

# Defining a Scope and Sequence

Scope and sequence is a term used to identify the amount of content an educator will teach for participants (Scope) and the order in which they teach the selected content (Sequence). The REAL Essentials curriculum design is formatted with lessons divided by relationship education themes. These themes are separated by unit tabs for you to pick and choose to develop a personalized scope and sequence.

## Follow These Steps to Create the Right Lesson Plan for Your Audience

- 1. Determine the amount of time you will be teaching REAL Essentials.** Some educators only have a few class periods available to teach, and others have access to a full semester. Once you know how much time you have to fill, you will be able to formulate a plan.
- 2. Consider themes in the audience that you want to address using REAL Essentials.** Are students dealing with low self-esteem? Are students caught up in dating drama? Are students feeling overwhelmed by peer pressure? Knowing these topical scenarios will help you prioritize the lesson content you choose to teach.
- 3. Highlight the lessons in the REAL Essentials table of contents that address the themes you listed in step 2.**
- 4. Use the clock icons to discern the time allotment for each lesson.** Deduct this amount of time from the total time-frame you have been given to teach.
- 5. After teaching each class, evaluate.** Did your chosen scope and sequence help direct students with new skills? Do any adjustments need to be made for future teaching dates?

# How to Build a Scope and Sequence

The following example uses the scope and sequence step by step guidelines to demonstrate how to customize a lesson plan.

## Sample Scenario

### 1. Determine the amount of time you will be teaching REAL Essentials.

*I have two 90 minute class-periods each Spring semester.*

### 2. Consider themes in the audience that you want to address using a REAL Essentials.

*The principal invited me to teach because there has been a rise in parent calls and complaints about students feeling bullied in their friend-groups. Some of the concerning reasons we discussed were: social media and instant access to spreading rumors, and increased reports of drug and alcohol consumption among teenagers.*

### 3. Highlight the lessons in the REAL Essentials table of contents that address the themes you listed in step two.

*Feelings vs Behaviors Train  
Choices and Effects  
Refusal Skills  
Bullying and Violence  
Making Healthy Decisions*

*Internet and Texting  
Not I  
Personality Styles  
Communicating Feelings*

### 4. Use the clock icons to discern the time allotment for each lesson:

#### Day 1

*Feelings vs Behaviors Train ....20 min  
Choices and Effects.....20 min  
Refusal Skills .....30 min  
Bullying and Violence.....20 min*

#### Day 2

*Making Healthy Decisions .....20 min  
Internet and Texting .....20 min  
Not I .....10 min  
Personality Styles .....40 min  
Communicating Feelings .....20 min  
**Total time needed..... 180 min***

### 5. After teaching each class, evaluate:

*The students loved it! No changes are needed at this time.*