

**Health Scope and Sequence**  
**5th Grade**

Lesson	Quaver Activities	TEKS
<b>1st 9 Weeks</b> <b>August 14 - October 13</b>		
<b>UNIT 1: General Health</b>		
1. <a href="#">Planning My Healthy Future</a>	<ul style="list-style-type: none"> <li>● Planning My Healthy Future 6-9 mins</li> <li>● Healthy Choices Today for Tomorrow 7-10 mins</li> <li>● Working on My Dreams (Lyrics) 6-9 mins</li> <li>● Journal Time 5-8 mins</li> <li>● Planning My Healthy Future (Futurization) 6-9 mins</li> </ul>	2.D, 8.A, 10.A
2. <a href="#">Managing My Health Influences</a>	<ul style="list-style-type: none"> <li>● Managing My Health Influences 6-9 mins</li> <li>● What Influences Mateo? 7-10 mins</li> <li>● Four Dimensions of Health (Music Video) 6-9 mins</li> <li>● Decision Machine (Managing My Health Influences) 5-8 mins</li> <li>● QLibs (Discover - Managing My Health Influences) 6-9 mins</li> </ul>	2.C, 4.A, 9.B, 13.C, 19.B
3. <a href="#">Finding Healthy Help Online</a>	<ul style="list-style-type: none"> <li>● Finding Healthy Help Online 6-9 mins</li> <li>● What is Valid? 7-10 mins</li> <li>● Think Quick! (Finding Healthy Help Online) 6-9 mins</li> <li>● Journal Time 5-8 mins</li> <li>● Valid or Invalid? 6-9 mins</li> </ul>	2.B, 2.C, 9.B, 13.A
4. <a href="#">Creating an Emergency Plan</a>	<ul style="list-style-type: none"> <li>● Creating an Emergency Plan 6-9 mins</li> <li>● Emergency Action Plan 7-10 mins</li> <li>● Be Ready (Lyrics) 6-9 mins</li> <li>● Journal Time 5-8 mins</li> <li>● Quiz Challenge - 5 - General Health 6-9 mins</li> </ul>	11.A, 12.D
<b>UNIT 2: Social Behavior</b>		
1. <a href="#">Having Difficult Conversations</a>	<ul style="list-style-type: none"> <li>● Having Difficult Conversations 6-9 mins</li> <li>● Steps to Talk 7-10 mins</li> <li>● Chester's Difficult Conversation 6-9 mins</li> <li>● Journal Time 5-8 mins</li> <li>● Reflections (Having Difficult Conversations) 6-9 mins</li> </ul>	3.D, 3.F
2. <a href="#">Appreciating Diversity</a>	<ul style="list-style-type: none"> <li>● Appreciating Diversity 6-9 mins</li> <li>● Diversity Diner 7-10 mins</li> <li>● Who We Are (Lyrics) 6-9 mins</li> <li>● Diversity Circles 5-8 mins</li> <li>● Appreciating Diversity (Reflections and Other Thoughts) 6-9 mins</li> </ul>	3.E, 4.A
3. <a href="#">Conflict or Bullying?</a>	<ul style="list-style-type: none"> <li>● Conflict or Bullying? 6-9 mins</li> <li>● What's the Difference? 7-10 min</li> </ul>	3.F, 13.C, 14.A

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	<ul style="list-style-type: none"> <li>● Discussion Defenders (Gym Game) 6-9 min</li> <li>● Conflict or Bullying: You Decide (Story) 5-8 min</li> <li>● Quiz Challenge - 5 - Social Behavior 6-9 min</li> </ul>	
<b>2nd 9 Weeks October 16 - December 20</b>		
<b>UNIT 3: Responsible Decision Making</b>		
<b>1. <a href="#">Problem Solving Strategies</a></b>	<ul style="list-style-type: none"> <li>● Problem Solving Strategies 6-9 mins</li> <li>● Showtime Solutions 7-10 min</li> <li>● Puedes Hacerlo (Lyrics) 6-9 min</li> <li>● Journal Time 5-8 min</li> <li>● Problem Solving Strategies (Reflections) 6-9 mins</li> </ul>	2.C, 4.B
<b>2. <a href="#">Using Data to Inform My Decisions</a></b>	<ul style="list-style-type: none"> <li>● Using Data to Inform My Decisions 6-9 mins</li> <li>● Is It Trustworthy? 7-10 mins</li> <li>● Trustworthy or Untrustworthy (Gym Game) 6-9 mins</li> <li>● Don't Believe Everything You Read (Story) 5-8 mins</li> <li>● Lesson Mindset (Using Data to Inform My Decisions) 6-9 mins</li> </ul>	2.C, 9.B, 19.A
<b>3. <a href="#">Tracking My Progress and Perseverance</a></b>	<ul style="list-style-type: none"> <li>● Tracking My Progress and Perseverance 6-9 mins</li> <li>● LIFE Goals 7-10 min</li> <li>● One Step at a Time (Lyrics) 6-9 min</li> <li>● Setting LIFE Goals 5-8 min</li> <li>● Train the Brain (Tracking My Progress and Perseverance) 6-9 mins</li> </ul>	4.A, 4.B, 4.C, 4.D, 6.B
<b>4. Identity Protection</b>	<ul style="list-style-type: none"> <li>● Identity Protection 6-9 mins</li> <li>● Be Aware Online 7-10 mins</li> <li>● Be Careful How You Use the Internet (Lyrics) 6-9 mins</li> <li>● Lesson Mindset (Identity Protection) 5-8 mins</li> <li>● Quiz Challenge - 5 - Responsible Decision Making 6-9 mins</li> </ul>	13.A, 13.B, 13.C
<b>UNIT 4: Healthy Practices and Hygiene</b>		
<b>1. <a href="#">Healthy Habits and My Environment</a></b>	<ul style="list-style-type: none"> <li>● Healthy Habits and My Environment 6-9 mins</li> <li>● Protect Our Planet 7-10 mins</li> <li>● Feelin' Fresh Every Day (Music Video) 6-9 mins</li> <li>● This or That (Healthy Habits and My Environment) 5-8 mins</li> <li>● Healthy Habits and My Environment (Reflections and Other Thoughts) 6-9 mins</li> </ul>	2.D, 2.E, 5.A, 8.A
<b>2. <a href="#">Lifetime Benefits of Healthy Teeth</a></b>	<ul style="list-style-type: none"> <li>● Lifetime Benefits of Healthy Teeth 6-9 mins</li> <li>● Molar Movies 7-10 mins</li> <li>● Dental Health Tag 6-9 mins</li> <li>● Journal Time 5-8 mins</li> </ul>	2.C, 2.D

