

**AISD HS Health Education
Scope & Sequence
2023-2024**

	Lesson #	Major Topic	Lesson Objectives	Activities and Handouts	TEKS
BOY Unit 1: Introduction to Health and Wellness					
1	Lesson 1.1	Welcome to Health	<ul style="list-style-type: none"> ● Get to know each other ● Understand course structure and expectations ● Explore the definition of the word “health” ● Set class agreements 		
2	Lesson 1.2	The Dimensions of Health	<ul style="list-style-type: none"> ● Define “health” ● Identify the various dimensions of overall health ● Explore the interconnectedness of the dimensions of health 	→ Learning Stations Posters → Learning Stations Worksheet	
3	Lesson 1.3	Introducing Health Skills	<ul style="list-style-type: none"> ● Review the dimensions of health ● Define healthy habits ● Identify the skills needed to live a healthy life 	→ Healthy Habits Activity Cards → Wellness Tasks vs Health Skills	H1.1(A), H1.3, H1.6(A), H1.16(A)
4	Lesson 1.4	My Personal Health and Wellness Project	<ul style="list-style-type: none"> ● Define and analyze the term “health” ● Personalize the health habits for each dimension of health ● Reflect on the dimensions of health 		
Unit 2: Accessing Valid and Reliable Health Information and Resources					

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5	Lesson 2.1	Accessing Valid & Reliable Information Skill Overview	<ul style="list-style-type: none"> Identify when you need help and information Define “valid” and “reliable” as it relates to health information resources Use a tool to evaluate the validity and reliability of health information of resources 	<ul style="list-style-type: none"> → CRAAP Test Practice: Healthy Eating → CRAAP Test Practice: Teacher Resource Answers 	H1.1(A)
6	Lesson 2.2	Accessing Information about Body Systems	<ul style="list-style-type: none"> Review body systems Locate resources related to the relationships among the body systems Use CRAAP checklist to evaluate the validity of those resources Identify barriers to accessing information and resources to solve health problems 	<ul style="list-style-type: none"> → Accessing Information Practice: Body Systems Student Worksheet → Accessing Information Practice: Body Systems Information Teacher Resource 	H1.1(A), H1.1(C)
7	Lesson 2.3	Accessing Services to Stay Healthy	<ul style="list-style-type: none"> Explore health resources someone might need to stay healthy Make a plan to access valid help & Information Identify barriers to accessing information and resources to solve health problems Define communicable and non-communicable 	<ul style="list-style-type: none"> → Accessing Local Services Practice: 2-1-1 → Disease Cards Activity → Disease Category Sort Worksheet 	H1.1(C)
8	Lesson 2.4	Disease Information Project	<ul style="list-style-type: none"> Research assigned disease Evaluate the validity and 		H1.1(A), H1.1(B), H1.1(C)

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			<p>reliability of the resources used for research</p> <ul style="list-style-type: none"> ● Complete project template with the following information: <ul style="list-style-type: none"> ○ CRAAP test for resources ○ Disease description ○ Disease prevention ○ Disease symptoms ○ Seeking health care ○ Community resources ○ Treatment options 		
9	Lesson 2.5	Disease Information Project (cont.)	<ul style="list-style-type: none"> ● Students report out 		H1.1(A), H1.1(B), H1.1(C)
Unit 3: Setting Goals for Physical Health					
10	Lesson 3.1	Goal Setting Skill Overview	<ul style="list-style-type: none"> ● Explore why setting goals is important for your health ● Utilize the SMART tool to create health goals ● Identify action steps to achieve goals 	→ Goal Setting Quotes	
11	Lesson 3.2	Intro to Nutrition	<ul style="list-style-type: none"> ● Evaluate food labels to determine the nutritional content and value of foods ● Explore the nutritional differences between fresh or minimally processed food versus highly processed foods ● Revisit physical health goals and make revisions as needed 	→ Sugar Sort Food Cards → Navigating the Nutrition Facts Label Template → Foldable Notes Cutout Page	H1.6(A), H1.8(A)

