

Health Scope and Sequence

1st Grade

Lesson	Quaver Activities	TEKS
1st 9 Weeks		
August 14 - October 13		
UNIT 1: General Health		
1. My Health, My Responsibility	<ul style="list-style-type: none"> Introducing My Health, My Responsibility 6-9 mins Picture of Health (Guessing Game Show) 7-10 mins My Health Is Up to Me (Music Video) 6-9 mins Lesson Mindset (My Health, My Responsibility) 5-8 mins My Health, My Responsibility (Reflections and Other Thoughts) 6-9 mins 	
2. What Influences My Health Behaviors?	<ul style="list-style-type: none"> What Influences My Health Behaviors? 6-9 mins Health Detective (Finding Hidden Messages) 7-10 mins Jump to the Healthy Choice (Music Video) 6-9 mins Be A Super Sleuth 5-8 mins QLibs (What Influences My Healthy Behaviors?) 6-9 mins 	6.D, 7.A
3. Who is a Healthy Helper?	<ul style="list-style-type: none"> Who is a Healthy Helper? 6-9 mins Who Can Help Me? 7-10 mins Get Healthy Help (Gym Game) 6-9 mins What Do Healthy Helpers Do? 5-8 mins Train the Brain-Pictures (Who Is a Healthy Helper?) 6-9 mins 	2.A
4. Reporting an Emergency	<ul style="list-style-type: none"> Reporting an Emergency 6-9 mins To Call or Not to Call 7-10 mins Emergency (Lyrics) 6-9 mins I Can Challenge (Reporting an Emergency) 5-8 mins Quiz Challenge -1-General Health 6-9 mins 	9.A
UNIT 2: Social Behavior		
1. Expressing Your Feelings	<ul style="list-style-type: none"> Expressing Your Feelings 6-9 mins Who Can I Talk To? 7-10 mins Show Me How You're Feeling (Lyrics) 6-9 mins I-Message 5-8 mins Lesson Mindset (Growing Stronger) 6-9 mins 	3.A, 3.E, 3.F, 3.G, 5.C
2. Sharing My Strengths	<ul style="list-style-type: none"> Sharing My Strengths 6-9 mins What I'm Good At (Helping Others) 7-10 mins If You're Really Good at Something (Lyrics) 6-9 mins Share Your Strengths 5-8 mins Sharing My Strengths (Reflections and Other Thoughts) 6-9 mins 	3.D, 3.E, 3.F, 4.B, 5.A
3. Building Relationships with Trusted Adults	<ul style="list-style-type: none"> Building Relationships With Trusted Adults 6-9 mins Trustful Relationships 7-10 mins Someone I Can Talk To (Lyrics) 6-9 mins 	3.D, 3.E, 9.A, 11.B,

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	<ul style="list-style-type: none"> ● Who Ya Gonna Call? (Building Relationships With Trusted Adults) 5-8 mins ● Matching Game (Building Relationships with Trusted Adults) 6-9 mins 	13.B, 13.D
4. Standing Up for Myself	<ul style="list-style-type: none"> ● Standing Up for Myself 6-9 mins ● Passive, Assertive, and Aggressive 7-10 mins ● Think Quick! (Standing Up for Myself) 6-9 mins ● Speak Up 5-8 mins ● Quiz Challenge - 1 - Social Behavior 6-9 mins 	3.H, 4.A, 5.B, 11.B, 13.B, 13.C, 13.D
2nd 9 Weeks October 16 - December 20		
UNIT 3: Responsible Decision Making		
1. Working Through Problems	<ul style="list-style-type: none"> ● Working Through Problems 6-9 mins ● Fix The Problem 7-10 mins ● See If I Can Help 6-9 mins ● Problem Solving Steps 5-8 mins ● Reflections (Working Through Problems) 6-9 mins 	5.A, 5.C
2. Understanding What Worked	<ul style="list-style-type: none"> ● Understanding What Worked 6-9 mins ● Understanding What Worked 7-10 mins ● Evaluate (Lyrics) 6-9 mins ● Evaluation Craft 5-8 mins ● Understanding What Worked (Reflections and Other Thoughts) 6-9 mins 	
3. Short and Long-Term Goals	<ul style="list-style-type: none"> ● Short and Long-Term Goals 6-9 mins ● My Health Goals 7-10 mins ● Working On My Dreams (Lyrics) 6-9 mins ● Lesson Mindset (Growing Stronger) 5-8 mins ● Short and Long-Term Goals (Reflections and Other Thoughts) 6-9 mins 	4.B
4. Getting Help with Online Safety	<ul style="list-style-type: none"> ● Getting Help with Online Safety 6-9 mins ● Keys to Online Safety 7-10 mins ● Freeze! Think, Tell, Block, Stop! (Gym Game) 6-9 mins ● Getting Help with Online Safety (Role-Play) 5-8 mins ● Quiz Challenge - 1 - Responsible Decision Making 6-9 mins 	12.A, 13.A, 13.C
UNIT 4: Healthy Practices and Hygiene		
1. My Five Senses	<ul style="list-style-type: none"> ● My Five Senses 6-9 mins ● Explore the Five Senses 7-10 mins ● Five Senses (Lyrics) 6-9 mins ● Protecting My Five Senses 5-8 mins ● My Five Senses (Reflections and Other Thoughts) 6-9 mins 	1.A, 9.B

Lesson	Quaver Activities	TEKS
2. How to Brush	<ul style="list-style-type: none"> • How to Brush 6-9 mins • Toothbrush Tips 7-10 mins • Brush Your Teeth (Music Video) 6-9 mins • Brush It Off 5-8 mins • Dentist, Dentist (How to Brush) 6-9 mins 	2.A, 2.B
3. What Does Exercise Do?	<ul style="list-style-type: none"> • What Does Exercise Do? 6-9 mins • How Exercise Affects the Body 7-10 mins • Move and Groove (Music Video) 6-9 mins • Exercise and the Four Dimensions 5-8 mins • Cool Down (What Does Exercise Do?) 6-9 mins 	8.B
4. Importance of Sleep	<ul style="list-style-type: none"> • Importance of Sleep 6-9 mins • Sleep is Amazing 7-10 mins • My Health Is Up to Me (Music Video) 6-9 mins • My Bedtime Routine 5-8 mins • Quiz Challenge - 1 - Healthy Practices and Hygiene 6-9 mins 	2.B, 8.B
3rd 9 Weeks January 9 - March 8		
UNIT 5: Mental Health and Wellness		
1. Sharing Happiness	<ul style="list-style-type: none"> • Sharing Happiness 6-9 mins • Sharing Happiness 7-10 mins • Happy (Lyrics) 6-9 mins • I'm Happy Jingle 5-8 mins • Sharing Happiness (Reflections and Other Thoughts) 6-9 mins 	3.A, 3.D, 3.E, 3.F, 3.G,
2. Recognizing Stress	<ul style="list-style-type: none"> • Recognizing Stress 6-9 mins • What Happened to Carlos? 7-10 mins • The Stress Song (Lyrics) 6-9 mins • Talk It Out 5-8 mins • Recognizing Stress (Reflections and Other Thoughts) 6-9 mins 	3.A, 3.C, 5.B, 5.C
3. Choosing a Positive Mindset	<ul style="list-style-type: none"> • Choosing a Positive Mindset 6-9 mins • Who's Going to Make It? 7-10 mins • Positive Mindset (Lyrics) 6-9 mins • I Know I Can Do It 5-8 mins • Choosing a Positive Mindset (Reflections and Other Thoughts) 6-9 mins 	4.A, 5.B
4. Showing My Feelings	<ul style="list-style-type: none"> • Showing My Feelings 6-9 mins • Emotion Soundboard 7-10 mins • How I'm Feeling Today (Lyrics) 6-9 mins • How Do You Feel? 5-8 mins • Quiz Challenge - 1 - Mental Health and Wellness 6-9 mins 	3.A, 3.B, 3.G

