Multimedia Extensions, My Roadmap to the Future, My Success Roadmap

Grades: 7, 8, 9, 10, 11, 12

States: Arkansas Curriculum Frameworks

Subjects: Health and PE, Library / Technology, Science, Social Studies

Arkansas Curriculum Frameworks

Social Studies

Grade 7 - Adopted 2007

STRAND/CONTENT STANDARD	AR.G.	Geography
STANDARD/STUDENT LEARNING EXPECTATION	G.2.	Culture and Diversity: Students shall develop an understanding of how cultures around the world develop and change.
STUDENT LEARNING EXPECTATION/BENCHMARK	G.2.7.1.	Culture/Diversity: Examine creative work as examples of cultural heritage (e.g., literature, mosaics, statuary, architecture, philosophy, dramas) Multimedia Extensions Multimedia Extensions: Confidence
STRAND/CONTENT STANDARD	AR.E.	Economics
STANDARD/STUDENT LEARNING EXPECTATION	E.7.	Choices: Students shall analyze the costs and benefits of making economic choices.
STUDENT LEARNING EXPECTATION/BENCHMARK	E.7.7.1.	Costs and Benefits: Discuss the economic wants and needs of people over time. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STUDENT LEARNING EXPECTATION/BENCHMARK	E.7.7.3.	Costs and Benefits: Discuss ways scarcity has influenced economic wants and needs resulting in the need to make choices. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND/CONTENT STANDARD	AR.CC.RH.6-8.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Key Ideas and Details

STUDENT LEARNING EXPECTATION/BENCHMARK	RH.6-8.3.	Identify key steps in a text's description of a process related to history/social studies (e.g., how a bill becomes law, how interest rates are raised or lowered). My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND/CONTENT STANDARD	AR.CC.RH.6-8.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Craft and Structure
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.6-8.5.	Describe how a text presents information (e.g., sequentially, comparatively, causally). Multimedia Extensions Multimedia Extensions: Connections
STRAND/CONTENT STANDARD	AR.CC.RH.6-8.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Integration of Knowledge and Ideas
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.6-8.7.	Integrate visual information (e.g., in charts, graphs, photographs, videos, or maps) with other information in print and digital texts. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND/CONTENT STANDARD	AR.CC.RH.6-8.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Range of Reading and Level of Text Complexity
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.6-8.10.	By the end of grade 8, read and comprehend history/social studies texts in the grades 6-8 text complexity band independently and proficiently. Multimedia Extensions Multimedia Extensions: Connections

STRAND/CONTENT STANDARD	AR.CC.WHST.6- 8.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.1.	Write arguments focused on discipline-specific content.
BENCHMARK/PROFICIENCY	WHST.6-8.1(c)	Use words, phrases, and clauses to create cohesion and clarify the relationships among claim(s), counterclaims, reasons, and evidence.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.6-8.1(d)	Establish and maintain a formal style.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.6-8.1(e)	Provide a concluding statement or section that follows from and supports the argument presented.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.6- 8.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.

BENCHMARK/PROFICIENCY	WHST.6-8.2(b)	Develop the topic with relevant, well-chosen facts,
		definitions, concrete details, quotations, or other
		information and examples.
		My Success Roadmap
		Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 1: Destination Success - Lesson 03: Career Ideas
		Unit 3: Highway Connections - Lesson 07: Social Support
		Unit 7: Creating a Success Highways Itinerary - Lesson
		15: Action Planning
BENCHMARK/PROFICIENCY	WHST.6-8.2(c)	Use appropriate and varied transitions to create
BENCHMARKO KOFICIENCE	W1101.0-0.2(c)	cohesion and clarify the relationships among ideas and
		concepts.
		My Success Roadmap
		Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 1: Destination Success - Lesson 03: Career Ideas
		Unit 3: Highway Connections - Lesson 07: Social Support
		Unit 7: Creating a Success Highways Itinerary - Lesson
		15: Action Planning
BENCHMARK/PROFICIENCY	WHST.6-8.2(d)	Use precise language and domain-specific vocabulary
BENCHWARKIPROFICIENCI	WH31.0-6.2(u)	to inform about or explain the topic.
		Mr. Susassa Baadman
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 1: Destination Success - Lesson 03: Career Ideas
		Unit 3: Highway Connections - Lesson 07: Social
		Support Unit 7: Creating a Success Highways Itinerary - Lesson
		15: Action Planning
BENCHMARK/PROFICIENCY	WHST.6-8.2(e)	Establish and maintain a formal style and objective tone.
		My Success Roadmap
		Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social
		Support 25 Tight and Table 25 Support
		Unit 7: Creating a Success Highways Itinerary - Lesson
		15: Action Planning
BENCHMARK/PROFICIENCY	WHST.6-8.2(f)	Provide a concluding statement or section that follows
		from and supports the information or explanation
		presented.
		My Success Roadmap
		Unit 1: Destination Success - Lesson 02: Your Goals

STRAND/CONTENT STANDARD STANDARD/STUDENT LEARNING EXPECTATION STUDENT LEARNING	AR.CC.WHST.6-8.	Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning Writing Standards for Literacy in History/Social Studies Text Types and Purposes (See note; not applicable as a separate requirement)
EXPECTATION/BENCHMARK	WH31.0-6.3.	(dee note, not applicable as a separate requirement)
BENCHMARK/PROFICIENCY STRAND/CONTENT	WHST.6-8.3(a)	Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	8.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Production and Distribution of Writing
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.4.	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.6- 8.	Writing Standards for Literacy in History/Social Studies

STANDARD/STUDENT		Research to Build and Present Knowledge
LEARNING EXPECTATION		· ·
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.7.	Conduct short research projects to answer a question (including a self-generated question), drawing on several sources and generating additional related, focused questions that allow for multiple avenues of exploration.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.8.	Gather relevant information from multiple print and digital sources, using search terms effectively; assess the credibility and accuracy of each source; and quote or paraphrase the data and conclusions of others while avoiding plagiarism and following a standard format for citation. My Success Roadmap
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.9.	Draw evidence from informational texts to support analysis reflection, and research.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND/CONTENT STANDARD	AR.CC.WHST.6- 8.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Range of Writing
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.10.	Write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

Social Studies

Grade 8 - Adopted 2007

STRAND/CONTENT STANDARD	AR.G.	Geography
STANDARD/STUDENT LEARNING EXPECTATION	G.2.	Culture and Diversity: Students shall develop an understanding of how cultures around the world develop and change.
STUDENT LEARNING EXPECTATION/BENCHMARK	G.2.8.1.	Culture/Diversity: Examine creative work as examples of cultural heritage (e.g., literature, mosaics, statuary, architecture, philosophy, dramas) Multimedia Extensions Multimedia Extensions: Confidence
STRAND/CONTENT STANDARD	AR.E.	Economics
STANDARD/STUDENT LEARNING EXPECTATION	E.7.	Choices: Students shall analyze the costs and benefits of making economic choices.
STUDENT LEARNING EXPECTATION/BENCHMARK	E.7.8.1.	Costs and Benefits: Analyze changing wants and needs of people over time. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND/CONTENT STANDARD	AR.CC.RH.6-8.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Key Ideas and Details
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.6-8.3.	Identify key steps in a text's description of a process related to history/social studies (e.g., how a bill becomes law, how interest rates are raised or lowered). My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND/CONTENT STANDARD	AR.CC.RH.6-8.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Craft and Structure

STUDENT LEARNING	RH.6-8.5.	Describe how a text presents information (e.g.,
EXPECTATION/BENCHMARK	11110 0.0.	sequentially, comparatively, causally).
		, , , , , , , , , , , , , , , , , , ,
		Multimedia Extensions
		Multimedia Extensions: Connections
STRAND/CONTENT	AR.CC.RH.6-8.	Reading Standards for Literacy in History/Social Studies
STANDARD		
STANDARD/STUDENT		Integration of Knowledge and Ideas
LEARNING EXPECTATION		
CTUDENT LEADNING	DU 0 0 7	Interpretational information (a.g. in about a supply
STUDENT LEARNING	RH.6-8.7.	Integrate visual information (e.g., in charts, graphs,
EXPECTATION/BENCHMARK		photographs, videos, or maps) with other information in print and digital texts.
		print and digital texts.
		My Success Roadmap
		Unit 1: Destination Success - Lesson 04: Analyzing the
		Importance of School
		Unit 3: Highway Connections - Lesson 08: Analyzing
		Support & Connection
STRAND/CONTENT	AR.CC.RH.6-8.	Reading Standards for Literacy in History/Social Studies
STANDARD		
STANDARD/STUDENT		Range of Reading and Level of Text Complexity
LEARNING EXPECTATION		
STUDENT LEARNING	RH.6-8.10.	By the end of grade 8, read and comprehend
EXPECTATION/BENCHMARK	K11.0-0.10.	history/social studies texts in the grades 6-8 text
		complexity band independently and proficiently.
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		Multimedia Extensions
		Multimedia Extensions: Connections
STRAND/CONTENT		Writing Standards for Literacy in History/Social Studies
STANDARD	8.	
STANDARD/STUDENT		Text Types and Purposes
LEARNING EXPECTATION		Text Types and Fulpuses
STUDENT LEARNING	WHST.6-8.1.	Write arguments focused on discipline-specific content.
EXPECTATION/BENCHMARK		
BENCHMARK/PROFICIENCY	WHST.6-8.1(c)	Use words, phrases, and clauses to create cohesion
		and clarify the relationships among claim(s),
		counterclaims, reasons, and evidence.
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		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas
		Unit 1. Destination Success - Lesson 03: Career ideas

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.6-8.1(d)	Establish and maintain a formal style.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.6-8.1(e)	Provide a concluding statement or section that follows from and supports the argument presented.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.6- 8.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
BENCHMARK/PROFICIENCY	WHST.6-8.2(b)	Develop the topic with relevant, well-chosen facts, definitions, concrete details, quotations, or other information and examples.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.6-8.2(c)	Use appropriate and varied transitions to create cohesion and clarify the relationships among ideas and concepts.

		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.6-8.2(d)	Use precise language and domain-specific vocabulary to inform about or explain the topic.
DENCHMARK/PROFICIENCY	WHET 6 9 2/o	My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.6-8.2(e)	Establish and maintain a formal style and objective tone.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.6-8.2(f)	Provide a concluding statement or section that follows from and supports the information or explanation presented.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.6- 8.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.3.	(See note; not applicable as a separate requirement)
BENCHMARK/PROFICIENCY	WHST.6-8.3(a)	Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into

STRAND/CONTENT STANDARD	AR.CC.WHST.6-	arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning Writing Standards for Literacy in History/Social Studies
	0.	
STANDARD/STUDENT LEARNING EXPECTATION		Production and Distribution of Writing
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.4.	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.6- 8.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Research to Build and Present Knowledge
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.7.	Conduct short research projects to answer a question (including a self-generated question), drawing on several sources and generating additional related, focused questions that allow for multiple avenues of exploration. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.8.	Gather relevant information from multiple print and digital sources, using search terms effectively; assess the credibility and accuracy of each source; and quote or paraphrase the data and conclusions of others while avoiding plagiarism and following a standard format for citation.

