

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

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

**States:** Washington DC Learning Standards

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

**Washington DC Learning Standards**

**Health and PE**

**Grade 7 - Adopted 2007**

<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.7.1.</b>	Students comprehend concepts related to health promotion and disease prevention.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>7.1.1.</b>	Emotional Health: Explain how appropriate mental health care can help prevent, detect, and treat serious mental health problems, such as anxiety disorders, mood disorders, and suicide.  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.7.1.</b>	Students comprehend concepts related to health promotion and disease prevention.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>7.1.2.</b>	Emotional Health: Assess the effects of peer pressure and offer
<b>EXPECTATION</b>	<b>7.1.2.a.</b>	Effective ways to cope with negative influences and  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 09: Finding Balance  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education

<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.7.1.</b>	Students comprehend concepts related to health promotion and disease prevention.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>7.1.14.</b>	Alcohol, Tobacco & Other Drugs: Explain the physical, legal, financial, social, and psychological cost of the use, sale, and possession of illegal substances.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.7.2.</b>	Students demonstrate the ability to access and evaluate health information, products, and services.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>7.2.1.</b>	Locate Health Information & Assistance: Demonstrate the ability to access valid mental health information from schools (e.g., the school psychologist) and community sources (e.g., a local mental health association).  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.7.4.</b>	Students demonstrate the ability to analyze the influence of family, culture, media, and technology on health and health behaviors.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>7.4.1.</b>	Family & Cultural Influences: Explain that children learn most of their values from parents and other family members regarding important decisions about friends, sexual relationships, family, education, and a range of other issues.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence  <b>My Roadmap to the Future</b> Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> 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
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>7.4.2.</b>	Media & Technological Influences: Analyze how societal messages from all media, including music, television programs, movies, advertising, and the Internet influence adolescents' perceptions and behaviors related to sexual activity, diet and body image, alcohol, drug use and violence.

		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.7.6.</b>	Students demonstrate the ability to implement decision-making and goal-setting skills to enhance health.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>7.6.1.</b>	<p>Decision-Making &amp; Goal-Setting: Design a purposeful personal health goal (e.g., healthy eating), evaluate how family and peers might support or hinder its achievement, and evaluate progress toward its achievement.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  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  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.7.3.</b>	Students assess and maintain a level of physical fitness to improve health and performance through a physically active lifestyle.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>7.3.1.</b>	Fitness Concepts: Participate in physical activity a minimum of four days each week and measure and evaluate changes in health-related physical fitness based on physical activity patterns.

		<p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STUDENT EXPECTATION / ESSENTIAL SKILL	7.3.8.	<p>Assessment: Develop individual goals for each of the components of health-related physical fitness; periodically assess the attainment of, or progress toward these goals; and make necessary adjustments to a personal physical fitness program.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD / STRAND / DISCIPLINE	DC.PE.	Physical Education
STANDARD / ESSENTIAL SKILL	PE.7.5.	Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
STUDENT EXPECTATION / ESSENTIAL SKILL	7.5.1.	<p>Self-Responsibility: Abide by the decisions of the officials, accept the outcome of the game, and show appreciation toward participants.</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STUDENT EXPECTATION / ESSENTIAL SKILL	7.5.2.	<p>Social Interaction: Evaluate the effect of expressing encouragement to others while participating in a group physical activity.</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STUDENT EXPECTATION / ESSENTIAL SKILL	7.5.4.	<p>Group Dynamics: Discuss factors that influence internal and external motivation and employ motivational techniques to enhance group productivity.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>

Washington DC Learning Standards

Health and PE

Grade 8 - Adopted 2007

CONTENT STANDARD / STRAND /	DC.HE.	Health Education
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<b>DISCIPLINE</b>		
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.8.1.</b>	Students comprehend concepts related to health promotion and disease prevention.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>8.1.1.</b>	Emotional Health: Identify warning signs of depression.  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>8.1.2.</b>	Emotional Health: Recommend ways to help a friend or family member deal with emotional conflicts or problems.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.8.2.</b>	Students demonstrate the ability to access and evaluate health information, products, and services.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>HE.8.3.</b>	Students demonstrate the ability to apply self-management skills to enhance personal health and safety.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.8.4.</b>	Students demonstrate the ability to analyze the influence of family, culture, media, and technology on health and health behaviors.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>8.4.4.</b>	Media & Technological Influences: Describe the ways technology can affect personal health and health behaviors for better and for worse, such as through new, effective medicines; improved exercise equipment; and the availability and nutrient quality of food.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education

<b>DISCIPLINE</b>		
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.8.5.</b>	Students demonstrate the ability to utilize interpersonal communication skills to enhance and protect health.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>8.5.1.</b>	<p>Effective &amp; Respectful Communication: Demonstrate how to provide constructive criticism, including selecting the right time/place; focusing on things that can be changed; and providing advice that is positive, specific, and helpful.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>8.5.2.</b>	<p>Resolving Conflicts: Compare the use of cooperative and competitive strategies to achieve a group goal, and recommend strategies to keep a group on target and free from conflict.</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 3: Connections - Lesson 05: Making Connections</p> <p><b>My Success Roadmap</b>  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  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.8.6.</b>	Students demonstrate the ability to implement decision-making and goal-setting skills to enhance health.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>8.6.1.</b>	<p>Decision-Making &amp; Goal-Setting: Demonstrate the ability to identify choices on a range of health issues that are consistent with one's own values, and do not involve risking one's own health or safety, other people's health or safety, or breaking the law.</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD /</b>	<b>PE.8.3.</b>	Students assess and maintain a level of physical fitness to improve health

<b>ESSENTIAL SKILL</b>		and performance through a physically active lifestyle.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>8.3.1.</b>	<p>Fitness Concepts: Participate in physical activity a minimum of four days each week and measure and evaluate changes in health-related physical fitness based on physical activity patterns.</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>8.3.8.</b>	<p>Assessment: Develop individual goals for each of the components of health-related physical fitness; periodically assess the attainment of, or progress toward these goals; and make necessary adjustments to a personal physical fitness program.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>8.3.9.</b>	<p>Assessment: Refine individual personal physical fitness goals for each of the five components of health related physical fitness, using research-based criteria.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.8.5.</b>	Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>8.5.1.</b>	<p>Self-Responsibility: Identify and evaluate preferences for lifelong physical activity and determine one's responsibility for developing skills, acquiring knowledge of concepts, and achieving fitness.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>8.5.2.</b>	Social Interaction: Identify the contributions of members of a group or team and give positive reinforcement to members for accomplishing a task or goal.

