

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

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

States: Florida Next Generation Sunshine State Standards

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

Florida Next Generation Sunshine State Standards

Health and PE

Grade 7 - Adopted 2008

BODY OF KNOWLEDGE	FL.HE.7.	Health Education
BIG IDEA	HE.7.C.	Health Literacy: Concepts
BENCHMARK	HE.7.C.1.	Comprehend concepts related to health promotion and disease prevention to enhance health.
INDICATOR	HE.7.C.1.1	<p>Compare and contrast the effects of healthy and unhealthy behaviors on personal health, including reproductive health.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.7.C.1.2	<p>Explain how physical, mental/emotional, social, and intellectual dimensions of health are interrelated.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
INDICATOR	HE.7.C.1.5	<p>Describe ways to reduce or prevent injuries and adolescent health problems.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>

INDICATOR	HE.7.C.1.7	<p>Explain the likelihood of injury or illness if engaging in unhealthy/risky behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BODY OF KNOWLEDGE	FL.HE.7.	Health Education
BIG IDEA	HE.7.C.	Health Literacy: Concepts
BENCHMARK	HE.7.C.2.	Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
INDICATOR	HE.7.C.2.1	<p>Examine how family health behaviors influence health of adolescents.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
INDICATOR	HE.7.C.2.2	<p>Examine how peers may influence the health behaviors of adolescents.</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
INDICATOR	HE.7.C.2.3	<p>Examine how the school and community may influence the health behaviors of adolescents.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
INDICATOR	HE.7.C.2.5	<p>Analyze how messages from media influence health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>

		Multimedia Extensions: Motivation
INDICATOR	HE.7.C.2.7	Evaluate how changes in social norms impact healthy and unhealthy behavior. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
INDICATOR	HE.7.C.2.8	Determine how cultural changes related to health beliefs and behaviors impact personal health. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
BODY OF KNOWLEDGE	FL.HE.7.	Health Education
BIG IDEA	HE.7.B.	Health Literacy: Responsible Behavior
BENCHMARK	HE.7.B.2.	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
INDICATOR	HE.7.B.2.1	Use skills for communicating effectively with family, peers, and others to enhance health. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	HE.7.B.2.4	Demonstrate how to ask for assistance to enhance the health of self and others. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support

		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
BODY OF KNOWLEDGE	FL.HE.7.	Health Education
BIG IDEA	HE.7.B.	Health Literacy: Responsible Behavior
BENCHMARK	HE.7.B.3.	Demonstrate the ability to use decision-making skills to enhance health.
INDICATOR	HE.7.B.3.1	Predict when health-related situations require the application of a thoughtful decision-making process. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	HE.7.B.3.2	Compare circumstances that can help or hinder healthy decision-making. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	HE.7.B.3.3	Determine when individual or collaborative decision-making is appropriate. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	HE.7.B.3.4	Distinguish between healthy and unhealthy alternatives to health-related issues or problems. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	HE.7.B.3.5	Propose the potential outcome of each option when making a health-related decision. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

INDICATOR	HE.7.B.3.6	Select healthy alternatives over unhealthy alternatives when making a decision. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	HE.7.B.3.7	Critique the potential outcomes of a health-related decision. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BODY OF KNOWLEDGE	FL.HE.7.	Health Education
BIG IDEA	HE.7.B.	Health Literacy: Responsible Behavior
BENCHMARK	HE.7.B.4.	Demonstrate the ability to use goal-setting skills to enhance health.
INDICATOR	HE.7.B.4.1	Analyze personal beliefs as they relate to health practices. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	HE.7.B.4.2	Devise an individual goal to adopt, maintain, or improve a personal health practice. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being

		<p>Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>INDICATOR</p>	<p>HE.7.B.4.3</p>	<p>Explain strategies and skills needed to attain/maintain a personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & 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>My Success Roadmap 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 & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>INDICATOR</p>	<p>HE.7.B.4.4</p>	<p>Assess progress toward attaining a personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & 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>My Success Roadmap 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 & 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>
BODY OF KNOWLEDGE	FL.HE.7.	Health Education
BIG IDEA	HE.7.P.	Health Literacy: Promotion
BENCHMARK	HE.7.P.1.	Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.
INDICATOR	HE.7.P.1.1	<p>Examine the importance of assuming responsibility for personal health behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.7.P.1.2	<p>Analyze healthy practices and behaviors that will maintain or improve personal health.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.7.P.1.3	<p>Differentiate a variety of behaviors that avoid or reduce health risks.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BODY OF KNOWLEDGE	FL.HE.7.	Health Education
BIG IDEA	HE.7.P.	Health Literacy: Promotion
BENCHMARK	HE.7.P.2.	Demonstrate the ability to advocate for individual, peer, school, family, and community health.
INDICATOR	HE.7.P.2.1	Articulate a position on a topic and support it with accurate health information. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	HE.7.P.2.2	Utilize others' influence and support to promote positive health choices. My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
INDICATOR	HE.7.P.2.3	Work cooperatively to advocate for healthy individuals, peers, and families. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	HE.7.P.2.4	Analyze ways health messages and communication techniques can be targeted for different audiences. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BODY OF KNOWLEDGE	FL.PE.7.	Physical Education
BIG IDEA	PE.7.M.	Movement Competency
BENCHMARK	PE.7.M.1.	Demonstrate competency in many and proficiency in a few movement forms from a variety of categories. (Team Sports, Outdoor Pursuits/Aquatics).
INDICATOR	PE.7.M.1.8	Apply technology to evaluate, monitor, and improve individual skill performance. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BODY OF KNOWLEDGE	FL.PE.7.	Physical Education