		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.9.	Draw evidence from informational texts to support analysis reflection, and research.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND/CONTENT STANDARD	AR.CC.WHST.6- 8.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Range of Writing
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.10.	Write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

Arkansas Curriculum Frameworks

Health and PE

Grade 7 - Adopted 2011

STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	PEL.2.	Movement Concepts: Students shall understand movement concepts, principles, and strategies that apply to the performance of physical activity.
STUDENT LEARNING EXPECTATION/BENCHMARK		Academic Integration
BENCHMARK/PROFICIENCY	PEL.2.7.6.	Integrate academic content into physical activities (e.g., creating a hypothesis, persuasive writing) My Success Roadmap
		Unit 1: Destination Success - Lesson 04: Analyzing the

		Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	PEL.3.	Health-Related Fitness: Students shall understand how health-related fitness can improve individual health.
STUDENT LEARNING EXPECTATION/BENCHMARK		Cardio-respiratory Endurance
BENCHMARK/PROFICIENCY	PEL.3.7.2.	Develop and follow a personal fitness plan that integrates the FITT principle:
DESCRIPTOR	PEL.3.7.2.a.	Frequency
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
DESCRIPTOR	PEL.3.7.2.b.	Intensity
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
DESCRIPTOR	PEL.3.7.2.c.	Time
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
DESCRIPTOR	PEL.3.7.2.d.	Туре
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	PEL.5.	Personal and Social Behavior: Students shall demonstrate responsible personal and social behaviors that respect self and others in physical activity settings.
STUDENT LEARNING EXPECTATION/BENCHMARK		Personal Behavior
BENCHMARK/PROFICIENCY	PEL.5.7.1.	Accept and respect the decisions made by game officials and other authority figures (e.g., official calls are accepted as final, no verbal or non-verbal contesting)

		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.8.	Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.
STUDENT LEARNING EXPECTATION/BENCHMARK		Environmental and Community Health
BENCHMARK/PROFICIENCY	HW.8.7.2.	Identify available resources that provide information which promotes environmental and community health (e.g., Arkansas Department of Environmental Quality, Arkansas Cooperative Extension Service)
		Multimedia Extensions Multimedia Extensions: Confidence
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.8.	Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.
STUDENT LEARNING EXPECTATION/BENCHMARK		Media and Technology
BENCHMARK/PROFICIENCY	HW.8.7.3.	Discuss the validity of media messages before the purchase of products (e.g., prescription drugs, dietary products, exercise equipment)
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.10.	Alcohol, Tobacco, and Other Drugs: Students shall comprehend substance use, abuse, and the ability to use decision-making skills to enhance health.
STUDENT LEARNING EXPECTATION/BENCHMARK		Tobacco
BENCHMARK/PROFICIENCY	HW.10.7.4.	Analyze how messages from media sources influence tobacco use

		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.11.	Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.
STUDENT LEARNING EXPECTATION/BENCHMARK		Personal Health
BENCHMARK/PROFICIENCY	HW.11.7.1.	Examine skills necessary to manage mental and emotional health:
DESCRIPTOR	HW.11.7.1.b.	Self-talk
		Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
DESCRIPTOR	HW.11.7.1.c.	Coping skills Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being

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		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
DESCRIPTOR	HW.11.7.1.d.	Stress management
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.11.	Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.
STUDENT LEARNING EXPECTATION/BENCHMARK		Personal Health
BENCHMARK/PROFICIENCY	HW.11.7.2.	Discuss the warning signs of depression and suicidal thoughts My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.11.	Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.

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STUDENT LEARNING EXPECTATION/BENCHMARK		Personal Health
BENCHMARK/PROFICIENCY	HW.11.7.4.	Identify suicide prevention strategies:
DESCRIPTOR	HW.11.7.4.a.	Counseling
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
DESCRIPTOR	HW.11.7.4.b.	Hot-line
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
DESCRIPTOR	HW.11.7.4.c.	Trusted adult
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.11.	Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.
STUDENT LEARNING EXPECTATION/BENCHMARK		Violence
BENCHMARK/PROFICIENCY	HW.11.7.12.	Identify individuals and other sources to help and report abuse (e.g., counselor, teacher, resource officer)
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing

		Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.12.	Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.
STUDENT LEARNING EXPECTATION/BENCHMARK		Food and Nutrition
BENCHMARK/PROFICIENCY	HW.12.7.4.	Analyze a daily nutrition log based on Nutrition Facts labels
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being

Arkansas Curriculum Frameworks

Health and PE

Grade 8 - Adopted 2011

STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	PEL.3.	Health-Related Fitness: Students shall understand how health-related fitness can improve individual health.
STUDENT LEARNING EXPECTATION/BENCHMARK		Cardio-respiratory Endurance
BENCHMARK/PROFICIENCY	PEL.3.8.2.	Apply the five principles of training using the FITT guidelines to develop a personal fitness plan to improve cardio-respiratory endurance:
DESCRIPTOR	PEL.3.8.2.a.	Overload Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
DESCRIPTOR	PEL.3.8.2.b.	Progression Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

DESCRIPTOR	PEL.3.8.2.c.	Specificity
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
DESCRIPTOR	PEL.3.8.2.d.	Regularity
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
DESCRIPTOR	PEL.3.8.2.e.	Individuality
		,
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING	PEL.5.	Personal and Social Behavior: Students shall
EXPECTATION		demonstrate responsible personal and social behaviors
		that respect self and others in physical activity settings.
STUDENT LEARNING		Personal Behavior
EXPECTATION/BENCHMARK		
DENOUMARY/PROFICIENCY	DEL 5 0 4	Development and an extending and assess that the decisions
BENCHMARK/PROFICIENCY	PEL.5.8.1.	Develop an understanding and respect for the decisions made by classmates, game officials, and other authority
		figures (e.g., officiate a game, lead a team, captain a
		team, coach a team)
		My Success Roadmap
		Unit 2: Highway to Confidence - Lesson 06: Analyzing
		School Confidence
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
CTANDARD/CTURENT LEARNING	104/0	Liverage Constitutional Providence of City Indiana.
STANDARD/STUDENT LEARNING EXPECTATION	HW.6.	Human Growth and Development: Students shall understand characteristics relating to growth and
LAFEGIATION		development.
STUDENT LEARNING		Body Systems
EXPECTATION/BENCHMARK		
BENCHMARK/PROFICIENCY	HW.6.8.1.	Analyze how maturation affects the body systems (e.g.,
		brain development, muscular strength, cardio- respiratory
		capacity)
		My Roadmap to the Future

		Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
		Cint of Figure 4 to Motivation 200001 10. Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.6.	Human Growth and Development: Students shall understand characteristics relating to growth and development.
STUDENT LEARNING EXPECTATION/BENCHMARK		Growth
BENCHMARK/PROFICIENCY	HW.6.8.2.	Identify responsible behaviors and consequences related to physical, social, and emotional changes during adolescence
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.8.	Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.
STUDENT LEARNING EXPECTATION/BENCHMARK		Environmental and Community Health
BENCHMARK/PROFICIENCY	H.W.8.8.2.	Develop strategies to reduce pollutants (e.g., home, school, community)
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the
		Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

STANDARD/STUDENT LEARNING EXPECTATION STUDENT LEARNING EXPECTATION/BENCHMARK	HW.8.	Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health. Media and Technology
BENCHMARK/PROFICIENCY	HW.8.8.4.	Develop media messages that promote good health
		My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.9.	Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.
STUDENT LEARNING EXPECTATION/BENCHMARK		Interpersonal Relationships and Human Sexuality
BENCHMARK/PROFICIENCY	HW.9.8.2.	Examine how communication skills can prevent bullying, reduce prejudices, and encourage tolerance My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.9.	Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.
STUDENT LEARNING EXPECTATION/BENCHMARK		Interpersonal Relationships and Human Sexuality
BENCHMARK/PROFICIENCY	HW.9.8.3.	Evaluate how social issues affect inappropriate behaviors:
DESCRIPTOR	HW.9.8.3.a.	Peers

		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
DESCRIPTOR	HW.9.8.3.b.	Media
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
DESCRIPTOR	HW.9.8.3.c.	Family
		Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
DESCRIPTOR	HW.9.8.3.d.	Socioeconomic status
		Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.10.	Alcohol, Tobacco, and Other Drugs: Students shall comprehend substance use, abuse, and the ability to use decision-making skills to enhance health.

OTUDENT I EARNING	1	N.A II - II -
STUDENT LEARNING EXPECTATION/BENCHMARK		Medicine
BENCHMARK/PROFICIENCY	HW.10.8.1.	Evaluate how dependency impacts family and society
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING	HW.11.	Personal Health and Safety: Students shall recognize
EXPECTATION		and practice health-enhancing behaviors to reduce health risks.
STUDENT LEARNING EXPECTATION/BENCHMARK		Personal Health
EXPECTATION/BENCHWARK		
BENCHMARK/PROFICIENCY	HW.11.8.1.	Demonstrate skills necessary to manage mental and emotional health:
DESCRIPTOR	HW.11.8.1.b.	Self-talk
		Multimedia Extensions
		Multimedia Extensions Multimedia Extensions: Confidence
		My Roadmap to the Future
		Unit 1: Success, Education, & Work - Lesson 01: Defining Success
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 3: Connections - Lesson 05: Making Connections
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 1: Destination Success - Lesson 04: Analyzing the
		Importance of School
		Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing
		School Confidence
		Unit 4: Highway Roadblocks-Managing Stress - Lesson
		10: Analyzing Stress
		Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson
		15: Action Planning
DECORPTOR	LIW 44 C 4	Coning skills
DESCRIPTOR	пvv.11.8.1.С.	Coping skills
		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
		My Roadmap to the Future
	<u> </u>	my readinap to the Future

		Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
DESCRIPTOR	HW.11.8.1.d.	Stress management
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.11.	Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.
STUDENT LEARNING EXPECTATION/BENCHMARK		Personal Health
BENCHMARK/PROFICIENCY	HW.11.8.2.	Discuss the warning signs of depression and suicidal thoughts My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
BENCHMARK/PROFICIENCY	HW.11.8.3.	Distinguish personal responsibility in making choices affecting individual health and wellness

		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.11.	Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.
STUDENT LEARNING EXPECTATION/BENCHMARK		Personal Health
BENCHMARK/PROFICIENCY	HW.11.8.4.	Discuss suicide prevention strategies:
DESCRIPTOR	HW.11.8.4.a.	Counseling
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
DESCRIPTOR	HW.11.8.4.b.	Hot-line
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
DESCRIPTOR	HW.11.8.4.c.	Trusted adult
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
		Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson

		10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.11.	Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.
STUDENT LEARNING EXPECTATION/BENCHMARK		Violence
BENCHMARK/PROFICIENCY	HW.11.8.12.	Identify individuals and other sources to help and report abuse (e.g., counselor, teacher, resource officer)
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.12.	Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.
STUDENT LEARNING EXPECTATION/BENCHMARK		Food and Nutrition
BENCHMARK/PROFICIENCY	HW.12.8.4.	Analyze a daily nutrition log based on nutrition facts labels
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being

$\label{eq:multimedia} \textbf{Multimedia Extensions, My Roadmap to the Future, My Success Roadmap}$

Grades: 9, 10, 11, 12

States: Arkansas Curriculum Frameworks

Subjects: Health and PE, Library / Technology, Science, Social Studies

Arkansas Curriculum Frameworks

Social Studies

Grade 9 - Adopted 2006 / 2009 Economics

STRAND/CONTENT STANDARD	AR.CH.	Contemporary United States History
STANDARD/STUDENT LEARNING EXPECTATION	CC.1.CH.	Changing Culture: Student shall analyze the causes and consequences of cultural changes.
STUDENT LEARNING EXPECTATION/BENCHMARK	CC.1.CH.2.	Research the trends in popular culture through literature, cinema, music, art, and television (e.g. rock and roll, pop art, sitcoms, MTV, mass media, science fiction, professional sports) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND/CONTENT STANDARD	AR.E.	Economics
STANDARD/STUDENT LEARNING EXPECTATION	PFM.11.E.	Personal Financial Management: Students shall analyze career choices, education, skills, and economic conditions affecting earnings potential.
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.11.E.2	Interpret factors affecting income: career choices and potential income; education and training
		My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
		My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.11.E.3	Analyze the costs and benefits of personal choices in education and training that affect earnings potential: intrinsic; extrinsic
		My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs

	1	
		My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.11.E.4	Evaluate the importance of interpersonal skills in the workplace (e.g., workforce readiness skills, ethics)
		My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
		My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
STRAND/CONTENT STANDARD	AR.E.	Economics
STANDARD/STUDENT LEARNING EXPECTATION	PFM.13.E.	Personal Financial Management: Students shall evaluate wealth management choices available to individuals.
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.13.E.1	Discuss the importance of establishing personal financial goals (e.g., long term, short term)
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal- Setting
STRAND/CONTENT STANDARD	AR.P.	Psychology
STANDARD/STUDENT LEARNING EXPECTATION	SMH.12.P.	Stress and Mental Health: Students shall examine the relationship between stress and health.
STUDENT LEARNING EXPECTATION/BENCHMARK	SMH.12.P.1.	Examine the causes of stress
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	SMH.12.P.2.	Explain the effects stress has on the body
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	SMH.12.P.3.	Explain defensive and active strategies for dealing with stress
		Multimedia Extensions

		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
STRAND/CONTENT STANDARD	AR.S.	Sociology
STANDARD/STUDENT LEARNING EXPECTATION	G.5.S.	Groups: Students shall explore the influence of social groups on behavior.
STUDENT LEARNING EXPECTATION/BENCHMARK	G.5.S.1.	Identify students as members of primary groups and secondary groups
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing
		Support & Connection
STUDENT LEARNING EXPECTATION/BENCHMARK	G.5.S.2.	Examine the influence of group membership on student behavior
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STUDENT LEARNING EXPECTATION/BENCHMARK	G.5.S.3.	Discuss the influence of formal organizations on the behavior of group members
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND/CONTENT	AR.S.	Sociology
STANDARD		
STANDARD/STUDENT LEARNING EXPECTATION	SI.6.S.	Social Institutions: Students shall examine the effects of social institutions on group behavior.

