

Cycle 1	38 Days		The recommended number of lessons 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. 26 – Oct. 18, 2019		
Unit	Number of Lessons	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
<p><b><u>Unit 1: My Self</u></b> In this unit, students will focus on developing self-awareness skills necessary for coping and responding to the demands of life.</p>	<p><b>8</b> 30-minute lessons</p> <p><b>Suggested Pacing:</b> Aug. 26 – Oct. 11</p> <p><i>Labor Day</i> Sept. 2</p> <p><i>Fall Holiday</i> Oct. 9 (students only)</p> <p><i>Early Dismissals</i> Sept. 27 Oct. 18</p> <p><b>Extend</b> <b>Review</b> <b>Assess</b> <b>Reteach</b> Oct. 14-18</p>	<p><b><u>Communication</u></b>  <b>HE.K.2F</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>HE.K.8A</b> Recognize and describe individual differences and communicate appropriately and respectfully with all individuals.  <b>HE.K.8B</b> Explain the importance of showing consideration and respect for teachers, family members, friends, peers, and other individuals.  <b>HE.K.8C</b> Recognize and explain the importance of manners and rules for healthy communication and treating others with respect.  <b>HE.K.9B</b> Demonstrate skills for making new acquaintances.</p> <p><b><u>Decision Making/Goal Setting</u></b>  <b>HE.K.3A</b> Demonstrate how to seek the help of parents/guardians and other trusted adults in making decisions and solving problems.</p>	

Cycle 2	39 Days		The recommended number of lessons 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. 21 – Dec. 19, 2019		
Unit	Number of Lessons	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
<p><b><u>Unit 2: My Body</u></b> In this unit, students will understand the relationship between body systems, nutrition, disease, and well-being.</p>	<p><b>8</b> 30-minute lessons</p> <p><b>Suggested Pacing:</b> Oct. 21 – Dec. 13</p> <p><i>Early Dismissal</i> Nov. 8</p> <p><i>Thanksgiving Holiday</i> Nov. 25-29</p> <p><b>Extend Review Assess Reteach</b> Dec. 16-19</p> <p><i>Teacher Preparation Day</i> Dec. 20</p> <p><i>Winter Break</i> Dec. 23 – Jan. 3</p>	<p><b><u>Communication</u></b> <b>HE.K.8A</b> Recognize and describe individual differences and communicate appropriately and respectfully with all individuals. <b>HE.K.1A</b> Identify and practice personal health habits that help individuals stay healthy, such as a proper amount of rest and sleep, clean hands, proper oral health, skin care, hair care and physical activity.</p> <p><b><u>Health Information</u></b> <b>HE.K.5A</b> Name people who can provide helpful health information, such as parents, doctors, teachers, and nurses.</p> <p><b><u>Our Body</u></b> <b>HE.K.1B</b> Identify types of foods that help the body grow, such as healthy breakfast foods, healthy food groups, and snacks. <b>HE.K.4A</b> Name the five senses. <b>HE.K.4B</b> Name major body parts and their functions. <b>HE.K.6A</b> Tell how germs cause illness and disease in people of all ages. <b>HE.K.6B</b> Name symptoms of common illnesses and diseases. <b>HE.K.6C</b> Explain practices used to control the spread of germs, such as washing hands. <b>HE.K.6D</b> Discuss basic parts of the body’s defense system against germs, such as the skin.</p>	

Cycle 3	49 Days	
	Jan. 6 – Mar. 13, 2020	
	The recommended number of lessons 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.	
Unit	Number of Lessons	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
<p><b><u>Unit 3: My Relationships</u></b> In this unit, students will emphasize the skills needed in order to establish personal relationships by identifying roles and responsibilities.</p>	<p><b>8</b> 30-minute lessons</p> <p><b>Suggested Pacing:</b> Jan. 6 – Mar. 6</p> <p><i>MLK Jr. Day</i> <i>Jan. 20</i></p> <p><i>Early Dismissals</i> <i>Jan. 17</i> <i>Feb. 14</i></p> <p><b>Extend</b> <b>Review</b> <b>Assess</b> <b>Reteach</b> Mar. 9-13</p> <p><i>Spring Break</i> <i>Mar. 16-20</i></p>	<p><b><u>Communication</u></b> <b>HE.K.8B</b> Explain the importance of showing consideration and respect for teachers, family members, friends, peers, and other individuals. <b>HE.K.8C</b> Recognize and explain the importance of manners and rules for healthy communication and treating others with respect. <b>HE.K.9B</b> Demonstrate skills for making new acquaintances.</p> <p><b><u>Decision Making/Goal Setting</u></b> <b>HE.K.3A</b> Demonstrate how to seek the help of parents/guardians and other trusted adults in making decisions and solving problems.</p>

Cycle 4	47 Days		The recommended number of lessons 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.
	Mar. 23 – May 29, 2020		
Unit	Number of Lessons	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
<p><b>Unit 4:</b> <b>My Choices</b></p> <p>In this unit, students will focus on how to make healthy decisions in regards to their personal health, such as keeping their bodies safe and clean, avoiding uncomfortable situations, and seeking out a trusted adult for help.</p>	<p><b>8</b> 30-minute lessons</p> <p><b>Suggested Pacing:</b> Mar. 23 – May 22</p> <p><i>Chávez/Huerta Day</i> Mar. 30</p> <p><i>Spring Holiday</i> Apr. 10</p> <p><i>Memorial Day</i> May 25</p> <p><b>Extend</b> <b>Review</b> <b>Assess</b> <b>Reteach</b> May 26-29</p>	<p><b>Communication</b> <b>HE.K.2F</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>HE.K.3A</b> Demonstrate how to seek the help of parents/guardians and other trusted adults in making decisions and solving problems.</p> <p><b>Decision Making/Goal Setting</b> <b>HE.K.3A</b> Demonstrate how to seek the help of parents/guardians and other trusted adults in making decisions and solving problems.</p> <p><b>Safety</b> <b>HE.K.2G</b> Demonstrate procedures for responding to emergencies including dialing 911. <b>HE.K.9A</b> Identify and use refusal skills to avoid unsafe behavior situations, such as saying no in unsafe situations and then telling an adult if he/she is threatened. <b>HE.K.8B</b> Explain the importance of showing consideration and respect for teachers, family members, friends, peers, and other individuals.</p>	