		<b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
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**Washington DC Learning Standards**

**Social Studies**

**Grade 7 - Adopted 2006**

<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.6-8.</b>	Historical and Social Sciences Analysis Skills
<b>STANDARD / ESSENTIAL SKILL</b>	<b>6-8.1.</b>	Chronology and Historical Interpretation
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>6-8.1.4.</b>	<p>Students understand and distinguish cause, effect, sequence, and correlation in historical events, including the short-term causes or sparks from long-term causes.</p> <p><b>Multimedia Extensions</b>          Multimedia Extensions: Confidence          Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>          Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>          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>
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>6-8.1.9.</b>	<p>Students frame questions that can be answered by historical study and research.</p> <p><b>My Success Roadmap</b>          Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

**Washington DC Learning Standards**

**Social Studies**

**Grade 8 - Adopted 2006**

<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.6-8.</b>	Historical and Social Sciences Analysis Skills
<b>STANDARD / ESSENTIAL SKILL</b>	<b>6-8.1.</b>	Chronology and Historical Interpretation



<b>SKILL</b>		
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>6-8.1.4.</b>	<p>Students understand and distinguish cause, effect, sequence, and correlation in historical events, including the short-term causes or sparks from long-term causes.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  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>
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>6-8.1.9.</b>	<p>Students frame questions that can be answered by historical study and research.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

**Washington DC Learning Standards**

**Health and PE**

**Grade 9 - Adopted 2007**

<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.1.</b>	Students comprehend concepts related to health promotion and disease prevention.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.1.</b>	Level 1
<b>EXPECTATION</b>	<b>L1.1.2.</b>	Emotional Health: Describe the important developmental tasks of adolescence, including the development of mature relationships, gender identification, a healthy body image, emotional independence, and life skills.

		<p><b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>EXPECTATION</b>	<b>L1.1.8.</b>	<p>Disease Prevention and Treatment: Compare and contrast disease and health conditions occurring in adolescence and young adulthood with those occurring later in life, such as cancer, cardiovascular diseases, respiratory diseases, arthritis, osteoporosis, and Alzheimer's diseases; and explain how health decisions today might increase or reduce the risk of developing such ailments.</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.1.</b>	Students comprehend concepts related to health promotion and disease prevention.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L2.1.</b>	Level 2
<b>EXPECTATION</b>	<b>L2.1.2.</b>	<p>Emotional Health: Analyze how peer norms and expectations, substance abuse, media images, sexual exploitation, and poor role models contribute to violent behavior.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>

		Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.3.</b>	Students demonstrate the ability to apply self-management skills to enhance personal health and safety.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.3.</b>	Level 1
<b>EXPECTATION</b>	<b>L1.3.3.</b>	Safety Skills: Identify the signs of emotional and physical abuse and the available resources for help and support in the schools, the local community, law enforcement agencies, and faith-based groups.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.4.</b>	Students demonstrate the ability to analyze the influence of family, culture, media, and technology on health and health behaviors.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.4.</b>	Level 1
<b>EXPECTATION</b>	<b>L1.4.1.</b>	Family & Cultural Influences: Identify the traits of a healthy family, including responsibility, communication, trust, loyalty, respect, commitment, love, affirmation, and self-reliance; and explain the ways family members depend on one another and can positively influence each other's health decisions.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education

<b>DISCIPLINE</b>		
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.5.</b>	Students demonstrate the ability to utilize interpersonal communication skills to enhance and protect health.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.5.</b>	Level 1
<b>EXPECTATION</b>	<b>L1.5.1.</b>	<p>Effective &amp; Respectful Communication: Contrast how positive communication (e.g., active listening, praise, and humor) and negative communication (e.g., teasing, name calling, and bullying) impact relationships.</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.6.</b>	Students demonstrate the ability to implement decision-making and goal-setting skills to enhance health.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.6.</b>	Level 1
<b>EXPECTATION</b>	<b>L1.6.1.</b>	<p>Decision-Making &amp; Goal-Setting: Work cooperatively with others to identify potential solutions to personal, family, or community health concerns; and use risk-benefit ratios to make decisions.</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> 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 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 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
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.2.</b>	Level 1
<b>EXPECTATION</b>	<b>L1.2.1.</b>	Participate in moderate to vigorous physical activity at least four days each week that develops and maintains the five components of physical fitness.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>EXPECTATION</b>	<b>L1.2.2.</b>	Engage in a variety of sustained, moderate to vigorous physical activities that enhance each component of health related fitness.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>EXPECTATION</b>	<b>L1.2.3.</b>	Use physical fitness test results to set and adjust goals to improve fitness.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>L1.2.4.</b>	Explain the role of physical activity in the prevention of disease and the reduction of health care costs.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress

<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L2.2.</b>	Level 2
<b>EXPECTATION</b>	<b>L2.2.1.</b>	Participate in moderate to vigorous physical activity at least four days each week, using the principles of exercise to individual needs and interests.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>EXPECTATION</b>	<b>L2.2.5.</b>	Develop and implement a training program to maximize health benefits and prevent exercise-related injuries and illnesses.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>EXPECTATION</b>	<b>L2.2.6.</b>	Demonstrate age and gender-specific progress towards the achievement of fitness goals for each component of health-related and fitness.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EXPECTATION</b>	<b>L2.2.9.</b>	Develop and describe a physical fitness plan that enhances personal health and performance in various leisure and workplace activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD /</b>	<b>PE.3.</b>	Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and

<b>ESSENTIAL SKILL</b>		performance of physical activity.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.3.</b>	Level 1
<b>EXPECTATION</b>	<b>L1.3.3.</b>	Self-Responsibility: Describe the enjoyment, self-expression, challenge, and social benefits experienced by achieving one's best in physical activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence
<b>EXPECTATION</b>	<b>L1.3.4.</b>	Self-Responsibility: Develop personal goals to improve one's performance in physical activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>L1.3.5.</b>	Self-Responsibility: Demonstrate character based on core ethical values and good sportsmanship.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.3.</b>	Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L2.3.</b>	Level 2
<b>EXPECTATION</b>	<b>L2.3.4.</b>	Self-Responsibility: Explain and analyze the role of individual attitude, motivation, and determination in achieving personal satisfaction from challenging physical activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>L2.3.5.</b>	Self-Responsibility: Evaluate and refine personal goals to improve performance in physical activities.  <b>Multimedia Extensions</b>

