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

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

States: Hawaii Content and Performance Standards

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

Hawaii Content and Performance Standards

Health and PE

Grade 7 - Adopted 2007

CONTENT STANDARD / COURSE	HI.HE.6- 8.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.6-8.1.	CORE CONCEPTS: Understand concepts related to health promotion and disease prevention
INDICATOR / GRADE LEVEL	HE.6-	Mental and Emotional Health: Explain the relationship between
EXPECTATION / BENCHMARK	8.1.1.	mental, emotional, social, and physical health
		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
		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 / GRADE LEVEL	HE.6-	Healthy Eating and Physical Activity: Describe short- and long-term
EXPECTATION / BENCHMARK	8.1.2.	effects and consequences of poor nutrition and lack of physical activity
		Multimedia Extensions
		Multimedia Extensions: Stress
		Within Guid Extensions. Circus
INDICATOR / GRADE LEVEL	HE.6-	Alcohol and Other Drug-Free Lifestyle: Describe short- and long-
EXPECTATION / BENCHMARK	8.1.6.	term effects and consequences of drinking alcohol and using drugs
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support
INDICATOR / GRADE LEVEL	HE.6-	Personal Health and Wellness: Identify choices individuals can
EXPECTATION / BENCHMARK	8.1.9.	make to promote or harm their health
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		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
CONTENT STANDARD / COURSE	HI.HE.6- 8.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.6-8.2.	ACCESSING INFORMATION: Access valid health information and health: promoting products and services
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6- 8.2.1.	Health Information, Products, and Services Across Topic Areas: Identify when it is necessary to access health services for self and others
		My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6- 8.2.2.	Health Information, Products, and Services Across Topic Areas: Use appropriate sources to access valid health information, products, and services My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
CONTENT STANDARD / COURSE	HI.HE.6- 8.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.6-8.3.	SELF MANAGEMENT: Practice health: enhancing behaviors and reduce health risks
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6- 8.3.1.	Mental and Emotional Health: Explain personal preferences for coping and stress management strategies Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap

		Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10:
		Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action
		Planning
INDICATOR / GRADE LEVEL	HE.6-	Personal Health and Wellness: Explain the importance of
EXPECTATION / BENCHMARK	8.3.2.	assuming responsibility for personal health behaviors
		My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 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
CONTENT STANDARD /	HI.HE.6-	Health Education
COURSE	8.	
STANDARD / PERFORMANCE	HE.6-8.4.	ANALYZING INFLUENCES: Understand the influences of culture,
INDICATOR / DOMAIN		family, peers, media, technology, and other factors on health
INDICATOR / GRADE LEVEL	HE.6-	Factors Influencing Health Across Topic Areas: Explain the
EXPECTATION / BENCHMARK	Q / 1	· · · · ·
EXPECTATION / BENCHMARK	8.4.1.	influence of internal and external factors on health outcomes
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		Unit 3: Connections - Lesson 06: Analyzing Support
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 09: Finding Balance
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR / GRADE LEVEL	HE.6-	Communication Skills Across Topic Areas: Use effective behaviors
EXPECTATION / BENCHMARK	8.5.2.	that communicate care, consideration, and respect of self and
LAI LOTATION / BENOTIMANN	0.5.2.	others
		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
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INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6- 8.5.3.	Promoting Safety and Preventing Violence and Unintentional Injury: Identify possible causes of disputes connected to personal,
LAI LOTATION / BENOTIVIARK	0.0.3.	family, and community matters
		ranny, and community matters
		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 / GRADE LEVEL	HE.6-	Promoting Safety and Preventing Violence and Unintentional
EXPECTATION / BENCHMARK	8.5.4.	Injury: Apply appropriate conflict resolution strategies to deal with potentially harmful situations
		potentially natified situations
		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
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CONTENT STANDARD / COURSE	HI.HE.6- 8.	Health Education
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STANDARD / PERFORMANCE	HE.6-8.6	DECISION MAKING AND GOAL SETTING: Use DECISION
INDICATOR / DOMAIN	12.00.01	MAKING AND GOAL SETTING skills to enhance health
INDICATOR / GRADE LEVEL	HE.6-	Decision-Making Across Topic Areas: Describe decision-making
EXPECTATION / BENCHMARK	8.6.1.	processes related to health-related decisions
		My Doodman to the Future
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10:
		Analyzing Stress
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action

		Planning
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6- 8.6.2.	Decision-Making Across Topic Areas: Assess health-related decisions for consequences that affect oneself and others
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6- 8.6.3.	Goal-Setting Across Topic Areas: Evaluate personal health strengths and risks to set personal goals
		Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress 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 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
COURSE	HI.HE.6- 8.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.6-8.7.	ADVOCACY: Advocate for personal, family, and community health

