

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

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

States: Arizona Academic Standards

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

Arizona Academic Standards

Health and PE

Grade 7 - Adopted 2009

STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE06-08-S1.	Comprehension of Health Promotion and Disease Prevention Concepts: Every student will comprehend concepts related to health promotion and disease prevention to enhance health.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S1C1:	Understand Relationship Between Health Behaviors and Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S1C1-01.	Analyze the relationship between healthy behaviors and personal health 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 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE06-08-S1.	Comprehension of Health Promotion and Disease Prevention Concepts: Every student will comprehend concepts related to health promotion and disease prevention to enhance health.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S1C2:	Understanding Multiple Dimensions of Health

OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S1C2-01.	Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence My Roadmap to the Future 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 My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE06-08-S1.	Comprehension of Health Promotion and Disease Prevention Concepts: Every student will comprehend concepts related to health promotion and disease prevention to enhance health.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S1C6:	Understanding Healthy vs. Unhealthy Behaviors
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S1C6-01.	Describe the benefits of and barriers to practicing healthy behaviors My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE06-08-S2:	Analysis of Factors Affecting Health Behaviors: Every student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S2C1:	External Influences on Personal Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S2C1-01.	Examine how the family influences the health of adolescents Multimedia Extensions 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 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation

		<p>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 Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S2C1-02.	<p>Describe the influence of culture on health beliefs, practices, and behaviors</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S2C1-03.	<p>Analyze how peers influence healthy and unhealthy behaviors</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 12: Analyzing Well-Being</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S2C1-04.	<p>Analyze how the school and community can affect personal health practices and behaviors</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S2C1-05.	<p>Analyze how messages from media influence health behaviors</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>

OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S2C1-06.	Analyze the influence of technology on personal and family health Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE06-08-S2:	Analysis of Factors Affecting Health Behaviors: Every student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S2C2:	Internal Influences on Personal Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S2C2-01.	Explain how the perceptions of norms influence healthy and unhealthy behaviors My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S2C2-02.	Explain the influence of personal values and beliefs on individual health practices and behaviors My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S2C2-03.	Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE06-08-S2:	Analysis of Factors Affecting Health Behaviors: Every student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S2C3:	Influence of Public Policy on Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S2C3-01.	Examine and explain how school and public health policies can influence health promotion and disease prevention My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE06-08-S3:	Access to Health Information, Products, and Services to Enhance Health: Every student will demonstrate the ability to access valid information, products, and services to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S3C2:	Accessing Help
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S3C2-01.	Access valid health information from home, school, and community My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S3C2-02.	Determine the accessibility of products that enhance health 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
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S3C2-03.	Describe situations that may require professional health services 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
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S3C2-04.	Locate valid and reliable health products and services

		<p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE06-08-S4:	Use of Interpersonal Communication Skills to Enhance Health: Every student will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S4C1:	Communication to Enhance Help
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S4C1-01.	<p>Apply effective verbal and nonverbal communication skills to enhance health</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S4C1-02.	<p>Demonstrate refusal and negotiation skills that avoid or reduce health risks</p> <p>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</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE06-08-S4:	Use of Interpersonal Communication Skills to Enhance Health: Every student will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S4C3:	Asking for Help
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S4C3-01.	<p>Identify ways to ask for assistance to enhance the health of self and others</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p>

		<p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE06-08-S5:	Use of Decision-Making Skills to Enhance Health: Every student will demonstrate the ability to use decision-making skills to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S5C2:	Application of Decision-Making Skills to Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S5C2-01.	<p>Determine when health-related situations require the application of a thoughtful decision-making process</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S5C2-02.	<p>Distinguish when individual or collaborative decision making is appropriate</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S5C2-03.	<p>Distinguish between healthy and unhealthy alternatives to health-related issues or problems</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>

OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S5C2-04.	<p>Predict the potential short-term impact of each alternative on self and others</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S5C2-05.	<p>Choose healthy alternatives over unhealthy alternatives when making a decision</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S5C2-06.	<p>Analyze the outcomes of a health-related decision</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE06-08-S6:	Use of Goal-Setting Skills to Enhance Health: Every student will demonstrate the ability to use goal-setting skills to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S6C1:	Assessment of Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S6C1-01.	<p>Assess personal health practices</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>

		<p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE06-08-S6:	Use of Goal-Setting Skills to Enhance Health: Every student will demonstrate the ability to use goal-setting skills to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S6C2:	Health-Related Goal Setting
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S6C2-01.	<p>Develop a goal to adopt, maintain, or improve a personal health practice</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals 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 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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S6C2-02.	<p>Apply strategies and skills needed to attain a personal health goal</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>

		<p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing 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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S6C2-03.	<p>Describe how personal health goals can vary with changing abilities, priorities, and responsibilities</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals 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 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</p>
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE06-08-S2:	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE06-08-S2C2:	Scientific Principles
OBJECTIVE / GRADE LEVEL EXPECTATION	PE06-08-S2C2-06.	<p>Develop beginning level plans aimed at developing/maintaining health enhancing behaviors</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	PE06-08-S2C2-07.	<p>Explain a stress relieving physical activity that is personally effective</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>

		<p>Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>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</p>
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE06-08-S2:	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE06-08-S2C3:	Strategies and Tactics
OBJECTIVE / GRADE LEVEL EXPECTATION	PE06-08-S2C3-01.	<p>Design appropriate practice procedures and plans aimed at developing/improving technical motor skills and movement patterns correctly</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE06-08-S4:	Achieves and maintains a health-enhancing level of physical fitness.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE06-08-S4C1:	Health-Related Fitness
OBJECTIVE / GRADE LEVEL EXPECTATION	PE06-08-S4C1-02.	<p>Maintains or progresses toward age- and gender-appropriate levels of performance on a criterion-referenced health-related fitness assessment</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	PE06-08-S4C1-03.	<p>Participate in a variety of fitness activities designed to enhance fitness levels</p> <p>Multimedia Extensions</p>

