as abstinence for communicating refusal to engage in unsafe behaviors.</p> <p><u>Health Promotion and Disease Prevention</u> HE.6.3A Describe various modes of disease transmission. HE.6.3B Compare healthy cell growth to cell growth in the disease process. HE.6.3C List noncommunicable and hereditary diseases and respective prevention and treatment techniques.</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>Unit 6: This unit focuses on safety, at home, at school, and tools to perform basic first-aid skills, learn how to protect oneself from disasters, identify acts of violence like bullying and cyberbullying to respond in a powerful way of communication.</p>	<p>13 class periods (90-min. each) or 25 class periods (45-min. each)</p> <p><i>Memorial Day May 30</i></p> <p><i>Teacher Prep Day (no students) June 8</i></p>	<p>Safety HE.6.7A Demonstrate an understanding of basic first-aid procedures. HE.6.7F Demonstrate strategies for the prevention of and response to deliberate and accidental injuries such as using conflict resolution skills instead of fighting and wearing a seat belt. HE.6.7F Identify and describe strategies for avoiding drugs, violence, gangs, weapons, and other harmful situations. HE6.8B Identify factors that affect an individual's physical, emotional, and social health such as school climate and safety measures HE.6.13B Demonstrate the use of refusal skills in unsafe situations.</p> <p>Bullying HE.6.14A Analyze the impact that bullying has on both victims and bullies. HE.6.14B Identify strategies for prevention and intervention of all forms of bullying such as emotional, physical, social, and sexual. HE.6.14C Describe healthy ways to be assertive without being aggressive. HE.6.14D Assess healthy and appropriate ways of responding to bullying.</p>