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INDICATOR / GRADE LEVEL	HE.6-	Advocacy Across Topic Areas: Use appropriate methods to
EXPECTATION / BENCHMARK	8.7.2.	communicate accurate health information and ideas
		My Success Roadmap
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance
		of School
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School
		Confidence
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CONTENT STANDARD /	LI DE 6	Dhysical Education
		Physical Education
COURSE	8.	
STANDARD / PERFORMANCE	PE.6-8.3.	ACTIVE LIFESTYLE: Participate regularly in physical activity
INDICATOR / DOMAIN		
INDICATOR / GRADE LEVEL	PE.6-	Individual, Dual, and Lifetime Activities: Participate regularly in
EXPECTATION / BENCHMARK	8.3.2.	moderate to vigorous physical activities to meet personal goals
EXI ECTATION / BENCHMARK	0.3.2.	inoderate to vigorous priysical activities to meet personal goals
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
		Multimedia Extensions: Stress
		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
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		Unit 6: Motivation - Lesson 11: Showing Motivation
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		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 / GRADE LEVEL	PE.6-	Individual, Dual, and Lifetime Activities: Explain the relationship
EXPECTATION / BENCHMARK	8.3.3.	between a healthy lifestyle and regular participation in physical
		activities
		Multimedia Extensions
		Multimedia Extensions: Stress
		My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 13: Motivation
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CONTENT OTANDADD		District Control
CONTENT STANDARD /	HI.PE.6-	Physical Education

COURSE	8.	
STANDARD / PERFORMANCE INDICATOR / DOMAIN	PE.6-8.4.	PHYSICAL FITNESS: Know ways to achieve and maintain a health: enhancing level of physical fitness
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	PE.6- 8.4.2.	Fitness and Conditioning-Related Activities: Set goals for improving the components of personal health-related physical fitness
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation

Health and PE

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CONTENT STANDARD / COURSE	HI.HE.6- 8.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.6-8.1.	CORE CONCEPTS: Understand concepts related to health promotion and disease prevention
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6- 8.1.1.	Mental and Emotional Health: Explain the relationship between mental, emotional, social, and physical health
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being 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 / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6- 8.1.2.	Healthy Eating and Physical Activity: Describe short- and long-term effects and consequences of poor nutrition and lack of physical activity

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		Multimedia Extensions Multimedia Extensions: Stress
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INDICATOR / GRADE LEVEL	HE.6-	Alashal and Other Drug Free Lifestyles Describe short and long
EXPECTATION / BENCHMARK		Alcohol and Other Drug-Free Lifestyle: Describe short- and long- term effects and consequences of drinking alcohol and using drugs
EXPECTATION / BENCHWARK	0.1.0.	term enects and consequences of drinking alcohol and using drugs
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support
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INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6- 8.1.9.	
EXPECTATION / BENCHWARK	6.1.9.	make to promote or harm their health
		My Boodman to the Future
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
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		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
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		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action
		Planning
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STANDARD / PERFORMANCE	HE.6-8.2.	ACCESSING INFORMATION: Access valid health information and
INDICATOR / DOMAIN		health: promoting products and services
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INDICATOR / GRADE LEVEL	HE.6-	Health Information, Products, and Services Across Topic Areas:
EXPECTATION / BENCHMARK	8.2.1.	Identify when it is necessary to access health services for self and
		others
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		My Success Roadmap
		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
		Connection
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INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6-	Health Information, Products, and Services Across Topic Areas:
EAFECTATION / BENCHWARK	8.2.2.	Use appropriate sources to access valid health information, products, and services
		products, and services
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 08: Analyzing Support &
		Connection
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STANDARD / PERFORMANCE	HE.6-8.3.	SELF MANAGEMENT: Practice health: enhancing behaviors and
INDICATOR / DOMAIN		reduce health risks
INDICATOR / GRADE LEVEL	HE.6-	Mental and Emotional Health: Explain personal preferences for

EXPECTATION / BENCHMARK	8.3.1.	coping and stress management strategies
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6- 8.3.2.	Personal Health and Wellness: Explain the importance of assuming responsibility for personal health behaviors
		My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 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
CONTENT STANDARD / COURSE	HI.HE.6- 8.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.6-8.4.	ANALYZING INFLUENCES: Understand the influences of culture, family, peers, media, technology, and other factors on health
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6- 8.4.1.	Factors Influencing Health Across Topic Areas: Explain the influence of internal and external factors on health outcomes
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		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap
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		Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
CONTENT STANDARD / COURSE	HI.HE.6- 8.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.6-8.5.	INTERPERSONAL COMMUNICATION: Use interpersonal communication skills to enhance health
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6- 8.5.1.	Communication Skills Across Topic Areas: Use effective verbal and non-verbal communication skills
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6- 8.5.2.	Communication Skills Across Topic Areas: Use effective behaviors that communicate care, consideration, and respect of self and others
		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 / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6- 8.5.3.	Promoting Safety and Preventing Violence and Unintentional Injury: Identify possible causes of disputes connected to personal, family, and community matters
		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 / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6- 8.5.4.	Promoting Safety and Preventing Violence and Unintentional Injury: Apply appropriate conflict resolution strategies to deal with potentially harmful situations
		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
CONTENT STANDARD / COURSE	HI.HE.6- 8.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.6-8.6.	DECISION MAKING AND GOAL SETTING: Use DECISION MAKING AND GOAL SETTING skills to enhance health

INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6- 8.6.1.	Decision-Making Across Topic Areas: Describe decision-making processes related to health-related decisions
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6- 8.6.2.	Decision-Making Across Topic Areas: Assess health-related decisions for consequences that affect oneself and others
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6- 8.6.3.	Goal-Setting Across Topic Areas: Evaluate personal health strengths and risks to set personal goals
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress 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 1: Destination Success - Lesson 04: Analyzing the Importance of School 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 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
CONTENT STANDARD / COURSE	HI.HE.6- 8.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.6-8.7.	ADVOCACY: Advocate for personal, family, and community health
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6- 8.7.2.	Advocacy Across Topic Areas: Use appropriate methods to communicate accurate health information and ideas
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD / COURSE	HI.PE.6- 8.	Physical Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	PE.6-8.3.	ACTIVE LIFESTYLE: Participate regularly in physical activity
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	PE.6- 8.3.2.	Individual, Dual, and Lifetime Activities: Participate regularly in moderate to vigorous physical activities to meet personal goals
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress
		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 / GRADE LEVEL EXPECTATION / BENCHMARK	PE.6- 8.3.3.	Individual, Dual, and Lifetime Activities: Explain the relationship between a healthy lifestyle and regular participation in physical activities Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
COURSE	HI.PE.6- 8.	Physical Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	PE.6-8.4.	PHYSICAL FITNESS: Know ways to achieve and maintain a health: enhancing level of physical fitness
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	PE.6- 8.4.2.	Fitness and Conditioning-Related Activities: Set goals for improving the components of personal health-related physical fitness
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation

Health and PE

Grade 9 - Adopted 2007

CONTENT STANDARD /	HI.HE.9-	Health Education
COURSE	12.	
STANDARD /	HE.9-	CORE CONCEPTS: Understand concepts related to health
PERFORMANCE INDICATOR	12.1.	promotion and disease prevention
/ DOMAIN		
INDICATOR / GRADE LEVEL	HE.9-	Mental and Emotional Health: Compare the relationships among
EXPECTATION / BENCHMARK	12.1.1.	mental, emotional, social, and physical health in adulthood
		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		ividitificata Extensions. Well-being
		My Roadmap to the Future

INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.1.3.	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 Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Personal Health and Wellness: Identify personal health behaviors and other factors that impact body system functions My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD / COURSE	HI.HE.9- 12.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.9- 12.2.	ACCESSING INFORMATION: Access valid health information and health: promoting products and services
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.2.1.	Health Information, Products, and Services Across Topic Areas: Compare health information provided from home, school, and community resources My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.2.3.	Health Information, Products, and Services Across Topic Areas: Describe when and how to access health services for self and others My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
CONTENT STANDARD / COURSE	HI.HE.9- 12.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.9- 12.3.	SELF MANAGEMENT: Practice health: enhancing behaviors and reduce health risks
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.3.1.	Mental and Emotional Health: Compare a variety of personal coping and stress management strategies
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being

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		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action
		Planning
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.3.2.	Personal Health and Wellness: Compare the importance of enhancing health and safety in the community, workplace, and/or at home
		My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 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
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INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.3.3.	Personal Health and Wellness: Evaluate personal behaviors within the risk areas (e.g., tobacco use, alcohol and drug use, nutrition, fitness, personal safety, sexual activity)
		Multimedia Extensions
		Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress
		My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School 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 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action

		Planning
CONTENT STANDARD / COURSE	HI.HE.9- 12.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.9- 12.4.	ANALYZING INFLUENCES: Understand the influences of culture, family, peers, media, technology, and other factors on health
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.4.1.	Factors Influencing Health Across Topic Areas: Evaluate the interrelationship of internal and external factors that influence health behaviors Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
CONTENT STANDARD /	HI.HE.9-	My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Health Education
COURSE	12.	
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.9- 12.5.	INTERPERSONAL COMMUNICATION: Use interpersonal communication skills to enhance health
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.5.1.	Communication Skills Across Topic Areas: Know how to use appropriate verbal and non-verbal communication skills that are necessary to avoid potentially harmful situations My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.5.2.	Promoting Safety and Preventing Violence and Unintentional Injury: Know how to use appropriate strategies to resolve disagreements 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
CONTENT STANDARD / COURSE	HI.HE.9- 12.	Health Education