		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE06-08-S5:	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE06-08-S5C2:	Social Behavior
OBJECTIVE / GRADE LEVEL EXPECTATION	PE06-08-S5C2-04.	Effectively work in group activities toward common goals My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Arizona Academic Standards

Health and PE

Grade 8 - Adopted 2009

STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE06-08-S1.	Comprehension of Health Promotion and Disease Prevention Concepts: Every student will comprehend concepts related to health promotion and disease prevention to enhance health.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S1C1:	Understand Relationship Between Health Behaviors and Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S1C1-01.	Analyze the relationship between healthy behaviors and personal health 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 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND	AZ.HE.	Health Education

CONCEPT / STANDARD	HE06-08-S1.	Comprehension of Health Promotion and Disease Prevention Concepts: Every student will comprehend concepts related to health promotion and disease prevention to enhance health.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S1C2:	Understanding Multiple Dimensions of Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S1C2-01.	Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence My Roadmap to the Future 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 My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE06-08-S1.	Comprehension of Health Promotion and Disease Prevention Concepts: Every student will comprehend concepts related to health promotion and disease prevention to enhance health.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S1C6:	Understanding Healthy vs. Unhealthy Behaviors
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S1C6-01.	Describe the benefits of and barriers to practicing healthy behaviors My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE06-08-S2:	Analysis of Factors Affecting Health Behaviors: Every student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S2C1:	External Influences on Personal Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S2C1-01.	Examine how the family influences the health of adolescents Multimedia Extensions

		<p>Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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 Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>OBJECTIVE / GRADE LEVEL EXPECTATION</p>	<p>HE06-08-S2C1-02.</p>	<p>Describe the influence of culture on health beliefs, practices, and behaviors</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
<p>OBJECTIVE / GRADE LEVEL EXPECTATION</p>	<p>HE06-08-S2C1-03.</p>	<p>Analyze how peers influence healthy and unhealthy behaviors</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 12: Analyzing Well-Being</p>
<p>OBJECTIVE / GRADE LEVEL EXPECTATION</p>	<p>HE06-08-S2C1-04.</p>	<p>Analyze how the school and community can affect personal health practices and behaviors</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>

OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S2C1-05.	Analyze how messages from media influence health behaviors Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S2C1-06.	Analyze the influence of technology on personal and family health Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE06-08-S2:	Analysis of Factors Affecting Health Behaviors: Every student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S2C2:	Internal Influences on Personal Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S2C2-01.	Explain how the perceptions of norms influence healthy and unhealthy behaviors My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S2C2-02.	Explain the influence of personal values and beliefs on individual health practices and behaviors Multimedia Extensions Multimedia Extensions: Confidence 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 My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future 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 12: Analyzing Well-Being

OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S2C2-03.	Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE06-08-S2:	Analysis of Factors Affecting Health Behaviors: Every student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S2C3:	Influence of Public Policy on Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S2C3-01.	Examine and explain how school and public health policies can influence health promotion and disease prevention My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE06-08-S3:	Access to Health Information, Products, and Services to Enhance Health: Every student will demonstrate the ability to access valid information, products, and services to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S3C2:	Accessing Help
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S3C2-01.	Access valid health information from home, school, and community My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S3C2-02.	Determine the accessibility of products that enhance health

		<p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S3C2-03.	<p>Describe situations that may require professional health services</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S3C2-04.	<p>Locate valid and reliable health products and services</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE06-08-S4:	Use of Interpersonal Communication Skills to Enhance Health: Every student will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S4C1:	Communication to Enhance Help
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S4C1-01.	<p>Apply effective verbal and nonverbal communication skills to enhance health</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE06-08-S4:	Use of Interpersonal Communication Skills to Enhance Health: Every student will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S4C3:	Asking for Help

OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S4C3-01.	<p>Identify ways to ask for assistance to enhance the health of self and others</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE06-08-S5:	Use of Decision-Making Skills to Enhance Health: Every student will demonstrate the ability to use decision-making skills to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S5C2:	Application of Decision-Making Skills to Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S5C2-01.	<p>Determine when health-related situations require the application of a thoughtful decision-making process</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S5C2-02.	<p>Distinguish when individual or collaborative decision making is appropriate</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S5C2-03.	<p>Distinguish between healthy and unhealthy alternatives to health-related issues or problems</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

		<p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S5C2-04.	<p>Predict the potential short-term impact of each alternative on self and others</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S5C2-05.	<p>Choose healthy alternatives over unhealthy alternatives when making a decision</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S5C2-06.	<p>Analyze the outcomes of a health-related decision</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE06-08-S6:	Use of Goal-Setting Skills to Enhance Health: Every student will demonstrate the ability to use goal-setting skills to enhance health

PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S6C1:	Assessment of Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S6C1-01.	Assess personal health practices Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE06-08-S6:	Use of Goal-Setting Skills to Enhance Health: Every student will demonstrate the ability to use goal-setting skills to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE06-08-S6C2:	Health-Related Goal Setting
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S6C2-01.	Develop a goal to adopt, maintain, or improve a personal health practice Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals 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 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
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S6C2-02.	Apply strategies and skills needed to attain a personal health goal Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future

		<p>Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals 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 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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE06-08-S6C2-03.	<p>Describe how personal health goals can vary with changing abilities, priorities, and responsibilities</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals 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 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</p>
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE06-08-S2:	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE06-08-S2C2:	Scientific Principles
OBJECTIVE / GRADE LEVEL EXPECTATION	PE06-08-S2C2-06.	Develop beginning level plans aimed at developing/maintaining health enhancing behaviors

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	PE06-08-S2C2-07.	<p>Explain a stress relieving physical activity that is personally effective</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>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</p>
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE06-08-S2:	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE06-08-S2C3:	Strategies and Tactics
OBJECTIVE / GRADE LEVEL EXPECTATION	PE06-08-S2C3-01.	<p>Design appropriate practice procedures and plans aimed at developing/improving technical motor skills and movement patterns correctly</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE06-08-S4:	Achieves and maintains a health-enhancing level of physical fitness.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE06-08-S4C1:	Health-Related Fitness
OBJECTIVE / GRADE LEVEL EXPECTATION	PE06-08-S4C1-02.	Maintains or progresses toward age- and gender-appropriate levels of performance on a criterion-referenced health-related fitness assessment