		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>L2.3.9.</b>	<p>Social Interaction: Analyze how role models, and the core ethical values they exhibit, influence participants in athletics.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC3A.</b>	Elective Course 3A: Adventure/Outdoor Activities
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC3A.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>EXPECTATION</b>	<b>EC3A.2.1.</b>	<p>Participate in adventure/outdoor activities that improve health-related physical fitness.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>EXPECTATION</b>	<b>EC3A.2.2.</b>	<p>Analyze the effects of adventure/outdoor activities on a personal physical fitness program and personal levels of health-related physical fitness.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b></p>



		Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>EXPECTATION</b>	<b>EC3A.2.3.</b>	<p>Improve or maintain physical fitness by adjusting physical activity levels according to the principles of exercise.</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>EXPECTATION</b>	<b>EC3A.2.4.</b>	<p>Explain the relationship between participation in adventure/outdoor activities and health.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
<b>EXPECTATION</b>	<b>EC3A.2.5.</b>	<p>Evaluate goal-setting and other strategies as effective tools for maintaining and increasing adherence to a personal physical activity program.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC3A.</b>	Elective Course 3A: Adventure/Outdoor Activities
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC3A.3.</b>	Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
<b>EXPECTATION</b>	<b>EC3A.3.1.</b>	<p>Evaluate one's growing sense of efficacy as skill levels in adventure/outdoor activities improve.</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>EXPECTATION</b>	<b>EC3A.3.2.</b>	<p>Set personal goals for improved performance and enjoyment of adventure/outdoor activities.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education

<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC3D.</b>	Elective Course 3D: Weight Training & Fitness
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC3D.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>EXPECTATION</b>	<b>EC3D.2.1.</b>	Establish a set of personal physical fitness goals, using the principles of training, and create a strength-training and conditioning program.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>EC3D.2.7.</b>	Develop and use a personal physical fitness log to record all workout data on a daily basis.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EXPECTATION</b>	<b>EC3D.2.9.</b>	Meet physical fitness standards that exceed those of scientifically based health-related fitness assessments.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC3D.</b>	Elective Course 3D: Weight Training & Fitness
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC3D.3.</b>	Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
<b>EXPECTATION</b>	<b>EC3D.3.2.</b>	Set personal goals for improved performance and enjoyment of adventure/ outdoor activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>EC3D.3.5.</b>	Describe the role of motivation in physical activity.

		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>EXPECTATION</b>	<b>EC3D.3.6.</b>	<p>Describe how the perception of effort and quality is a personal assessment and describe the role that perception plays in achieving fitness goals.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>EXPECTATION</b>	<b>EC3D.3.11.</b>	<p>Assist others in the achievement of their fitness goals.</p> <p><b>My Success Roadmap</b>  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC3E.</b>	Elective Course 3E: Aquatic Activities
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC3E.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>EXPECTATION</b>	<b>EC3E.2.1.</b>	<p>Meet physical fitness standards that exceed those of a scientifically based health-related fitness assessment.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC3F.</b>	Elective Course 3F: Dance
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC3F.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>EXPECTATION</b>	<b>EC3F.2.1.</b>	Meet physical fitness standards that exceed those of a scientifically based health-related fitness assessment.

		<p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC4A.</b>	Elective Course 4A: Advanced Dance
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC4A.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>EXPECTATION</b>	<b>EC4A.2.1.</b>	<p>Identify and achieve a level of fitness that improves health and performance and provides opportunities for enjoyment and challenge in a dance activity.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>EXPECTATION</b>	<b>EC4A.2.3.</b>	<p>Adjust personal fitness goals on the basis of fitness assessment measures to improve performance in dance activities.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC4A.</b>	Elective Course 4A: Advanced Dance
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC4A.3.</b>	Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
<b>EXPECTATION</b>	<b>EC4A.3.2.</b>	<p>Set personal goals for improved performance and enjoyment of dance activities.</p> <p><b>Multimedia Extensions</b></p>

		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
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**Washington DC Learning Standards**

**Health and PE**

**Grade 10 - Adopted 2007**

<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.1.</b>	Students comprehend concepts related to health promotion and disease prevention.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.1.</b>	Level 1
<b>EXPECTATION</b>	<b>L1.1.1.</b>	<p>Emotional Health: Compare the rate of physical, social, and emotional change during various life stages, and discuss ways to foster healthy growth.</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>EXPECTATION</b>	<b>L1.1.2.</b>	<p>Emotional Health: Describe the important developmental tasks of adolescence, including the development of mature relationships, gender identification, a healthy body image, emotional independence, and life skills.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>EXPECTATION</b>	<b>L1.1.8.</b>	Disease Prevention and Treatment: Compare and contrast disease and health conditions occurring in adolescence and young adulthood with those occurring later in life, such as cancer, cardiovascular diseases, respiratory diseases, arthritis, osteoporosis, and Alzheimer's diseases; and explain how health decisions today might increase or reduce the risk of developing such

		ailments.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.1.</b>	Students comprehend concepts related to health promotion and disease prevention.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L2.1.</b>	Level 2
<b>EXPECTATION</b>	<b>L2.1.2.</b>	Emotional Health: Analyze how peer norms and expectations, substance abuse, media images, sexual exploitation, and poor role models contribute to violent behavior.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.3.</b>	Students demonstrate the ability to apply self-management skills to enhance personal health and safety.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.3.</b>	Level 1
<b>EXPECTATION</b>	<b>L1.3.3.</b>	Safety Skills: Identify the signs of emotional and physical abuse and the available resources for help and support in the schools, the local community,

		law enforcement agencies, and faith-based groups.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.4.</b>	Students demonstrate the ability to analyze the influence of family, culture, media, and technology on health and health behaviors.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.4.</b>	Level 1
<b>EXPECTATION</b>	<b>L1.4.1.</b>	Family & Cultural Influences: Identify the traits of a healthy family, including responsibility, communication, trust, loyalty, respect, commitment, love, affirmation, and self-reliance; and explain the ways family members depend on one another and can positively influence each other's health decisions.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.5.</b>	Students demonstrate the ability to utilize interpersonal communication skills to enhance and protect health.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.5.</b>	Level 1
<b>EXPECTATION</b>	<b>L1.5.1.</b>	Effective & Respectful Communication: Contrast how positive communication (e.g., active listening, praise, and humor) and negative communication (e.g., teasing, name calling, and bullying) impact relationships.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.6.</b>	Students demonstrate the ability to implement decision-making and goal-setting skills to enhance health.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.6.</b>	Level 1
<b>EXPECTATION</b>	<b>L1.6.1.</b>	<p>Decision-Making &amp; Goal-Setting: Work cooperatively with others to identify potential solutions to personal, family, or community health concerns; and use risk-benefit ratios to make decisions.</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  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 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  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 &amp; 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>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.