STANDARD /	HE.9-	DECISION MAKING AND GOAL SETTING: Use DECISION
PERFORMANCE INDICATOR / DOMAIN	_	MAKING AND GOAL SETTING skills to enhance health
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.6.1.	Decision-Making Across Topic Areas: Explain decision-making strategies used to make health-related decisions
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.6.2.	Decision-Making Across Topic Areas: Evaluate health decisions that have immediate and long-term consequences on the individual, family, and community
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10:
		Analyzing Stress Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.6.3.	Decision-Making Across Topic Areas: Know how to apply appropriate responses to risky situations
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR / GRADE LEVEL EXPECTATION /	HE.9- 12.6.4.	Goal-Setting Across Topic Areas: Create and implement a plan for enhancing life-long goals

BENCHMARK		
PEROLIMANN		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Importance of School / Goal-Setting
		Multimedia Extensions: Motivation
		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
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 1: Destination Success - Lesson 03: Career Ideas
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
		Unit 2: Highway to Confidence - Lesson 05: Confidence
		Unit 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
		n
		Planning
CONTENT STANDARD /	HI.HE.9-	
CONTENT STANDARD / COURSE	HI.HE.9- 12.	Planning
		Planning Health Education
COURSE	12. HE.9-	Planning
COURSE STANDARD /	12. HE.9-	Planning Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	12. HE.9- 12.7.	Planning Health Education ADVOCACY: Advocate for personal, family, and community health
STANDARD / PERFORMANCE INDICATOR / DOMAIN INDICATOR / GRADE LEVEL	12. HE.9- 12.7. HE.9-	Planning Health Education ADVOCACY: Advocate for personal, family, and community health Advocacy Across Topic Areas: Design a school-wide health
STANDARD / PERFORMANCE INDICATOR / DOMAIN INDICATOR / GRADE LEVEL EXPECTATION /	12. HE.9- 12.7.	Planning Health Education ADVOCACY: Advocate for personal, family, and community health
STANDARD / PERFORMANCE INDICATOR / DOMAIN INDICATOR / GRADE LEVEL	12. HE.9- 12.7. HE.9-	Planning Health Education ADVOCACY: Advocate for personal, family, and community health Advocacy Across Topic Areas: Design a school-wide health
STANDARD / PERFORMANCE INDICATOR / DOMAIN INDICATOR / GRADE LEVEL EXPECTATION /	12. HE.9- 12.7. HE.9-	Planning Health Education ADVOCACY: Advocate for personal, family, and community health Advocacy Across Topic Areas: Design a school-wide health
STANDARD / PERFORMANCE INDICATOR / DOMAIN INDICATOR / GRADE LEVEL EXPECTATION /	12. HE.9- 12.7. HE.9-	Health Education ADVOCACY: Advocate for personal, family, and community health Advocacy Across Topic Areas: Design a school-wide health advocacy campaign that advocates for a healthy lifestyle
STANDARD / PERFORMANCE INDICATOR / DOMAIN INDICATOR / GRADE LEVEL EXPECTATION /	12. HE.9- 12.7. HE.9-	Planning Health Education ADVOCACY: Advocate for personal, family, and community health Advocacy Across Topic Areas: Design a school-wide health advocacy campaign that advocates for a healthy lifestyle My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STANDARD / PERFORMANCE INDICATOR / DOMAIN INDICATOR / GRADE LEVEL EXPECTATION /	12. HE.9- 12.7. HE.9-	Planning Health Education ADVOCACY: Advocate for personal, family, and community health Advocacy Across Topic Areas: Design a school-wide health advocacy campaign that advocates for a healthy lifestyle My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School
STANDARD / PERFORMANCE INDICATOR / DOMAIN INDICATOR / GRADE LEVEL EXPECTATION /	12. HE.9- 12.7. HE.9-	Planning Health Education ADVOCACY: Advocate for personal, family, and community health Advocacy Across Topic Areas: Design a school-wide health advocacy campaign that advocates for a healthy lifestyle My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STANDARD / PERFORMANCE INDICATOR / DOMAIN INDICATOR / GRADE LEVEL EXPECTATION /	12. HE.9- 12.7. HE.9-	Planning Health Education ADVOCACY: Advocate for personal, family, and community health Advocacy Across Topic Areas: Design a school-wide health advocacy campaign that advocates for a healthy lifestyle My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School
STANDARD / PERFORMANCE INDICATOR / DOMAIN INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.7. HE.9- 12.7.2.	Health Education ADVOCACY: Advocate for personal, family, and community health Advocacy Across Topic Areas: Design a school-wide health advocacy campaign that advocates for a healthy lifestyle My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / PERFORMANCE INDICATOR / DOMAIN INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK INDICATOR / GRADE LEVEL	HE.9- 12.7. HE.9- 12.7.2.	Planning Health Education ADVOCACY: Advocate for personal, family, and community health Advocacy Across Topic Areas: Design a school-wide health advocacy campaign that advocates for a healthy lifestyle My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Advocacy Across Topic Areas: Explain how health messages can be
STANDARD / PERFORMANCE INDICATOR / DOMAIN INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK INDICATOR / GRADE LEVEL EXPECTATION /	HE.9- 12.7. HE.9- 12.7.2.	Health Education ADVOCACY: Advocate for personal, family, and community health Advocacy Across Topic Areas: Design a school-wide health advocacy campaign that advocates for a healthy lifestyle My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Advocacy Across Topic Areas: Explain how health messages can be translated to particular audiences
STANDARD / PERFORMANCE INDICATOR / DOMAIN INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK INDICATOR / GRADE LEVEL EXPECTATION /	HE.9- 12.7. HE.9- 12.7.2.	Health Education ADVOCACY: Advocate for personal, family, and community health Advocacy Across Topic Areas: Design a school-wide health advocacy campaign that advocates for a healthy lifestyle My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Advocacy Across Topic Areas: Explain how health messages can be translated to particular audiences My Success Roadmap
STANDARD / PERFORMANCE INDICATOR / DOMAIN INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK INDICATOR / GRADE LEVEL EXPECTATION /	HE.9- 12.7. HE.9- 12.7.2.	Health Education ADVOCACY: Advocate for personal, family, and community health Advocacy Across Topic Areas: Design a school-wide health advocacy campaign that advocates for a healthy lifestyle My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Advocacy Across Topic Areas: Explain how health messages can be translated to particular audiences My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance
STANDARD / PERFORMANCE INDICATOR / DOMAIN INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK INDICATOR / GRADE LEVEL EXPECTATION /	HE.9- 12.7. HE.9- 12.7.2.	Health Education ADVOCACY: Advocate for personal, family, and community health Advocacy Across Topic Areas: Design a school-wide health advocacy campaign that advocates for a healthy lifestyle My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Advocacy Across Topic Areas: Explain how health messages can be translated to particular audiences My Success Roadmap