		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
OBJECTIVE / GRADE LEVEL EXPECTATION	PE06-08-S4C1-03.	Participate in a variety of fitness activities designed to enhance fitness levels Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE06-08-S5:	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE06-08-S5C2:	Social Behavior
OBJECTIVE / GRADE LEVEL EXPECTATION	PE06-08-S5C2-04.	Effectively work in group activities toward common goals My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Arizona Academic Standards

Social Studies

Grade 7 - Adopted 2005 / Updated 2006

STRAND	AZ.SS07-S2.	World History
CONCEPT / STANDARD	SS07-S2C1.	Research Skills for History: Historical research is a process in which students examine topics or questions related to historical studies and/or current issues.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SS07-S2C1-01.	Construct charts, graphs, and narratives using historical data. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection

PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SS07-S2C1-02.	<p>Interpret historical data displayed in graphs, tables, and charts.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SS07-S2C1-07.	<p>Analyze cause and effect relationships between and among individuals and/or historical events.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>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</p>
STRAND	AZ.SS07-S5.	Economics
CONCEPT / STANDARD	SS07-S5C2.	Microeconomics: Microeconomics examines the costs and benefits of economic choices relating to individuals, markets and industries, and governmental policies.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SS07-S5C2-08.	<p>Describe the government's investment in human capital: a) health; b) education; c) training of people.</p> <p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND	AZ.SS07-S5.	Economics
CONCEPT / STANDARD	SS07-S5C5.	Personal Finance: Decision-making skills foster a person's individual standard of living. Using information wisely leads to better informed decisions as consumers, workers, investors and effective participants in society.

PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SS07-S5C5-02.	Describe how scarcity influences personal financial choices (e.g., buying on-margin, budgeting, saving, investing, credit). Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SS07-S5C5-03.	Describe how income for most people is determined by the value of the goods and services they sell. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Arizona Academic Standards

Social Studies

Grade 8 - Adopted 2005 / Updated 2006

STRAND	AZ.SS08-S2.	World History
CONCEPT / STANDARD	SS08-S2C1.	Research Skills for History: Historical research is a process in which students examine topics or questions related to historical studies and/or current issues.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SS08-S2C1-01.	Construct charts, graphs and narratives using historical data. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SS08-S2C1-02.	Interpret historical data displayed in graphs, tables, and charts. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SS08-S2C1-07.	Analyze cause and effect relationships between and among individuals and/or historical events. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future

		<p>Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>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</p>
STRAND	AZ.SS08-S5.	Economics
CONCEPT / STANDARD	SS08-S5C2.	Microeconomics: Microeconomics examines the costs and benefits of economic choices relating to individuals, markets and industries, and governmental policies.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SS08-S5C2-02.	<p>Explain the impact of government investment in human capital: a) health (e.g., immunizations); b) education (e.g., college grants, loans); c) training of people (e.g., Job Corps).</p> <p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SS08-S5C2-04.	<p>Describe how income for most people is determined by the value of the goods and services they sell.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND	AZ.SS08-S5.	Economics
CONCEPT / STANDARD	SS08-S5C5.	Personal Finance: Decision-making skills foster a person's individual standard of living. Using information wisely leads to better informed decisions as consumers, workers, investors and effective participants in society.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SS08-S5C5-01.	<p>Explain how scarcity influences personal financial choices (e.g., budgeting, saving, investing, credit).</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>

PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SS08-S5C5-06.	Analyze the costs and benefits of producing a personal budget. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SS08-S5C5-07.	Create a personal budget to include fixed and variable expenses. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SS08-S5C5-08.	Identify the benefits of future financial planning. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

Arizona Academic Standards

Health and PE

Grade 9 - Adopted 2009

STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S1.	Comprehension of Health Promotion and Disease Prevention Concepts: Every student will comprehend concepts related to health promotion and disease prevention to enhance health.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S1C1:	Understand Relationship Between Health Behaviors and Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S1C1-01.	Predict how healthy behaviors can affect health status My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation

		<p>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 Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S1.	Comprehension of Health Promotion and Disease Prevention Concepts: Every student will comprehend concepts related to health promotion and disease prevention to enhance health.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S1C2:	Understanding Multiple Dimensions of Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S1C2-01.	<p>Describe the interrelationships of emotional, intellectual, physical, and social health</p> <p>My Roadmap to the Future 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</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S1.	Comprehension of Health Promotion and Disease Prevention Concepts: Every student will comprehend concepts related to health promotion and disease prevention to enhance health.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S1C3:	Understanding Personal Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S1C3-03.	<p>Evaluate levels and types of physical activity and how these promote health and contribute to disease prevention</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND	AZ.HE.	Health Education

CONCEPT / STANDARD	HE09-12-S1.	Comprehension of Health Promotion and Disease Prevention Concepts: Every student will comprehend concepts related to health promotion and disease prevention to enhance health.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S1C6:	Understanding Healthy vs. Unhealthy Behaviors
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S1C6-01.	Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S2:	Analysis of Factors Affecting Health Behaviors: Every student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S2C1:	External Influences on Personal Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-01.	Analyze how the family influences the health of individuals Multimedia Extensions 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 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 Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-02.	Analyze how the culture supports and challenges health beliefs, practices, and behaviors My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance

		<p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-03.	<p>Evaluate how peers influence healthy and unhealthy behaviors</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 12: Analyzing Well-Being</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-04.	<p>Evaluate how the school and community can impact personal health practice and behaviors</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-05.	<p>Evaluate the effect of media on personal and family health</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-06.	<p>Evaluate the impact of technology on personal, family, and community health</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S2:	Analysis of Factors Affecting Health Behaviors: Every student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S2C2:	Internal Influences on Personal Health

OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C2-01.	<p>Analyze how the perceptions of norms influence healthy and unhealthy behaviors</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C2-02.	<p>Analyze the influence of personal values and beliefs on individual health practices and behaviors</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>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</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future 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 12: Analyzing Well-Being</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C2-03.	<p>Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S2:	Analysis of Factors Affecting Health Behaviors: Every student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S2C3:	Influence of Public Policy on Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C3-01.	Analyze how public health policies and government regulations can influence health promotion and disease prevention

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S3:	Access to Health Information, Products, and Services to Enhance Health: Every student will demonstrate the ability to access valid information, products, and services to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S3C2:	Accessing Help
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S3C2-01.	<p>Use resources from home, school, and community that provide valid health information</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S3C2-02.	<p>Determine the accessibility of products and services that enhance health.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S3C2-03.	<p>Analyze a situation in which professional health services may be required</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S3C2-04.	<p>Access valid and reliable health products and services</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>

STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S4:	Use of Interpersonal Communication Skills to Enhance Health: Every student will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S4C1:	Communication to Enhance Help
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S4C1-01.	Utilize skills for communicating effectively with family, peers, and others to enhance health 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
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S4C1-02.	Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks 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	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S4:	Use of Interpersonal Communication Skills to Enhance Health: Every student will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S4C3:	Asking for Help
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S4C3-01.	Evaluate effective ways to ask for and offer assistance to enhance the health of self and others My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S5:	Use of Decision-Making Skills to Enhance Health: Every student will demonstrate the ability to use decision-making skills to enhance health

PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S5C1:	Influences on Health Decision Making
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C1-01.	Examine barriers to healthy decision making 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
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S5:	Use of Decision-Making Skills to Enhance Health: Every student will demonstrate the ability to use decision-making skills to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S5C2:	Application of Decision-Making Skills to Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C2-01.	Determine the value of applying a thoughtful decision-making process in health-related situations 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
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C2-02.	Justify when individual or collaborative decision making is appropriate 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

OBJECTIVE / GRADE LEVEL EXPECTATION	HE09- 12- S5C2-03.	<p>Analyze and propose alternatives to health-related issues or problems</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09- 12- S5C2-04.	<p>Predict the potential short-term and long-term impact of each alternative on self and others</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09- 12- S5C2-05.	<p>Defend the healthy choice when making decisions</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09- 12- S5C2-06.	<p>Evaluate the effectiveness of health-related decisions</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
STRAND	AZ.HE.	Health Education

CONCEPT / STANDARD	HE09-12-S6:	Use of Goal-Setting Skills to Enhance Health: Every student will demonstrate the ability to use goal-setting skills to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S6C1:	Assessment of Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S6C1-01.	Assess personal health practices and overall health status Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S6:	Use of Goal-Setting Skills to Enhance Health: Every student will demonstrate the ability to use goal-setting skills to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S6C2:	Health-Related Goal Setting
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S6C2-01.	Develop a plan to attain a personal health goal that addresses strengths, needs, and risks Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals 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 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
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S6C2-02.	Implement strategies and monitor progress in achieving a personal health goal Multimedia Extensions

		<p>Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals 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 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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S6C2-03.	<p>Formulate an effective long-term personal health plan</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals 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 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</p>
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE09-12-S1:	Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE09-12-S1C3:	Complex or Specialized Movement Skills

OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-02.	When engaged in peer teaching, adequately apply knowledge about skill/s to reinforce or correct one's own performance My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-03.	Evaluate the critical elements of a skill My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-04.	Compare and contrast the strengths and weaknesses of highly skilled performances My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-05.	Apply discipline-specific information to individual performance My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-06.	Demonstrate the biomechanical concepts and principles of a skill/set of skills My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-07.	Use coaching information (self, peer, teacher, video) to improve performance My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-08.	Design a plan for self-improvement of a specific movement skill My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE09-12-S2:	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE09-12-S2C2:	Scientific Principles

OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S2C2-03.	Identify and explain how different physical activities contribute to specific health-related and/or skill-related physical fitness Multimedia Extensions Multimedia Extensions: Stress
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S2C2-05.	Design a personal fitness program that 1) will lead to, or maintain, an acceptable level of health-related fitness and 2) is based on an understanding of training principles, individual skill levels and availability of resources. The plan will include: write program goals; design a program; follow the program; monitor and adjust program Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE09-12-S4:	Achieves and maintains a health-enhancing level of physical fitness.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE09-12-S4C1:	Health-Related Fitness
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S4C1-03.	Achieve personal fitness goals based on principles of training Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE09-12-S5:	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE09-12-S5C1:	Personal Behavior
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S5C1-02.	Act independently of peer pressure My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress

Arizona Academic Standards

Health and PE

Grade 10 - Adopted 2009

STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S1.	Comprehension of Health Promotion and Disease Prevention Concepts: Every student will comprehend concepts related to health promotion and disease prevention to enhance health.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S1C1:	Understand Relationship Between Health Behaviors and Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S1C1-01.	<p>Predict how healthy behaviors can affect health status</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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 Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S1.	Comprehension of Health Promotion and Disease Prevention Concepts: Every student will comprehend concepts related to health promotion and disease prevention to enhance health.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S1C2:	Understanding Multiple Dimensions of Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S1C2-01.	<p>Describe the interrelationships of emotional, intellectual, physical, and social health</p> <p>My Roadmap to the Future 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</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND	AZ.HE.	Health Education

CONCEPT / STANDARD	HE09-12-S1.	Comprehension of Health Promotion and Disease Prevention Concepts: Every student will comprehend concepts related to health promotion and disease prevention to enhance health.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S1C3:	Understanding Personal Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S1C3-03.	Evaluate levels and types of physical activity and how these promote health and contribute to disease prevention Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S1.	Comprehension of Health Promotion and Disease Prevention Concepts: Every student will comprehend concepts related to health promotion and disease prevention to enhance health.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S1C6:	Understanding Healthy vs. Unhealthy Behaviors
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S1C6-01.	Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S2:	Analysis of Factors Affecting Health Behaviors: Every student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S2C1:	External Influences on Personal Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-01.	Analyze how the family influences the health of individuals Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support