<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.2.</b>	Level 1
<b>EXPECTATION</b>	<b>L1.2.1.</b>	Participate in moderate to vigorous physical activity at least four days each week that develops and maintains the five components of physical fitness.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>EXPECTATION</b>	<b>L1.2.2.</b>	Engage in a variety of sustained, moderate to vigorous physical activities that enhance each component of health related fitness.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>EXPECTATION</b>	<b>L1.2.3.</b>	Use physical fitness test results to set and adjust goals to improve fitness.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>L1.2.4.</b>	Explain the role of physical activity in the prevention of disease and the reduction of health care costs.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L2.2.</b>	Level 2
<b>EXPECTATION</b>	<b>L2.2.1.</b>	Participate in moderate to vigorous physical activity at least four days each week, using the principles of exercise to individual needs and interests.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress

		<p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
EXPECTATION	L2.2.5.	<p>Develop and implement a training program to maximize health benefits and prevent exercise-related injuries and illnesses.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
EXPECTATION	L2.2.6.	<p>Demonstrate age and gender-specific progress towards the achievement of fitness goals for each component of health-related and fitness.</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	L2.2.9.	<p>Develop and describe a physical fitness plan that enhances personal health and performance in various leisure and workplace activities.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD / STRAND / DISCIPLINE	DC.PE.	Physical Education
STANDARD / ESSENTIAL SKILL	PE.3.	Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
STUDENT EXPECTATION / ESSENTIAL SKILL	L1.3.	Level 1
EXPECTATION	L1.3.3.	<p>Self-Responsibility: Describe the enjoyment, self-expression, challenge, and social benefits experienced by achieving one's best in physical activities.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p>
EXPECTATION	L1.3.4.	<p>Self-Responsibility: Develop personal goals to improve one's performance in physical activities.</p> <p><b>Multimedia Extensions</b></p>

		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>L1.3.5.</b>	Self-Responsibility: Demonstrate character based on core ethical values and good sportsmanship.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.3.</b>	Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L2.3.</b>	Level 2
<b>EXPECTATION</b>	<b>L2.3.4.</b>	Self-Responsibility: Explain and analyze the role of individual attitude, motivation, and determination in achieving personal satisfaction from challenging physical activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>L2.3.5.</b>	Self-Responsibility: Evaluate and refine personal goals to improve performance in physical activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>L2.3.9.</b>	Social Interaction: Analyze how role models, and the core ethical values they exhibit, influence participants in athletics.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC3A.</b>	Elective Course 3A: Adventure/Outdoor Activities
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC3A.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>EXPECTATION</b>	<b>EC3A.2.1.</b>	Participate in adventure/outdoor activities that improve health-related physical fitness.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>EXPECTATION</b>	<b>EC3A.2.2.</b>	Analyze the effects of adventure/outdoor activities on a personal physical fitness program and personal levels of health-related physical fitness.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>EXPECTATION</b>	<b>EC3A.2.3.</b>	Improve or maintain physical fitness by adjusting physical activity levels according to the principles of exercise.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EXPECTATION</b>	<b>EC3A.2.4.</b>	Explain the relationship between participation in adventure/outdoor activities and health.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>EXPECTATION</b>	<b>EC3A.2.5.</b>	Evaluate goal-setting and other strategies as effective tools for maintaining and increasing adherence to a personal physical activity program.

		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC3A.</b>	Elective Course 3A: Adventure/Outdoor Activities
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC3A.3.</b>	Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
<b>EXPECTATION</b>	<b>EC3A.3.1.</b>	<p>Evaluate one's growing sense of efficacy as skill levels in adventure/outdoor activities improve.</p> <p><b>My Success Roadmap</b>  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>EXPECTATION</b>	<b>EC3A.3.2.</b>	<p>Set personal goals for improved performance and enjoyment of adventure/outdoor activities.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC3D.</b>	Elective Course 3D: Weight Training & Fitness
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC3D.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>EXPECTATION</b>	<b>EC3D.2.1.</b>	<p>Establish a set of personal physical fitness goals, using the principles of training, and create a strength-training and conditioning program.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>EXPECTATION</b>	<b>EC3D.2.7.</b>	Develop and use a personal physical fitness log to record all workout data on a daily basis.

		<p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	EC3D.2.9.	<p>Meet physical fitness standards that exceed those of scientifically based health-related fitness assessments.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD / STRAND / DISCIPLINE	DC.PE.	Physical Education
STANDARD / ESSENTIAL SKILL	PE.EC3D.	Elective Course 3D: Weight Training & Fitness
STUDENT EXPECTATION / ESSENTIAL SKILL	EC3D.3.	Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
EXPECTATION	EC3D.3.2.	<p>Set personal goals for improved performance and enjoyment of adventure/ outdoor activities.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
EXPECTATION	EC3D.3.5.	<p>Describe the role of motivation in physical activity.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
EXPECTATION	EC3D.3.6.	<p>Describe how the perception of effort and quality is a personal assessment and describe the role that perception plays in achieving fitness goals.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
EXPECTATION	EC3D.3.11.	<p>Assist others in the achievement of their fitness goals.</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC3E.</b>	Elective Course 3E: Aquatic Activities
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC3E.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>EXPECTATION</b>	<b>EC3E.2.1.</b>	Meet physical fitness standards that exceed those of a scientifically based health-related fitness assessment.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC3F.</b>	Elective Course 3F: Dance
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC3F.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>EXPECTATION</b>	<b>EC3F.2.1.</b>	Meet physical fitness standards that exceed those of a scientifically based health-related fitness assessment.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC4A.</b>	Elective Course 4A: Advanced Dance
<b>STUDENT EXPECTATION /</b>	<b>EC4A.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.

<b>ESSENTIAL SKILL</b>		
<b>EXPECTATION</b>	<b>EC4A.2.1.</b>	Identify and achieve a level of fitness that improves health and performance and provides opportunities for enjoyment and challenge in a dance activity.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>EXPECTATION</b>	<b>EC4A.2.3.</b>	Adjust personal fitness goals on the basis of fitness assessment measures to improve performance in dance activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC4A.</b>	Elective Course 4A: Advanced Dance
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC4A.3.</b>	Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
<b>EXPECTATION</b>	<b>EC4A.3.2.</b>	Set personal goals for improved performance and enjoyment of dance activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation

**Washington DC Learning Standards**

**Health and PE**

**Grade 11 - Adopted 2007**

<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.1.</b>	Students comprehend concepts related to health promotion and disease prevention.



