

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:
<b>Unit 1: Personal Health and Wellness</b> 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.	<b>6</b> class periods 30-min. each	<b>K.1A</b> identify and practice personal health habits that help individuals stay healthy such as a proper amount of sleep and clean hands <b>K.2D</b> identify ways to avoid harming oneself or another person <b>K.4A</b> name the five senses; <b>K.4B</b> name major body parts and their functions; and <b>K.4C</b> name and demonstrate good posture principles such as standing straight with shoulders back. <b>K.6A</b> tell how germs cause illness and disease in people of all ages; <b>K.6B</b> name symptoms of common illnesses and diseases; <b>K.6C</b> explain practices used to control the spread of germs such as washing hands; and <b>K.6D</b> discuss basic parts of the body's defense system against germs such as the skin. <b>K.7B</b> identify ways to prevent the transmission of head lice such as sharing brushes and caps. <b>K.9B</b> demonstrate skills for making new acquaintances.
	<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	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:
<b>Unit 2: Consumer, Community, and Environmental Health</b> 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.	<b>6</b> class periods 30-min. each	<b>K.3(A)</b> Demonstrate how to seek the help of parents/guardians and other trusted adults in making decisions and solving problems. <b>K.5(A)</b> Name people who can provide helpful health information such as parents, doctors, teachers, and nurses. <b>K.5(B)</b> Explain the importance of health information. <b>K.9(B)</b> Demonstrate skills for making new acquaintances. <b>K.10(C)</b> Demonstrate how to get help from a teacher, parent, or trusted adult in solving problems and conflicts with peers
	<i>Teacher Service Day</i> <i>(no students)</i> <i>Oct. 4</i>	

Cycle 3	30 Days	
	Nov. 15, 2021 - Jan. 14, 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:
<b>Unit 3: Social, Emotional, and Mental Health</b> 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.	<b>6</b> class periods 30-min. each	<b>K.8(A)</b> Recognize and describe individual differences and communicate appropriately and respectfully with all individuals. <b>K.8(B)</b> Explain the importance of showing consideration and respect for teachers, family members, friends, peers, and other individuals. <b>K.8(C)</b> Recognize and explain the importance of manners and rules for healthy communication and treating others with respect. <b>K.9(A)</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>K.9(B)</b> Demonstrate skills for making new acquaintances. <b>K.10(A)</b> Identify bullying behaviors. <b>K.10(B)</b> Identify replacement behaviors to avoid bullying friends, family members, and peers. <b>K.10(C)</b> Demonstrate how to get help from a teacher, parent, or trusted adult in solving problems and conflicts with peers. <b>K.10(D)</b> Describe appropriate actions to take in response to bullying.
	<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:
<b>Unit 4: Nutrition and Physical Activity</b> In this unit, students will apply knowledge and skills to develop healthy eating and drinking behaviors (practices). Learners will explain how physical activity can benefit personal health.	<b>6</b> class periods 30-min. each	<b>K.1(B)</b> Identify types of foods that help the body grow such as healthy breakfast foods and snacks. <b>K.1(C)</b> Identify types of exercise and active play that are good for the body. <b>K.3(B)</b> Plan a healthy meal and/or snack. <b>K.7(A)</b> Tell how weather affects individual health such as dressing for warmth, protecting skin from the sun, and keeping classrooms and homes warm and cool. <b>K.9(B)</b> Demonstrate skills for making new acquaintances.
	<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:
<b>Unit 5: Alcohol, Tobacco, and Other Drugs Prevention</b> In this unit, students will utilize knowledge and skills to distinguish between helpful and harmful substances (alcohol, tobacco, other drugs).	<b>6</b> class periods 30-min. each	<b>K.2(C)</b> Name the harmful effects of tobacco, alcohol, and other drugs. <b>K.2(F)</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>K.3(A)</b> Demonstrate how to seek the help of parents/guardians and other trusted adults in making decisions and solving problems. <b>K.5(A)</b> Name people who can provide helpful health information such as parents, doctors, teachers, and nurses. <b>K.9(A)</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>K.9(B)</b> Demonstrate skills for making new acquaintances.
	<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:
<b>Unit 6: Safety, Injury, and Violence Prevention</b> 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.	<b>6</b> class periods 30-min. each	<b>K.1(A)</b> Identify the purpose of protective equipment such as a seat belt and a bicycle helmet. <b>K.1(B)</b> Identify safe and unsafe places to play such as a back yard and a street. <b>K.1(D)</b> Identify ways to avoid harming oneself or another person. <b>K.1(E)</b> Practice safety rules during physical activity such as water safety and bike safety. <b>K.1(F)</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>K.1(G)</b> Demonstrate procedures for responding to emergencies including dialing 911. <b>K.1(H)</b> Name objects that may be dangerous such as knives, scissors, and screwdrivers and tell how they can be harmful. <b>K.5(A)</b> Name people who can provide helpful health information such as parents, doctors, teachers, and nurses. <b>K.5(B)</b> Explain the importance of health information. <b>K.7(A)</b> Tell how weather affects individual health such as dressing for warmth, protecting skin from the sun, and keeping classrooms and homes warm and cool. <b>K.9(A)</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>K.9(B)</b> Demonstrate skills for making new acquaintances.
	<i>Memorial Day</i> <i>May 30</i>  <i>Teacher Prep Day</i> <i>(no students)</i> <i>June 8</i>	