		Confidence
CONTENT STANDARD / COURSE	HI.PE.9- 12.	Physical Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	PE.9- 12.3.	ACTIVE LIFESTYLE: Participate regularly in physical activity
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	PE.9- 12.3.2.	Individual, Dual, and Lifetime Activities: Describe reasons for, and healthful benefits of, continuing involvement in personally selected physical activities and identify strategies to do so
		Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD / COURSE	HI.PE.9- 12.	Physical Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	PE.9- 12.4.	PHYSICAL FITNESS: Know ways to achieve and maintain a health: enhancing level of physical fitness
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	PE.9- 12.4.1.	Fitness and Conditioning-Related Activities: Set goals to improve personal fitness level based on various sources of information
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

Health and PE

Grade 10 - Adopted 2007

CONTENT STANDARD / COURSE	HI.HE.9- 12.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.9- 12.1.	CORE CONCEPTS: Understand concepts related to health promotion and disease prevention
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.1.1.	Mental and Emotional Health: Compare the relationships among mental, emotional, social, and physical health in adulthood
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being

		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 / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.1.3.	Personal Health and Wellness: Identify personal health behaviors and other factors that impact body system functions My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD / COURSE	HI.HE.9- 12.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.9- 12.2.	ACCESSING INFORMATION: Access valid health information and health: promoting products and services
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.2.1.	Health Information, Products, and Services Across Topic Areas: Compare health information provided from home, school, and community resources My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.2.3.	Health Information, Products, and Services Across Topic Areas: Describe when and how to access health services for self and others My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
CONTENT STANDARD / COURSE	HI.HE.9- 12.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.9- 12.3.	SELF MANAGEMENT: Practice health: enhancing behaviors and reduce health risks
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.3.1.	Mental and Emotional Health: Compare a variety of personal coping and stress management strategies Multimedia Extensions

Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning INDICATOR / GRADE LEVEL HE.9-Personal Health and Wellness: Compare the importance of enhancing health and safety in the community, workplace, and/or at **EXPECTATION /** 12.3.2. **BENCHMARK** My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 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 / GRADE LEVEL HE.9-Personal Health and Wellness: Evaluate personal behaviors within **EXPECTATION /** 12.3.3. the risk areas (e.g., tobacco use, alcohol and drug use, nutrition, **BENCHMARK** fitness, personal safety, sexual activity) Multimedia Extensions Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School 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 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation

		Unit 7. Creating a Cusassa Highway History Lagran 45. Action
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD / COURSE	HI.HE.9- 12.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.9- 12.4.	ANALYZING INFLUENCES: Understand the influences of culture, family, peers, media, technology, and other factors on health
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.4.1.	Factors Influencing Health Across Topic Areas: Evaluate the interrelationship of internal and external factors that influence health behaviors
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
		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
CONTENT STANDARD / COURSE	HI.HE.9- 12.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.9- 12.5.	INTERPERSONAL COMMUNICATION: Use interpersonal communication skills to enhance health
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.5.1.	Communication Skills Across Topic Areas: Know how to use appropriate verbal and non-verbal communication skills that are necessary to avoid potentially harmful situations
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.5.2.	Promoting Safety and Preventing Violence and Unintentional Injury: Know how to use appropriate strategies to resolve disagreements
		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
CONTENT STANDARD /	HI.HE.9-	Health Education