		<p>Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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 Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-02.	<p>Analyze how the culture supports and challenges health beliefs, practices, and behaviors</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-03.	<p>Evaluate how peers influence healthy and unhealthy behaviors</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 12: Analyzing Well-Being</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-04.	<p>Evaluate how the school and community can impact personal health practice and behaviors</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-05.	<p>Evaluate the effect of media on personal and family health</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>

OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-06.	Evaluate the impact of technology on personal, family, and community health Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S2:	Analysis of Factors Affecting Health Behaviors: Every student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S2C2:	Internal Influences on Personal Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C2-01.	Analyze how the perceptions of norms influence healthy and unhealthy behaviors My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C2-02.	Analyze the influence of personal values and beliefs on individual health practices and behaviors Multimedia Extensions Multimedia Extensions: Confidence 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 My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future 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 12: Analyzing Well-Being
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C2-03.	Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance

		<p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S2:	Analysis of Factors Affecting Health Behaviors: Every student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S2C3:	Influence of Public Policy on Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C3-01.	<p>Analyze how public health policies and government regulations can influence health promotion and disease prevention</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S3:	Access to Health Information, Products, and Services to Enhance Health: Every student will demonstrate the ability to access valid information, products, and services to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S3C2:	Accessing Help
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S3C2-01.	<p>Use resources from home, school, and community that provide valid health information</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S3C2-02.	<p>Determine the accessibility of products and services that enhance health.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>

OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S3C2-03.	Analyze a situation in which professional health services may be required 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
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S3C2-04.	Access valid and reliable health products and services 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	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S4:	Use of Interpersonal Communication Skills to Enhance Health: Every student will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S4C1:	Communication to Enhance Help
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S4C1-01.	Utilize skills for communicating effectively with family, peers, and others to enhance health 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
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S4C1-02.	Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks 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	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S4:	Use of Interpersonal Communication Skills to Enhance Health: Every student will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S4C3:	Asking for Help

OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S4C3-01.	Evaluate effective ways to ask for and offer assistance to enhance the health of self and others My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S5:	Use of Decision-Making Skills to Enhance Health: Every student will demonstrate the ability to use decision-making skills to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S5C1:	Influences on Health Decision Making
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C1-01.	Examine barriers to healthy decision making 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
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S5:	Use of Decision-Making Skills to Enhance Health: Every student will demonstrate the ability to use decision-making skills to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S5C2:	Application of Decision-Making Skills to Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C2-01.	Determine the value of applying a thoughtful decision-making process in health-related situations 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
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C2-02.	<p>Justify when individual or collaborative decision making is appropriate</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C2-03.	<p>Analyze and propose alternatives to health-related issues or problems</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C2-04.	<p>Predict the potential short-term and long-term impact of each alternative on self and others</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C2-05.	<p>Defend the healthy choice when making decisions</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>

OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C2-06.	Evaluate the effectiveness of health-related decisions 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
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S6:	Use of Goal-Setting Skills to Enhance Health: Every student will demonstrate the ability to use goal-setting skills to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S6C1:	Assessment of Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S6C1-01.	Assess personal health practices and overall health status Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S6:	Use of Goal-Setting Skills to Enhance Health: Every student will demonstrate the ability to use goal-setting skills to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S6C2:	Health-Related Goal Setting
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S6C2-01.	Develop a plan to attain a personal health goal that addresses strengths, needs, and risks Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future

		<p>Unit 1: Destination Success - Lesson 02: Your Goals 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 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</p>
<p>OBJECTIVE / GRADE LEVEL EXPECTATION</p>	<p>HE09-12-S6C2-02.</p>	<p>Implement strategies and monitor progress in achieving a personal health goal</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals 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 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</p>
<p>OBJECTIVE / GRADE LEVEL EXPECTATION</p>	<p>HE09-12-S6C2-03.</p>	<p>Formulate an effective long-term personal health plan</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals 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 6: Highway to Motivation - Lesson 13: Motivation</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE09-12-S1:	Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE09-12-S1C3:	Complex or Specialized Movement Skills
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-02.	When engaged in peer teaching, adequately apply knowledge about skill/s to reinforce or correct one's own performance My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-03.	Evaluate the critical elements of a skill My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-04.	Compare and contrast the strengths and weaknesses of highly skilled performances My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-05.	Apply discipline-specific information to individual performance My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-06.	Demonstrate the biomechanical concepts and principles of a skill/set of skills My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-07.	Use coaching information (self, peer, teacher, video) to improve performance My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-08.	Design a plan for self-improvement of a specific movement skill My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE09-12-S2:	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE09-12-S2C2:	Scientific Principles
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S2C2-03.	Identify and explain how different physical activities contribute to specific health-related and/or skill-related physical fitness Multimedia Extensions Multimedia Extensions: Stress
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S2C2-05.	Design a personal fitness program that 1) will lead to, or maintain, an acceptable level of health-related fitness and 2) is based on an understanding of training principles, individual skill levels and availability of resources. The plan will include: write program goals; design a program; follow the program; monitor and adjust program Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE09-12-S4:	Achieves and maintains a health-enhancing level of physical fitness.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE09-12-S4C1:	Health-Related Fitness
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S4C1-03.	Achieve personal fitness goals based on principles of training Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE09-12-S5:	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE09-12-S5C1:	Personal Behavior
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S5C1-02.	Act independently of peer pressure My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress

Arizona Academic Standards

Health and PE

Grade 11 - Adopted 2009

STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S1.	Comprehension of Health Promotion and Disease Prevention Concepts: Every student will comprehend concepts related to health promotion and disease prevention to enhance health.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S1C1:	Understand Relationship Between Health Behaviors and Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S1C1-01.	Predict how healthy behaviors can affect health status 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 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S1.	Comprehension of Health Promotion and Disease Prevention Concepts: Every student will comprehend concepts related to health promotion and disease prevention to enhance health.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S1C2:	Understanding Multiple Dimensions of Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S1C2-01.	Describe the interrelationships of emotional, intellectual, physical, and social health