BIG IDEA	PE.7.L.	Lifetime Fitness
BENCHMARK	PE.7.L.1.	Participate regularly in physical activity.
INDICATOR	PE.7.L.1.1	Participate in moderate to vigorous physical activity (MVPA) on a daily basis. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
INDICATOR	PE.7.L.1.4	Participate in a variety of team sports, outdoor pursuits, and aquatics activities that promote effective stress management. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
BODY OF KNOWLEDGE	FL.PE.7.	Physical Education
BIG IDEA	PE.7.L.	Lifetime Fitness
BENCHMARK	PE.7.L.2.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.
INDICATOR	PE.7.L.2.1	Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by creating, implementing, and assessing a personal fitness program in collaboration with a teacher. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	PE.7.L.2.2	Demonstrate program planning skills by setting goals and devising strategies for a personal physical fitness program. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
BODY OF KNOWLEDGE	FL.PE.7.	Physical Education
BIG IDEA	PE.7.R.	Responsible Behaviors and Values
BENCHMARK	PE.7.R.2.	Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

INDICATOR	PE.7.R.2.2	Identify the potential benefits of participation in a variety of physical activities. Multimedia Extensions Multimedia Extensions: Stress
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Florida Next Generation Sunshine State Standards

Health and PE

Grade 8 - Adopted 2008

BODY OF KNOWLEDGE	FL.HE.8.	Health Education
BIG IDEA	HE.8.C.	Health Literacy: Concepts
BENCHMARK	HE.8.C.1.	Comprehend concepts related to health promotion and disease prevention to enhance health.
INDICATOR	HE.8.C.1.1	Analyze the relationship between healthy behaviors and personal health. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	HE.8.C.1.2	Analyze the interrelationship between healthy behaviors and the dimensions of health: physical, mental/emotional, social, and intellectual. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	HE.8.C.1.5	Investigate strategies to reduce or prevent injuries and other adolescent health problems. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
INDICATOR	HE.8.C.1.7	Anticipate the likelihood of injury or illness if engaging in unhealthy/risky behaviors.

		<p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BODY OF KNOWLEDGE	FL.HE.8.	Health Education
BIG IDEA	HE.8.C.	Health Literacy: Concepts
BENCHMARK	HE.8.C.2.	Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
INDICATOR	HE.8.C.2.1	Assess the role of family health beliefs on the health of adolescents. Multimedia Extensions Multimedia Extensions: Connections
INDICATOR	HE.8.C.2.2	Assess how the health beliefs of peers may influence adolescent health. My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
INDICATOR	HE.8.C.2.3	Analyze how the school and community may influence adolescent health. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
INDICATOR	HE.8.C.2.5	Research marketing strategies behind health-related media messages. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	HE.8.C.2.6	Analyze the influence of technology on personal and family health.

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATOR	HE.8.C.2.7	<p>Describe the consequences of following the influences of family, peers, and culture related to adolescent health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
INDICATOR	HE.8.C.2.8	<p>Explain how the perceptions of norms influence healthy and unhealthy behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future 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</p>
INDICATOR	HE.8.C.2.9	<p>Describe the influence of culture on health beliefs, practices, and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
BODY OF KNOWLEDGE	FL.HE.8.	Health Education

BIG IDEA	HE.8.B.	Health Literacy: Responsible Behavior
BENCHMARK	HE.8.B.2.	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
INDICATOR	HE.8.B.2.1	<p>Illustrate skills necessary for effective communication with family, peers, and others to enhance health.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
BODY OF KNOWLEDGE	FL.HE.8.	Health Education
BIG IDEA	HE.8.B.	Health Literacy: Responsible Behavior
BENCHMARK	HE.8.B.3.	Demonstrate the ability to use decision-making skills to enhance health.
INDICATOR	HE.8.B.3.1	<p>Determine when health-related situations require the application of a thoughtful prepared plan of action.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.8.B.3.2	<p>Explain circumstances that can help or hinder healthy decision-making.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.8.B.3.3	<p>Distinguish when individual or collaborative decision-making is appropriate.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.8.B.3.4	<p>Categorize healthy and unhealthy alternatives to health-related issues or problems.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

INDICATOR	HE.8.B.3.5	<p>Compile the potential outcomes of each option when making a health-related decision.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.8.B.3.6	<p>Adopt healthy alternatives over unhealthy alternatives when making a decision.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.8.B.3.7	<p>Evaluate the outcomes of a health-related decision.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BODY OF KNOWLEDGE	FL.HE.8.	Health Education
BIG IDEA	HE.8.B.	Health Literacy: Responsible Behavior
BENCHMARK	HE.8.B.4.	Demonstrate the ability to use goal-setting skills to enhance health.
INDICATOR	HE.8.B.4.1	<p>Assess personal health practices.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	HE.8.B.4.2	<p>Design an individual goal to adopt, maintain, or improve a personal health practice.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.8.B.4.3	<p>Apply strategies and skills needed to attain a personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & 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>My Success Roadmap 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 & 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>
INDICATOR	HE.8.B.4.4	Describe how personal health goals can vary with changing abilities, priorities,