COURSE	12.	
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.9- 12.6.	DECISION MAKING AND GOAL SETTING: Use DECISION MAKING AND GOAL SETTING skills to enhance health
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.6.1.	Decision-Making Across Topic Areas: Explain decision-making strategies used to make health-related decisions
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.6.2.	Decision-Making Across Topic Areas: Evaluate health decisions that have immediate and long-term consequences on the individual, family, and community
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.6.3.	Decision-Making Across Topic Areas: Know how to apply appropriate responses to risky situations
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR / GRADE LEVEL	HE.9-	Goal-Setting Across Topic Areas: Create and implement a plan for

EXPECTATION / BENCHMARK	12.6.4.	enhancing life-long goals
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation 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 My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 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
CONTENT STANDARD / COURSE	HI.HE.9- 12.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.9- 12.7.	ADVOCACY: Advocate for personal, family, and community health
EXPECTATION / BENCHMARK	HE.9- 12.7.2.	Advocacy Across Topic Areas: Design a school-wide health advocacy campaign that advocates for a healthy lifestyle 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 / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.7.4.	Advocacy Across Topic Areas: Explain how health messages can be translated to particular 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
CONTENT STANDARD / COURSE	HI.PE.9- 12.	Physical Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	PE.9- 12.3.	ACTIVE LIFESTYLE: Participate regularly in physical activity
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	PE.9- 12.3.2.	Individual, Dual, and Lifetime Activities: Describe reasons for, and healthful benefits of, continuing involvement in personally selected physical activities and identify strategies to do so
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD / COURSE	HI.PE.9- 12.	Physical Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	PE.9- 12.4.	PHYSICAL FITNESS: Know ways to achieve and maintain a health: enhancing level of physical fitness
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	PE.9- 12.4.1.	Fitness and Conditioning-Related Activities: Set goals to improve personal fitness level based on various sources of information
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

Health and PE

Grade 11 - Adopted 2007

CONTENT STANDARD / COURSE	HI.HE.9- 12.	Health Education
STANDARD / PERFORMANCE INDICATOR	HE.9-	CORE CONCEPTS: Understand concepts related to health
/ DOMAIN	12.1.	promotion and disease prevention
		Mental and Emotional Health: Compare the relationships among
EXPECTATION / BENCHMARK	12.1.1.	mental, emotional, social, and physical health in adulthood
		Multimedia Extensions

	п	
		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
		Mr. Doodwan to the Future
		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 / GRADE LEVEL	HE.9-	Personal Health and Wellness: Identify personal health behaviors
EXPECTATION /	12.1.3.	and other factors that impact body system functions
BENCHMARK		
		My Success Boodway
		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD /		Licelth Education
COURSE	HI.HE.9-	Health Education
COURSE	12.	
CTANDADD /	LIE O	ACCECCING INFORMATION: Assess well-discount information and
STANDARD /	HE.9-	ACCESSING INFORMATION: Access valid health information and
PERFORMANCE INDICATOR	12.2.	health: promoting products and services
/ DOMAIN		
INDICATOR / ORANG LEVEL	115.0	Harting to Day Later 10 and American Association
INDICATOR / GRADE LEVEL	ll.	Health Information, Products, and Services Across Topic Areas:
EXPECTATION /	12.2.1.	Compare health information provided from home, school, and
BENCHMARK		community resources
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 08: Analyzing Support &
		Connection
		Connection
INDICATOR / GRADE LEVEL	HF 0-	Health Information, Products, and Services Across Topic Areas:
EXPECTATION /	12.2.3.	Describe when and how to access health services for self and others
BENCHMARK	12.2.3.	Describe when and now to access health services for sell did others
BENGLIWARK		
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 08: Analyzing Support &
		Connection
		Connection
CONTENT STANDARD /	HI.HE.9-	Health Education
COURSE	12.	Floatiff Education
COUNCE	12.	
STANDARD /	HE.9-	SELF MANAGEMENT: Practice health: enhancing behaviors and
PERFORMANCE INDICATOR	_	reduce health risks
/ DOMAIN	12.3.	reduce riediti i isks
/ DOWAIN		
INDICATOR / GRADE LEVEL	HE.9-	Montal and Emotional Hoolth: Compare a variety of paragral agriculture
		Mental and Emotional Health: Compare a variety of personal coping
EXPECTATION /	12.3.1.	and stress management strategies
	II .	