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	<ul style="list-style-type: none"> <li>• Dentist, Dentist (Lifetime Benefits of Healthy Teeth) 6-9 mins</li> </ul>	
<p>3. <a href="#">Setting Exercise Goals</a></p>	<ul style="list-style-type: none"> <li>• Setting Exercise Goals 6-9 mins</li> <li>• How Much Exercise, How Often? 7-10 mins</li> <li>• Don't Quit (Music Video) 6-9 mins</li> <li>• My Exercise Goal Calculator 5-8 mins</li> <li>• Cool Down (Setting Exercise Goals) 6-9 mins</li> </ul>	8.A, 9.A
<p>4. <a href="#">Setting Sleep Routines - Going Deeper</a></p>	<ul style="list-style-type: none"> <li>• Setting Sleep Routines - Going Deeper 6-9 mins</li> <li>• Bedtime Basics 7-10 mins</li> <li>• Pillow Fort Defenders (Gym Game) 6-9 mins</li> <li>• My Sleep Promise 5-8 mins</li> <li>• Quiz Challenge - 5 - Healthy Practices and Hygiene 6-9 mins</li> </ul>	2.C, 2.D
<p><b>3rd 9 Weeks</b> <b>January 9 - March 8</b></p>		
<p><b>UNIT 5: Mental Health and Wellness</b></p>		
<p>1. <a href="#">When to Ask for Help</a></p>	<ul style="list-style-type: none"> <li>• When to Ask for Help 6-9 mins</li> <li>• Strong Feelings Sort (Coping Skills) 7-10 min</li> <li>• Reach Out (Music Video) 6-9 min</li> <li>• Ways to Ask for Help (Managing My Mood) 5-8 min</li> <li>• When to Ask for Help (Reflections and Other Thoughts) 6-9 mins</li> </ul>	6.E, 6.F
<p>2. <a href="#">Consequences of Stress</a></p>	<ul style="list-style-type: none"> <li>• Consequences of Stress 6-9 mins</li> <li>• Stress Talk (Consequences of Stress) 7-10 mins</li> <li>• Stress Won't Weigh Me Down (Lyrics) 6-9 mins</li> <li>• Healthy Habit Hashtags 5-8 mins</li> <li>• Consequences of Stress (Reflections and Other Thoughts) 6-9 mins</li> </ul>	3.B, 4.A, 6.A, 6.B, 6.C, 8.A
<p>3. <a href="#">Using My Strengths to Help Others</a></p>	<ul style="list-style-type: none"> <li>• Using My Strengths to Help Others 6-9 min</li> <li>• What Makes a Big Heart 7-10 min</li> <li>• Big Hearted People (Lyrics) 6-9 min</li> <li>• Journal Time 5-8 min</li> <li>• Using My Strengths to Help Others (Reflections and Other Thoughts) 6-9 min</li> </ul>	4.A
<p>4. <a href="#">Managing Multiple Feelings</a></p>	<ul style="list-style-type: none"> <li>• Managing Multiple Feelings 6-9 mins</li> <li>• Juggling My Feelings 7-10 mins</li> <li>• Keep Juggling Your Feelings (Lyrics) 6-9 mins</li> <li>• I-Messages Expanded 5-8 mins</li> <li>• Quiz Challenge - 5 - Mental Health and Wellness 6-9 mins</li> </ul>	
<p><b>UNIT 6: Healthy Eating and Nutrition</b></p>		