<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.1.</b>	Level 1
<b>EXPECTATION</b>	<b>L1.1.1.</b>	<p>Emotional Health: Compare the rate of physical, social, and emotional change during various life stages, and discuss ways to foster healthy growth.</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>EXPECTATION</b>	<b>L1.1.2.</b>	<p>Emotional Health: Describe the important developmental tasks of adolescence, including the development of mature relationships, gender identification, a healthy body image, emotional independence, and life skills.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>EXPECTATION</b>	<b>L1.1.8.</b>	<p>Disease Prevention and Treatment: Compare and contrast disease and health conditions occurring in adolescence and young adulthood with those occurring later in life, such as cancer, cardiovascular diseases, respiratory diseases, arthritis, osteoporosis, and Alzheimer's diseases; and explain how health decisions today might increase or reduce the risk of developing such ailments.</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.1.</b>	Students comprehend concepts related to health promotion and disease prevention.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L2.1.</b>	Level 2

<b>EXPECTATION</b>	<b>L2.1.2.</b>	<p>Emotional Health: Analyze how peer norms and expectations, substance abuse, media images, sexual exploitation, and poor role models contribute to violent behavior.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.3.</b>	Students demonstrate the ability to apply self-management skills to enhance personal health and safety.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.3.</b>	Level 1
<b>EXPECTATION</b>	<b>L1.3.3.</b>	<p>Safety Skills: Identify the signs of emotional and physical abuse and the available resources for help and support in the schools, the local community, law enforcement agencies, and faith-based groups.</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.4.</b>	Students demonstrate the ability to analyze the influence of family, culture, media, and technology on health and health behaviors.
<b>STUDENT EXPECTATION /</b>	<b>L1.4.</b>	Level 1

<b>ESSENTIAL SKILL</b>		
<b>EXPECTATION</b>	<b>L1.4.1.</b>	<p>Family &amp; Cultural Influences: Identify the traits of a healthy family, including responsibility, communication, trust, loyalty, respect, commitment, love, affirmation, and self-reliance; and explain the ways family members depend on one another and can positively influence each other's health decisions.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.5.</b>	Students demonstrate the ability to utilize interpersonal communication skills to enhance and protect health.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.5.</b>	Level 1
<b>EXPECTATION</b>	<b>L1.5.1.</b>	<p>Effective &amp; Respectful Communication: Contrast how positive communication (e.g., active listening, praise, and humor) and negative communication (e.g., teasing, name calling, and bullying) impact relationships.</p> <p><b>My Success Roadmap</b>  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.6.</b>	Students demonstrate the ability to implement decision-making and goal-setting skills to enhance health.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.6.</b>	Level 1
<b>EXPECTATION</b>	<b>L1.6.1.</b>	Decision-Making & Goal-Setting: Work cooperatively with others to identify potential solutions to personal, family, or community health concerns; and use risk-benefit ratios to make decisions.

		<p><b>My Roadmap to the Future</b></p> <p>Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b></p> <p>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 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  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 &amp; 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>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.2.</b>	Level 1
<b>EXPECTATION</b>	<b>L1.2.1.</b>	<p>Participate in moderate to vigorous physical activity at least four days each week that develops and maintains the five components of physical fitness.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>EXPECTATION</b>	<b>L1.2.2.</b>	Engage in a variety of sustained, moderate to vigorous physical activities that enhance each component of health related fitness.

		<p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>EXPECTATION</b>	<b>L1.2.3.</b>	<p>Use physical fitness test results to set and adjust goals to improve fitness.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>EXPECTATION</b>	<b>L1.2.4.</b>	<p>Explain the role of physical activity in the prevention of disease and the reduction of health care costs.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L2.2.</b>	Level 2
<b>EXPECTATION</b>	<b>L2.2.1.</b>	<p>Participate in moderate to vigorous physical activity at least four days each week, using the principles of exercise to individual needs and interests.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>EXPECTATION</b>	<b>L2.2.5.</b>	<p>Develop and implement a training program to maximize health benefits and prevent exercise-related injuries and illnesses.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>EXPECTATION</b>	<b>L2.2.6.</b>	Demonstrate age and gender-specific progress towards the achievement of fitness goals for each component of health-related and fitness.

		<p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>EXPECTATION</b>	<b>L2.2.9.</b>	<p>Develop and describe a physical fitness plan that enhances personal health and performance in various leisure and workplace activities.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.3.</b>	Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.3.</b>	Level 1
<b>EXPECTATION</b>	<b>L1.3.3.</b>	<p>Self-Responsibility: Describe the enjoyment, self-expression, challenge, and social benefits experienced by achieving one's best in physical activities.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p>
<b>EXPECTATION</b>	<b>L1.3.4.</b>	<p>Self-Responsibility: Develop personal goals to improve one's performance in physical activities.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>EXPECTATION</b>	<b>L1.3.5.</b>	<p>Self-Responsibility: Demonstrate character based on core ethical values and good sportsmanship.</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD /</b>	<b>PE.3.</b>	Students demonstrate knowledge of psychological and sociological

<b>ESSENTIAL SKILL</b>		concepts, principles, and strategies that apply to the learning and performance of physical activity.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L2.3.</b>	Level 2
<b>EXPECTATION</b>	<b>L2.3.4.</b>	<p>Self-Responsibility: Explain and analyze the role of individual attitude, motivation, and determination in achieving personal satisfaction from challenging physical activities.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>EXPECTATION</b>	<b>L2.3.5.</b>	<p>Self-Responsibility: Evaluate and refine personal goals to improve performance in physical activities.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>EXPECTATION</b>	<b>L2.3.9.</b>	<p>Social Interaction: Analyze how role models, and the core ethical values they exhibit, influence participants in athletics.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC3A.</b>	Elective Course 3A: Adventure/Outdoor Activities

<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC3A.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>EXPECTATION</b>	<b>EC3A.2.1.</b>	Participate in adventure/outdoor activities that improve health-related physical fitness.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>EXPECTATION</b>	<b>EC3A.2.2.</b>	Analyze the effects of adventure/outdoor activities on a personal physical fitness program and personal levels of health-related physical fitness.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>EXPECTATION</b>	<b>EC3A.2.3.</b>	Improve or maintain physical fitness by adjusting physical activity levels according to the principles of exercise.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EXPECTATION</b>	<b>EC3A.2.4.</b>	Explain the relationship between participation in adventure/outdoor activities and health.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>EXPECTATION</b>	<b>EC3A.2.5.</b>	Evaluate goal-setting and other strategies as effective tools for maintaining and increasing adherence to a personal physical activity program.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC3A.</b>	Elective Course 3A: Adventure/Outdoor Activities
<b>STUDENT EXPECTATION /</b>	<b>EC3A.3.</b>	Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical



<b>ESSENTIAL SKILL</b>		activity.
<b>EXPECTATION</b>	<b>EC3A.3.1.</b>	Evaluate one's growing sense of efficacy as skill levels in adventure/outdoor activities improve.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EXPECTATION</b>	<b>EC3A.3.2.</b>	Set personal goals for improved performance and enjoyment of adventure/outdoor activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC3D.</b>	Elective Course 3D: Weight Training & Fitness
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC3D.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>EXPECTATION</b>	<b>EC3D.2.1.</b>	Establish a set of personal physical fitness goals, using the principles of training, and create a strength-training and conditioning program.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>EC3D.2.7.</b>	Develop and use a personal physical fitness log to record all workout data on a daily basis.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EXPECTATION</b>	<b>EC3D.2.9.</b>	Meet physical fitness standards that exceed those of scientifically based health-related fitness assessments.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>CONTENT</b>	<b>DC.PE.</b>	Physical Education

<b>STANDARD / STRAND / DISCIPLINE</b>		
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC3D.</b>	Elective Course 3D: Weight Training & Fitness
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC3D.3.</b>	Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
<b>EXPECTATION</b>	<b>EC3D.3.2.</b>	Set personal goals for improved performance and enjoyment of adventure/ outdoor activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>EC3D.3.5.</b>	Describe the role of motivation in physical activity.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>EC3D.3.6.</b>	Describe how the perception of effort and quality is a personal assessment and describe the role that perception plays in achieving fitness goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>EC3D.3.11.</b>	Assist others in the achievement of their fitness goals.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC3E.</b>	Elective Course 3E: Aquatic Activities
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC3E.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>EXPECTATION</b>	<b>EC3E.2.1.</b>	Meet physical fitness standards that exceed those of a scientifically based health-related fitness assessment.

		<p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC3F.</b>	Elective Course 3F: Dance
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC3F.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>EXPECTATION</b>	<b>EC3F.2.1.</b>	<p>Meet physical fitness standards that exceed those of a scientifically based health-related fitness assessment.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC4A.</b>	Elective Course 4A: Advanced Dance
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC4A.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>EXPECTATION</b>	<b>EC4A.2.1.</b>	<p>Identify and achieve a level of fitness that improves health and performance and provides opportunities for enjoyment and challenge in a dance activity.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>EXPECTATION</b>	<b>EC4A.2.3.</b>	Adjust personal fitness goals on the basis of fitness assessment measures to improve performance in dance activities.

		<b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC4A.</b>	Elective Course 4A: Advanced Dance
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC4A.3.</b>	Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
<b>EXPECTATION</b>	<b>EC4A.3.2.</b>	Set personal goals for improved performance and enjoyment of dance activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation

Washington DC Learning Standards

Health and PE

Grade 12 - Adopted 2007

<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.1.</b>	Students comprehend concepts related to health promotion and disease prevention.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.1.</b>	Level 1
<b>EXPECTATION</b>	<b>L1.1.2.</b>	Emotional Health: Describe the important developmental tasks of adolescence, including the development of mature relationships, gender identification, a healthy body image, emotional independence, and life skills.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being

		Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>EXPECTATION</b>	<b>L1.1.8.</b>	<p>Disease Prevention and Treatment: Compare and contrast disease and health conditions occurring in adolescence and young adulthood with those occurring later in life, such as cancer, cardiovascular diseases, respiratory diseases, arthritis, osteoporosis, and Alzheimer's diseases; and explain how health decisions today might increase or reduce the risk of developing such ailments.</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.1.</b>	Students comprehend concepts related to health promotion and disease prevention.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L2.1.</b>	Level 2
<b>EXPECTATION</b>	<b>L2.1.2.</b>	<p>Emotional Health: Analyze how peer norms and expectations, substance abuse, media images, sexual exploitation, and poor role models contribute to violent behavior.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education

<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.3.</b>	Students demonstrate the ability to apply self-management skills to enhance personal health and safety.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.3.</b>	Level 1
<b>EXPECTATION</b>	<b>L1.3.3.</b>	<p>Safety Skills: Identify the signs of emotional and physical abuse and the available resources for help and support in the schools, the local community, law enforcement agencies, and faith-based groups.</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.4.</b>	Students demonstrate the ability to analyze the influence of family, culture, media, and technology on health and health behaviors.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.4.</b>	Level 1
<b>EXPECTATION</b>	<b>L1.4.1.</b>	<p>Family &amp; Cultural Influences: Identify the traits of a healthy family, including responsibility, communication, trust, loyalty, respect, commitment, love, affirmation, and self-reliance; and explain the ways family members depend on one another and can positively influence each other's health decisions.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.HE.</b>	Health Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>HE.5.</b>	Students demonstrate the ability to utilize interpersonal communication skills to enhance and protect health.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.5.</b>	Level 1

EXPECTATION	L1.5.1.	<p>Effective &amp; Respectful Communication: Contrast how positive communication (e.g., active listening, praise, and humor) and negative communication (e.g., teasing, name calling, and bullying) impact relationships.</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD / STRAND / DISCIPLINE	DC.HE.	Health Education
STANDARD / ESSENTIAL SKILL	HE.6.	Students demonstrate the ability to implement decision-making and goal-setting skills to enhance health.
STUDENT EXPECTATION / ESSENTIAL SKILL	L1.6.	Level 1
EXPECTATION	L1.6.1.	<p>Decision-Making &amp; Goal-Setting: Work cooperatively with others to identify potential solutions to personal, family, or community health concerns; and use risk-benefit ratios to make decisions.</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> 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 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection 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 &amp; 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
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L1.2.</b>	Level 1
<b>EXPECTATION</b>	<b>L1.2.1.</b>	Participate in moderate to vigorous physical activity at least four days each week that develops and maintains the five components of physical fitness.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>EXPECTATION</b>	<b>L1.2.2.</b>	Engage in a variety of sustained, moderate to vigorous physical activities that enhance each component of health related fitness.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>EXPECTATION</b>	<b>L1.2.3.</b>	Use physical fitness test results to set and adjust goals to improve fitness.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>L1.2.4.</b>	Explain the role of physical activity in the prevention of disease and the reduction of health care costs.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education



<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L2.2.</b>	Level 2
<b>EXPECTATION</b>	<b>L2.2.1.</b>	Participate in moderate to vigorous physical activity at least four days each week, using the principles of exercise to individual needs and interests.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>EXPECTATION</b>	<b>L2.2.5.</b>	Develop and implement a training program to maximize health benefits and prevent exercise-related injuries and illnesses.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>EXPECTATION</b>	<b>L2.2.6.</b>	Demonstrate age and gender-specific progress towards the achievement of fitness goals for each component of health-related and fitness.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EXPECTATION</b>	<b>L2.2.9.</b>	Develop and describe a physical fitness plan that enhances personal health and performance in various leisure and workplace activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.3.</b>	Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
<b>STUDENT EXPECTATION /</b>	<b>L1.3.</b>	Level 1