		<p>and responsibilities.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BODY OF KNOWLEDGE	FL.HE.8.	Health Education
BIG IDEA	HE.8.P.	Health Literacy: Promotion
BENCHMARK	HE.8.P.1.	Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.
INDICATOR	HE.8.P.1.1	<p>Assess the importance of assuming responsibility for personal health behaviors, including sexual behavior.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.8.P.1.2	<p>Generate healthy practices and behaviors that will maintain or improve personal health.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	HE.8.P.1.3	Propose a variety of behaviors that avoid or reduce health risks. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BODY OF KNOWLEDGE	FL.HE.8.	Health Education
BIG IDEA	HE.8.P.	Health Literacy: Promotion
BENCHMARK	HE.8.P.2.	Demonstrate the ability to advocate for individual, peer, school, family, and community health.
INDICATOR	HE.8.P.2.1	Justify a health-enhancing position on a topic and support it with accurate information. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	HE.8.P.2.2	Promote positive health choices with the influence and support of others. My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
INDICATOR	HE.8.P.2.4	Evaluate ways health messages and communication techniques can be targeted for different audiences. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BODY OF KNOWLEDGE	FL.PE.8.	Physical Education
BIG IDEA	PE.8.M.	Movement Competency
BENCHMARK	PE.8.M.1.	Demonstrate competency in many and proficiency in a few movement forms from a variety of categories (Individual/Dual Sports, Alternative/Extreme Sports).
INDICATOR	PE.8.M.1.8	Apply technology to evaluate, monitor, and improve individual motor skills. My Success Roadmap

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BODY OF KNOWLEDGE	FL.PE.8.	Physical Education
BIG IDEA	PE.8.L.	Lifetime Fitness
BENCHMARK	PE.8.L.1.	Participate regularly in physical activity.
INDICATOR	PE.8.L.1.1	Participate in moderate to vigorous physical activity (MVPA) on a daily basis. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
INDICATOR	PE.8.L.1.4	Participate in a variety of individual/dual and alternative/extreme sport activities that promote effective stress management. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
BODY OF KNOWLEDGE	FL.PE.8.	Physical Education
BIG IDEA	PE.8.L.	Lifetime Fitness
BENCHMARK	PE.8.L.2.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.
INDICATOR	PE.8.L.2.1	Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by creating, implementing, and assessing a personal fitness program in collaboration with a teacher. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	PE.8.L.2.2	Demonstrate program planning skills by setting goals and devising strategies for a personal physical fitness program. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
BODY OF KNOWLEDGE	FL.PE.8.	Physical Education

BIG IDEA	PE.8.R.	Responsible Behaviors and Values
BENCHMARK	PE.8.R.2.	Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
INDICATOR	PE.8.R.2.2	Describe the potential benefits of participation in a variety of physical activities. Multimedia Extensions Multimedia Extensions: Stress

Florida Next Generation Sunshine State Standards

Health and PE

Grade 9 - Adopted 2008

BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.C.	Health Literacy: Concepts
BENCHMARK	HE.912.C.1.	Comprehend concepts related to health promotion and disease prevention to enhance health.
INDICATOR	HE.912.C.1.1	Predict how healthy behaviors can affect health status. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	HE.912.C.1.2	Interpret the interrelationships of mental/emotional, intellectual, physical, and social health. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being

INDICATOR	HE.912.C.1.5	Propose strategies to reduce or prevent injuries and health problems. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
INDICATOR	HE.912.C.1.7	Assess the degree of susceptibility to injury, illness or death if engaging in unhealthy/risky behaviors. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.C.	Health Literacy: Concepts
BENCHMARK	HE.912.C.2.	Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
INDICATOR	HE.912.C.2.1	Analyze how the family influences the health of individuals. Multimedia Extensions Multimedia Extensions: Connections
INDICATOR	HE.912.C.2.2	Compare how peers influence healthy and unhealthy behaviors. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 3: Highway Connections - Lesson 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
INDICATOR	HE.912.C.2.3	Assess how the school and community can affect personal health practice and behaviors. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being

		<p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
INDICATOR	HE.912.C.2.5	<p>Evaluate the effect of media on personal and family health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATOR	HE.912.C.2.6	<p>Evaluate the impact of technology on personal, family, and community health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATOR	HE.912.C.2.8	<p>Analyze how the perceptions of norms influence healthy and unhealthy behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future 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</p>
INDICATOR	HE.912.C.2.9	<p>Analyze how culture supports and challenges health beliefs, practices, and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
BODY OF	FL.HE.912.	Health Education

KNOWLEDGE		
BIG IDEA	HE.912.B.	Health Literacy: Responsible Behavior
BENCHMARK	HE.912.B.2.	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
INDICATOR	HE.912.B.2.1	<p>Explain skills needed to communicate effectively with family, peers, and others to enhance health.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.B.	Health Literacy: Responsible Behavior
BENCHMARK	HE.912.B.3.	Demonstrate the ability to use decision-making skills to enhance health.
INDICATOR	HE.912.B.3.1	<p>Determine the value of applying a thoughtful decision-making process in health-related situations.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.912.B.3.2	<p>Examine barriers that can hinder healthy decision-making.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.912.B.3.3	<p>Assess whether individual or collaborative decision-making is needed to make a healthy decision.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.912.B.3.4	<p>Generate alternatives to health-related issues or problems.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.912.B.3.5	Appraise the potential short-term and long-term outcomes of each alternative on self and others.