STRAND/CONTENT STANDARD	AR.WH.	World History
		franchises, English language, fashion and music trends) Multimedia Extensions Multimedia Extensions: Importance of School / Goal- Setting
STUDENT LEARNING EXPECTATION/BENCHMARK	HS.5.WG.3.	Evaluate the spread of cultural traits, which have contributed to cultural convergence (e.g., fast-food
STANDARD/STUDENT LEARNING EXPECTATION	HS.5.WG.	Human Systems: Students shall examine the role of culture on human systems.
STRAND/CONTENT STANDARD	AR.WG.	World Geography
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal- Setting
STUDENT LEARNING EXPECTATION/BENCHMARK	SI.6.S.3.	Discuss the influence of popular culture on group behavior (e.g., sports, entertainment, media)
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal- Setting
STUDENT LEARNING EXPECTATION/BENCHMARK	SI.6.S.2.	Examine the effect social institutions have on societal values
		Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STUDENT LEARNING EXPECTATION/BENCHMARK	SI.6.S.1.	Examine social institutions: economic; educational; family; political; religious Multimedia Extensions Multimedia Extensions: Connections

STANDARD/STUDENT LEARNING EXPECTATION	SMR.2.WH.	Social Movements and Reforms: Students shall analyze societal changes resulting from movements and reforms.
STUDENT LEARNING EXPECTATION/BENCHMARK	SMR.2.WH.2.	Investigate the changing roles of women using primary and secondary sources
		Multimedia Extensions Multimedia Extensions: Confidence
STRAND/CONTENT STANDARD	AR.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Key Ideas and Details
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.9-10.3.	Analyze in detail a series of events described in a text; determine whether earlier events caused later ones or simply preceded them.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal- Setting
		My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges
		My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support
STRAND/CONTENT STANDARD	AR.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Craft and Structure
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.9-10.5.	Analyze how a text uses structure to emphasize key points or advance an explanation or analysis
		Multimedia Extensions Multimedia Extensions: Connections
STRAND/CONTENT STANDARD	AR.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies

STANDARD/STUDENT		Integration of Knowledge and Ideas
LEARNING EXPECTATION		integration of thowieuge and ideas
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.9-10.7.	Integrate quantitative or technical analysis (e.g., charts, research data) with qualitative analysis in print or digital text.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND/CONTENT STANDARD	AR.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Range of Reading and Level of Text Complexity
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.9-10.10.	By the end of grade 10, read and comprehend history/social studies texts in the grades 9-10 text complexity band independently and proficiently.
		Multimedia Extensions Multimedia Extensions: Connections
STRAND/CONTENT STANDARD	AR.CC.WHST.9- 10.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.1.	Write arguments focused on discipline-specific content.
		Write arguments focused on discipline-specific content. Use words, phrases, and clauses to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s) and counterclaims.
EXPECTATION/BENCHMARK		Use words, phrases, and clauses to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s) and

		P - P - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 -
		discipline in which they are writing.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.9-10.1(e)	Provide a concluding statement or section that follows from or supports the argument presented.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.9- 10.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
BENCHMARK/PROFICIENCY	WHST.9-10.2(a)	Introduce a topic and organize ideas, concepts, and information to make important connections and distinctions; include formatting (e.g., headings), graphics (e.g., figures, tables), and multimedia when useful to aiding comprehension.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.9-10.2(b)	Develop the topic with well-chosen, relevant, and sufficient facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals

BENCHMARK/PROFICIENCY	WHST.9-10.2(c)	Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning Use varied transitions and sentence structures to link the major sections of the text, create cohesion, and
		Clarify the relationships among ideas and concepts. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.9-10.2(d)	Use precise language and domain-specific vocabulary to manage the complexity of the topic and convey a style appropriate to the discipline and context as well as to the expertise of likely readers. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.9-10.2(e)	Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.9-10.2(f)	Provide a concluding statement or section that follows from and supports the information or explanation presented (e.g., articulating implications or the significance of the topic). My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social

		Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.9- 10.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.3.	(See note; not applicable as a separate requirement)
BENCHMARK/PROFICIENCY	WHST.9-10.3(a)	Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.9- 10.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Production and Distribution of Writing
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.4.	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.5.	Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.
		My Success Roadmap

		Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.9- 10.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Research to Build and Present Knowledge
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.7.	Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the
CTUDENT LEADNING	WILLIAM AND A	Importance of School
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.8.	Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the usefulness of each source in answering the research question; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and following a standard format for citation.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.9.	Draw evidence from informational texts to support analysis, reflection, and research.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND/CONTENT STANDARD	AR.CC.WHST.9- 10.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Range of Writing
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.10.	Write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.

	My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
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Social Studies

Grade 10 - Adopted 2006 / 2009 Economics

STRAND/CONTENT	AR.CH.	Contemporary United States History
STANDARD		
STANDARD/STUDENT	CC.1.CH.	Changing Culture: Student shall analyze the causes
LEARNING EXPECTATION	СС.1.Сп.	and consequences of cultural changes.
		and consequences of calculation changes.
STUDENT LEARNING	CC.1.CH.2.	Research the trends in popular culture through
EXPECTATION/BENCHMARK		literature, cinema, music, art, and television (e.g. rock
		and roll, pop art, sitcoms, MTV, mass media, science fiction, professional sports)
		iliction, professional sports)
		Multimedia Extensions
		Multimedia Extensions: Importance of School / Goal-Setting
		Setting
STRAND/CONTENT	AR.E.	Economics
STANDARD		
STANDARD/STUDENT	PFM.11.E.	Developed Financial Managements Students shall
LEARNING EXPECTATION	Privi.TT.E.	Personal Financial Management: Students shall analyze career choices, education, skills, and economic
		conditions affecting earnings potential.
STUDENT LEARNING	PFM.11.E.2	Interpret factors affecting income: career choices and
EXPECTATION/BENCHMARK		potential income; education and training
		My Roadmap to the Future
		Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
		Panalyzing Jobs
		My Success Roadmap
		Unit 1: Destination Success - Lesson 03: Career Ideas
STUDENT LEARNING	PFM.11.E.3	Analyza the costs and honefits of paragraph shalloss in
EXPECTATION/BENCHMARK	Privi.11.E.3	Analyze the costs and benefits of personal choices in education and training that affect earnings potential:
		intrinsic; extrinsic

		My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
		My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.11.E.4	Evaluate the importance of interpersonal skills in the workplace (e.g., workforce readiness skills, ethics)
		My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
		My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
STRAND/CONTENT STANDARD	AR.E.	Economics
STANDARD/STUDENT LEARNING EXPECTATION	PFM.13.E.	Personal Financial Management: Students shall evaluate wealth management choices available to individuals.
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.13.E.1	Discuss the importance of establishing personal financial goals (e.g., long term, short term)
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal- Setting
STRAND/CONTENT STANDARD	AR.P.	Psychology
STANDARD/STUDENT LEARNING EXPECTATION	SMH.12.P.	Stress and Mental Health: Students shall examine the relationship between stress and health.
STUDENT LEARNING EXPECTATION/BENCHMARK	SMH.12.P.1.	Examine the causes of stress
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	SMH.12.P.2.	Explain the effects stress has on the body
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	SMH.12.P.3.	Explain defensive and active strategies for dealing with stress

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		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STRAND/CONTENT STANDARD	AR.S.	Sociology
STANDARD/STUDENT LEARNING EXPECTATION	G.5.S.	Groups: Students shall explore the influence of social groups on behavior.
STUDENT LEARNING EXPECTATION/BENCHMARK	G.5.S.1.	Identify students as members of primary groups and secondary groups
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STUDENT LEARNING EXPECTATION/BENCHMARK	G.5.S.2.	Examine the influence of group membership on student behavior
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing
STUDENT LEARNING	G.5.S.3.	Support & Connection Discuss the influence of formal organizations on the
EXPECTATION/BENCHMARK		behavior of group members My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing
STRAND/CONTENT STANDARD	AR.S.	Support & Connection Sociology

STANDARD/STUDENT LEARNING EXPECTATION	SI.6.S.	Social Institutions: Students shall examine the effects of social institutions on group behavior.
STUDENT LEARNING EXPECTATION/BENCHMARK	SI.6.S.1.	Examine social institutions: economic; educational; family; political; religious
		Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal- Setting
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STUDENT LEARNING EXPECTATION/BENCHMARK	SI.6.S.2.	Examine the effect social institutions have on societal values
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal- Setting
STUDENT LEARNING EXPECTATION/BENCHMARK	SI.6.S.3.	Discuss the influence of popular culture on group behavior (e.g., sports, entertainment, media)
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal- Setting
STRAND/CONTENT STANDARD	AR.WG.	World Geography
STANDARD/STUDENT LEARNING EXPECTATION	HS.5.WG.	Human Systems: Students shall examine the role of culture on human systems.
STUDENT LEARNING EXPECTATION/BENCHMARK	HS.5.WG.3.	Evaluate the spread of cultural traits, which have contributed to cultural convergence (e.g., fast-food franchises, English language, fashion and music trends)
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal- Setting

STRAND/CONTENT STANDARD	AR.WH.	World History
STANDARD/STUDENT LEARNING EXPECTATION	SMR.2.WH.	Social Movements and Reforms: Students shall analyze societal changes resulting from movements and reforms.
STUDENT LEARNING EXPECTATION/BENCHMARK	SMR.2.WH.2.	Investigate the changing roles of women using primary and secondary sources
		Multimedia Extensions Multimedia Extensions: Confidence
STRAND/CONTENT STANDARD	AR.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Key Ideas and Details
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.9-10.3.	Analyze in detail a series of events described in a text; determine whether earlier events caused later ones or simply preceded them.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal- Setting
		My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges
		My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support
STRAND/CONTENT STANDARD	AR.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Craft and Structure
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.9-10.5.	Analyze how a text uses structure to emphasize key points or advance an explanation or analysis
		Multimedia Extensions Multimedia Extensions: Connections

STRAND/CONTENT STANDARD	AR.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Integration of Knowledge and Ideas
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.9-10.7.	Integrate quantitative or technical analysis (e.g., charts, research data) with qualitative analysis in print or digital text.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND/CONTENT STANDARD	AR.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Range of Reading and Level of Text Complexity
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.9-10.10.	By the end of grade 10, read and comprehend history/social studies texts in the grades 9-10 text complexity band independently and proficiently.
		Multimedia Extensions Multimedia Extensions: Connections
STRAND/CONTENT STANDARD	AR.CC.WHST.9- 10.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.1.	Write arguments focused on discipline-specific content.
BENCHMARK/PROFICIENCY	WHST.9-10.1(c)	Use words, phrases, and clauses to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s) and counterclaims.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

DENCHMARK/RROFICIENCY	MUICT O 40 4/d\	Establish and maintain a formal atula and abjective tons
BENCHMARK/PROFICIENCY	WHST.9-10.1(d)	Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.9-10.1(e)	Provide a concluding statement or section that follows from or supports the argument presented.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.9- 10.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
BENCHMARK/PROFICIENCY	WHST.9-10.2(a)	Introduce a topic and organize ideas, concepts, and information to make important connections and distinctions; include formatting (e.g., headings), graphics (e.g., figures, tables), and multimedia when useful to aiding comprehension. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.9-10.2(b)	Develop the topic with well-chosen, relevant, and sufficient facts, extended definitions, concrete details,
		quotations, or other information and examples appropriate to the audience's knowledge of the topic.