<b>ESSENTIAL SKILL</b>		
<b>EXPECTATION</b>	<b>L1.3.3.</b>	Self-Responsibility: Describe the enjoyment, self-expression, challenge, and social benefits experienced by achieving one's best in physical activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence
<b>EXPECTATION</b>	<b>L1.3.4.</b>	Self-Responsibility: Develop personal goals to improve one's performance in physical activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>L1.3.5.</b>	Self-Responsibility: Demonstrate character based on core ethical values and good sportsmanship.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.3.</b>	Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>L2.3.</b>	Level 2
<b>EXPECTATION</b>	<b>L2.3.4.</b>	Self-Responsibility: Explain and analyze the role of individual attitude, motivation, and determination in achieving personal satisfaction from challenging physical activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>L2.3.5.</b>	Self-Responsibility: Evaluate and refine personal goals to improve performance in physical activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation

<b>EXPECTATION</b>	<b>L2.3.9.</b>	<p>Social Interaction: Analyze how role models, and the core ethical values they exhibit, influence participants in athletics.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC3A.</b>	Elective Course 3A: Adventure/Outdoor Activities
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC3A.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>EXPECTATION</b>	<b>EC3A.2.1.</b>	<p>Participate in adventure/outdoor activities that improve health-related physical fitness.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>EXPECTATION</b>	<b>EC3A.2.2.</b>	<p>Analyze the effects of adventure/outdoor activities on a personal physical fitness program and personal levels of health-related physical fitness.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

EXPECTATION	EC3A.2.3.	<p>Improve or maintain physical fitness by adjusting physical activity levels according to the principles of exercise.</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	EC3A.2.4.	<p>Explain the relationship between participation in adventure/outdoor activities and health.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
EXPECTATION	EC3A.2.5.	<p>Evaluate goal-setting and other strategies as effective tools for maintaining and increasing adherence to a personal physical activity program.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
CONTENT STANDARD / STRAND / DISCIPLINE	DC.PE.	Physical Education
STANDARD / ESSENTIAL SKILL	PE.EC3A.	Elective Course 3A: Adventure/Outdoor Activities
STUDENT EXPECTATION / ESSENTIAL SKILL	EC3A.3.	Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
EXPECTATION	EC3A.3.1.	<p>Evaluate one's growing sense of efficacy as skill levels in adventure/outdoor activities improve.</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	EC3A.3.2.	<p>Set personal goals for improved performance and enjoyment of adventure/outdoor activities.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
CONTENT STANDARD / STRAND / DISCIPLINE	DC.PE.	Physical Education
STANDARD /	PE.EC3D.	Elective Course 3D: Weight Training & Fitness

<b>ESSENTIAL SKILL</b>		
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC3D.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>EXPECTATION</b>	<b>EC3D.2.1.</b>	Establish a set of personal physical fitness goals, using the principles of training, and create a strength-training and conditioning program.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>EC3D.2.7.</b>	Develop and use a personal physical fitness log to record all workout data on a daily basis.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EXPECTATION</b>	<b>EC3D.2.9.</b>	Meet physical fitness standards that exceed those of scientifically based health-related fitness assessments.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC3D.</b>	Elective Course 3D: Weight Training & Fitness
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC3D.3.</b>	Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
<b>EXPECTATION</b>	<b>EC3D.3.2.</b>	Set personal goals for improved performance and enjoyment of adventure/outdoor activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>EC3D.3.5.</b>	Describe the role of motivation in physical activity.  <b>Multimedia Extensions</b>

		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>EC3D.3.6.</b>	Describe how the perception of effort and quality is a personal assessment and describe the role that perception plays in achieving fitness goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>EC3D.3.11.</b>	Assist others in the achievement of their fitness goals.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC3E.</b>	Elective Course 3E: Aquatic Activities
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC3E.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>EXPECTATION</b>	<b>EC3E.2.1.</b>	Meet physical fitness standards that exceed those of a scientifically based health-related fitness assessment.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC3F.</b>	Elective Course 3F: Dance
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC3F.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>EXPECTATION</b>	<b>EC3F.2.1.</b>	Meet physical fitness standards that exceed those of a scientifically based health-related fitness assessment.

		<p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC4A.</b>	Elective Course 4A: Advanced Dance
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC4A.2.</b>	Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
<b>EXPECTATION</b>	<b>EC4A.2.1.</b>	<p>Identify and achieve a level of fitness that improves health and performance and provides opportunities for enjoyment and challenge in a dance activity.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>EXPECTATION</b>	<b>EC4A.2.3.</b>	<p>Adjust personal fitness goals on the basis of fitness assessment measures to improve performance in dance activities.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.PE.</b>	Physical Education
<b>STANDARD / ESSENTIAL SKILL</b>	<b>PE.EC4A.</b>	Elective Course 4A: Advanced Dance
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>EC4A.3.</b>	Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
<b>EXPECTATION</b>	<b>EC4A.3.2.</b>	<p>Set personal goals for improved performance and enjoyment of dance activities.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p>

		Multimedia Extensions: Motivation
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**Washington DC Learning Standards**

**Social Studies**

**Grade 9 - Adopted 2006**

<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.9-12.</b>	Historical and Social Sciences Analysis Skills
<b>STANDARD / ESSENTIAL SKILL</b>	<b>9-12.1.</b>	Historical Chronology and Interpretation
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>9-12.1.1.</b>	<p>Students compare the present with the past, evaluating the consequences of past events and decisions, and determining the lessons that were learned.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>9-12.1.3.</b>	<p>Students show the connections, causal and otherwise, between particular historical events and larger social, economic, and political trends and developments.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b> 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>
<b>STUDENT EXPECTATION</b>	<b>9-</b>	Students recognize the complexity of historical causes and effects,



/ ESSENTIAL SKILL	12.1.4.	<p>including the limitations on determining cause and effect.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  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>
STUDENT EXPECTATION / ESSENTIAL SKILL	9-12.1.5.	<p>Students distinguish intended from unintended consequences.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  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>
STUDENT EXPECTATION / ESSENTIAL SKILL	9-12.1.7.	<p>Students understand the meaning, implication, and impact of historical events and recognize that events could have taken other directions.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  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</p>