		<p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.912.B.3.6	<p>Employ the healthiest choice when considering all factors in making a decision.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.B.	Health Literacy: Responsible Behavior
BENCHMARK	HE.912.B.4.	Demonstrate the ability to use goal-setting skills to enhance health.
INDICATOR	HE.912.B.4.1	<p>Evaluate personal health practices and overall health status to include all dimensions of health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.912.B.4.2	<p>Formulate a plan to attain a personal health goal that addresses strengths, needs, and risks.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>

		<p>Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & 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>My Success Roadmap 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 & 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>
INDICATOR	HE.912.B.4.3	<p>Implement strategies and monitor progress in achieving a personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & 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>My Success Roadmap 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 & 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>
INDICATOR	HE.912.B.4.4	<p>Formulate an effective long-term personal health plan.</p>

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.P.	Health Literacy: Promotion
BENCHMARK	HE.912.P.1.	Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.
INDICATOR	HE.912.P.1.2	<p>Demonstrate a variety of healthy practices and behaviors that will maintain or improve health.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.912.P.1.3	<p>Critique a variety of behaviors that avoid or reduce health risks.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BODY OF KNOWLEDGE	FL.HE.912.	Health Education

BIG IDEA	HE.912.P.	Health Literacy: Promotion
BENCHMARK	HE.912.P.2.	Demonstrate the ability to advocate for individual, peer, school, family, and community health.
INDICATOR	HE.912.P.2.1	Utilize current, accurate data/information to formulate a health-enhancing message. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	HE.912.P.2.4	Adapt health messages and communication techniques to a specific target audience. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BODY OF KNOWLEDGE	FL.PE.912.	Physical Education
BIG IDEA	PE.912.M.	Movement Competency
BENCHMARK	PE.912.M.1.	Demonstrate competency in many and proficiency in a few movement forms from a variety of categories (aquatics, dance, extreme sports, fitness education, gymnastics, individual/dual sports, outdoor pursuits, self-defense, team sports).
INDICATOR	PE.912.M.1.14	Utilize selected technology to assess, enhance, and maintain health and skill-related fitness levels. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BODY OF KNOWLEDGE	FL.PE.912.	Physical Education
BIG IDEA	PE.912.C.	Cognitive Abilities
BENCHMARK	PE.912.C.1.	Identify, analyze, and evaluate movement concepts, mechanical principles, safety considerations, and strategies/tactics regarding movement performance in a variety of physical activities.
INDICATOR	PE.912.C.1.10	Analyze long-term benefits of participating in regular physical activity. Multimedia Extensions Multimedia Extensions: Stress
INDICATOR	PE.912.C.1.20	Know various ways in which physical conflict can be resolved appropriately. My Success Roadmap

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BODY OF KNOWLEDGE	FL.PE.912.	Physical Education
BIG IDEA	PE.912.L.	Lifetime Fitness
BENCHMARK	PE.912.L.1.	Participate regularly in physical activity.
INDICATOR	PE.912.L.1.1	Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity (MVPA) beyond physical education on five or more days of the week. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
INDICATOR	PE.912.L.1.3	Participate in a variety of activities that promote effective stress management. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
BODY OF KNOWLEDGE	FL.PE.912.	Physical Education
BIG IDEA	PE.912.L.	Lifetime Fitness
BENCHMARK	PE.912.L.2.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.
INDICATOR	PE.912.L.2.1	Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by designing, implementing, self-assessing, and modifying a personal fitness program. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	PE.912.L.2.2	Demonstrate program planning skills by setting goals, devising strategies, and making timelines for a personal fitness program. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	PE.912.L.2.4	Apply the principles of training and conditioning in accordance with personal

		goals. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	PE.912.L.2.7	Evaluate how to make changes in an individual wellness plan as lifestyle changes occur. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
BODY OF KNOWLEDGE	FL.PE.912.	Physical Education
BIG IDEA	PE.912.R.	Responsible Behaviors and Values
BENCHMARK	PE.912.R.2.	Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
INDICATOR	PE.912.R.2.2	Discuss physical activities from which benefits can be derived. Multimedia Extensions Multimedia Extensions: Stress

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Grade 10 - Adopted 2008

BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.C.	Health Literacy: Concepts
BENCHMARK	HE.912.C.1.	Comprehend concepts related to health promotion and disease prevention to enhance health.
INDICATOR	HE.912.C.1.1	Predict how healthy behaviors can affect health status. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

INDICATOR	HE.912.C.1.2	<p>Interpret the interrelationships of mental/emotional, intellectual, physical, and social health.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
INDICATOR	HE.912.C.1.5	<p>Propose strategies to reduce or prevent injuries and health problems.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
INDICATOR	HE.912.C.1.7	<p>Assess the degree of susceptibility to injury, illness or death if engaging in unhealthy/risky behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.C.	Health Literacy: Concepts
BENCHMARK	HE.912.C.2.	Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
INDICATOR	HE.912.C.2.1	<p>Analyze how the family influences the health of individuals.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
INDICATOR	HE.912.C.2.2	<p>Compare how peers influence healthy and unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p>

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 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</p>
INDICATOR	HE.912.C.2.3	<p>Assess how the school and community can affect personal health practice and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
INDICATOR	HE.912.C.2.5	<p>Evaluate the effect of media on personal and family health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATOR	HE.912.C.2.6	<p>Evaluate the impact of technology on personal, family, and community health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATOR	HE.912.C.2.8	<p>Analyze how the perceptions of norms influence healthy and unhealthy behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future 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</p>

INDICATOR	HE.912.C.2.9	Analyze how culture supports and challenges health beliefs, practices, and behaviors. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.B.	Health Literacy: Responsible Behavior
BENCHMARK	HE.912.B.2.	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
INDICATOR	HE.912.B.2.1	Explain skills needed to communicate effectively with family, peers, and others to enhance health. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.B.	Health Literacy: Responsible Behavior
BENCHMARK	HE.912.B.3.	Demonstrate the ability to use decision-making skills to enhance health.
INDICATOR	HE.912.B.3.1	Determine the value of applying a thoughtful decision-making process in health-related situations. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	HE.912.B.3.2	Examine barriers that can hinder healthy decision-making. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	HE.912.B.3.3	Assess whether individual or collaborative decision-making is needed to make a healthy decision.