		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.9-10.2(c)	Use varied transitions and sentence structures to link the major sections of the text, create cohesion, and clarify the relationships among ideas and concepts.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.9-10.2(d)	Use precise language and domain-specific vocabulary to manage the complexity of the topic and convey a style appropriate to the discipline and context as well as to the expertise of likely readers.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.9-10.2(e)	Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.9-10.2(f)	Provide a concluding statement or section that follows from and supports the information or explanation presented (e.g., articulating implications or the significance of the topic).
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals

STRAND/CONTENT STANDARD STANDARD/STUDENT LEARNING EXPECTATION	AR.CC.WHST.9- 10.	Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning Writing Standards for Literacy in History/Social Studies Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.3.	(See note; not applicable as a separate requirement)
BENCHMARK/PROFICIENCY	WHST.9-10.3(a)	Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.9- 10.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Production and Distribution of Writing
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.4.	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.5.	Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.

		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.9- 10.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Research to Build and Present Knowledge
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.7.	Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.8.	Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the usefulness of each source in answering the research question; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and following a standard format for citation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.9.	Draw evidence from informational texts to support analysis, reflection, and research. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND/CONTENT STANDARD	AR.CC.WHST.9- 10.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Range of Writing

STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.10.	Write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

Social Studies

Grade 11 - Adopted 2006 / 2009 Economics

STRAND/CONTENT STANDARD	AR.CH.	Contemporary United States History
STANDARD/STUDENT LEARNING EXPECTATION	CC.1.CH.	Changing Culture: Student shall analyze the causes and consequences of cultural changes.
STUDENT LEARNING EXPECTATION/BENCHMARK	CC.1.CH.2.	Research the trends in popular culture through literature, cinema, music, art, and television (e.g. rock and roll, pop art, sitcoms, MTV, mass media, science fiction, professional sports) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND/CONTENT STANDARD	AR.E.	Economics
STANDARD/STUDENT LEARNING EXPECTATION	PFM.11.E.	Personal Financial Management: Students shall analyze career choices, education, skills, and economic conditions affecting earnings potential.
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.11.E.2	Interpret factors affecting income: career choices and potential income; education and training My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas

STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.11.E.3	Analyze the costs and benefits of personal choices in education and training that affect earnings potential: intrinsic; extrinsic My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.11.E.4	Evaluate the importance of interpersonal skills in the workplace (e.g., workforce readiness skills, ethics)
		My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
STRAND/CONTENT STANDARD	AR.E.	Economics
STANDARD/STUDENT LEARNING EXPECTATION	PFM.13.E.	Personal Financial Management: Students shall evaluate wealth management choices available to individuals.
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.13.E.1	Discuss the importance of establishing personal financial goals (e.g., long term, short term) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND/CONTENT STANDARD	AR.P.	Psychology
STANDARD/STUDENT LEARNING EXPECTATION	SMH.12.P.	Stress and Mental Health: Students shall examine the relationship between stress and health.
STUDENT LEARNING EXPECTATION/BENCHMARK	SMH.12.P.1.	Examine the causes of stress Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	SMH.12.P.2.	Explain the effects stress has on the body Multimedia Extensions

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		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
OTUDENT: EARNING	0.000	
STUDENT LEARNING	SMH.12.P.3.	Explain defensive and active strategies for dealing with
EXPECTATION/BENCHMARK		stress
		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
STRAND/CONTENT	AR.S.	Sociology
STANDARD		
STANDARD/STUDENT	G.5.S.	Groups: Students shall explore the influence of social
LEARNING EXPECTATION	0.0.0.	groups on behavior.
LEARING EXI ESTATION		groups on benavior.
STUDENT LEARNING	G.5.S.1.	Identify students as members of primary groups and
	G.3.3.1.	Identify students as members of primary groups and
EXPECTATION/BENCHMARK		secondary groups
		My Roadmap to the Future
		Unit 3: Connections - Lesson 05: Making Connections
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social
		Support
		Unit 3: Highway Connections - Lesson 08: Analyzing
		Support & Connection
STUDENT LEARNING	G.5.S.2.	Examine the influence of group membership on student
EXPECTATION/BENCHMARK		behavior
		My Roadmap to the Future
		Unit 3: Connections - Lesson 05: Making Connections
		gg
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social
		Support
		Unit 3: Highway Connections - Lesson 08: Analyzing
		Support & Connection
		Capport a Commodition
CTUDENT LEADNING	0.5.0.2	Discuss the influence of formal annual actions and the
STUDENT LEARNING	G.5.S.3.	Discuss the influence of formal organizations on the
EXPECTATION/BENCHMARK		behavior of group members
		My Roadmap to the Future
		Unit 3: Connections - Lesson 05: Making Connections
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social
		Support
		Unit 3: Highway Connections - Lesson 08: Analyzing
		Support & Connection
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STRAND/CONTENT STANDARD	AR.S.	Sociology
STANDARD/STUDENT LEARNING EXPECTATION	SI.6.S.	Social Institutions: Students shall examine the effects of social institutions on group behavior.
STUDENT LEARNING EXPECTATION/BENCHMARK	SI.6.S.1.	Examine social institutions: economic; educational; family; political; religious
		Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal- Setting
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
		Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STUDENT LEARNING EXPECTATION/BENCHMARK	SI.6.S.2.	Examine the effect social institutions have on societal values
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal- Setting
STUDENT LEARNING EXPECTATION/BENCHMARK	SI.6.S.3.	Discuss the influence of popular culture on group behavior (e.g., sports, entertainment, media)
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal- Setting
STRAND/CONTENT STANDARD	AR.WG.	World Geography
STANDARD/STUDENT LEARNING EXPECTATION	HS.5.WG.	Human Systems: Students shall examine the role of culture on human systems.
STUDENT LEARNING EXPECTATION/BENCHMARK	HS.5.WG.3.	Evaluate the spread of cultural traits, which have contributed to cultural convergence (e.g., fast-food franchises, English language, fashion and music trends)
		Multimedia Extensions

		Multimedia Extensions: Importance of School / Goal-Setting
STRAND/CONTENT STANDARD	AR.WH.	World History
STANDARD/STUDENT LEARNING EXPECTATION	SMR.2.WH.	Social Movements and Reforms: Students shall analyze societal changes resulting from movements and reforms.
STUDENT LEARNING EXPECTATION/BENCHMARK	SMR.2.WH.2.	Investigate the changing roles of women using primary and secondary sources
		Multimedia Extensions Multimedia Extensions: Confidence
STRAND/CONTENT STANDARD	AR.CC.RH.11-12.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Key Ideas and Details
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.11-12.3.	Evaluate various explanations for actions or events and determine which explanation best accords with textual evidence, acknowledging where the text leaves matters uncertain. Multimedia Extensions Multimedia Extensions: Connections
STRAND/CONTENT STANDARD	AR.CC.RH.11-12.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Integration of Knowledge and Ideas
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.11-12.7.	Integrate and evaluate multiple sources of information presented in diverse formats and media (e.g., visually, quantitatively, as well as in words) in order to address a question or solve a problem.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND/CONTENT STANDARD	AR.CC.RH.11-12.	Reading Standards for Literacy in History/Social Studies

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STANDARD/STUDENT LEARNING EXPECTATION		Range of Reading and Level of Text Complexity
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.11-12.10.	By the end of grade 12, read and comprehend history/social studies texts in the grades 11-12 text complexity band independently and proficiently.
		Multimedia Extensions Multimedia Extensions: Connections
STRAND/CONTENT STANDARD	AR.CC.WHST.11- 12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.1.	Write arguments focused on discipline-specific content.
BENCHMARK/PROFICIENCY	WHST.11-12.1(c)	Use words, phrases, and clauses as well as varied syntax to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s) and counterclaims.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.11-12.1(d)	Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.11-12.1(e)	Provide a concluding statement or section that follows from or supports the argument presented.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social

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		Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.11- 12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
BENCHMARK/PROFICIENCY	WHST.11-12.2(a)	Introduce a topic and organize complex ideas, concepts, and information so that each new element builds on that which precedes it to create a unified whole; include formatting (e.g., headings), graphics (e.g., figures, tables), and multimedia when useful to aiding comprehension.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.11-12.2(b)	Develop the topic thoroughly by selecting the most significant and relevant facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.11-12.2(c)	Use varied transitions and sentence structures to link the major sections of the text, create cohesion, and clarify the relationships among complex ideas and concepts.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.11-12.2(d)	Use precise language, domain-specific vocabulary and techniques such as metaphor, simile, and analogy to manage the complexity of the topic; convey a knowledgeable stance in a style that responds to the discipline and context as well as to the expertise of likely readers.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.11-12.2(e)	Provide a concluding statement or section that follows from and supports the information or explanation provided (e.g., articulating implications or the significance of the topic).
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.11- 12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.3.	(See note; not applicable as a separate requirement)
BENCHMARK/PROFICIENCY	WHST.11-12.3(a)	Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.11- 12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Production and Distribution of Writing
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.4.	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.5.	Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.11- 12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Research to Build and Present Knowledge
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.7.	Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

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STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.8.	Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the strengths and limitations of each source in terms of the specific task, purpose, and audience; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and overreliance on any one source and following a standard format for citation.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.9.	Draw evidence from informational texts to support analysis, reflection, and research.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND/CONTENT STANDARD	AR.CC.WHST.11- 12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Range of Writing
LEARNING EXPECTATION		
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.10.	Write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.

Social Studies

Grade 12 - Adopted 2006 / 2009 Economics

STRAND/CONTENT STANDARD	AR.CH.	Contemporary United States History
STANDARD/STUDENT LEARNING EXPECTATION		Changing Culture: Student shall analyze the causes and consequences of cultural changes.

