

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><u>Unit 1: My Self</u> In this unit, students will develop self-awareness skills necessary for coping and responding to the demands of life.</p>	<p>8 30-minute lessons</p> <p>Suggested Pacing: Aug. 26 – Oct. 11</p> <p><i>Labor Day</i> Sept. 2</p> <p><i>Fall Holiday</i> Oct. 9 <i>(students only)</i></p> <p><i>Early Dismissals</i> Sept. 27 Oct. 18</p> <p>Extend Review Assess Reteach Oct. 14-18</p>	<p><u>Communication</u> HE.5.3B Demonstrate ways to communicate health information, such as posters, videos, and brochures.</p> <p><u>Decision Making/Goal Setting</u> HE.5.8A Explain the importance of communication skills as a major influence on the social and emotional health of the individual and family. HE.5.9B Assess the role of assertiveness, refusal skills, and peer pressure on decision making and problem solving.</p> <p><u>Health Information</u> HE.5.6G Describe strategies for stress management.</p> <p><u>Influencing Factors</u> HE.5.8D Identify environmental protection programs that promote community health, such as recycling, waste disposal, or safe food packaging.</p> <p><u>Our Bodies</u> HE4.4A Identify the use and abuse of prescription and non-prescription medication, such as over-the-counter.</p> <p><u>Safety</u> HE.5.5H Describe the value of seeking advice from parents and educational personnel about unsafe behaviors.</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><u>Unit 2: My Body</u> In this unit, students will acquire health information and skills necessary to become a healthy adult and learn the importance of the relationship between body systems, nutrition, and disease and recognize that needs change as growth and development occur.</p>	<p>8 30-minute lessons</p> <p>Suggested Pacing: Oct. 21 – Dec. 13</p> <p><i>Early Dismissal</i> Nov. 8</p> <p><i>Thanksgiving Holiday</i> Nov. 25-29</p> <p>Extend Review Assess Reteach Dec. 16-19</p> <p><i>Teacher Preparation Day</i> Dec. 20</p> <p><i>Winter Break</i> Dec. 23 – Jan. 3</p>	<p><u>Communication</u> HE.5.6F Apply and practice strategies for self-control.</p> <p><u>Decision Making/Goal Setting</u> HE.5.9C Utilize critical thinking in decision making and problem solving. HE.5.9D Describe benefits in setting and implementing short and long-term goals. HE.5.9E Explain the necessity of perseverance to achieve goals.</p> <p><u>Health Information</u> HE.5.9A Describe health-related situations that require parent/adult assistance, such as a discussion of the health-related consequences of high-risk health behaviors or going to a doctor.</p> <p><u>Influencing Factors</u> HE.5.6A Distinguish between healthy and harmful influences of friends and others.</p> <p><u>Our Bodies</u> HE.2A Describe the structure, functions, and interdependence of major body systems. HE.5.2B Identify and describe changes in male and female anatomy that occur during puberty.</p> <p><u>Safety</u> HE.5.5G Describe response procedures for emergency situations. HE.5.5H Describe the value of seeking advice from parents and educational personnel about unsafe behaviors. HE.5.5I Explain the impact of neglect and abuse.</p>	

Cycle 3	49 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.
	Jan. 6 – Mar. 13, 2020		
Unit	Number of Lessons	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:	
<p><u>Unit 3: My Relationships</u> In this unit, students will emphasize the skills needed in personal relationships by identifying roles and responsibilities and practicing effective communication strategies.</p>	<p>8 30-minute lessons</p> <p>Suggested Pacing: 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>Extend Review Assess Reteach Mar. 9-13</p> <p><i>Spring Break</i> <i>Mar. 16-20</i></p>	<p><u>Communication</u> HE.5.5B Compare and contrast the effects of medications and street drugs. HE.5.6C Identify ways to enhance personal communication skills. HE.5.7D Analyze respectful ways to communicate with family, adults, and peers. HE.5.8E Demonstrate ways of communicating with individuals who communicate in unique ways, such as having a speech defect and not speaking English.</p> <p><u>Decision Making/Goal Setting</u> HE.5.8A Explain the importance of communication skills as a major influence on the social and emotional health of the individual and family. HE.5.9C Utilize critical thinking in decision making and problem solving. HE.5.9D Describe benefits in setting and implementing short and long-term goals. HE.5.9E Explain the necessity of perseverance to achieve goals. HE.5.9F Explain the importance of parent/trusted adult guidance in goal setting.</p> <p><u>Health Information</u> HE.5.7A Research the effect of media on health-promoting behaviors. HE.5.7B Identify the use of health-related technology in the school, such as audiometry and the Internet.</p> <p><u>Influencing Factors</u> HE.5.6A Distinguish between healthy and harmful influences of friends and others.</p> <p><u>Our Bodies</u> HE.4.4A Identify the use and abuse of prescription and non-prescription medication, such as over-the-counter.</p> <p><u>Safety</u> HE.5.5H Describe the value of seeking advice from parents and educational personnel about unsafe behaviors.</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>Unit 4: My Choices</p> <p>In this unit, students will focus on personal and physical safety, understanding personal space, keeping hands to self, and honoring privacy. Students will also learn personal and social skills that contribute to their safety and to respect their body to keep it free from substances that may become habit-forming.</p>	<p>8 30-minute lessons</p> <p>Suggested Pacing: Mar. 23 – May 22</p> <p><i>Spring Holiday</i> <i>Apr. 10</i></p> <p><i>Memorial Day</i> <i>May 25</i></p> <p>Extend Review Assess Reteach May 26-29</p>	<p>Communication HE.5.3B Demonstrate ways to communicate health information, such as posters, videos, and brochures. HE.5.5H Describe the value of seeking advice from parents and educational personnel about unsafe behaviors.</p> <p>Decision Making/Goal Setting HE.5.9C Utilize critical thinking in decision making and problem solving.</p> <p>Health Information HE.5.5C Analyze the short-term and long-term harmful effects of alcohol, tobacco, and other substances on the functions of the body systems, such as physical, mental, social, and legal consequences. HE.5.5D Identify and describe alternatives to drug and substance use.</p> <p>Influencing Factors HE.5.6A Distinguish between healthy and harmful influences of friends and others.</p> <p>Our Bodies HE.5.4A Explain how to maintain the healthy status of body systems, such as avoiding smoking to protect the lungs. HE.5.2B Identify and describe changes in male and female anatomy that occur during puberty.</p> <p>Safety HE.5.5F Explain strategies for avoiding violence, gangs, weapons, and drugs.</p>	