		<p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.912.B.3.4	<p>Generate alternatives to health-related issues or problems.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.912.B.3.5	<p>Appraise the potential short-term and long-term outcomes of each alternative on self and others.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.912.B.3.6	<p>Employ the healthiest choice when considering all factors in making a decision.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.B.	Health Literacy: Responsible Behavior
BENCHMARK	HE.912.B.4.	Demonstrate the ability to use goal-setting skills to enhance health.
INDICATOR	HE.912.B.4.1	<p>Evaluate personal health practices and overall health status to include all dimensions of health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap</p>

		<p>Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.912.B.4.2	<p>Formulate a plan to attain a personal health goal that addresses strengths, needs, and risks.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & 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>My Success Roadmap 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 & 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>
INDICATOR	HE.912.B.4.3	<p>Implement strategies and monitor progress in achieving a personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & 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>My Success Roadmap 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 & 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>
INDICATOR	HE.912.B.4.4	<p>Formulate an effective long-term personal health plan.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.P.	Health Literacy: Promotion
BENCHMARK	HE.912.P.1.	Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.
INDICATOR	HE.912.P.1.2	<p>Demonstrate a variety of healthy practices and behaviors that will maintain or improve health.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

INDICATOR	HE.912.P.1.3	<p>Critique a variety of behaviors that avoid or reduce health risks.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.P.	Health Literacy: Promotion
BENCHMARK	HE.912.P.2.	Demonstrate the ability to advocate for individual, peer, school, family, and community health.
INDICATOR	HE.912.P.2.1	<p>Utilize current, accurate data/information to formulate a health-enhancing message.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	HE.912.P.2.4	<p>Adapt health messages and communication techniques to a specific target audience.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
BODY OF KNOWLEDGE	FL.PE.912.	Physical Education
BIG IDEA	PE.912.M.	Movement Competency
BENCHMARK	PE.912.M.1.	Demonstrate competency in many and proficiency in a few movement forms from a variety of categories (aquatics, dance, extreme sports, fitness education, gymnastics, individual/dual sports, outdoor pursuits, self-defense, team sports).
INDICATOR	PE.912.M.1.14	<p>Utilize selected technology to assess, enhance, and maintain health and skill-related fitness levels.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
BODY OF KNOWLEDGE	FL.PE.912.	Physical Education

BIG IDEA	PE.912.C.	Cognitive Abilities
BENCHMARK	PE.912.C.1.	Identify, analyze, and evaluate movement concepts, mechanical principles, safety considerations, and strategies/tactics regarding movement performance in a variety of physical activities.
INDICATOR	PE.912.C.1.10	Analyze long-term benefits of participating in regular physical activity. Multimedia Extensions Multimedia Extensions: Stress
INDICATOR	PE.912.C.1.20	Know various ways in which physical conflict can be resolved appropriately. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BODY OF KNOWLEDGE	FL.PE.912.	Physical Education
BIG IDEA	PE.912.L.	Lifetime Fitness
BENCHMARK	PE.912.L.1.	Participate regularly in physical activity.
INDICATOR	PE.912.L.1.1	Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity (MVPA) beyond physical education on five or more days of the week. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
INDICATOR	PE.912.L.1.3	Participate in a variety of activities that promote effective stress management. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
BODY OF KNOWLEDGE	FL.PE.912.	Physical Education
BIG IDEA	PE.912.L.	Lifetime Fitness
BENCHMARK	PE.912.L.2.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.
INDICATOR	PE.912.L.2.1	Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by designing, implementing, self-assessing, and modifying a

		personal fitness program. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	PE.912.L.2.2	Demonstrate program planning skills by setting goals, devising strategies, and making timelines for a personal fitness program. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	PE.912.L.2.4	Apply the principles of training and conditioning in accordance with personal goals. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	PE.912.L.2.7	Evaluate how to make changes in an individual wellness plan as lifestyle changes occur. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
BODY OF KNOWLEDGE	FL.PE.912.	Physical Education
BIG IDEA	PE.912.R.	Responsible Behaviors and Values
BENCHMARK	PE.912.R.2.	Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
INDICATOR	PE.912.R.2.2	Discuss physical activities from which benefits can be derived. Multimedia Extensions Multimedia Extensions: Stress

Florida Next Generation Sunshine State Standards

Health and PE

Grade 11 - Adopted 2008

BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.C.	Health Literacy: Concepts

BENCHMARK	HE.912.C.1.	Comprehend concepts related to health promotion and disease prevention to enhance health.
INDICATOR	HE.912.C.1.1	<p>Predict how healthy behaviors can affect health status.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.912.C.1.2	<p>Interpret the interrelationships of mental/emotional, intellectual, physical, and social health.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
INDICATOR	HE.912.C.1.5	<p>Propose strategies to reduce or prevent injuries and health problems.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
INDICATOR	HE.912.C.1.7	<p>Assess the degree of susceptibility to injury, illness or death if engaging in unhealthy/risky behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.C.	Health Literacy: Concepts

BENCHMARK	HE.912.C.2.	Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
INDICATOR	HE.912.C.2.1	Analyze how the family influences the health of individuals. Multimedia Extensions Multimedia Extensions: Connections
INDICATOR	HE.912.C.2.2	Compare how peers influence healthy and unhealthy behaviors. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 3: Highway Connections - Lesson 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
INDICATOR	HE.912.C.2.3	Assess how the school and community can affect personal health practice and behaviors. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
INDICATOR	HE.912.C.2.5	Evaluate the effect of media on personal and family health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	HE.912.C.2.6	Evaluate the impact of technology on personal, family, and community health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	HE.912.C.2.8	Analyze how the perceptions of norms influence healthy and unhealthy behaviors.

