

Cycle 1	27 Days	
	Aug. 23 - Oct. 1, 2021	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
Unit 1: Personal Health and Wellness 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.	8 # class periods (45-min. each)	2.1A Explain actions an individual can take when not feeling well; 2.1B Describe and demonstrate personal health habits such as brushing and flossing teeth and exercise 2.1F Describe the importance of individual health maintenance activities such as regular medical and dental checkups 2.3A Describe behaviors that protect the body structure and organs such as wearing a seat belt and wearing a bicycle helmet; 2.3B Identify the major organs of the body such as the heart, lungs, and brain and describe their primary function; and 2.3C Identify the major systems of the body. 2.4A Explain ways in which germs are transmitted, methods of preventing the spread of germs, and the importance of immunization; 2.4B Identify causes of disease other than germs such as allergies and heart disease; 2.4C Explain how the body provides protection from disease; and 2.4D Apply practices to control spread of germs in daily life such as hand washing and skin care. 2.11B Describe how personal-health decisions affect self and others 2.11D Explain why obtaining help, especially from parents/trusted adults, can be helpful when making decisions about personal health.
	<i>Enrichment Opportunities</i> <i>Aug. 2-13</i> <i>Teachers Report to Work</i> <i>Aug. 16</i> <i>Teacher Service Days</i> <i>Aug. 16-17,</i> <i>Aug. 19-20</i> <i>Teacher Prep Day</i> <i>(no students)</i> <i>Aug. 18</i> <i>Labor Day</i> <i>Sept. 6</i> <i>Fall Holiday</i> <i>Sept. 16</i> <i>Teacher Service Day</i> <i>(no students)</i> <i>Sept. 17</i>	

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:
Unit 2: Consumer, Community, and Environmental Health 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.	8 # class periods (45-min. each)	2.5(B) Describe strategies for protecting the environment and the relationship between the environment and individual health such as air pollution and ultra-violet rays. 2.5(C) Identify personal responsibilities as a family member in promoting and practicing health behaviors. 2.6(A) Identify people who can provide health information. 2.6(B) Identify various media that provide health information. 2.7(A) Describe how the media can influence an individual's health choices such as television ads for fast foods and breakfast cereals. 2.7(B) Discuss how personal health care products have been improved by technology such as sunblock and safety equipment. 2.8(A) Describe how friends can influence a person's health. 2.8(B) Recognize unsafe requests made by friends such as playing in the street. 2.11(A) Explain steps in the decision-making process and the importance of following the steps. 2.11(B) Describe how personal-health decisions affect self and others. 2.11(C) List the steps and describe the importance of task completion and goal setting. 2.11(D) Explain why obtaining help, especially from parents/trusted adults, can be helpful when making decisions about personal health.
	<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:
Unit 3: Social, Emotional, and Mental Health 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.	8 # class periods (45-min. each)	2.1(E) Define stress and describe healthy behaviors that reduce stress such as exercise. 2.2(F) Identify a trusted adult such as a parent, teacher, or law enforcement officer and identify ways to react when approached and made to feel uncomfortable or unsafe by another person/adult. 2.9(A) Identify characteristics needed to be a responsible family member or friend. 2.9(B) List and demonstrate good listening skills. 2.9(C) Demonstrate refusal skills. 2.10(A) Describe how to effectively communicate. 2.10(B) Express needs, wants, and emotions in healthy ways. 2.10(C) Explain the benefits of practicing self-control. 2.10(D) Describe how to effectively respond to bullying of oneself or others. 2.10(E) Explain the benefits of treating friends, teachers, family members, and peers with respect. 2.12(A) Identify negative consequences that result from bullying behaviors. 2.12(B) Identify ways to respond when made to feel uncomfortable or unsafe.
	<i>Thanksgiving Break</i> <i>Nov. 22-26</i> <i>Enrichment Opportunities</i> <i>Dec. 20-21</i> <i>Winter Break</i> <i>Dec. 20-31</i> <i>MLK Jr. Day</i> <i>Jan. 17</i> <i>Teacher Prep Day</i> <i>(no students)</i> <i>Jan. 18</i>	

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:
Unit 4: Nutrition and Physical Activity In this unit, students will apply knowledge and skills to develop healthy eating and drinking behaviors (practice s). Learners will explain how physical activity can benefit personal health.	8 # class periods (45-min. each)	2.1(C) Identify food groups and describe the effects of eating too much sugar and fat such as knowing that sugar causes dental cavities. 2.1(D) Identify healthy and unhealthy food choices such as a healthy breakfast and snacks and fast-food choices. 2.1(E) Define stress and describe healthy behaviors that reduce stress such as exercise. 2.2(C) Explain the need to use protective equipment when engaging in certain recreational activities such as skateboarding, rollerblading, cycling, and swimming. 2.3(A) Describe behaviors that protect the body structure and organs such as wearing a seat belt and wearing a bicycle helmet.
	<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:
Unit 5: Alcohol, Tobacco, and Other Drugs Prevention In this unit, students will utilize knowledge and skills to distinguish between helpful and harmful substances (alcohol, tobacco, other drugs).	8 # class periods (45-min. each)	2.2(A) Identify and describe the harmful effects of alcohol, tobacco, and other drugs on the body. 2.2(D) Explain the importance of avoiding dangerous substances. 2.2(F) Identify a trusted adult such as a parent, teacher, or law enforcement officer and identify ways to react when approached and made to feel uncomfortable or unsafe by another person/adult. 2.5(A) Identify hazards in the environment that affect health and safety such as having loaded guns in the home and drinking untreated water. 2.6(A) Identify people who can provide health information. 2.7(A) Describe how the media can influence an individual's health choices such as television ads for fast foods and breakfast cereals. 2.8(A) Describe how friends can influence a person's health. 2.8(B) Recognize unsafe requests made by friends such as playing in the street. 2.9(C) Demonstrate refusal skills. 2.11(D) Explain why obtaining help, especially from parents/trusted adults, can be helpful when making decisions about personal health.
	<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:
Unit 6: Safety, Injury, and Violence Prevention 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.	8 # class periods (45-min. each)	2.2(B) Identify ways to avoid deliberate and accidental injuries. 2.2(C) Explain the need to use protective equipment when engaging in certain recreational activities such as skateboarding, rollerblading, cycling, and swimming. 2.2(E) Explain ways to avoid weapons and report the presence of weapons to an adult. 2.2(F) Identify a trusted adult such as a parent, teacher, or law enforcement officer and identify ways to react when approached and made to feel uncomfortable or unsafe by another person/adult. 2.3(A) Describe behaviors that protect the body structure and organs such as wearing a seat belt and wearing a bicycle helmet. 2.5(A) Identify hazards in the environment that affect health and safety such as having loaded guns in the home and drinking untreated water. 2.5(B) Describe strategies for protecting the environment and the relationship between the environment and individual health such as air pollution and ultra-violet rays. 2.5(C) Identify personal responsibilities as a family member in promoting and practicing health behaviors. 2.6(A) Identify people who can provide health information. 2.7(B) Discuss how personal health care products have been improved by technology such as sunblock and safety equipment. 2.8(B) Recognize unsafe requests made by friends such as playing in the street.
	<i>Memorial Day</i> <i>May 30</i> <i>Teacher Prep Day</i> <i>(no students)</i> <i>June 8</i>	