STUDENT LEARNING EXPECTATION/BENCHMARK	CC.1.CH.2.	Research the trends in popular culture through literature, cinema, music, art, and television (e.g. rock and roll, pop art, sitcoms, MTV, mass media, science fiction, professional sports) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND/CONTENT STANDARD	AR.E.	Economics
STANDARD/STUDENT LEARNING EXPECTATION	PFM.11.E.	Personal Financial Management: Students shall analyze career choices, education, skills, and economic conditions affecting earnings potential.
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.11.E.2	Interpret factors affecting income: career choices and potential income; education and training My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.11.E.3	Analyze the costs and benefits of personal choices in education and training that affect earnings potential: intrinsic; extrinsic My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.11.E.4	Evaluate the importance of interpersonal skills in the workplace (e.g., workforce readiness skills, ethics) My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
STRAND/CONTENT STANDARD	AR.E.	Economics

STANDARD/STUDENT LEARNING EXPECTATION	PFM.13.E.	Personal Financial Management: Students shall evaluate wealth management choices available to individuals.
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.13.E.1	Discuss the importance of establishing personal financial goals (e.g., long term, short term)
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal- Setting
STRAND/CONTENT STANDARD	AR.P.	Psychology
STANDARD/STUDENT LEARNING EXPECTATION	SMH.12.P.	Stress and Mental Health: Students shall examine the relationship between stress and health.
STUDENT LEARNING EXPECTATION/BENCHMARK	SMH.12.P.1.	Examine the causes of stress
		Multimedia Extensions Multimedia Extensions: Stress
		Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STUDENT LEARNING	SMH.12.P.2.	Explain the effects stress has on the body
EXPECTATION/BENCHMARK	SWIII. 12.F.2.	Explain the effects stress has on the body
		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	SMH.12.P.3.	Explain defensive and active strategies for dealing with stress
		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
STRAND/CONTENT STANDARD	AR.S.	Sociology
STANDARD/STUDENT LEARNING EXPECTATION	G.5.S.	Groups: Students shall explore the influence of social groups on behavior.
STUDENT LEARNING EXPECTATION/BENCHMARK	G.5.S.1.	Identify students as members of primary groups and secondary groups
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social

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		Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STUDENT LEARNING EXPECTATION/BENCHMARK	G.5.S.2.	Examine the influence of group membership on student behavior
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STUDENT LEARNING EXPECTATION/BENCHMARK	G.5.S.3.	Discuss the influence of formal organizations on the behavior of group members
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social
		Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND/CONTENT STANDARD	AR.S.	Sociology
STANDARD/STUDENT LEARNING EXPECTATION	SI.6.S.	Social Institutions: Students shall examine the effects of social institutions on group behavior.
STUDENT LEARNING EXPECTATION/BENCHMARK	SI.6.S.1.	Examine social institutions: economic; educational; family; political; religious
		Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal- Setting
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 07: Social Support
		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection

STUDENT LEARNING EXPECTATION/BENCHMARK	SI.6.S.2.	Examine the effect social institutions have on societal values
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal- Setting
STUDENT LEARNING	SI.6.S.3.	Discuss the influence of popular culture on group
EXPECTATION/BENCHMARK		behavior (e.g., sports, entertainment, media)
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal- Setting
STRAND/CONTENT STANDARD	AR.WG.	World Geography
STANDARD/STUDENT LEARNING EXPECTATION	HS.5.WG.	Human Systems: Students shall examine the role of culture on human systems.
STUDENT LEARNING EXPECTATION/BENCHMARK	HS.5.WG.3.	Evaluate the spread of cultural traits, which have contributed to cultural convergence (e.g., fast-food franchises, English language, fashion and music trends)
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal- Setting
STRAND/CONTENT STANDARD	AR.WH.	World History
STANDARD/STUDENT LEARNING EXPECTATION	SMR.2.WH.	Social Movements and Reforms: Students shall analyze societal changes resulting from movements and reforms.
STUDENT LEARNING EXPECTATION/BENCHMARK	SMR.2.WH.2.	Investigate the changing roles of women using primary and secondary sources
		Multimedia Extensions Multimedia Extensions: Confidence
STRAND/CONTENT STANDARD	AR.CC.RH.11-12.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Key Ideas and Details
STUDENT LEARNING	RH.11-12.3.	Evaluate various explanations for actions or events and
EXPECTATION/BENCHMARK		determine which explanation best accords with textual evidence, acknowledging where the text leaves matters

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		uncertain.
		Multimedia Extensions Multimedia Extensions: Connections
STRAND/CONTENT STANDARD	AR.CC.RH.11-12.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Integration of Knowledge and Ideas
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.11-12.7.	Integrate and evaluate multiple sources of information presented in diverse formats and media (e.g., visually, quantitatively, as well as in words) in order to address a question or solve a problem. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND/CONTENT STANDARD	AR.CC.RH.11-12.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Range of Reading and Level of Text Complexity
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.11-12.10.	By the end of grade 12, read and comprehend history/social studies texts in the grades 11-12 text complexity band independently and proficiently. Multimedia Extensions Multimedia Extensions: Connections
STRAND/CONTENT STANDARD	AR.CC.WHST.11- 12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.1.	Write arguments focused on discipline-specific content.
BENCHMARK/PROFICIENCY	WHST.11-12.1(c)	Use words, phrases, and clauses as well as varied syntax to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s) and counterclaims.

		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.11-12.1(d)	Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.11-12.1(e)	Provide a concluding statement or section that follows from or supports the argument presented.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.11- 12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
BENCHMARK/PROFICIENCY	WHST.11-12.2(a)	Introduce a topic and organize complex ideas, concepts, and information so that each new element builds on that which precedes it to create a unified whole; include formatting (e.g., headings), graphics (e.g., figures, tables), and multimedia when useful to aiding comprehension.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.11-12.2(b)	Develop the topic thoroughly by selecting the most significant and relevant facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.11-12.2(c)	Use varied transitions and sentence structures to link the major sections of the text, create cohesion, and clarify the relationships among complex ideas and concepts.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.11-12.2(d)	Use precise language, domain-specific vocabulary and techniques such as metaphor, simile, and analogy to manage the complexity of the topic; convey a knowledgeable stance in a style that responds to the discipline and context as well as to the expertise of likely readers.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.11-12.2(e)	Provide a concluding statement or section that follows from and supports the information or explanation provided (e.g., articulating implications or the significance of the topic).
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals

		Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.11- 12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.3.	(See note; not applicable as a separate requirement)
BENCHMARK/PROFICIENCY	WHST.11-12.3(a)	Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.11- 12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Production and Distribution of Writing
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.4.	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.5.	Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.

		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.11- 12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Research to Build and Present Knowledge
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.7.	Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.8.	Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the strengths and limitations of each source in terms of the specific task, purpose, and audience; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and overreliance on any one source and following a standard format for citation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STUDENT LEARNING	WHST.11-12.9.	Draw evidence from informational texts to support
EXPECTATION/BENCHMARK		analysis, reflection, and research. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND/CONTENT STANDARD	AR.CC.WHST.11- 12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Range of Writing

STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.10.	Write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.
		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

Health and PE

Grade 9 - Adopted 2011

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STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT	HGD.1.HW.	Human Growth and Development: Students shall
LEARNING EXPECTATION		analyze characteristics relating to growth and development.
STUDENT LEARNING	HGD.1.HW.1.	Analyze the growth patterns and developmental changes in
EXPECTATION/BENCHMARK		humans throughout the life-cycle (e.g., emotional, intellectual, mental, physical, social):
BENCHMARK/PROFICIENCY	HGD.1.HW.1.b.	Adolescence – teen years
		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 11: Health &
		Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
BENCHMARK/PROFICIENCY	HGD.1.HW.1.c.	Young adult – middle age
		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness

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STANDARD/STUDENT LEARNING EXPECTATION	CHP.3.HW.	Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.1.	Access resources that aid an individual in maintaining a healthy lifestyle (e.g., American Heart Association, American Red Cross, Department of Human Services, Health Department, hospitals, HIV/AIDS clinics, emergency management teams, mental health agencies, State Dental Associations, school)
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.2.	Examine factors that influence choices related to current health products (e.g., culture, family, food labels, media, peers)
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.3.	Analyze the validity of advertisements surrounding health supplements, food products, and gimmicks (e.g., billboards, books, magazines, media, Internet)
		Multimedia Extensions Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	CHP.3.HW.	Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.4.	Analyze the impact of the environment on personal and community health:
BENCHMARK/PROFICIENCY	CHP.3.HW.4.a.	Access to recreational facilities
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		My Success Roadmap

		Unit 3: Highway Connections - Lesson 07: Social Support
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HLSR.4.HW.	Healthy Life Skills and Relationships: Students shall demonstrate the ability to use skills to enhance relationships and promote wellness.
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.2.	Evaluate positive and negative effects of various relationships on all aspects of health (e.g., family, friendships, peers)
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.3.	Analyze the dynamics of family roles and responsibilities relating to healthy behavior (e.g., communication skills, cultural diversity, family finances, family history, role models)
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being

		Unit 6: Highway to Motivation - Lesson 13: Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STUDENT LEARNING	HLSR.4.HW.4.	Apply a variety of strategies and/or skills to demonstrate
EXPECTATION/BENCHMARK		respect for and responsibility to self and others
		Multimedia Extensions
		Multimedia Extensions: Confidence
		My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.5.	Apply a decision making process to various life situations (e.g., addictions, drug use, immunizations, medical check-ups, oral health, sexual activity, teen pregnancy)
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.8.	Utilize effective coping strategies and other refusal skills (e.g., guided practice, role playing)
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation

STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	PHS.6.HW.	Personal Health and Safety: Students shall examine health-enhancing behaviors to avoid or reduce health risks.
STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.9.	Compare and contrast short-term and long-term effects of stress and depression (e.g., appetite change, low activity level, personality change, sleep patterns)
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.10.	Identify risk factors associated with suicide (e.g., depression, destructive behaviors, feelings of hopelessness, poor coping skills, poor self-concept, social isolation)
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.11.	Identify intervention strategies and sources of professional intervention (e.g., counselor, crisis center, emergency numbers, hotlines, self-help programs)
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress

		Half F. Hillahman to W. H. D. Charles Land and H. H. Charles
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	N.7.HW.	Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.
STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.1.	Evaluate personal eating habits for the inclusion of adequate nutrients (e.g., ChooseMyPlate, nutrition labels, personal food journal, United States Department of Agriculture [USDA]) My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.2.	Discuss appropriate eating patterns to promote a healthy lifestyle
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	N.7.HW.	Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.
STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.6.	Analyze health consequences associated with eating disorders:
BENCHMARK/PROFICIENCY	N.7.HW.6.a.	Anorexia My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	HRF.2.PEL.	Health-Related Fitness: Students shall participate in fitness activities that will promote and improve individual health.

STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PEL.2.	Create a personal fitness plan based on a variety of physical activities, fitness profiles, nutritional guidelines, and fitness principles Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Explore a variety of stress-relief strategies (e.g.,
EXPECTATION/BENCHMARK		relaxation techniques, laughing, deep breathing, imagery, exercise) Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.2.	Discuss the benefits of participating in regular physical activity to reduce chronic disease risks:
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.a.	Reduce blood lipids Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.b.	Lower blood pressure Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.d.	Reduce stress

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		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
		My Roadmap to the Future
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 09: Finding Balance
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		My Success Roadmap
		Unit 4: Highway Roadblocks-Managing Stress - Lesson
		09: Stress
		Unit 4: Highway Roadblocks-Managing Stress - Lesson
		10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health &
		Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.e.	Lessen colon cancer risk
BENCHWARK/PROFICIENCY	LAK.3.PEL.Z.e.	Lessen colon cancer risk
		Multimedia Extensions
		Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.f.	Lessen risk for diabetes
		Multimedia Extensions
		Multimedia Extensions: Stress
STRAND/CONTENT	AR.PEL.	Dhysical Education and Lainura
STANDARD	AK.PEL.	Physical Education and Leisure
STANDAND		
STANDARD/STUDENT	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from
•	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
•	LAR.3.PEL.	understand the importance of health benefits from
•	LAR.3.PEL.	understand the importance of health benefits from
LEARNING EXPECTATION		understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING		understand the importance of health benefits from participating in lifetime recreational activities. Examine the benefits of lifetime participation in traditional,
STUDENT LEARNING		understand the importance of health benefits from participating in lifetime recreational activities. Examine the benefits of lifetime participation in traditional,
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.3.	understand the importance of health benefits from participating in lifetime recreational activities. Examine the benefits of lifetime participation in traditional, adventure, or leisure activities:
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.3.	understand the importance of health benefits from participating in lifetime recreational activities. Examine the benefits of lifetime participation in traditional, adventure, or leisure activities: Stress management
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.3.	understand the importance of health benefits from participating in lifetime recreational activities. Examine the benefits of lifetime participation in traditional, adventure, or leisure activities: Stress management Multimedia Extensions
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.3.	understand the importance of health benefits from participating in lifetime recreational activities. Examine the benefits of lifetime participation in traditional, adventure, or leisure activities: Stress management Multimedia Extensions Multimedia Extensions: Stress
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.3.	understand the importance of health benefits from participating in lifetime recreational activities. Examine the benefits of lifetime participation in traditional, adventure, or leisure activities: Stress management Multimedia Extensions
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.3.	understand the importance of health benefits from participating in lifetime recreational activities. Examine the benefits of lifetime participation in traditional, adventure, or leisure activities: Stress management Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.3.	understand the importance of health benefits from participating in lifetime recreational activities. Examine the benefits of lifetime participation in traditional, adventure, or leisure activities: Stress management Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.3.	understand the importance of health benefits from participating in lifetime recreational activities. Examine the benefits of lifetime participation in traditional, adventure, or leisure activities: Stress management Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.3.	understand the importance of health benefits from participating in lifetime recreational activities. Examine the benefits of lifetime participation in traditional, adventure, or leisure activities: Stress management Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.3.	understand the importance of health benefits from participating in lifetime recreational activities. Examine the benefits of lifetime participation in traditional, adventure, or leisure activities: Stress management Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.3.	understand the importance of health benefits from participating in lifetime recreational activities. Examine the benefits of lifetime participation in traditional, adventure, or leisure activities: Stress management Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.3.	understand the importance of health benefits from participating in lifetime recreational activities. Examine the benefits of lifetime participation in traditional, adventure, or leisure activities: Stress management Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.3.	understand the importance of health benefits from participating in lifetime recreational activities. Examine the benefits of lifetime participation in traditional, adventure, or leisure activities: Stress management Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.3.	understand the importance of health benefits from participating in lifetime recreational activities. Examine the benefits of lifetime participation in traditional, adventure, or leisure activities: Stress management Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress

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		Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
		2. Tilgriway to Motivation Lesson 13. Motivation
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.6.	Monitor personal fitness to include potential lifetime activities that promote health-related fitness, relieve tension, and maintain a healthy weight in both school and non-school settings Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	PSB.4.PEL.	Personal and Social Behavior: Students shall demonstrate responsible personal and social behavior which displays respect for self and others in physical activity settings.
STUDENT LEARNING EXPECTATION/BENCHMARK	PSB.4.PEL.4.	Discuss and model positive social behaviors associated with physical activity (e.g., peer interaction, team work, sportsmanship, avoid bullying) My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND/CONTENT STANDARD	AR.PFL.	Personal Fitness for Life
STANDARD/STUDENT LEARNING EXPECTATION	HRF.2.PFL.	Health-Related Fitness: Students shall participate in fitness activities that promote and improve individual health.
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PFL.2.	Create a personal fitness plan based on a variety of physical activities, fitness profiles, fitness principles, and nutritional guidelines
		Multimedia Extensions

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		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
STUDENT LEARNING	HRF.2.PFL.4.	Explore a variety of stress-relief strategies (e.g.,
EXPECTATION/BENCHMARK		relaxation techniques, laughing, deep breathing,
		imagery, exercise)
		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
		Well-being
		My Deadman to the Future
		My Roadmap to the Future
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap
		Unit 4: Highway Roadblocks-Managing Stress - Lesson
		09: Stress
		Unit 4: Highway Roadblocks-Managing Stress - Lesson
		10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health &
		Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT	AR.PFL.	Personal Fitness for Life
STANDARD		
STANDARD/STUDENT	LAR.3.PFL.	Lifetime Activities and Recreation: Students shall
LEARNING EXPECTATION		understand the importance of health benefits from
		participating in lifetime recreational activities.
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STUDENT LEARNING	LAR.3.PFL.1.	Discuss the benefits of participating in regular physical activity
EXPECTATION/BENCHMARK	LAK.J.FFL.I.	to reduce chronic disease risks:
EXPECTATION/BENCHWARK		to roude dimenio diocace fiche.
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.a.	Reduces blood lipids
		Multimedia Extensions
		Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.b.	Lowers blood pressure
		Multimodia Evtanoisus
		Multimedia Extensions
		Multimedia Extensions: Stress
	<u> </u>	
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.c.	Reduces stress
		Multimedia Extensions
		Multimedia Extensions: Stress
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		Matamodia Extensione. Stross
DENCHMADI//DDOFICIENCY	IAD 2 DEL 4 d	
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.d.	Reduces cancer risk
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.d.	

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		Multimedia Extensions
		Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.e.	Reduces risk for diabetes
		Multimedia Extensions
		Multimedia Extensions: Stress
STRAND/CONTENT	AR.PFL.	Personal Fitness for Life
STANDARD		
STANDARD/STUDENT	LAR.3.PFL.	Lifetime Activities and Recreation: Students shall
LEARNING EXPECTATION		understand the importance of health benefits from
		participating in lifetime recreational activities.
STUDENT LEARNING	LAR.3.PFL.2.	Examine the benefits of lifetime participation in traditional,
EXPECTATION/BENCHMARK		adventure, or leisure activities:
BENCHMARK/PROFICIENCY	LAR.3.PFL.2.a.	Stress management
		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
		My Roadmap to the Future
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap
		Unit 4: Highway Roadblocks-Managing Stress - Lesson
		09: Stress
		Unit 4: Highway Roadblocks-Managing Stress - Lesson
		10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health &
		Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT	AR.RSA.	Recreational Sports and Activities
STANDARD		
STANDARD/STUDENT	PSB.3.RSA.	Personal and Social Behavior: Students shall
LEARNING EXPECTATION		demonstrate responsible personal and social behavior
		which displays respect for self and others in physical
		activity settings.
STUDENT LEARNING	PSB.3.RSA.3.	Model positive social behaviors associated with physical
EXPECTATION/BENCHMARK		activity (e.g., peer interaction, teamwork,
		sportsmanship)
		1 17
		My Success Roadmap
		Unit 2: Highway to Confidence - Lesson 06: Analyzing
		School Confidence
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Arkansas Curriculum Frameworks

Health and PE

Grade 10 - Adopted 2011

STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
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STANDARD/STUDENT LEARNING EXPECTATION	HGD.1.HW.	Human Growth and Development: Students shall analyze characteristics relating to growth and development.
STUDENT LEARNING EXPECTATION/BENCHMARK	HGD.1.HW.1.	Analyze the growth patterns and developmental changes in humans throughout the life-cycle (e.g., emotional, intellectual, mental, physical, social):
BENCHMARK/PROFICIENCY	HGD.1.HW.1.b.	Adolescence – teen years
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
BENCHMARK/PROFICIENCY	HGD.1.HW.1.c.	Young adult – middle age
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	CHP.3.HW.	Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.1.	Access resources that aid an individual in maintaining a healthy lifestyle (e.g., American Heart Association, American Red Cross, Department of Human Services, Health Department, hospitals, HIV/AIDS clinics, emergency management teams, mental health agencies, State Dental Associations, school)
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being

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		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.2.	Examine factors that influence choices related to current health products (e.g., culture, family, food labels, media, peers)
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.3.	Analyze the validity of advertisements surrounding health supplements, food products, and gimmicks (e.g., billboards, books, magazines, media, Internet)
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	CHP.3.HW.	Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.4.	Analyze the impact of the environment on personal and community health:
BENCHMARK/PROFICIENCY	CHP.3.HW.4.a.	Access to recreational facilities
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HLSR.4.HW.	Healthy Life Skills and Relationships: Students shall demonstrate the ability to use skills to enhance relationships and promote wellness.
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.2.	Evaluate positive and negative effects of various relationships on all aspects of health (e.g., family, friendships, peers)
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support

		Unit 4: Stress - Lesson 08: Analyzing Stress
		Unit 5: Well-Being - Lesson 09: Finding Balance
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 11: Health &
		Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing
		Well-Being
STUDENT LEARNING	HLSR.4.HW.3.	Analyze the dynamics of family roles and responsibilities
EXPECTATION/BENCHMARK		relating to healthy behavior (e.g., communication skills,
		cultural diversity, family finances, family history, role
		models)
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Connections
		My Roadmap to the Future
		Unit 3: Connections - Lesson 05: Making Connections
		Unit 3: Connections - Lesson 06: Analyzing Support
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap
		Unit 2: Highway to Confidence - Lesson 06: Analyzing
		School Confidence
		Unit 3: Highway Connections - Lesson 07: Social
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		Unit 3: Highway Connections - Lesson 08: Analyzing
		Support & Connection
		Unit 4: Highway Roadblocks-Managing Stress - Lesson
		10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health &
		Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson
		15: Action Planning
STUDENT LEARNING	HLSR.4.HW.4.	Apply a variety of strategies and/or skills to demonstrate
EXPECTATION/BENCHMARK		respect for and responsibility to self and others
		Multimedia Extensions
		Multimedia Extensions: Confidence
		My Roadmap to the Future
		Unit 1: Success, Education, & Work - Lesson 01:
		Defining Success
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 3: Connections - Lesson 05: Making Connections
		Unit 5: Well-Being - Lesson 09: Finding Balance
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		My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.5.	Apply a decision making process to various life situations (e.g., addictions, drug use, immunizations, medical check-ups, oral health, sexual activity, teen pregnancy)
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.8.	Utilize effective coping strategies and other refusal skills (e.g., guided practice, role playing)
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	PHS.6.HW.	Personal Health and Safety: Students shall examine health-enhancing behaviors to avoid or reduce health risks.
STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.9.	Compare and contrast short-term and long-term effects of stress and depression (e.g., appetite change, low activity level, personality change, sleep patterns)
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap

STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.10.	Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Identify risk factors associated with suicide (e.g., depression, destructive behaviors, feelings of hopelessness, poor coping skills, poor self-concept, social isolation)
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.11.	Identify intervention strategies and sources of professional intervention (e.g., counselor, crisis center, emergency numbers, hotlines, self-help programs)
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	N.7.HW.	Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.
STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.1.	Evaluate personal eating habits for the inclusion of adequate nutrients (e.g., ChooseMyPlate, nutrition labels, personal food journal, United States Department of Agriculture [USDA]) My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being

STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.2.	Discuss appropriate eating patterns to promote a healthy lifestyle My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	N.7.HW.	Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.
STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.6.	Analyze health consequences associated with eating disorders:
BENCHMARK/PROFICIENCY	N.7.HW.6.a.	Anorexia
		My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	HRF.2.PEL.	Health-Related Fitness: Students shall participate in fitness activities that will promote and improve individual health.
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PEL.2.	Create a personal fitness plan based on a variety of physical activities, fitness profiles, nutritional guidelines, and fitness principles Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PEL.4.	Explore a variety of stress-relief strategies (e.g., relaxation techniques, laughing, deep breathing, imagery, exercise)
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future
		Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson

		10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health &
		Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall
LEARNING EXPECTATION		understand the importance of health benefits from
		participating in lifetime recreational activities.
STUDENT LEARNING	LAR.3.PEL.2.	Discuss the benefits of participating in regular physical activity to
EXPECTATION/BENCHMARK		reduce chronic disease risks:
	LAD 2 DEL 2 a	Paduas blood lisids
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.a.	Reduce blood lipids
		Multimedia Extensions
		Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	I AR 3 PFI 2 h	Lower blood pressure
		20.00 Sidou produito
		Multimedia Extensions
		Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.d.	Reduce stress
		Multimadia Extensis : :
		Multimedia Extensions Multimedia Extensions: Stress
		Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		-
		My Roadmap to the Future
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap
		Unit 4: Highway Roadblocks-Managing Stress - Lesson
		09: Stress
		Unit 4: Highway Roadblocks-Managing Stress - Lesson
		10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &
		Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
DENCHMADK/DDOEICIENCY	I AD 2 DEL 2 a	Lessen colon cancer risk
BENCHMARK/PROFICIENCY	LAK.J.PEL.Z.e.	Lessell cololi cancel fisk
		Multimedia Extensions
		Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.f.	Lessen risk for diabetes