		<p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future 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</p>
INDICATOR	HE.912.C.2.9	<p>Analyze how culture supports and challenges health beliefs, practices, and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.B.	Health Literacy: Responsible Behavior
BENCHMARK	HE.912.B.2.	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
INDICATOR	HE.912.B.2.1	<p>Explain skills needed to communicate effectively with family, peers, and others to enhance health.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.B.	Health Literacy: Responsible Behavior
BENCHMARK	HE.912.B.3.	Demonstrate the ability to use decision-making skills to enhance health.
INDICATOR	HE.912.B.3.1	Determine the value of applying a thoughtful decision-making process in health-related situations.

		<p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.912.B.3.2	<p>Examine barriers that can hinder healthy decision-making.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.912.B.3.3	<p>Assess whether individual or collaborative decision-making is needed to make a healthy decision.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.912.B.3.4	<p>Generate alternatives to health-related issues or problems.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.912.B.3.5	<p>Appraise the potential short-term and long-term outcomes of each alternative on self and others.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.912.B.3.6	<p>Employ the healthiest choice when considering all factors in making a decision.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.B.	Health Literacy: Responsible Behavior
BENCHMARK	HE.912.B.4.	Demonstrate the ability to use goal-setting skills to enhance health.

INDICATOR	HE.912.B.4.1	<p>Evaluate personal health practices and overall health status to include all dimensions of health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.912.B.4.2	<p>Formulate a plan to attain a personal health goal that addresses strengths, needs, and risks.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & 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>My Success Roadmap 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 & 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>
INDICATOR	HE.912.B.4.3	<p>Implement strategies and monitor progress in achieving a personal health goal.</p>

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & 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>My Success Roadmap 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 & 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>
INDICATOR	HE.912.B.4.4	<p>Formulate an effective long-term personal health plan.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.P.	Health Literacy: Promotion

BENCHMARK	HE.912.P.1.	Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.
INDICATOR	HE.912.P.1.2	Demonstrate a variety of healthy practices and behaviors that will maintain or improve health. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	HE.912.P.1.3	Critique a variety of behaviors that avoid or reduce health risks. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.P.	Health Literacy: Promotion
BENCHMARK	HE.912.P.2.	Demonstrate the ability to advocate for individual, peer, school, family, and community health.
INDICATOR	HE.912.P.2.1	Utilize current, accurate data/information to formulate a health-enhancing message. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	HE.912.P.2.4	Adapt health messages and communication techniques to a specific target audience. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BODY OF KNOWLEDGE	FL.PE.912.	Physical Education

BIG IDEA	PE.912.M.	Movement Competency
BENCHMARK	PE.912.M.1.	Demonstrate competency in many and proficiency in a few movement forms from a variety of categories (aquatics, dance, extreme sports, fitness education, gymnastics, individual/dual sports, outdoor pursuits, self-defense, team sports).
INDICATOR	PE.912.M.1.14	Utilize selected technology to assess, enhance, and maintain health and skill-related fitness levels. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BODY OF KNOWLEDGE	FL.PE.912.	Physical Education
BIG IDEA	PE.912.C.	Cognitive Abilities
BENCHMARK	PE.912.C.1.	Identify, analyze, and evaluate movement concepts, mechanical principles, safety considerations, and strategies/tactics regarding movement performance in a variety of physical activities.
INDICATOR	PE.912.C.1.10	Analyze long-term benefits of participating in regular physical activity. Multimedia Extensions Multimedia Extensions: Stress
INDICATOR	PE.912.C.1.20	Know various ways in which physical conflict can be resolved appropriately. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BODY OF KNOWLEDGE	FL.PE.912.	Physical Education
BIG IDEA	PE.912.L.	Lifetime Fitness
BENCHMARK	PE.912.L.1.	Participate regularly in physical activity.
INDICATOR	PE.912.L.1.1	Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity (MVPA) beyond physical education on five or more days of the week. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
INDICATOR	PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.

		<p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
BODY OF KNOWLEDGE	FL.PE.912.	Physical Education
BIG IDEA	PE.912.L.	Lifetime Fitness
BENCHMARK	PE.912.L.2.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.
INDICATOR	PE.912.L.2.1	<p>Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by designing, implementing, self-assessing, and modifying a personal fitness program.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	PE.912.L.2.2	<p>Demonstrate program planning skills by setting goals, devising strategies, and making timelines for a personal fitness program.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATOR	PE.912.L.2.4	<p>Apply the principles of training and conditioning in accordance with personal goals.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATOR	PE.912.L.2.7	<p>Evaluate how to make changes in an individual wellness plan as lifestyle changes occur.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
BODY OF KNOWLEDGE	FL.PE.912.	Physical Education
BIG IDEA	PE.912.R.	Responsible Behaviors and Values
BENCHMARK	PE.912.R.2.	Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
INDICATOR	PE.912.R.2.2	Discuss physical activities from which benefits can be derived.