		Unit 3: Highway Connections - Lesson 07: Social Support
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.E.</b>	Principles of Economics (Elective)
<b>STANDARD / ESSENTIAL SKILL</b>	<b>E.4.</b>	U.S. Labor Market: Students analyze the elements of the U.S. labor market in a global setting.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>E.4.3.</b>	Describe wage differences among jobs and professions, using the laws of demand and supply and the concept of productivity.  <b>My Roadmap to the Future</b> Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

**Washington DC Learning Standards**

**Social Studies**

**Grade 10 - Adopted 2006**

<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.9-12.</b>	Historical and Social Sciences Analysis Skills
<b>STANDARD / ESSENTIAL SKILL</b>	<b>9-12.1.</b>	Historical Chronology and Interpretation
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>9-12.1.1.</b>	Students compare the present with the past, evaluating the consequences of past events and decisions, and determining the lessons that were learned.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>STUDENT EXPECTATION /</b>	<b>9-</b>	Students show the connections, causal and otherwise, between particular historical events and larger social, economic, and political

<p><b>ESSENTIAL SKILL</b></p>	<p>12.1.3.</p>	<p>trends and developments.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  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>
<p><b>STUDENT EXPECTATION / ESSENTIAL SKILL</b></p>	<p>9-12.1.4.</p>	<p>Students recognize the complexity of historical causes and effects, including the limitations on determining cause and effect.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  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>
<p><b>STUDENT EXPECTATION / ESSENTIAL SKILL</b></p>	<p>9-12.1.5.</p>	<p>Students distinguish intended from unintended consequences.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  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</p>

		Unit 3: Highway Connections - Lesson 07: Social Support
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>9-12.1.7.</b>	<p>Students understand the meaning, implication, and impact of historical events and recognize that events could have taken other directions.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  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>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.E.</b>	Principles of Economics (Elective)
<b>STANDARD / ESSENTIAL SKILL</b>	<b>E.4.</b>	U.S. Labor Market: Students analyze the elements of the U.S. labor market in a global setting.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>E.4.3.</b>	<p>Describe wage differences among jobs and professions, using the laws of demand and supply and the concept of productivity.</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

**Washington DC Learning Standards**

**Social Studies**

**Grade 11 - Adopted 2006**

<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.11.</b>	U.S. History and Geography II: Industrial America to the Present
<b>STANDARD / ESSENTIAL SKILL</b>	<b>11.10.</b>	Cold War America (1947-2001): Students analyze the economic boom and social transformation of America mid-century.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>11.10.4.</b>	Describe the transformation of the Jazz Era into the rise of rhythm and blues, precursor to Rock 'n Roll and the emergence of a youth culture. (S)

		<p><b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.11.</b>	U.S. History and Geography II: Industrial America to the Present
<b>STANDARD / ESSENTIAL SKILL</b>	<b>11.13.</b>	Contemporary America: Students describe important events and trends of the late 20th century.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>11.13.10.</b>	<p>Examine the emergence of Rap or hip hop music and its influence on urban culture. (S)</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting</p>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.9-12.</b>	Historical and Social Sciences Analysis Skills
<b>STANDARD / ESSENTIAL SKILL</b>	<b>9-12.1.</b>	Historical Chronology and Interpretation
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>9-12.1.1.</b>	<p>Students compare the present with the past, evaluating the consequences of past events and decisions, and determining the lessons that were learned.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>9-12.1.3.</b>	<p>Students show the connections, causal and otherwise, between particular historical events and larger social, economic, and political trends and developments.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges</p>

		<p><b>My Success Roadmap</b>  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>
<p><b>STUDENT EXPECTATION / ESSENTIAL SKILL</b></p>	<p>9-12.1.4.</p>	<p>Students recognize the complexity of historical causes and effects, including the limitations on determining cause and effect.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  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>
<p><b>STUDENT EXPECTATION / ESSENTIAL SKILL</b></p>	<p>9-12.1.5.</p>	<p>Students distinguish intended from unintended consequences.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  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>
<p><b>STUDENT EXPECTATION / ESSENTIAL SKILL</b></p>	<p>9-12.1.7.</p>	<p>Students understand the meaning, implication, and impact of historical events and recognize that events could have taken other directions.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p>

		<p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b> 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>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.E.</b>	Principles of Economics (Elective)
<b>STANDARD / ESSENTIAL SKILL</b>	<b>E.4.</b>	U.S. Labor Market: Students analyze the elements of the U.S. labor market in a global setting.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>E.4.3.</b>	Describe wage differences among jobs and professions, using the laws of demand and supply and the concept of productivity.
		<p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

Washington DC Learning Standards

Social Studies

Grade 12 - Adopted 2006

<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.12.</b>	Principles of United States Government
<b>STANDARD / ESSENTIAL SKILL</b>	<b>12.8.</b>	Rights and Responsibilities of Citizens: Students evaluate and take and defend positions on the scope and limits of rights and obligations as democratic citizens, the relationships among them, and how they are secured.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>12.8.2.</b>	Explain how economic rights are secured and their importance to the individual and to society (e.g., the right to acquire, use, transfer, and dispose of property; right to choose one's work; right to join or not join labor unions; copyright and patent).
		<p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs</p> <p><b>My Success Roadmap</b></p>

		Unit 1: Destination Success - Lesson 03: Career Ideas
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	<b>DC.9-12.</b>	Historical and Social Sciences Analysis Skills
<b>STANDARD / ESSENTIAL SKILL</b>	<b>9-12.1.</b>	Historical Chronology and Interpretation
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>9-12.1.1.</b>	<p>Students compare the present with the past, evaluating the consequences of past events and decisions, and determining the lessons that were learned.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>9-12.1.3.</b>	<p>Students show the connections, causal and otherwise, between particular historical events and larger social, economic, and political trends and developments.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b> 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>
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	<b>9-12.1.4.</b>	<p>Students recognize the complexity of historical causes and effects, including the limitations on determining cause and effect.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges</p>



		<p><b>My Success Roadmap</b>  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>
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	9-12.1.5.	<p>Students distinguish intended from unintended consequences.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  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>
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	9-12.1.7.	<p>Students understand the meaning, implication, and impact of historical events and recognize that events could have taken other directions.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  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>
<b>CONTENT STANDARD / STRAND / DISCIPLINE</b>	DC.E.	Principles of Economics (Elective)
<b>STANDARD / ESSENTIAL SKILL</b>	E.4.	U.S. Labor Market: Students analyze the elements of the U.S. labor market in a global setting.
<b>STUDENT EXPECTATION / ESSENTIAL SKILL</b>	E.4.3.	Describe wage differences among jobs and professions, using the laws of demand and supply and the concept of productivity.

		<p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
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