Lesson	Quaver Activities	TEKS
UNIT 6: Healthy Eating and Nutrition		
1. Portion Control	<ul style="list-style-type: none"> ● Portion Control 6-9 mins ● Portion Distortion 7-10 mins ● Jump to the Healthy Choice (Music Video) 6-9 mins ● Happy Eating 5-8 mins ● Train the Brain (Portion Control) 6-9 mins 	6.B, 7.A
2. Food Allergies	<ul style="list-style-type: none"> ● Food Allergies 6-9 mins ● All About Food Allergies 7-10 mins ● Bodies and Allergies (Gym Game) 6-9 mins ● Food Allergy Tips 5-8 mins ● QLibs (Food Allergies) 6-9 mins 	8A
3. A Balanced Diet	<ul style="list-style-type: none"> ● A Balanced Diet 6-9 mins ● About the Food Groups 7-10 mins ● Balance and Nutrition (Music Video) 6-9 mins ● Lesson Mindset (Growing Stronger) 5-8 mins ● Food Group Sorting 6-9 mins 	4.B, 6.A, 6.C
4. Avoidance - Substances	<ul style="list-style-type: none"> ● Avoidance 6-9 mins ● General Health vs. Dangerous Substances 7-10 mins ● Substance Safety Scramble (Gym Game) ● True or False? (Dangerous Substances) 5-8 mins ● Quiz Challenge - 1 - Healthy Eating and Nutrition 6-9 mins 	9.A, 10.A, 11.B, 14.B, 15.A, 16.A, 17.A
4th 9 Weeks March 18 - May 23		
UNIT 7: Disease and Illness Prevention		
1. What Happens at the Dentist?	<ul style="list-style-type: none"> ● What Happens at the Dentist? 6-9 mins ● What Happens at the Dentist (Video Tour) 7-10 mins ● Doctor or Dentist? (Gym Game) 6-9 mins ● Healthy Teeth Time 5-8 mins ● What Happens at the Dentist? (Reflections and Other Thoughts) 6-9 mins 	2.A
2. Cold and Flu - Going Deeper	<ul style="list-style-type: none"> ● Cold and Flu - Going Deeper 6-9 mins ● Germ-Finding Super Gogs 7-10 mins ● The Kid vs. The Germs (Music Video) 6-9 mins ● Germ Fighter 5-8 mins ● Doctor, Doctor (Cold and Flu) 6-9 mins 	2.C
3. What are Vaccines?	<ul style="list-style-type: none"> ● What are Vaccines? 6-9 mins ● How Vaccines Work 7-10 mins ● Vaccination Tag 6-9 mins ● Immune System Boosters 5-8 mins ● Doctor, Doctor (What are Vaccines?) 6-9 mins 	2.C

Lesson	Quaver Activities	TEKS
4. Protecting Myself and Others	<ul style="list-style-type: none"> ● Protecting Myself and Others 6-9 mins ● Be a Health Hero 7-10 mins ● It's Time to Wash Our Hands (Lyrics) 6-9 mins ● Virus and Bacteria Buster 5-8 mins ● Quiz Challenge - 1 - Disease and Illness Prevention 6-9 mins 	2.B, 8.B
UNIT 8: Safety and Accident Prevention		
1. Common Injuries	<ul style="list-style-type: none"> ● Common Injuries 6-9 mins ● Common Injury Safety Game 7-10 mins ● Be Safe, Be Smart, Be Aware (Music Video) 6-9 mins ● Be a Safety Star 5-8 mins ● Common Injuries (Reflections and Other Thoughts) 6-9 mins 	9.B, 10.A
2. Choosing Safe Situations	<ul style="list-style-type: none"> ● Choosing Safe Situations 3-5 mins ● Go or Say No 3-5 mins ● The Floor Is Quicksand (Gym Game) 3-5 mins ● Safety Phrases to Remember 3-5 mins ● QLibs (Choosing Safe Situations) 3-5 mins 	9.A, 9.B, 10.A, 10.B, 10.C
3. Head Lice	<ul style="list-style-type: none"> ● Head Lice 6-9 mins ● All About Head Lice 7-10 mins ● Get Out and Stay Out (Gym Game) 6-9 mins ● Matching Game (Head Lice) 5-8 mins ● Quiz Challenge - 1 - Safety and Accident Prevention 6-9 mins 	2.D