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12	Lesson 3.3	Healthy Eating Strategies	<ul style="list-style-type: none"> ● Understand the importance of healthy eating strategies for adolescents ● Examine the impact of healthy and unhealthy dietary practices ● Demonstrate planning healthy meals ● Explore ways to have a healthy relationship with food ● Reflect on how goals can be used to build healthy eating habits 	<p>→ Harvard Healthy Eating Plate Image Resource</p> <p>→ Plan a Health Meal Activity</p>	H1.6(B), H1.6(C)
13	Lesson 3.4	Physical Activity	<ul style="list-style-type: none"> ● Define physical activity, fitness, and the 4 components of fitness ● Explain the physical activity recommendations for health and disease prevention ● Examine the connection between nutrition, physical activity, and how the body functions 		H1.7(B), H1.8(B)
14	Lesson 3.5	Goal Setting Project	<ul style="list-style-type: none"> ● Create visual representations of physical health related goals for 6 months, 1 year and 5 years ● Complete the project template by responding to the following questions: <ul style="list-style-type: none"> ○ What is the specific goal? ○ How will it be measured? ○ Why is it relevant to you? 		H1.6(C), H1.7(A)

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Unit 4: Using Interpersonal Communication Skills for Mental Health					
15	Lesson 4.1	Communication Skill Overview	<ul style="list-style-type: none"> ● Define communication ● Identify types of communication ● Explore skills for effective communication ● Examine online communication pitfalls and strategies for avoiding miscommunication 	<ul style="list-style-type: none"> → Emotion Cards Activity → I-Statements Worksheet → Wright Family Active Listening Activity → Communication Styles Worksheet 	H1.2(B)
16	Lesson 4.2	Self-Awareness Skill Overview	<ul style="list-style-type: none"> ● Define empathy, resilience, and self-awareness ● Explain the importance of empathy, resilience, and self-awareness in communication and conflict resolution ● Practice using effective communication skills to navigate conversations with empathy and respect 	<ul style="list-style-type: none"> → Who Am I Activity → Empathy Quiz → Johari Window Activity 	H1.2(A), H1.2(B)
17	Lesson 4.3	Introduction to Mental Health & Wellness	<ul style="list-style-type: none"> ● Explain how mental and emotional health are a continuum ● Identify factors affecting mental and emotional health 	<ul style="list-style-type: none"> → Mental Health Continuum Action Stations 	
18	Lesson 4.4	Stress Management	<ul style="list-style-type: none"> ● Define stress ● Describe how the body responds to stress 	<ul style="list-style-type: none"> → Case Study → Stress Bucket Activity 	H1.4
19	Lesson 4.5	Mental Health Conditions	<ul style="list-style-type: none"> ● Define mental illness 	<ul style="list-style-type: none"> → Mental Health Conditions 	H1.4

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			<ul style="list-style-type: none"> Analyze individual and environmental factors that influence whether a person develops a mental illness Identify signs that a person needs to seek mental health treatment; 	Cards → Just Not True → Self Referral Cards	H1.12(A)
20	Lesson 4.6	Depression, Suicide, and Getting Help	<ul style="list-style-type: none"> Identify factors that affect whether a person will attempt suicide Describe strategies for preventing suicide Explain the importance of getting help in response to warning signs of suicide 	→ Student Stories → Blank Footprints	H1.5(A), H1.5(B)
21	Lesson 4.7	Communication Project	<ul style="list-style-type: none"> Create a storyboard illustrating the verbal and nonverbal communication of an argument they had Complete the project template by responding to the prompts on each slide 		H1.2(B)
End of 9 Weeks					
Unit 5: Analyzing Influences about Alcohol, Tobacco & Other Drugs					
22	Lesson 5.1	Analyzing influences Skill Overview	<ul style="list-style-type: none"> Identify influences in life Define how influences impact life Assess influences in life for 		H1.16(A)