		Multimedia Extensions
		Multimedia Extensions Multimedia Extensions: Stress
		Multimedia Extensions: Stress
OTRAND/OONITENIT OTANDARD	AD DEL	District Control of the Control
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
	L 4D 0 DEI	
STANDARD/STUDENT	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall
LEARNING EXPECTATION		understand the importance of health benefits from
		participating in lifetime recreational activities.
STUDENT LEARNING	LAR.3.PEL.3.	Examine the benefits of lifetime participation in traditional,
EXPECTATION/BENCHMARK		adventure, or leisure activities:
BENCHMARK/PROFICIENCY	LAD 2 DEL 2 o	Stress management
BENCHWARK/PROFICIENCY	LAK.S.PEL.S.a.	Stress management
		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
		My Roadmap to the Future
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 09: Finding Balance
		Offic 5. Well Being Lesson 65. I maing balance
		My Sugges Boodman
		My Success Roadmap
		Unit 4: Highway Roadblocks-Managing Stress - Lesson
		09: Stress
		Unit 4: Highway Roadblocks-Managing Stress - Lesson
		10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health &
		Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
		2000 Figure Would Develop
STRAND/CONTENT STANDARD	AR PFI	Physical Education and Leisure
	, <u></u> .	Thyologi Eddodion and Eddodio
STANDARD/STUDENT	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall
LEARNING EXPECTATION	LAIN.O.I LL.	
LEARNING EXPECTATION		understand the importance of health benefits from
		participating in lifetime recreational activities.
STUDENT LEARNING	LAR.3.PEL.6.	Monitor personal fitness to include potential lifetime
EXPECTATION/BENCHMARK		activities that promote health-related fitness, relieve
		tension, and maintain a healthy weight in both school
		and non-school settings
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
		Multimedia Extensions: Stress
		My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure

STANDARD/STUDENT	PSB.4.PEL.	Personal and Social Behavior: Students shall
LEARNING EXPECTATION	. OSII. EE.	demonstrate responsible personal and social behavior which displays respect for self and others in physical activity settings.
STUDENT LEARNING EXPECTATION/BENCHMARK	PSB.4.PEL.4.	Discuss and model positive social behaviors associated with physical activity (e.g., peer interaction, team work, sportsmanship, avoid bullying) My Success Roadmap
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND/CONTENT STANDARD	AR.PFL.	Personal Fitness for Life
STANDARD/STUDENT LEARNING EXPECTATION	HRF.2.PFL.	Health-Related Fitness: Students shall participate in fitness activities that promote and improve individual health.
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PFL.2.	Create a personal fitness plan based on a variety of physical activities, fitness profiles, fitness principles, and nutritional guidelines
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PFL.4.	Explore a variety of stress-relief strategies (e.g., relaxation techniques, laughing, deep breathing, imagery, exercise)
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson
		10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.PFL.	Personal Fitness for Life

STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PFL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PFL.1.	Discuss the benefits of participating in regular physical activity to reduce chronic disease risks:
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.a.	Reduces blood lipids
		Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.b.	Lowers blood pressure
		Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.c.	Reduces stress
		Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.d.	Reduces cancer risk
		Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.e.	Reduces risk for diabetes
		Multimedia Extensions Multimedia Extensions: Stress
STRAND/CONTENT STANDARD	AR.PFL.	Personal Fitness for Life
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PFL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PFL.2.	Examine the benefits of lifetime participation in traditional, adventure, or leisure activities:
BENCHMARK/PROFICIENCY	LAR.3.PFL.2.a.	Stress management
		Multimedia Extensions
		Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure

		Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.RSA.	Recreational Sports and Activities
STANDARD/STUDENT LEARNING EXPECTATION	PSB.3.RSA.	Personal and Social Behavior: Students shall demonstrate responsible personal and social behavior which displays respect for self and others in physical activity settings.
STUDENT LEARNING EXPECTATION/BENCHMARK	PSB.3.RSA.3.	Model positive social behaviors associated with physical activity (e.g., peer interaction, teamwork, sportsmanship)
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Arkansas Curriculum Frameworks

Health and PE

Grade 11 - Adopted 2011

STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT	HGD.1.HW.	Human Growth and Development: Students shall
LEARNING EXPECTATION		analyze characteristics relating to growth and
		development.
		development.
STUDENT LEARNING	HGD.1.HW.1.	Analyze the growth patterns and developmental changes in
EXPECTATION/BENCHMARK		humans throughout the life-cycle (e.g., emotional, intellectual,
		mental, physical, social):
BENCHMARK/PROFICIENCY	HGD.1.HW.1.b.	Adolescence – teen years
		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 11: Health &

	II.	MANUE D. C.
		Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
BENCHMARK/PROFICIENCY	HGD.1.HW.1.c.	Young adult – middle age
		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT	CHP.3.HW.	Community Health and Promotion: Students shall
LEARNING EXPECTATION		demonstrate the ability to access valid health
		information, products, and services that promote
		consumer, community, and environmental health.
		, , , , , , , , , , , , , , , , , , , ,
STUDENT LEARNING	CHP.3.HW.1.	Access resources that aid an individual in maintaining a
EXPECTATION/BENCHMARK	O.111 . O.111 V. 1.	healthy lifestyle (e.g., American Heart Association,
LXI EOTATION BENOTIMANN		American Red Cross, Department of Human Services,
		Health Department, hospitals, HIV/AIDS clinics,
		III
		emergency management teams, mental health agencies,
		State Dental Associations, school)
		M. B Ive and a flat Education
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social
		Support
STUDENT LEARNING	CHP.3.HW.2.	Examine factors that influence choices related to current
EXPECTATION/BENCHMARK		health products (e.g., culture, family, food labels, media,
		peers)
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social
		Support
STUDENT LEARNING	CHP.3.HW.3.	Analyze the validity of advertisements surrounding
EXPECTATION/BENCHMARK		health supplements, food products, and gimmicks (e.g.,
		billboards, books, magazines, media, Internet)
		· ·
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT	CHP.3.HW.	Community Health and Promotion: Students shall
LEARNING EXPECTATION	J	demonstrate the ability to access valid health
		domentation and ability to access valid floatin

		information, products, and services that promote
		consumer, community, and environmental health.
OTUDENT LEADNING	0110 0 1111/ 4	And here the import of the consistence of the consi
STUDENT LEARNING	CHP.3.HW.4.	Analyze the impact of the environment on personal and community health:
EXPECTATION/BENCHMARK		community nearth:
BENCHMARK/PROFICIENCY	CHP.3.HW.4.a.	Access to recreational facilities
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social
		Support
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT	HLSR.4.HW.	Healthy Life Skills and Relationships: Students shall
LEARNING EXPECTATION	112011.4.1144.	demonstrate the ability to use skills to enhance
ELAKNING EXPECTATION		
		relationships and promote wellness.
OTUDENT LEADNING	05 4 104/0	
STUDENT LEARNING	HLSR.4.HW.2.	Evaluate positive and negative effects of various
EXPECTATION/BENCHMARK		relationships on all aspects of health (e.g., family,
		friendships, peers)
		My Roadmap to the Future
		Unit 3: Connections - Lesson 06: Analyzing Support
		Unit 4: Stress - Lesson 08: Analyzing Stress
		Unit 5: Well-Being - Lesson 09: Finding Balance
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		, ,
		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 11: Health &
		Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing
		Well-Being
		West Dolling
STUDENT LEARNING	HLSR.4.HW.3.	Analyzo the dynamics of family rales and responsibilities
EXPECTATION/BENCHMARK	11LOK.4.FIVV.3.	Analyze the dynamics of family roles and responsibilities relating to healthy behavior (e.g., communication skills,
EAFECTATION/BENCHWARK		1
		cultural diversity, family finances, family history, role
		models)
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Connections
		My Roadmap to the Future
		Unit 3: Connections - Lesson 05: Making Connections
		Unit 3: Connections - Lesson 06: Analyzing Support
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 09: Finding Balance
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		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STUDENT LEARNING	HLSR.4.HW.4.	Apply a variety of strategies and/or skills to demonstrate
EXPECTATION/BENCHMARK		respect for and responsibility to self and others
		Multimedia Extensions
		Multimedia Extensions Multimedia Extensions: Confidence
		Marinodia Extensiono: Commonico
		My Roadmap to the Future
		Unit 1: Success, Education, & Work - Lesson 01:
		Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 3: Connections - Lesson 05: Making Connections
		Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress
STUDENT LEARNING	HLSR.4.HW.5.	Apply a decision making process to various life situations
EXPECTATION/BENCHMARK		(e.g., addictions, drug use, immunizations, medical check-ups, oral health, sexual activity, teen pregnancy)
		My Poadman to the Eviture
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 11: Health &
		Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing
		Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.8.	Utilize effective coping strategies and other refusal skills (e.g., guided practice, role playing)
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	PHS.6.HW.	Personal Health and Safety: Students shall examine health-enhancing behaviors to avoid or reduce health risks.
STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.9.	Compare and contrast short-term and long-term effects of stress and depression (e.g., appetite change, low activity level, personality change, sleep patterns)
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.10.	Identify risk factors associated with suicide (e.g., depression, destructive behaviors, feelings of hopelessness, poor coping skills, poor self-concept, social isolation)
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.11.	Identify intervention strategies and sources of professional intervention (e.g., counselor, crisis center, emergency numbers, hotlines, self-help programs)
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections

		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	N.7.HW.	Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.
STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.1.	Evaluate personal eating habits for the inclusion of adequate nutrients (e.g., ChooseMyPlate, nutrition labels, personal food journal, United States Department of Agriculture [USDA]) My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.2.	Discuss appropriate eating patterns to promote a healthy lifestyle My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	N.7.HW.	Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.
STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.6.	Analyze health consequences associated with eating disorders:
BENCHMARK/PROFICIENCY	N.7.HW.6.a.	Anorexia My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure

STANDARD/STUDENT LEARNING EXPECTATION	HRF.2.PEL.	Health-Related Fitness: Students shall participate in fitness activities that will promote and improve individual health.
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PEL.2.	Create a personal fitness plan based on a variety of physical activities, fitness profiles, nutritional guidelines, and fitness principles Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PEL.4.	Explore a variety of stress-relief strategies (e.g., relaxation techniques, laughing, deep breathing, imagery, exercise) Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.2.	Discuss the benefits of participating in regular physical activity to reduce chronic disease risks:
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.a.	Reduce blood lipids Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.b.	Lower blood pressure
		Multimedia Extensions Multimedia Extensions: Stress

