

**AISD MS Health Education - Scope & Sequence**

	<b>Lesson #</b>	<b>Major Topic</b>	<b>G-W lesson</b>
<b>BOY Unit 1: Introducing Health and Wellness</b>			
<b>TEKS for Unit 1</b>		Grade 6: 2B, 2C, 2E, 3B, 3F, 4B, 4C, 4D, 5B, 19A, 19B	
1	Lesson 1.1	Understanding Your Health and Wellness	1.1
2	Lesson 1.2	Recognizing Factors That Affect Health and Wellness	1.2
3	Lesson 1.3	Building Skills for Health and Wellness <ul style="list-style-type: none"> <li>● Accessing Valid Information</li> <li>● Analyzing Influences</li> </ul>	1.3
4	Lesson 1.4	Building Skills for Health and Wellness (cont.) <ul style="list-style-type: none"> <li>● Making Decisions</li> <li>● Goal Setting</li> </ul>	
5	Lesson 1.5	Building Skills for Health and Wellness (cont.) <ul style="list-style-type: none"> <li>● Communication Skills</li> <li>● Advocacy</li> </ul>	
<b>Unit 2: Accessing information and Making Decisions for a Healthy Body</b>			
<b>TEKS for Unit 2</b>		Grade 6: 1A, 2A	
6	Lesson 2.1	Accessing Information about Body Systems	2.1, 2.2
7	Lesson 2.2	Accessing Information about Body Systems (cont.)	2.3, 2.4
8	Lesson 2.3	Making Decisions to Take Care of your Body Systems: Disease Awareness and Prevention	12.1-12.3
9	Lesson 2.4	Making Decisions to Take Care of your Body Systems: Hygiene/Personal Health (including Sleep)	4.1, 4.3
<b>Unit 3: Analyzing Influences on Mental and Emotional Health</b>			
<b>TEKS for Unit 3</b>		Grade 6: 3A, 3D, 3E, 4A, 5A, 5B, 6A, 6B, 6C, 6D, 6F, 6G, 6H, 14C	
10	Lesson 3.1	Being Mentally and Emotionally Healthy	5.1
11	Lesson 3.2	Making Sense of Your Emotions	5.2
12	Lesson 3.3	Managing Stress	5.3
13	Lesson 3.4	Recognizing Mental Illness	6.1
14	Lesson 3.5	Getting Help for Mental Illness and Preventing Suicide	6.2, 6.3
	Lesson 3.6		
<b>Unit 4: Communication Skills for Social Health and Wellness</b>			
<b>TEKS for Unit 4</b>		Grade 6: 3A, 3B, 3C, 3D, 3E, 3F, 4A, 4C, 13F, 14B, 14C, 14D, 14E, 18B	

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15	Lesson 4.1	What is a Healthy Relationship?	15.1
16	Lesson 4.2	Family Relationships	15.2
17	Lesson 4.3	Peer Relationships	15.3
18	Lesson 4.4	Bullying and Cyberbullying	15.4
	Lesson 4.5		
<b>Unit 5: Setting Goals and Advocating for Healthy Eating and Physical Activity</b>			
<b>TEKS for Unit 5</b>		Grade 6: 1A, 2D, 4A, 6D, 7A, 7B, 7C, 7D, 7E, 8A, 8B, 9A, 9B, 10A, 10B, 10C, 10D	
19	Lesson 5.1	Getting Enough Nutrients	7.1
20	Lesson 5.2	Following a Healthy Eating Pattern	7.2
21	Lesson 5.3	Having a Healthy Body Image	7.4
22	Lesson 5.4	Understanding Physical Activity and Fitness	8.1
23	Lesson 5.5	Knowing About Types of Physical Fitness	8.2
24	Lesson 5.6	Staying Safe During Physical Activity	8.3
25	Lesson 5.7	Developing a Personal Physical Activity Plan	8.4
26			
<b>Unit 6: Communicating Boundaries for Alcohol, Tobacco &amp; Other Drugs</b>			
<b>TEKS for Unit 6</b>		Grade 6: 2D, 3C, 4D, 6A, 6D, 12B, 15A, 15B, 15C, 15D, 16A, 16B, 17A, 17B, 17C, 18A, 18B, 18C, 18D, 19A, 19B, 19C	
27	Lesson 6.1	Tobacco and Vaping	9.1-9.3
28	Lesson 6.2	Alcohol	10.1, 10.2
29	Lesson 6.3	Medications and Drugs	11.1-11.3
30	Lesson 6.4		
<b>Unit 7: Making Decisions that Protect Physical Health &amp; Safety</b>			
<b>TEKS for Unit 7</b>		Grade 6: 1A, 2E, 2D, 2F, 2G, 5B, 6A, 10A, 11A, 12A, 12C, 12D, 12E, 13A, 13B, 13C, 13D, 13F	
31	Lesson 7.1		
32	Lesson 7.2	Promoting Safety and Preventing Injuries	13.1-13.3
33	Lesson 7.3	Protecting Environmental Health	14.1-14.2
34	Lesson 7.4		Ch. 12, 13, 14