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			positive or negative impact		
23	Lesson 5.2	Decision Making Skill Overview	<ul style="list-style-type: none"> Define different types of decisions Identify a variety of prioritization strategies Making a plan for healthy decisions 	<ul style="list-style-type: none"> → Decision Making Activity → Values Clarification Activity 	H1.3
24	Lesson 5.3	Alcohol	<ul style="list-style-type: none"> Explain the characteristics of alcohol Describe the immediate and long-term effects of alcohol on the body, including the brain Analyze the mental, social, and legal consequences of alcohol use 	<ul style="list-style-type: none"> → Alcohol Posters Teacher Resource Slides → Alcohol Gallery Walk Worksheet → Alcohol Gallery Walk Worksheet Answer Key → Decision-Making Jigsaw Activity 	H1.14, H1.16(A), H1.17(B)
25	Lesson 5.4	Tobacco, Vaping and E-Cigarettes	<ul style="list-style-type: none"> Identify different tobacco products and explain why they are addictive Describe harmful substances in both cigarette smoke and vaping aerosol that result in serious illnesses and diseases Practice analyzing influences related to using smoke or vape products 	<ul style="list-style-type: none"> → Impact on the Body Activity 	H1.14, H1.16(A)
26	Lesson 5.5	Understanding Prescription and OTC Drugs	<ul style="list-style-type: none"> Identify the main reasons people use medications Differentiate between over-the-counter and prescription medications 	<ul style="list-style-type: none"> → Medication Label Reading Activity → Medication Label Reading Activity Answer Key → Commonly Misused 	H1.13(A), H1.13(B), H1.13(C)

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			<ul style="list-style-type: none"> Summarize common health risks associated with taking medications List safe strategies for choosing and using medications 	Medications Research worksheet → Commonly Misused Medications Teacher Resource → Misused Medications Teacher Resource Slides	
27	Lesson 5.6	Drug Abuse and Getting Help	<ul style="list-style-type: none"> Assess how different types of drugs endanger health Describe the impact of drugs on the brain and other body systems Explain the mental, social, and legal consequences of drug abuse Describe ways to prevent and get help for drug abuse and addiction 	→ Commonly Abused Drugs Ranking Worksheet → Commonly Abused Drugs Teacher Resource Slides → Four Corners Refusal Skills Scenarios	H1.15(A), H1.15(B), H1.17(A),
28	Lesson 5.7	Analyzing Influences Project	<ul style="list-style-type: none"> Pick a behavior from the list Find valid and reliable resources Identify influencing factors Complete the project template by responding to the prompts on each slide 		H1.16(A)
Unit 6: Advocating for Health and Safety					
29	Lesson 6.1	Advocating for Health and Safety Skill Overview	<ul style="list-style-type: none"> Define advocacy Explore factors affecting community health Assess the health of your community 	→ Assessing Community Health Worksheet	H1.16(B), H1.16(C)

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			<ul style="list-style-type: none"> Practice advocating for health 		
30	Lesson 6.2	Accidents, Injuries, and First Aid	<ul style="list-style-type: none"> Identify and demonstrate safety and first aid knowledge to prevent and treat injuries. Explore options for advocacy while helping to keep yourself and others safe. 	<ul style="list-style-type: none"> → First Aid Station Posters → Common Injury Situations 	H1.9
31	Lesson 6.3	CPR	<ul style="list-style-type: none"> Demonstrate how to perform Hands-Only CPR Explain how to use an AED 	<ul style="list-style-type: none"> → CPR Student Demo Sheet 	H1.9
32	Lesson 6.4	Safety Strategies: Personal and Online	<ul style="list-style-type: none"> Assess strategies for staying safe in a variety of settings, including at home and online Explain the importance of forming a positive digital footprint Assess the consequences of sharing inappropriate content online 	<ul style="list-style-type: none"> → Safety Strategies Settings Handouts → Password Practice worksheet → Navigating Life Online Case Studies 	H1.10(A), H1.11(A), H1.11(B), H1.12(B), H1.12(C)
33	Lesson 6.5	Advocacy Project	<ul style="list-style-type: none"> Watch PSA videos and answer questions listed in the notes section of the sides Create a PSA 	<ul style="list-style-type: none"> → Creating a PSA Handout 	H1.16(B), H1.16(C)
Unit 7: Health Skills for Human Sexuality and Responsibility					
34	Lesson 7.1	Introducing Sexual Health	<ul style="list-style-type: none"> Define Sexuality Explore Message about Sexuality 	<ul style="list-style-type: none"> → Preparing to Learn Deck of Cards → What is Sexuality Cards 	