BENCHMARK	1	
DENUTIWAKK		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.3.2.	Personal Health and Wellness: Compare the importance of enhancing health and safety in the community, workplace, and/or at home
		My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 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 / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.3.3.	Personal Health and Wellness: Evaluate personal behaviors within the risk areas (e.g., tobacco use, alcohol and drug use, nutrition, fitness, personal safety, sexual activity) Multimedia Extensions Multimedia Extensions: Well-Being My Roadmap to the Future
		Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School 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

CONTENT STANDARD /	HI.HE.9-	Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning Health Education
COURSE	12.	
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.9- 12.4.	ANALYZING INFLUENCES: Understand the influences of culture, family, peers, media, technology, and other factors on health
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.4.1.	Factors Influencing Health Across Topic Areas: Evaluate the interrelationship of internal and external factors that influence health behaviors
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
		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
CONTENT STANDARD / COURSE	HI.HE.9- 12.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.9- 12.5.	INTERPERSONAL COMMUNICATION: Use interpersonal communication skills to enhance health
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.5.1.	Communication Skills Across Topic Areas: Know how to use appropriate verbal and non-verbal communication skills that are necessary to avoid potentially harmful situations
EXPECTATION /		appropriate verbal and non-verbal communication skills that are
EXPECTATION /		appropriate verbal and non-verbal communication skills that are necessary to avoid potentially harmful situations My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance

CONTENT STANDARD / COURSE	HI.HE.9- 12.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.9- 12.6.	DECISION MAKING AND GOAL SETTING: Use DECISION MAKING AND GOAL SETTING skills to enhance health
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.6.1.	Decision-Making Across Topic Areas: Explain decision-making strategies used to make health-related decisions
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.6.2.	Decision-Making Across Topic Areas: Evaluate health decisions that have immediate and long-term consequences on the individual, family, and community
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.6.3.	Decision-Making Across Topic Areas: Know how to apply appropriate responses to risky situations
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.6.4.	Goal-Setting Across Topic Areas: Create and implement a plan for enhancing life-long goals
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation 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
		My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 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
CONTENT STANDARD / COURSE	HI.HE.9- 12.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.9- 12.7.	ADVOCACY: Advocate for personal, family, and community health
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.7.2.	Advocacy Across Topic Areas: Design a school-wide health advocacy campaign that advocates for a healthy lifestyle 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 / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.7.4.	Advocacy Across Topic Areas: Explain how health messages can be translated to particular 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
CONTENT STANDARD / COURSE	HI.PE.9- 12.	Physical Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	PE.9- 12.3.	ACTIVE LIFESTYLE: Participate regularly in physical activity
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	PE.9- 12.3.2.	Individual, Dual, and Lifetime Activities: Describe reasons for, and healthful benefits of, continuing involvement in personally selected physical activities and identify strategies to do so
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD / COURSE	HI.PE.9- 12.	Physical Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	PE.9- 12.4.	PHYSICAL FITNESS: Know ways to achieve and maintain a health: enhancing level of physical fitness
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	PE.9- 12.4.1.	Fitness and Conditioning-Related Activities: Set goals to improve personal fitness level based on various sources of information
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

Health and PE

Grade 12 - Adopted 2007

CONTENT STANDARD / COURSE	HI.HE.9- 12.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN		CORE CONCEPTS: Understand concepts related to health promotion and disease prevention
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK		Mental and Emotional Health: Compare the relationships among mental, emotional, social, and physical health in adulthood

INDICATOR / GRADE LEVEL	HE.9-	Mental and Emotional Health: Compare a variety of personal
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.9- 12.3.	SELF MANAGEMENT: Practice health: enhancing behaviors and reduce health risks
CONTENT STANDARD / COURSE	HI.HE.9- 12.	Health Education
		My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.2.3.	Health Information, Products, and Services Across Topic Areas: Describe when and how to access health services for self and others
		My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.2.1.	Health Information, Products, and Services Across Topic Areas: Compare health information provided from home, school, and community resources
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.9- 12.2.	ACCESSING INFORMATION: Access valid health information and health: promoting products and services
CONTENT STANDARD / COURSE	HI.HE.9- 12.	Health Education
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.1.3.	Personal Health and Wellness: Identify personal health behaviors and other factors that impact body system functions
		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
		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
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being