Lesson	Quaver Activities	TEKS
1. <a href="#">Food Labels</a>	<ul style="list-style-type: none"> <li>● Food Labels 6-9 mins</li> <li>● Reading Food Labels 7-10 mins</li> <li>● Nutrients (Music Video) 6-9 min</li> <li>● What's Really In Your Food? 5-8 min</li> <li>● QLibs (Food Labels) 3-5 min</li> </ul>	7.A, 7.B, 7.C, 7.D
2. <a href="#">Eating Disorders</a>	<ul style="list-style-type: none"> <li>● Eating Disorders 6-9 mins</li> <li>● Common Eating Disorders 7-10 mins</li> <li>● Think Quick! (Eating Disorders) 6-9 mins</li> <li>● Seeking Help (Eating Disorders) 5-8 mins</li> <li>● Eating Disorders (Reflections and Other Thoughts) 6-9 mins</li> </ul>	6.D
3. <a href="#">Eating Habit Influences</a>	<ul style="list-style-type: none"> <li>● Eating Habit Influences 6-9 mins</li> <li>● What We Eat and Why 7-10 mins</li> <li>● Healthy America (Music Video) 6-9 min</li> <li>● Global Food Influences 5-8 min</li> <li>● Food Sorter (Eating Habit Influences) 6-9 mins</li> </ul>	4.B
4. <a href="#">Effects on My Body and Mind - Substances</a>	<ul style="list-style-type: none"> <li>● Effects on My Body and Mind 6-9 mins</li> <li>● My Reasons to Say No 7-10 mins</li> <li>● Do What's Right for Me (Music Video) 6-9 mins</li> <li>● My Drug-Free Future 5-8 mins</li> <li>● Quiz Challenge - 5 - Healthy Eating and Nutrition 6-9 mins</li> </ul>	2.D, 15.C, 16.A, 16.B, 17.A, 18.A, 18.B, 19.C
<b>4th 9 Weeks</b> <b>March 18 - May 23</b>		
<b>UNIT 7: Disease and Illness Prevention</b>		
1. <a href="#">Where to Go if I Feel Sad</a>	<ul style="list-style-type: none"> <li>● Where to Go if I Feel Sad 6-9 mins</li> <li>● Feelings of Sadness 7-10 mins</li> <li>● Talk It Out Tag (Gym Game) 6-9 mins</li> <li>● Coping With Sadness 5-8 mins</li> <li>● Where to Go if I Feel Sad (Reflections and Other Thoughts) 6-9 mins</li> </ul>	3.A, 5.A, 5.B, 6.C
2. <a href="#">Managing Common Illnesses and Diseases</a>	<ul style="list-style-type: none"> <li>● Managing Common Illnesses and Diseases 6-9 mins</li> <li>● Supporting Our Friends 7-10 mins</li> <li>● Healthy America (Music Video) 6-9 mins</li> <li>● Medical Myths 5-8 mins</li> <li>● Train the Brain (Managing Common Illnesses and Diseases) 6-9 mins</li> </ul>	2.A, 2.B, 2.F, 4.A, 6.A, 10.A, 10.B
3. <a href="#">Importance of Reading Medication Labels</a>	<ul style="list-style-type: none"> <li>● Importance of Reading Medication Labels 6-9 mins</li> <li>● What's On the Label? 7-10 mins</li> <li>● Fill the Prescription 6-9 mins</li> <li>● Medicine Cabinet Clean Up 5-8 mins</li> <li>● QLibs (Importance of Reading Medication Labels) 6-9 mins</li> </ul>	15.A, 15.B

Lesson	Quaver Activities	TEKS
4. <a href="#">Home, School, and Community</a>	<ul style="list-style-type: none"> <li>● Home, School, and Community 6-9 mins</li> <li>● Good Choices 7-10 mins</li> <li>● Four Dimensions of Health (Music Video) 6-9 mins</li> <li>● Healthy Choice Advocate (Exit Ticket) 5-8 mins</li> <li>● Quiz Challenge - 5 - Disease and Illness Prevention 6-9 mins</li> </ul>	2.C, 2.D, 3.B, 4.A, 5.A, 10.A, 10.B
<b>UNIT 8: Safety and Accident Prevention</b>		
1. <a href="#">Advocating for Accident Prevention</a>	<ul style="list-style-type: none"> <li>● Advocating for Accident Prevention 6-9 mins</li> <li>● Problem-Solving Super-Gogs (Accident Prevention) 7-10 mins</li> <li>● Prevent, Respond, and Hazards (Gym Game) 6-9 mins</li> <li>● Safety Pledge 5-8 mins</li> <li>● Topic Discussion (Advocating for Accident Prevention) 6-9 mins</li> </ul>	11.A
2. <b>Dangers of Guns and Other Weapons</b>	<ul style="list-style-type: none"> <li>● Dangers of Guns and Other Weapons 6-9 mins</li> <li>● Know the Facts (Dangers of Guns) 7-10 mins</li> <li>● I Spy (Music Video) 6-9 mins</li> <li>● Danger of Weapons 5-8 mins</li> <li>● Weapon Safety Chant 6-9 mins</li> </ul>	12.A, 12.C