		<p>My Roadmap to the Future 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</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S1.	Comprehension of Health Promotion and Disease Prevention Concepts: Every student will comprehend concepts related to health promotion and disease prevention to enhance health.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S1C3:	Understanding Personal Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S1C3-03.	<p>Evaluate levels and types of physical activity and how these promote health and contribute to disease prevention</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S1.	Comprehension of Health Promotion and Disease Prevention Concepts: Every student will comprehend concepts related to health promotion and disease prevention to enhance health.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S1C6:	Understanding Healthy vs. Unhealthy Behaviors
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S1C6-01.	<p>Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
STRAND	AZ.HE.	Health Education

CONCEPT / STANDARD	HE09-12-S2:	Analysis of Factors Affecting Health Behaviors: Every student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S2C1:	External Influences on Personal Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-01.	Analyze how the family influences the health of individuals Multimedia Extensions 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 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 Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-02.	Analyze how the culture supports and challenges health beliefs, practices, and behaviors My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-03.	Evaluate how peers influence healthy and unhealthy behaviors My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap 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 12: Analyzing Well-Being
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-04.	Evaluate how the school and community can impact personal health practice and behaviors

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-05.	<p>Evaluate the effect of media on personal and family health</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-06.	<p>Evaluate the impact of technology on personal, family, and community health</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S2:	Analysis of Factors Affecting Health Behaviors: Every student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S2C2:	Internal Influences on Personal Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C2-01.	<p>Analyze how the perceptions of norms influence healthy and unhealthy behaviors</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C2-02.	<p>Analyze the influence of personal values and beliefs on individual health practices and behaviors</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>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</p>

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future 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 12: Analyzing Well-Being</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C2-03.	<p>Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S2:	Analysis of Factors Affecting Health Behaviors: Every student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S2C3:	Influence of Public Policy on Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C3-01.	<p>Analyze how public health policies and government regulations can influence health promotion and disease prevention</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S3:	Access to Health Information, Products, and Services to Enhance Health: Every student will demonstrate the ability to access valid information, products, and services to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S3C2:	Accessing Help
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S3C2-01.	<p>Use resources from home, school, and community that provide valid health information</p> <p>My Roadmap to the Future</p>

		<p>Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S3C2-02.	<p>Determine the accessibility of products and services that enhance health.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S3C2-03.	<p>Analyze a situation in which professional health services may be required</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S3C2-04.	<p>Access valid and reliable health products and services</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S4:	Use of Interpersonal Communication Skills to Enhance Health: Every student will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S4C1:	Communication to Enhance Help
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S4C1-01.	<p>Utilize skills for communicating effectively with family, peers, and others to enhance health</p> <p>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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S4C1-02.	Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks

		<p>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</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S4:	Use of Interpersonal Communication Skills to Enhance Health: Every student will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S4C3:	Asking for Help
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S4C3-01.	<p>Evaluate effective ways to ask for and offer assistance to enhance the health of self and others</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S5:	Use of Decision-Making Skills to Enhance Health: Every student will demonstrate the ability to use decision-making skills to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S5C1:	Influences on Health Decision Making
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C1-01.	<p>Examine barriers to healthy decision making</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S5:	Use of Decision-Making Skills to Enhance Health: Every student will demonstrate the ability to use decision-making skills to enhance health

PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S5C2:	Application of Decision-Making Skills to Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C2-01.	<p>Determine the value of applying a thoughtful decision-making process in health-related situations</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C2-02.	<p>Justify when individual or collaborative decision making is appropriate</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C2-03.	<p>Analyze and propose alternatives to health-related issues or problems</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C2-04.	<p>Predict the potential short-term and long-term impact of each alternative on self and others</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C2-05.	<p>Defend the healthy choice when making decisions</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C2-06.	<p>Evaluate the effectiveness of health-related decisions</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S6:	Use of Goal-Setting Skills to Enhance Health: Every student will demonstrate the ability to use goal-setting skills to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S6C1:	Assessment of Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S6C1-01.	<p>Assess personal health practices and overall health status</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S6:	Use of Goal-Setting Skills to Enhance Health: Every student will demonstrate the ability to use goal-setting skills to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S6C2:	Health-Related Goal Setting

<p>OBJECTIVE / GRADE LEVEL EXPECTATION</p>	<p>HE09-12-S6C2-01.</p>	<p>Develop a plan to attain a personal health goal that addresses strengths, needs, and risks</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals 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 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</p>
<p>OBJECTIVE / GRADE LEVEL EXPECTATION</p>	<p>HE09-12-S6C2-02.</p>	<p>Implement strategies and monitor progress in achieving a personal health goal</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals 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 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</p>
<p>OBJECTIVE / GRADE LEVEL EXPECTATION</p>	<p>HE09-12-S6C2-03.</p>	<p>Formulate an effective long-term personal health plan</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>

		<p>Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals 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 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</p>
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE09-12-S1:	Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE09-12-S1C3:	Complex or Specialized Movement Skills
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-02.	<p>When engaged in peer teaching, adequately apply knowledge about skill/s to reinforce or correct one's own performance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-03.	<p>Evaluate the critical elements of a skill</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-04.	<p>Compare and contrast the strengths and weaknesses of highly skilled performances</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-05.	<p>Apply discipline-specific information to individual performance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-06.	Demonstrate the biomechanical concepts and principles of a skill/set of skills My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-07.	Use coaching information (self, peer, teacher, video) to improve performance My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-08.	Design a plan for self-improvement of a specific movement skill My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE09-12-S2:	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE09-12-S2C2:	Scientific Principles
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S2C2-03.	Identify and explain how different physical activities contribute to specific health-related and/or skill-related physical fitness Multimedia Extensions Multimedia Extensions: Stress
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S2C2-05.	Design a personal fitness program that 1) will lead to, or maintain, an acceptable level of health-related fitness and 2) is based on an understanding of training principles, individual skill levels and availability of resources. The plan will include: write program goals; design a program; follow the program; monitor and adjust program Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE09-12-S4:	Achieves and maintains a health-enhancing level of physical fitness.

PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE09-12-S4C1:	Health-Related Fitness
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S4C1-03.	Achieve personal fitness goals based on principles of training Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE09-12-S5:	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE09-12-S5C1:	Personal Behavior
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S5C1-02.	Act independently of peer pressure My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress

Arizona Academic Standards

Health and PE

Grade 12 - Adopted 2009

STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S1.	Comprehension of Health Promotion and Disease Prevention Concepts: Every student will comprehend concepts related to health promotion and disease prevention to enhance health.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S1C1:	Understand Relationship Between Health Behaviors and Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S1C1-01.	Predict how healthy behaviors can affect health status 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 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S1.	Comprehension of Health Promotion and Disease Prevention Concepts: Every student will comprehend concepts related to health promotion and disease prevention to enhance health.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S1C2:	Understanding Multiple Dimensions of Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S1C2-01.	Describe the interrelationships of emotional, intellectual, physical, and social health My Roadmap to the Future 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 My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S1.	Comprehension of Health Promotion and Disease Prevention Concepts: Every student will comprehend concepts related to health promotion and disease prevention to enhance health.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S1C3:	Understanding Personal Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S1C3-03.	Evaluate levels and types of physical activity and how these promote health and contribute to disease prevention Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S1.	Comprehension of Health Promotion and Disease Prevention Concepts: Every student will comprehend concepts related to health promotion and disease prevention to enhance health.

PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S1C6:	Understanding Healthy vs. Unhealthy Behaviors
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S1C6-01.	Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S2:	Analysis of Factors Affecting Health Behaviors: Every student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S2C1:	External Influences on Personal Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-01.	Analyze how the family influences the health of individuals Multimedia Extensions 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 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 Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-02.	Analyze how the culture supports and challenges health beliefs, practices, and behaviors My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being

OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-03.	Evaluate how peers influence healthy and unhealthy behaviors My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap 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 12: Analyzing Well-Being
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-04.	Evaluate how the school and community can impact personal health practice and behaviors My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-05.	Evaluate the effect of media on personal and family health Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C1-06.	Evaluate the impact of technology on personal, family, and community health Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S2:	Analysis of Factors Affecting Health Behaviors: Every student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S2C2:	Internal Influences on Personal Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C2-01.	Analyze how the perceptions of norms influence healthy and unhealthy behaviors My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support

		<p>Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C2-02.	<p>Analyze the influence of personal values and beliefs on individual health practices and behaviors</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>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</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future 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 12: Analyzing Well-Being</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C2-03.	<p>Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S2:	Analysis of Factors Affecting Health Behaviors: Every student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S2C3:	Influence of Public Policy on Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S2C3-01.	<p>Analyze how public health policies and government regulations can influence health promotion and disease prevention</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p>

		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S3:	Access to Health Information, Products, and Services to Enhance Health: Every student will demonstrate the ability to access valid information, products, and services to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S3C2:	Accessing Help
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S3C2-01.	Use resources from home, school, and community that provide valid health information My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S3C2-02.	Determine the accessibility of products and services that enhance health. 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
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S3C2-03.	Analyze a situation in which professional health services may be required 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
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S3C2-04.	Access valid and reliable health products and services 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	AZ.HE.	Health Education

CONCEPT / STANDARD	HE09-12-S4:	Use of Interpersonal Communication Skills to Enhance Health: Every student will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S4C1:	Communication to Enhance Help
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S4C1-01.	Utilize skills for communicating effectively with family, peers, and others to enhance health 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
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S4C1-02.	Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks 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	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S4:	Use of Interpersonal Communication Skills to Enhance Health: Every student will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S4C3:	Asking for Help
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S4C3-01.	Evaluate effective ways to ask for and offer assistance to enhance the health of self and others My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S5:	Use of Decision-Making Skills to Enhance Health: Every student will demonstrate the ability to use decision-making skills to enhance health

PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S5C1:	Influences on Health Decision Making
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C1-01.	Examine barriers to healthy decision making 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
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S5:	Use of Decision-Making Skills to Enhance Health: Every student will demonstrate the ability to use decision-making skills to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S5C2:	Application of Decision-Making Skills to Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C2-01.	Determine the value of applying a thoughtful decision-making process in health-related situations 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
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C2-02.	Justify when individual or collaborative decision making is appropriate 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

OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C2-03.	<p>Analyze and propose alternatives to health-related issues or problems</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C2-04.	<p>Predict the potential short-term and long-term impact of each alternative on self and others</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C2-05.	<p>Defend the healthy choice when making decisions</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S5C2-06.	<p>Evaluate the effectiveness of health-related decisions</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
STRAND	AZ.HE.	Health Education

CONCEPT / STANDARD	HE09-12-S6:	Use of Goal-Setting Skills to Enhance Health: Every student will demonstrate the ability to use goal-setting skills to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S6C1:	Assessment of Health
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S6C1-01.	Assess personal health practices and overall health status Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND	AZ.HE.	Health Education
CONCEPT / STANDARD	HE09-12-S6:	Use of Goal-Setting Skills to Enhance Health: Every student will demonstrate the ability to use goal-setting skills to enhance health
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	HE09-12-S6C2:	Health-Related Goal Setting
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S6C2-01.	Develop a plan to attain a personal health goal that addresses strengths, needs, and risks Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals 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 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
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S6C2-02.	Implement strategies and monitor progress in achieving a personal health goal Multimedia Extensions

		<p>Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals 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 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</p>
OBJECTIVE / GRADE LEVEL EXPECTATION	HE09-12-S6C2-03.	<p>Formulate an effective long-term personal health plan</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals 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 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</p>
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE09-12-S1:	Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE09-12-S1C3:	Complex or Specialized Movement Skills

OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-02.	When engaged in peer teaching, adequately apply knowledge about skill/s to reinforce or correct one's own performance My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-03.	Evaluate the critical elements of a skill My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-04.	Compare and contrast the strengths and weaknesses of highly skilled performances My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-05.	Apply discipline-specific information to individual performance My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-06.	Demonstrate the biomechanical concepts and principles of a skill/set of skills My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-07.	Use coaching information (self, peer, teacher, video) to improve performance My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S1C3-08.	Design a plan for self-improvement of a specific movement skill My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE09-12-S2:	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE09-12-S2C2:	Scientific Principles

OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S2C2-03.	Identify and explain how different physical activities contribute to specific health-related and/or skill-related physical fitness Multimedia Extensions Multimedia Extensions: Stress
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S2C2-05.	Design a personal fitness program that 1) will lead to, or maintain, an acceptable level of health-related fitness and 2) is based on an understanding of training principles, individual skill levels and availability of resources. The plan will include: write program goals; design a program; follow the program; monitor and adjust program Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE09-12-S4:	Achieves and maintains a health-enhancing level of physical fitness.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE09-12-S4C1:	Health-Related Fitness
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S4C1-03.	Achieve personal fitness goals based on principles of training Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND	AZ.PE.	Physical Education
CONCEPT / STANDARD	PE09-12-S5:	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	PE09-12-S5C1:	Personal Behavior
OBJECTIVE / GRADE LEVEL EXPECTATION	PE09-12-S5C1-02.	Act independently of peer pressure My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress

Arizona Academic Standards

Social Studies

Grade 9 - Adopted 2005 / Updated 2006

STRAND	AZ.SSHS-S2.	World History
CONCEPT / STANDARD	SSHS-S2C1.	Research Skills for History: Historical research is a process in which students examine topics or questions related to historical studies and/or current issues.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SSHS-S2C1-01.	Interpret historical data displayed in maps, graphs, tables, charts, and geologic time scales. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SSHS-S2C1-04.	Construct graphs, tables, timelines, charts, and narratives to interpret historical data. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SSHS-S2C1-07.	Compare present events with past events: a) cause and effect; b) change over time; c) different points of view. 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	AZ.SSHS-S5.	Economics
CONCEPT / STANDARD	SSHS-S5C5.	Personal Finance: Decision-making skills foster a person's individual standard of living. Using information wisely leads to better informed decisions as consumers, workers, investors and effective participants in society.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SSHS-S5C5-01.	Explain how education, career choices, and family obligations affect future income. 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 Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SSHS-S5C5-03.	Determine short- and long-term financial goals and plans, including income, spending, saving, and investing. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Arizona Academic Standards

Social Studies

Grade 10 - Adopted 2005 / Updated 2006

STRAND	AZ.SSHS-S2.	World History
CONCEPT / STANDARD	SSHS-S2C1.	Research Skills for History: Historical research is a process in which students examine topics or questions related to historical studies and/or current issues.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SSHS-S2C1-01.	Interpret historical data displayed in maps, graphs, tables, charts, and geologic time scales. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection

PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SSHS-S2C1-04.	<p>Construct graphs, tables, timelines, charts, and narratives to interpret historical data.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SSHS-S2C1-07.	<p>Compare present events with past events: a) cause and effect; b) change over time; c) different points of view.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>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</p>
STRAND	AZ.SSHS-S5.	Economics
CONCEPT / STANDARD	SSHS-S5C5.	<p>Personal Finance: Decision-making skills foster a person's individual standard of living. Using information wisely leads to better informed decisions as consumers, workers, investors and effective participants in society.</p>
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SSHS-S5C5-01.	<p>Explain how education, career choices, and family obligations affect future income.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SSHS-S5C5-03.	<p>Determine short- and long-term financial goals and plans, including income, spending, saving, and investing.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
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Arizona Academic Standards

Social Studies

Grade 11 - Adopted 2005 / Updated 2006

STRAND	AZ.SSHS-S2.	World History
CONCEPT / STANDARD	SSHS-S2C1.	Research Skills for History: Historical research is a process in which students examine topics or questions related to historical studies and/or current issues.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SSHS-S2C1-01.	<p>Interpret historical data displayed in maps, graphs, tables, charts, and geologic time scales.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SSHS-S2C1-04.	<p>Construct graphs, tables, timelines, charts, and narratives to interpret historical data.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SSHS-S2C1-07.	<p>Compare present events with past events: a) cause and effect; b) change over time; c) different points of view.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>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</p>

		Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support
STRAND	AZ.SSHS-S5.	Economics
CONCEPT / STANDARD	SSHS-S5C5.	Personal Finance: Decision-making skills foster a person's individual standard of living. Using information wisely leads to better informed decisions as consumers, workers, investors and effective participants in society.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SSHS-S5C5-01.	Explain how education, career choices, and family obligations affect future income. 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 Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SSHS-S5C5-03.	Determine short- and long-term financial goals and plans, including income, spending, saving, and investing. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Arizona Academic Standards

Social Studies

Grade 12 - Adopted 2005 / Updated 2006

STRAND	AZ.SSHS-S2.	World History
CONCEPT / STANDARD	SSHS-S2C1.	Research Skills for History: Historical research is a process in which students examine topics or questions related to historical studies and/or current issues.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SSHS-S2C1-01.	Interpret historical data displayed in maps, graphs, tables, charts, and geologic time scales. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SSHS-S2C1-04.	Construct graphs, tables, timelines, charts, and narratives to interpret historical data. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SSHS-S2C1-07.	Compare present events with past events: a) cause and effect; b) change over time; c) different points of view. 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	AZ.SSHS-S5.	Economics
CONCEPT / STANDARD	SSHS-S5C5.	Personal Finance: Decision-making skills foster a person's individual standard of living. Using information wisely leads to better informed decisions as consumers, workers, investors and effective participants in society.
PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL	SSHS-S5C5-01.	Explain how education, career choices, and family obligations affect future income. 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 Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

<p>PERFORMANCE OBJECTIVE / PROFICIENCY LEVEL</p>	<p>SSHS-S5C5-03.</p>	<p>Determine short- and long-term financial goals and plans, including income, spending, saving, and investing.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
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