EXPECTATION / BENCHMARK	12.3.1.	coping and stress management strategies		
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being		
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation		
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning		
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.3.2.	Personal Health and Wellness: Compare the importance of enhancing health and safety in the community, workplace, and/or a home		
		My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 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		
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.3.3.	Planning Personal Health and Wellness: Evaluate personal behaviors within the risk areas (e.g., tobacco use, alcohol and drug use, nutrition, fitness, personal safety, sexual activity)		
		Multimedia Extensions Multimedia Extensions: Well-Being		
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress		
		My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School 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 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning		
CONTENT STANDARD / COURSE	HI.HE.9- 12.	Health Education		
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.9- 12.4.	ANALYZING INFLUENCES: Understand the influences of culture, family, peers, media, technology, and other factors on health		
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.4.1.	Factors Influencing Health Across Topic Areas: Evaluate the interrelationship of internal and external factors that influence health behaviors		
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation		
		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		
CONTENT STANDARD / COURSE	HI.HE.9- 12.	Health Education		
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.9- 12.5.	INTERPERSONAL COMMUNICATION: Use interpersonal communication skills to enhance health		
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.5.1.	Communication Skills Across Topic Areas: Know how to use appropriate verbal and non-verbal communication skills that are necessary to avoid potentially harmful situations		
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation		
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.5.2.	Promoting Safety and Preventing Violence and Unintentional Injury: Know how to use appropriate strategies to resolve disagreements		
		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		
CONTENT STANDARD / COURSE	HI.HE.9- 12.	Health Education		
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.9- 12.6.	DECISION MAKING AND GOAL SETTING: Use DECISION MAKING AND GOAL SETTING skills to enhance health		
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.6.1.	Decision-Making Across Topic Areas: Explain decision-making strategies used to make health-related decisions		
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation		
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning		
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.6.2.	Decision-Making Across Topic Areas: Evaluate health decisions that have immediate and long-term consequences on the individual, family, and community		
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation		
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning		
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.6.3.	Decision-Making Across Topic Areas: Know how to apply appropriate responses to risky situations		
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation		
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action		

		Planning	
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.6.4.	Goal-Setting Across Topic Areas: Create and implement a plan for enhancing life-long goals Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation 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 My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 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	
CONTENT STANDARD / COURSE	HI.HE.9- 12.	Health Education	
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.9- 12.7.	ADVOCACY: Advocate for personal, family, and community health	
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9- 12.7.2.	Advocacy Across Topic Areas: Design a school-wide health advocacy campaign that advocates for a healthy lifestyle 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 / GRADE LEVEL EXPECTATION /	HE.9- 12.7.4.	Advocacy Across Topic Areas: Explain how health messages can be translated to particular audiences	

BENCHMARK		
BENCHWARK		Mu Curana Bandunau
		My Success Roadmap
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance
		of School
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School
		Confidence
CONTENT STANDARD /	HI.PE.9-	Physical Education
COURSE	12.	
STANDARD /	PE.9-	ACTIVE LIFESTYLE: Participate regularly in physical activity
PERFORMANCE INDICATOR		,
/ DOMAIN		
, 2011, 111		
INDICATOR / GRADE LEVEL	PE.9-	Individual, Dual, and Lifetime Activities: Describe reasons for, and
EXPECTATION /	12.3.2.	healthful benefits of, continuing involvement in personally selected
BENCHMARK	12.3.2.	physical activities and identify strategies to do so
BENCHWARK		physical activities and identity strategies to do so
		Multimedia Extensions
		Multimedia Extensions: Stress
		N. C B I
		My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD /	HI.PE.9-	Physical Education
COURSE	12.	
STANDARD /	PE.9-	PHYSICAL FITNESS: Know ways to achieve and maintain a
PERFORMANCE INDICATOR	12.4.	health: enhancing level of physical fitness
/ DOMAIN		
INDICATOR / GRADE LEVEL	PE.9-	Fitness and Conditioning-Related Activities: Set goals to improve
EXPECTATION /	12.4.1.	personal fitness level based on various sources of information
BENCHMARK		
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
	II	INIUILIIIIEUIA EXICIISIOIIS. MOLIVALIOII
		Mutumedia Extensions. Motivation

Social Studies

Grade 9 - Adopted 2007

CONTENT STANDARD / COURSE	HI.SS.9PD.	PARTICIPATION IN A DEMOCRACY
STANDARD / PERFORMANCE INDICATOR / DOMAIN		Economics: RESOURCES, MARKETS, AND GOVERNMENT- Understand economic concepts and the characteristics of various economic systems

INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	TOPIC: Economic Role of Government
EXPECTATION / TOPIC	Explain how people, individually and collectively, participate in the U.S. economy
	Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

Social Studies

Grade 12 - Adopted 2007

CONTENT STANDARD / COURSE	HI.SS.SOC.	SOCIOLOGY
STANDARD / PERFORMANCE INDICATOR / DOMAIN	SS.SOC.3.	Understand the types, characteristics and dynamics of social groups and social institutions
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK		TOPIC: Roles of Groups
EXPECTATION / TOPIC	SS.SOC.3.1.	Describe the behavior of social groups (e.g., family, peers, co-workers, teams) and their function in society
		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
CONTENT STANDARD / COURSE	HI.SS.SOC.	SOCIOLOGY
STANDARD / PERFORMANCE INDICATOR / DOMAIN	SS.SOC.4.	Recognize social problems and underlying causes
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK		TOPIC: Control
EXPECTATION / TOPIC	SS.SOC.4.3.	Evaluate the effectiveness of various types of control over deviant and criminal behavior (e.g., deterrence, incarceration, sanction)
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

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