

Using the HECAT to Develop a Scope and Sequence for Health Education

Steps to be Completed	Key Person	Tools/Materials Needed	Due Date
1. Determine the necessary health education requirements at the state and local level.			
2. Clarify health priorities by using local, community and national health data on youth health-related behaviors, including health problems and risk-taking behaviors among school-aged youth.			
3. Select key health topics, based on data, that should be addressed pre-K through grade 12.			
4. Identify and prioritize the Healthy Behavioral Outcomes (HBOs) for each topic which will meet the needs of the community and school district.			
5. Decide on the grade level where each HBO will be supported and/or reinforced.			
<p>6. Determine the knowledge expectations (Chapter 6) for each selected Healthy Behavioral Outcome. The knowledge expectations specify the functional information that students should know to meet the HBO.</p> <p><i>(It may be helpful to have each HBO and knowledge expectations on color coded cards that can be manipulated – a Sticky Wall would be helpful)</i></p>			
7. Determine the 2-3 skill standards and corresponding skill expectations (Chapter 6) that should be taught in each content area. The skill expectations specify what students should be able to do demonstrate the skill related to the HBOs of the content area.			
8. Determine the overall amount of instructional time. Allow sufficient time for the knowledge and skill expectations to be introduced, reinforced, and mastered, and for students to successfully develop the breadth and depth of knowledge of all health education concepts, and be able to perform all health skills.			
<p>9. Review and validate the scope and sequence.</p> <ul style="list-style-type: none"> ▪ Ensure that all skills build progressively on one another, and that students will have sufficient time and opportunity to successfully develop skills relevant to the appropriate content areas across topics and grade levels. ▪ Examine and verify that the specified Healthy Behavioral Outcomes, knowledge and skill expectations to be learned for each topic and grade are appropriate and meet the needs and maturity level of the students, as well as the needs of the community and school district. 			