BENCHMARK/PROFICIENCY	LAR.3.PEL.2.d.	Reduce stress
DENOTIMANTAL NOTICIENC!	LANJIF ELIZIGI	TOURDE SHESS
		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
		My Roadmap to the Future
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap
		Unit 4: Highway Roadblocks-Managing Stress - Lesson
		09: Stress
		Unit 4: Highway Roadblocks-Managing Stress - Lesson
		10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
		j ,
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.e.	Lessen colon cancer risk
		Multimedia Extensions
		Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.f.	Lessen risk for diabetes
		Multimedia Extensions
		Multimedia Extensions: Stress
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall
LEARNING EXPECTATION		understand the importance of health benefits from
		participating in lifetime recreational activities.
STUDENT LEARNING	LAD 2 DEL 2	Examine the benefits of lifetime participation in traditional,
EXPECTATION/BENCHMARK	LAR.3.PEL.3.	adventure, or leisure activities:
- LOTATION DENOMINANT		
BENCHMARK/PROFICIENCY	LAR.3.PEL.3.a.	Stress management
		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
		My Roadmap to the Future
		Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance
The state of the s		orin 5. Well being Lesson 59. Finding balance
		II I
		My Success Roadmap
		Unit 4: Highway Roadblocks-Managing Stress - Lesson
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		10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.6.	Monitor personal fitness to include potential lifetime activities that promote health-related fitness, relieve tension, and maintain a healthy weight in both school and non-school settings
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	PSB.4.PEL.	Personal and Social Behavior: Students shall demonstrate responsible personal and social behavior which displays respect for self and others in physical activity settings.
STUDENT LEARNING EXPECTATION/BENCHMARK	PSB.4.PEL.4.	Discuss and model positive social behaviors associated with physical activity (e.g., peer interaction, team work, sportsmanship, avoid bullying)
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND/CONTENT STANDARD	AR.PFL.	Personal Fitness for Life
STANDARD/STUDENT LEARNING EXPECTATION	HRF.2.PFL.	Health-Related Fitness: Students shall participate in fitness activities that promote and improve individual health.
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PFL.2.	Create a personal fitness plan based on a variety of physical activities, fitness profiles, fitness principles, and nutritional guidelines
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PFL.4.	Explore a variety of stress-relief strategies (e.g., relaxation techniques, laughing, deep breathing,
		imagery, exercise)
		Multimedia Extensions Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
OTE AND IO ONTENT OT AND ADD	AD DE	Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.PFL.	Personal Fitness for Life
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PFL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PFL.1.	Discuss the benefits of participating in regular physical activity to reduce chronic disease risks:
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.a.	Reduces blood lipids
		Multimedia Extensions
		Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.b.	Lowers blood pressure
		Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.c.	Reduces stress
		Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.d.	Reduces cancer risk
		Multimedia Extensions Multimedia Extensions: Stress

BENCHMARK/PROFICIENCY	LAR.3.PFL.1.e.	Reduces risk for diabetes
		Troubles Hell Glassies
		Multimedia Extensions Multimedia Extensions: Stress
		IVIUIUITIEGIA EXTENSIONS. STESS
STRAND/CONTENT STANDARD	AR.PFL.	Personal Fitness for Life
STANDARD/STUDENT	LAR.3.PFL.	Lifetime Activities and Recreation: Students shall
LEARNING EXPECTATION		understand the importance of health benefits from
		participating in lifetime recreational activities.
STUDENT LEARNING	LAR.3.PFL.2.	Examine the benefits of lifetime participation in traditional,
EXPECTATION/BENCHMARK		adventure, or leisure activities:
BENCHMARK/PROFICIENCY	LAR.3.PFL.2.a.	Stress management
		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
		My Doodman to the Future
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 09: Finding Balance
		offices. Well being Lesson oo. I maing balance
		My Success Roadmap
		Unit 4: Highway Roadblocks-Managing Stress - Lesson
		09: Stress
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health &
		Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
	10.004	
STRAND/CONTENT STANDARD	AR.RSA.	Recreational Sports and Activities
STANDARD/STUDENT	PSB.3.RSA.	Personal and Social Behavior: Students shall
LEARNING EXPECTATION		demonstrate responsible personal and social behavior
		which displays respect for self and others in physical
		activity settings.
STUDENT LEADNING	DCD 2 DCA 2	Model positive social behaviors associated with abvaice!
STUDENT LEARNING EXPECTATION/BENCHMARK	PSB.3.RSA.3.	Model positive social behaviors associated with physical activity (e.g., peer interaction, teamwork, sportsmanship)
LAI LOTATION/BENOTIMARK		delivity (e.g., peer interaction, teamwork, sportsillaliship)
		My Success Roadmap
		Unit 2: Highway to Confidence - Lesson 06: Analyzing
		School Confidence

Arkansas Curriculum Frameworks

Health and PE

Grade 12 - Adopted 2011

STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HGD.1.HW.	Human Growth and Development: Students shall analyze characteristics relating to growth and development.
STUDENT LEARNING EXPECTATION/BENCHMARK	HGD.1.HW.1.	Analyze the growth patterns and developmental changes in humans throughout the life-cycle (e.g., emotional, intellectual, mental, physical, social):
BENCHMARK/PROFICIENCY	HGD.1.HW.1.b.	Adolescence – teen years
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health &
		Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
BENCHMARK/PROFICIENCY	HGD.1.HW.1.c.	Young adult – middle age Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	CHP.3.HW.	Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.1.	Access resources that aid an individual in maintaining a healthy lifestyle (e.g., American Heart Association, American Red Cross, Department of Human Services, Health Department, hospitals, HIV/AIDS clinics, emergency management teams, mental health agencies, State Dental Associations, school)
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support

STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.2.	Examine factors that influence choices related to current health products (e.g., culture, family, food labels, media, peers) My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social
		Support
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.3.	Analyze the validity of advertisements surrounding health supplements, food products, and gimmicks (e.g., billboards, books, magazines, media, Internet)
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	CHP.3.HW.	Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.4.	Analyze the impact of the environment on personal and community health:
BENCHMARK/PROFICIENCY		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HLSR.4.HW.	Healthy Life Skills and Relationships: Students shall demonstrate the ability to use skills to enhance relationships and promote wellness.
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.2.	Evaluate positive and negative effects of various relationships on all aspects of health (e.g., family, friendships, peers) My Roadmap to the Future
		Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation

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		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.3.	Analyze the dynamics of family roles and responsibilities relating to healthy behavior (e.g., communication skills, cultural diversity, family finances, family history, role models)
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.4.	Apply a variety of strategies and/or skills to demonstrate respect for and responsibility to self and others
		Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing

		Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.5.	Apply a decision making process to various life situations (e.g., addictions, drug use, immunizations, medical check-ups, oral health, sexual activity, teen pregnancy)
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health &
		Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.8.	Utilize effective coping strategies and other refusal skills (e.g., guided practice, role playing)
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	PHS.6.HW.	Personal Health and Safety: Students shall examine health-enhancing behaviors to avoid or reduce health risks.
STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.9.	Compare and contrast short-term and long-term effects of stress and depression (e.g., appetite change, low activity level, personality change, sleep patterns)
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson
		10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &

		Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.10.	Identify risk factors associated with suicide (e.g., depression, destructive behaviors, feelings of hopelessness, poor coping skills, poor self-concept, social isolation)
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.11.	Identify intervention strategies and sources of professional intervention (e.g., counselor, crisis center, emergency numbers, hotlines, self-help programs)
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing
		Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson
		10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	N.7.HW.	Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.
STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.1.	Evaluate personal eating habits for the inclusion of adequate nutrients (e.g., ChooseMyPlate, nutrition labels, personal food journal, United States Department of Agriculture [USDA])
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.2.	Discuss appropriate eating patterns to promote a healthy lifestyle
		My Success Roadmap

		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	N.7.HW.	Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.
STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.6.	Analyze health consequences associated with eating disorders:
BENCHMARK/PROFICIENCY	N.7.HW.6.a.	Anorexia
		My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	HRF.2.PEL.	Health-Related Fitness: Students shall participate in fitness activities that will promote and improve individual health.
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PEL.2.	Create a personal fitness plan based on a variety of physical activities, fitness profiles, nutritional guidelines, and fitness principles
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PEL.4.	Explore a variety of stress-relief strategies (e.g., relaxation techniques, laughing, deep breathing, imagery, exercise)
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation

STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.2.	Discuss the benefits of participating in regular physical activity to reduce chronic disease risks:
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.a.	Reduce blood lipids
		Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.b.	Lower blood pressure
		Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.d.	Reduce stress
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &
		Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.e.	Lessen colon cancer risk
		Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.f.	Lessen risk for diabetes
		Multimedia Extensions Multimedia Extensions: Stress
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure

STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.3.	Examine the benefits of lifetime participation in traditional, adventure, or leisure activities:
BENCHMARK/PROFICIENCY	LAR.3.PEL.3.a.	Stress management
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.6.	Monitor personal fitness to include potential lifetime activities that promote health-related fitness, relieve tension, and maintain a healthy weight in both school and non-school settings
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	PSB.4.PEL.	Personal and Social Behavior: Students shall demonstrate responsible personal and social behavior which displays respect for self and others in physical activity settings.

STUDENT LEARNING EXPECTATION/BENCHMARK	PSB.4.PEL.4.	Discuss and model positive social behaviors associated with physical activity (e.g., peer interaction, team work,
		sportsmanship, avoid bullying)
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND/CONTENT STANDARD	AR.PFL.	Personal Fitness for Life
STANDARD/STUDENT	HRF.2.PFL.	Health-Related Fitness: Students shall participate in
LEARNING EXPECTATION		fitness activities that promote and improve individual health.
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PFL.2.	Create a personal fitness plan based on a variety of physical activities, fitness profiles, fitness principles, and nutritional guidelines
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
STUDENT LEARNING	HRF.2.PFL.4.	Explore a variety of stress-relief strategies (e.g.,
EXPECTATION/BENCHMARK		relaxation techniques, laughing, deep breathing,
		imagery, exercise)
		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
		My Roadmap to the Future
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 09: Finding Balance
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		Unit 4: Highway Roadblocks-Managing Stress - Lesson
		09: Stress
		Unit 4: Highway Roadblocks-Managing Stress - Lesson
		10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &
		Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.PFL.	Personal Fitness for Life
STANDARD/STUDENT	LAR.3.PFL.	Lifetime Activities and Recreation: Students shall
LEARNING EXPECTATION		understand the importance of health benefits from
		participating in lifetime recreational activities.
STUDENT LEARNING	LAR.3.PFL.1.	Discuss the benefits of participating in regular physical activity to
EXPECTATION/BENCHMARK		reduce chronic disease risks:

BENCHMARK/PROFICIENCY	LAR.3.PFL.1.a.	Reduces blood lipids
		Multimedia Extensions
		Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.b.	Lowers blood pressure
		Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.c.	Reduces stress
		Section 1: Fortunation
		Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAD 2 DEL 4 d	Reduces cancer risk
DENCHWARK/PROFICIENCY	LAR.3.PFL.1.u.	Reduces cancer risk
		Multimedia Extensions
		Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.e.	Reduces risk for diabetes
		Multimedia Extensions
		Multimedia Extensions: Stress
STRAND/CONTENT STANDARD	AR.PFL.	Personal Fitness for Life
STANDARD/STUDENT	LAR.3.PFL.	Lifetime Activities and Recreation: Students shall
LEARNING EXPECTATION		understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING	LAR.3.PFL.2.	Examine the benefits of lifetime participation in traditional,
EXPECTATION/BENCHMARK	LAR.J.FFL.Z.	adventure, or leisure activities:
BENCHMARK/PROFICIENCY	LAR.3.PFL.2.a.	Stress management
		on an analysis of the second o
		Multimedia Extensions
		Multimedia Extensions: Stress Multimedia Extensions: Well-Being
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		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress
		Unit 4: Highway Roadblocks-Managing Stress - Lesson
		10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &
		ornic o. Finginivaly to vveil-being - Lesson Fr. Fleatin &

STRAND/CONTENT STANDARD	AR RSA	Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Recreational Sports and Activities
OTRAND/OORTENT OTANDARD	AK.KOA.	Recreational opens and Activities
STANDARD/STUDENT LEARNING EXPECTATION	PSB.3.RSA.	Personal and Social Behavior: Students shall demonstrate responsible personal and social behavior which displays respect for self and others in physical activity settings.
STUDENT LEARNING EXPECTATION/BENCHMARK	PSB.3.RSA.3.	Model positive social behaviors associated with physical activity (e.g., peer interaction, teamwork, sportsmanship)
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

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