		Multimedia Extensions Multimedia Extensions: Stress
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Florida Next Generation Sunshine State Standards

Health and PE

Grade 12 - Adopted 2008

BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.C.	Health Literacy: Concepts
BENCHMARK	HE.912.C.1.	Comprehend concepts related to health promotion and disease prevention to enhance health.
INDICATOR	HE.912.C.1.1	<p>Predict how healthy behaviors can affect health status.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.912.C.1.2	<p>Interpret the interrelationships of mental/emotional, intellectual, physical, and social health.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
INDICATOR	HE.912.C.1.7	<p>Assess the degree of susceptibility to injury, illness or death if engaging in unhealthy/risky behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.C.	Health Literacy: Concepts
BENCHMARK	HE.912.C.2.	Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
INDICATOR	HE.912.C.2.1	Analyze how the family influences the health of individuals. Multimedia Extensions Multimedia Extensions: Connections
INDICATOR	HE.912.C.2.2	Compare how peers influence healthy and unhealthy behaviors. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 3: Highway Connections - Lesson 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
INDICATOR	HE.912.C.2.3	Assess how the school and community can affect personal health practice and behaviors. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
INDICATOR	HE.912.C.2.5	Evaluate the effect of media on personal and family health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	HE.912.C.2.6	Evaluate the impact of technology on personal, family, and community health.

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATOR	HE.912.C.2.8	<p>Analyze how the perceptions of norms influence healthy and unhealthy behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future 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</p>
INDICATOR	HE.912.C.2.9	<p>Analyze how culture supports and challenges health beliefs, practices, and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.B.	Health Literacy: Responsible Behavior
BENCHMARK	HE.912.B.2.	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
INDICATOR	HE.912.B.2.1	<p>Explain skills needed to communicate effectively with family, peers, and others to enhance health.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>

BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.B.	Health Literacy: Responsible Behavior
BENCHMARK	HE.912.B.3.	Demonstrate the ability to use decision-making skills to enhance health.
INDICATOR	HE.912.B.3.1	Determine the value of applying a thoughtful decision-making process in health-related situations. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	HE.912.B.3.2	Examine barriers that can hinder healthy decision-making. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	HE.912.B.3.3	Assess whether individual or collaborative decision-making is needed to make a healthy decision. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	HE.912.B.3.4	Generate alternatives to health-related issues or problems. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	HE.912.B.3.5	Appraise the potential short-term and long-term outcomes of each alternative on self and others. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	HE.912.B.3.6	Employ the healthiest choice when considering all factors in making a decision. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.B.	Health Literacy: Responsible Behavior
BENCHMARK	HE.912.B.4.	Demonstrate the ability to use goal-setting skills to enhance health.
INDICATOR	HE.912.B.4.1	<p>Evaluate personal health practices and overall health status to include all dimensions of health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.912.B.4.2	<p>Formulate a plan to attain a personal health goal that addresses strengths, needs, and risks.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & 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>My Success Roadmap 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</p>

		<p>School</p> <p>Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p> <p>Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>INDICATOR</p>	<p>HE.912.B.4.3</p>	<p>Implement strategies and monitor progress in achieving a personal health goal.</p> <p>Multimedia Extensions</p> <p>Multimedia Extensions: Confidence</p> <p>Multimedia Extensions: Importance of School / Goal-Setting</p> <p>Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future</p> <p>Unit 1: Success, Education, & Work - Lesson 01: Defining Success</p> <p>Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>Unit 2: Confidence - Lesson 04: Analyzing Confidence</p> <p>Unit 4: Stress - Lesson 07: Handling Pressure</p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 01: Your Future</p> <p>Unit 1: Destination Success - Lesson 02: Your Goals</p> <p>Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p> <p>Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p> <p>Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>INDICATOR</p>	<p>HE.912.B.4.4</p>	<p>Formulate an effective long-term personal health plan.</p> <p>Multimedia Extensions</p> <p>Multimedia Extensions: Confidence</p> <p>Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future</p> <p>Unit 2: Confidence - Lesson 04: Analyzing Confidence</p> <p>Unit 4: Stress - Lesson 07: Handling Pressure</p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 01: Your Future</p>

		<p>Unit 1: Destination Success - Lesson 02: Your Goals</p> <p>Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.P.	Health Literacy: Promotion
BENCHMARK	HE.912.P.1.	Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.
INDICATOR	HE.912.P.1.2	<p>Demonstrate a variety of healthy practices and behaviors that will maintain or improve health.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	HE.912.P.1.3	<p>Critique a variety of behaviors that avoid or reduce health risks.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BODY OF KNOWLEDGE	FL.HE.912.	Health Education
BIG IDEA	HE.912.P.	Health Literacy: Promotion
BENCHMARK	HE.912.P.2.	Demonstrate the ability to advocate for individual, peer, school, family, and community health.
INDICATOR	HE.912.P.2.1	<p>Utilize current, accurate data/information to formulate a health-enhancing message.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of</p>

		School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	HE.912.P.2.4	Adapt health messages and communication techniques to a specific target audience. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BODY OF KNOWLEDGE	FL.PE.912.	Physical Education
BIG IDEA	PE.912.M.	Movement Competency
BENCHMARK	PE.912.M.1.	Demonstrate competency in many and proficiency in a few movement forms from a variety of categories (aquatics, dance, extreme sports, fitness education, gymnastics, individual/dual sports, outdoor pursuits, self-defense, team sports).
INDICATOR	PE.912.M.1.14	Utilize selected technology to assess, enhance, and maintain health and skill-related fitness levels. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BODY OF KNOWLEDGE	FL.PE.912.	Physical Education
BIG IDEA	PE.912.C.	Cognitive Abilities
BENCHMARK	PE.912.C.1.	Identify, analyze, and evaluate movement concepts, mechanical principles, safety considerations, and strategies/tactics regarding movement performance in a variety of physical activities.
INDICATOR	PE.912.C.1.10	Analyze long-term benefits of participating in regular physical activity. Multimedia Extensions Multimedia Extensions: Stress
INDICATOR	PE.912.C.1.20	Know various ways in which physical conflict can be resolved appropriately. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BODY OF KNOWLEDGE	FL.PE.912.	Physical Education
BIG IDEA	PE.912.L.	Lifetime Fitness
BENCHMARK	PE.912.L.1.	Participate regularly in physical activity.