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35	Lesson 7.2	Dating/Romantic Relationships	<ul style="list-style-type: none"> Define Relationships Describe characteristics of healthy, unhealthy, and abusive relationships. Explore strategies for helping a friend 	<ul style="list-style-type: none"> → Relationship Spectrum Examples Activity → 25 Ways to Prevent Teen Dating and Sexual Violence Handout → Dating Romantic Relationship Scenarios → Levels Respect Healthy Relationship Handout → Relationship Spectrum Handout → Warning Signs Handout 	H1.18(A), H1.18(B), H1.19(B), H1.19(C), H1.19(H)
36	Lesson 7.3	Trafficking and Exploitation	<ul style="list-style-type: none"> Describe the characteristics of sex trafficking Describe the use of technology in recruiting young people for trafficking Explore strategies for staying safe online 	<ul style="list-style-type: none"> → Trafficking and Exploitation Statements → Online Safety Activity → Warning Signs Teacher Resource 	H1.11(A), H1.19(A)
37	Lesson 7.4	Reproductive Anatomy and Pregnancy	<ul style="list-style-type: none"> Explain the parts and functions of the reproductive system Describe the menstrual cycle and how it prepares the body for a pregnancy Discuss the importance of prenatal care 	<ul style="list-style-type: none"> → Reproductive Anatomy Diagram Worksheet → The Egg's Journey Handout → The Sperm's Journey Handout → Journey of the Sperm and the Egg Activity → Conception Teacher Resource 	H1.20
38	Lesson 7.5	Paternity & Parenting	<ul style="list-style-type: none"> Explore some myths and facts 	<ul style="list-style-type: none"> → Parenting Worksheet 	H1.18(C), H1.21(A),

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			<p>of parenting and paternity</p> <ul style="list-style-type: none"> ● Define Parent ● Explain the pathways to legal fatherhood 	<p>→ Benefits Cards</p> <p>→ Effective Team Parenting Handout</p>	H1.21(J)
39	Lesson 7.6	Boundaries and Abstinence	<ul style="list-style-type: none"> ● Define personal boundaries ● Examine sexual abstinence and the relationship to boundaries ● Explore situations when it might be hard to maintain boundaries around sexual activity ● Describe ways to be respectful of other people's boundaries 	<p>→ Setting Boundaries Activity Handout</p> <p>→ Setting Boundaries Activity Signs</p> <p>→ Abstinence and Boundaries Scenarios Worksheet</p> <p>→ Respecting Your Partner's Boundaries Handout</p>	H1.17(B), H1.19(D), H1.19(F), H1.19(G), H1.21(F), H1.21(G), H1.21(H)
40	Lesson 7.7	Staying Safe Part 1: Methods of Contraception	<ul style="list-style-type: none"> ● Explore the different methods of contraception ● Analyze the effectiveness of the different methods of contraception ● Examine scenarios of related to choosing the best method of contraception 	<p>→ Contraception Cards</p> <p>→ Which Method Scenarios</p> <p>→ Know Your Options Tool Teacher Resource</p>	H1.21(I)
41	Lesson 7.8	Staying Safe Part 2: Sexually Transmitted Infections	<ul style="list-style-type: none"> ● Explain the difference between an infection and a disease ● Explore current data related to sexually transmitted infections in young adults ● Research the process of getting tested for sexually transmitted infections ● Describe strategies for 	<p>→ STI Information Sheet</p> <p>→ Getting Tested for STIs Research Handout</p> <p>→ Confidentiality Laws TX Spark Handout</p> <p>→ Lowdown on How to Prevent STIs Infographic</p> <p>→ STD Testing Conversation</p>	H1.21(B), H1.21(C), H1.21(D), H1.21(E)

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			preventing sexually transmitted infections	Starters → Teen Condom Factsheet → Condom Cards Activity → Condom Cards Answer Key	
42	Lesson 7.9	Consent and Refusal Skills	<ul style="list-style-type: none"> ● Define Consent and Refusal ● Describe tools for communicating about boundaries ● Explore scenarios related to consent and refusal skills 	→ Consent Scenarios	H1.17(B), H1.19(E)
End of Content					
		Finals Review			
		Finals			
End of Semester					