INDICATOR	PE.912.L.1.1	Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity (MVPA) beyond physical education on five or more days of the week. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
INDICATOR	PE.912.L.1.3	Participate in a variety of activities that promote effective stress management. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
BODY OF KNOWLEDGE	FL.PE.912.	Physical Education
BIG IDEA	PE.912.L.	Lifetime Fitness
BENCHMARK	PE.912.L.2.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.
INDICATOR	PE.912.L.2.1	Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by designing, implementing, self-assessing, and modifying a personal fitness program. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	PE.912.L.2.2	Demonstrate program planning skills by setting goals, devising strategies, and making timelines for a personal fitness program. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	PE.912.L.2.4	Apply the principles of training and conditioning in accordance with personal goals. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	PE.912.L.2.7	Evaluate how to make changes in an individual wellness plan as lifestyle changes occur.

		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
BODY OF KNOWLEDGE	FL.PE.912.	Physical Education
BIG IDEA	PE.912.R.	Responsible Behaviors and Values
BENCHMARK	PE.912.R.2.	Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
INDICATOR	PE.912.R.2.2	Discuss physical activities from which benefits can be derived. Multimedia Extensions Multimedia Extensions: Stress

Florida Next Generation Sunshine State Standards

Social Studies

Grade 9 - Adopted 2008

BODY OF KNOWLEDGE	FL.SS.912.A.	American History
BIG IDEA	SS.912.A.1.	Use research and inquiry skills to analyze American history using primary and secondary sources.
BENCHMARK	SS.912.A.1.7.	Describe various socio-cultural aspects of American life including arts, artifacts, literature, education, and publications. Multimedia Extensions Multimedia Extensions: Confidence
BODY OF KNOWLEDGE	FL.SS.912.E.	Economics
BIG IDEA	SS.912.E.1.	Understand the fundamental concepts relevant to the development of a market economy.
BENCHMARK	SS.912.E.1.9.	Describe how the earnings of workers are determined. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of

		School
BODY OF KNOWLEDGE	FL.SS.912.H.	Humanities
BIG IDEA	SS.912.H.1.	Identify and analyze the historical, social, and cultural contexts of the arts.
BENCHMARK	SS.912.H.1.6.	Analyze how current events are explained by artistic and cultural trends of the past. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

Florida Next Generation Sunshine State Standards

Social Studies

Grade 10 - Adopted 2008

BODY OF KNOWLEDGE	FL.SS.912.A.	American History
BIG IDEA	SS.912.A.1.	Use research and inquiry skills to analyze American history using primary and secondary sources.
BENCHMARK	SS.912.A.1.7.	Describe various socio-cultural aspects of American life including arts, artifacts, literature, education, and publications. Multimedia Extensions Multimedia Extensions: Confidence
BODY OF KNOWLEDGE	FL.SS.912.E.	Economics
BIG IDEA	SS.912.E.1.	Understand the fundamental concepts relevant to the development of a market economy.
BENCHMARK	SS.912.E.1.9.	Describe how the earnings of workers are determined. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
BODY OF KNOWLEDGE	FL.SS.912.H.	Humanities
BIG IDEA	SS.912.H.1.	Identify and analyze the historical, social, and cultural contexts of the arts.

BENCHMARK	SS.912.H.1.6.	Analyze how current events are explained by artistic and cultural trends of the past. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
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Florida Next Generation Sunshine State Standards

Social Studies

Grade 11 - Adopted 2008

BODY OF KNOWLEDGE	FL.SS.912.A.	American History
BIG IDEA	SS.912.A.1.	Use research and inquiry skills to analyze American history using primary and secondary sources.
BENCHMARK	SS.912.A.1.7.	Describe various socio-cultural aspects of American life including arts, artifacts, literature, education, and publications. Multimedia Extensions Multimedia Extensions: Confidence
BODY OF KNOWLEDGE	FL.SS.912.E.	Economics
BIG IDEA	SS.912.E.1.	Understand the fundamental concepts relevant to the development of a market economy.
BENCHMARK	SS.912.E.1.9.	Describe how the earnings of workers are determined. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
BODY OF KNOWLEDGE	FL.SS.912.H.	Humanities
BIG IDEA	SS.912.H.1.	Identify and analyze the historical, social, and cultural contexts of the arts.
BENCHMARK	SS.912.H.1.6.	Analyze how current events are explained by artistic and cultural trends of the past. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

Florida Next Generation Sunshine State Standards

Social Studies

Grade 12 - Adopted 2008

BODY OF KNOWLEDGE	FL.SS.912.A.	American History
BIG IDEA	SS.912.A.1.	Use research and inquiry skills to analyze American history using primary and secondary sources.
BENCHMARK	SS.912.A.1.7.	Describe various socio-cultural aspects of American life including arts, artifacts, literature, education, and publications. Multimedia Extensions Multimedia Extensions: Confidence
BODY OF KNOWLEDGE	FL.SS.912.E.	Economics
BIG IDEA	SS.912.E.1.	Understand the fundamental concepts relevant to the development of a market economy.
BENCHMARK	SS.912.E.1.9.	Describe how the earnings of workers are determined. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
BODY OF KNOWLEDGE	FL.SS.912.H.	Humanities
BIG IDEA	SS.912.H.1.	Identify and analyze the historical, social, and cultural contexts of the arts.
BENCHMARK	SS.912.H.1.6.	Analyze how current events are explained by artistic and cultural trends of the past. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting