

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

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

**States:** Idaho Content Standards

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

**Idaho Content Standards**

**Health and PE**

**Grade 7 - Adopted 2010**

<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.1:</b>	Comprehend Core Concepts
<b>GLE / BIG IDEA</b>	<b>1.1:</b>	Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.
<b>OBJECTIVE</b>		By the end of Eighth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>6-8.H.1.1.1.</b>	Analyze the relationship between behaviors, body systems, and personal health.  <b>My Roadmap to the Future</b> 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  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>OBJECTIVE</b>	<b>6-8.H.1.1.2.</b>	Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.  <b>My Roadmap to the Future</b> 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  <b>My Success Roadmap</b>

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>OBJECTIVE</b>	<b>6-8.H.1.1.5.</b>	Describe ways to reduce or prevent injuries and adolescent health problems.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being
<b>OBJECTIVE</b>	<b>6-8.H.1.1.7.</b>	Describe the benefits of and barriers to practicing healthy behaviors.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> 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
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.2:</b>	Analyzing Influences
<b>GLE / BIG IDEA</b>	<b>2.1:</b>	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
<b>OBJECTIVE</b>		By the end of Eighth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>6-8.H.2.1.1.</b>	Examine how family, culture, peers, school, and community influence healthy and unhealthy behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>OBJECTIVE</b>	<b>6-8.H.2.1.2.</b>	Analyze the influence of media and technology on personal and family health.  <b>Multimedia Extensions</b>

		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>OBJECTIVE</b>	<b>6-8.H.2.1.3.</b>	Explain how the perceptions of norms influence healthy and unhealthy behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>OBJECTIVE</b>	<b>6-8.H.2.1.4.</b>	Explain the influence of personal values and beliefs on individual health practices and behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence  <b>My Roadmap to the Future</b> Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.3:</b>	Accessing Information
<b>GLE / BIG IDEA</b>	<b>3.1:</b>	Students will demonstrate the ability to access valid information and products and services to enhance health.
<b>OBJECTIVE</b>		By the end of Eighth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>6-8.H.3.1.2.</b>	Access valid health information from home, school, and community.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support

<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.4:</b>	Interpersonal Communication
<b>GLE / BIG IDEA</b>	<b>4.1:</b>	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>OBJECTIVE</b>		By the end of Eighth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>6-8.H.4.1.1.</b>	Apply effective verbal and nonverbal communication skills to enhance health.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
<b>OBJECTIVE</b>	<b>6-8.H.4.1.4.</b>	Demonstrate how to ask for assistance to enhance the health of self and others.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.5:</b>	Decision Making
<b>GLE / BIG IDEA</b>	<b>5.1:</b>	Students will demonstrate the ability to use decision-making skills to enhance health.
<b>OBJECTIVE</b>		By the end of Eighth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>6-8.H.5.1.1.</b>	Identify circumstances that can help or hinder healthy decision-making.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>6-8.H.5.1.2.</b>	Determine when health-related situations require the application of a thoughtful decision-making process.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

OBJECTIVE	6- 8.H.5.1.3.	Distinguish when individual or collaborate decision-making is appropriate.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
OBJECTIVE	6- 8.H.5.1.4.	Distinguish between healthy and unhealthy alternatives to health-related issues or problems.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	6- 8.H.5.1.5.	Predict the potential short-term and long-term impact of each alternative on self and others.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	6- 8.H.5.1.6.	Choose healthy alternatives over unhealthy alternatives when making a decision.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	6- 8.H.5.1.7.	Analyze the outcomes of a health-related decision.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / COURSE	ID.H.	HEALTH EDUCATION
CONTENT KNOWLEDGE AND	H.6:	Goal Setting

<b>SKILLS / GOAL</b>		
<b>GLE / BIG IDEA</b>	<b>6.1:</b>	Students will demonstrate the ability to use goal-setting skills to enhance health.
<b>OBJECTIVE</b>		By the end of Eighth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>6-8.H.6.1.1.</b>	<p>Assess personal health practices.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b> 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 &amp; Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	<b>6-8.H.6.1.2.</b>	<p>Develop a goal to adopt, maintain, or improve a personal health practice.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b> 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><b>My Success Roadmap</b> 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 &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	<b>6-8.H.6.1.3.</b>	<p>Apply strategies and skills needed to attain a personal health goal.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p>

		<p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.7:</b>	Practice Healthy Behavior
<b>GLE / BIG IDEA</b>	<b>7.1:</b>	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>OBJECTIVE</b>		By the end of Eighth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>6-8.H.7.1.1.</b>	<p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	<b>6-8.H.7.1.2.</b>	<p>Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

<b>OBJECTIVE</b>	<b>6-8.H.7.1.3.</b>	Demonstrate behaviors that avoid or reduce health risks to self and others.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> 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
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.8:</b>	Advocacy
<b>GLE / BIG IDEA</b>	<b>8.1:</b>	Students will demonstrate the ability to advocate for personal, family, and community health.
<b>OBJECTIVE</b>		By the end of Eighth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>6-8.H.8.1.1.</b>	State a health-enhancing position on a topic and support it with accurate information.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>OBJECTIVE</b>	<b>6-8.H.8.1.4.</b>	Identify ways in which health messages and communication techniques can be altered for different audiences.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>STANDARD / COURSE</b>	<b>ID.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>PE.3:</b>	Valuing a Physically Active Lifestyle
<b>GLE / BIG IDEA</b>	<b>3.1:</b>	Participate daily in physical activity for health, enjoyment and/or satisfaction, challenge, self-expression and/or social interaction.
<b>OBJECTIVE</b>		By the end of grade 8, students will:
<b>OBJECTIVE</b>	<b>6-8.PE.3.1.1.</b>	Participate in developmentally appropriate moderate to vigorous physical activity a minimum of 50% of the lesson time (e.g., time assessment, pedometer = 3200 steps in a 40 minute lesson or 80 steps per minute, etc.).

		<p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
<b>OBJECTIVE</b>	6- 8.PE.3.1.2.	<p>Participate daily in moderate to vigorous physical activity during and outside of class as recommended by NASPE, CDC, and USDHHS of at least 60 minutes or more per day (e.g., activity logs, step count of at least 12000 steps per day, activity breaks, etc.).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
<b>OBJECTIVE</b>	6- 8.PE.3.1.3.	<p>Explore a variety of challenging physical activities for personal interest, self-expression and social interaction in a variety of settings including school, home, workplace, and community (e.g., bowling, golf, recreational teams, lessons, camping, etc.).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p>
<b>OBJECTIVE</b>	6- 8.PE.3.1.4.	<p>Describe the challenges found both in experiencing high levels of competition and in learning new and/or different activities (e.g., journaling, videos, blogs, etc.).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p>
<b>STANDARD / COURSE</b>	ID.PE.	PHYSICAL EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	PE.4:	Personal Fitness
<b>GLE / BIG IDEA</b>	4.1:	Achieve and maintain a health-enhancing level of physical fitness.
<b>OBJECTIVE</b>		By the end of grade 8, students will:
<b>OBJECTIVE</b>	6- 8.PE.4.1.2.	<p>Know and demonstrate the basic knowledge of skill-related fitness including agility, coordination, balance, power, reaction time, and speed (e.g., President's Council, assessment series from NASPE, combatives, sprint starts, vertical/standing jump, pilates, etc.).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>OBJECTIVE</b>	6- 8.PE.4.1.3.	<p>Participate in a variety of health-related and skill-related fitness activities in diverse settings including school, home, workplace, and community (e.g.,</p>

		hiking, swimming, orienteering, rock climbing, fun runs, social dance, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>OBJECTIVE</b>	<b>6-8.PE.4.1.4.</b>	Assess physiological indicators of exercise during and after physical activity (e.g., target heart rate zone, perceived exertion, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>OBJECTIVE</b>	<b>6-8.PE.4.1.5.</b>	Apply basic principles and types of training to improve fitness goals (e.g., frequency, intensity, progression, specificity, overload, regularity, interval training, fartlek, circuit training, resistance training, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>STANDARD / COURSE</b>	<b>ID.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>PE.5:</b>	Personal and Social Responsibility
<b>GLE / BIG IDEA</b>	<b>5.1:</b>	Exhibit responsible and social behavior that respects self and others in physical activity settings.
<b>OBJECTIVE</b>		By the end of grade 8, students will:
<b>OBJECTIVE</b>	<b>6-8.PE.5.1.2.</b>	Solve problems by analyzing potential consequences when confronted with a behavioral choice (e.g. resolve argument between peers, be sensitive of the rights and feelings of others, role play, case studies, etc.).  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Idaho Content Standards

Health and PE

**Grade 8 - Adopted 2010**

<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.1:</b>	Comprehend Core Concepts
<b>GLE / BIG IDEA</b>	<b>1.1:</b>	Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.
<b>OBJECTIVE</b>		By the end of Eighth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>6-8.H.1.1.1.</b>	Analyze the relationship between behaviors, body systems, and personal health.  <b>My Roadmap to the Future</b> 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  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>OBJECTIVE</b>	<b>6-8.H.1.1.2.</b>	Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.  <b>My Roadmap to the Future</b> 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  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>OBJECTIVE</b>	<b>6-8.H.1.1.5.</b>	Describe ways to reduce or prevent injuries and adolescent health problems.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being

<b>OBJECTIVE</b>	6-8.H.1.1.7.	Describe the benefits of and barriers to practicing healthy behaviors.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> 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
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.2:</b>	Analyzing Influences
<b>GLE / BIG IDEA</b>	<b>2.1:</b>	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
<b>OBJECTIVE</b>		By the end of Eighth Grade, the student will be able to:
<b>OBJECTIVE</b>	6-8.H.2.1.1.	Examine how family, culture, peers, school, and community influence healthy and unhealthy behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>OBJECTIVE</b>	6-8.H.2.1.2.	Analyze the influence of media and technology on personal and family health.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>OBJECTIVE</b>	6-8.H.2.1.3.	Explain how the perceptions of norms influence healthy and unhealthy behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence

		<p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>OBJECTIVE</b>	6- 8.H.2.1.4.	<p>Explain the influence of personal values and beliefs on individual health practices and behaviors.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b> Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.3:</b>	Accessing Information
<b>GLE / BIG IDEA</b>	<b>3.1:</b>	Students will demonstrate the ability to access valid information and products and services to enhance health.
<b>OBJECTIVE</b>		By the end of Eighth Grade, the student will be able to:
<b>OBJECTIVE</b>	6- 8.H.3.1.2.	<p>Access valid health information from home, school, and community.</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.4:</b>	Interpersonal Communication
<b>GLE / BIG IDEA</b>	<b>4.1:</b>	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

<b>OBJECTIVE</b>		By the end of Eighth Grade, the student will be able to:
<b>OBJECTIVE</b>	6- 8.H.4.1.1.	Apply effective verbal and nonverbal communication skills to enhance health.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
<b>OBJECTIVE</b>	6- 8.H.4.1.4.	Demonstrate how to ask for assistance to enhance the health of self and others.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.5:</b>	Decision Making
<b>GLE / BIG IDEA</b>	<b>5.1:</b>	Students will demonstrate the ability to use decision-making skills to enhance health.
<b>OBJECTIVE</b>		By the end of Eighth Grade, the student will be able to:
<b>OBJECTIVE</b>	6- 8.H.5.1.1.	Identify circumstances that can help or hinder healthy decision-making.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	6- 8.H.5.1.2.	Determine when health-related situations require the application of a thoughtful decision-making process.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	6- 8.H.5.1.3.	Distinguish when individual or collaborate decision-making is appropriate.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
<b>OBJECTIVE</b>	6-	Distinguish between healthy and unhealthy alternatives to health-related issues or problems.

	8.H.5.1.4.	<p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
OBJECTIVE	6-8.H.5.1.5.	<p>Predict the potential short-term and long-term impact of each alternative on self and others.</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
OBJECTIVE	6-8.H.5.1.6.	<p>Choose healthy alternatives over unhealthy alternatives when making a decision.</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
OBJECTIVE	6-8.H.5.1.7.	<p>Analyze the outcomes of a health-related decision.</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / COURSE	ID.H.	HEALTH EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	H.6:	Goal Setting
GLE / BIG IDEA	6.1:	Students will demonstrate the ability to use goal-setting skills to enhance health.
OBJECTIVE		By the end of Eighth Grade, the student will be able to:
OBJECTIVE	6-8.H.6.1.1.	<p>Assess personal health practices.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Well-Being</p>

		<p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b>  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 &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>OBJECTIVE</b></p>	<p>6- 8.H.6.1.2.</p>	<p>Develop a goal to adopt, maintain, or improve a personal health practice.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  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><b>My Success Roadmap</b>  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 &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>OBJECTIVE</b></p>	<p>6- 8.H.6.1.3.</p>	<p>Apply strategies and skills needed to attain a personal health goal.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.7:</b>	Practice Healthy Behavior
<b>GLE / BIG IDEA</b>	<b>7.1:</b>	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>OBJECTIVE</b>		By the end of Eighth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>6-8.H.7.1.1.</b>	<p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	<b>6-8.H.7.1.2.</b>	<p>Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	<b>6-8.H.7.1.3.</b>	<p>Demonstrate behaviors that avoid or reduce health risks to self and others.</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STANDARD /</b>	<b>ID.H.</b>	HEALTH EDUCATION

<b>COURSE</b>		
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.8:</b>	Advocacy
<b>GLE / BIG IDEA</b>	<b>8.1:</b>	Students will demonstrate the ability to advocate for personal, family, and community health.
<b>OBJECTIVE</b>		By the end of Eighth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>6-8.H.8.1.1.</b>	State a health-enhancing position on a topic and support it with accurate information.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>OBJECTIVE</b>	<b>6-8.H.8.1.4.</b>	Identify ways in which health messages and communication techniques can be altered for different audiences.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>STANDARD / COURSE</b>	<b>ID.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>PE.3:</b>	Valuing a Physically Active Lifestyle
<b>GLE / BIG IDEA</b>	<b>3.1:</b>	Participate daily in physical activity for health, enjoyment and/or satisfaction, challenge, self-expression and/or social interaction.
<b>OBJECTIVE</b>		By the end of grade 8, students will:
<b>OBJECTIVE</b>	<b>6-8.PE.3.1.1.</b>	Participate in developmentally appropriate moderate to vigorous physical activity a minimum of 50% of the lesson time (e.g., time assessment, pedometer = 3200 steps in a 40 minute lesson or 80 steps per minute, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>OBJECTIVE</b>	<b>6-8.PE.3.1.2.</b>	Participate daily in moderate to vigorous physical activity during and outside of class as recommended by NASPE, CDC, and USDHHS of at least 60 minutes or more per day (e.g., activity logs, step count of at least 12000 steps per day, activity breaks, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress

<b>OBJECTIVE</b>	6- 8.PE.3.1.3.	Explore a variety of challenging physical activities for personal interest, self-expression and social interaction in a variety of settings including school, home, workplace, and community (e.g., bowling, golf, recreational teams, lessons, camping, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence
<b>OBJECTIVE</b>	6- 8.PE.3.1.4.	Describe the challenges found both in experiencing high levels of competition and in learning new and/or different activities (e.g., journaling, videos, blogs, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence
<b>STANDARD / COURSE</b>	<b>ID.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>PE.4:</b>	Personal Fitness
<b>GLE / BIG IDEA</b>	<b>4.1:</b>	Achieve and maintain a health-enhancing level of physical fitness.
<b>OBJECTIVE</b>		By the end of grade 8, students will:
<b>OBJECTIVE</b>	6- 8.PE.4.1.2.	Know and demonstrate the basic knowledge of skill-related fitness including agility, coordination, balance, power, reaction time, and speed (e.g., President's Council, assessment series from NASPE, combatives, sprint starts, vertical/standing jump, pilates, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>OBJECTIVE</b>	6- 8.PE.4.1.3.	Participate in a variety of health-related and skill-related fitness activities in diverse settings including school, home, workplace, and community (e.g., hiking, swimming, orienteering, rock climbing, fun runs, social dance, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>OBJECTIVE</b>	6- 8.PE.4.1.4.	Assess physiological indicators of exercise during and after physical activity (e.g., target heart rate zone, perceived exertion, etc.).  <b>Multimedia Extensions</b>

		Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>OBJECTIVE</b>	<b>6-8.PE.4.1.5.</b>	Apply basic principles and types of training to improve fitness goals (e.g., frequency, intensity, progression, specificity, overload, regularity, interval training, fartlek, circuit training, resistance training, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>STANDARD / COURSE</b>	<b>ID.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>PE.5:</b>	Personal and Social Responsibility
<b>GLE / BIG IDEA</b>	<b>5.1:</b>	Exhibit responsible and social behavior that respects self and others in physical activity settings.
<b>OBJECTIVE</b>		By the end of grade 8, students will:
<b>OBJECTIVE</b>	<b>6-8.PE.5.1.2.</b>	Solve problems by analyzing potential consequences when confronted with a behavioral choice (e.g. resolve argument between peers, be sensitive of the rights and feelings of others, role play, case studies, etc.).  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

### Idaho Content Standards

#### Social Studies

#### Grade 7 - Adopted 2009

<b>STANDARD / COURSE</b>	<b>ID.GWH.</b>	GEOGRAPHY-WESTERN HEMISPHERE
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>GWH.5:</b>	Global Perspectives - Students in Geography-Western Hemisphere build an understanding of multiple perspectives and global interdependence.
<b>GLE / BIG IDEA</b>	<b>5.1:</b>	Build an understanding of multiple perspectives and global interdependence.
<b>OBJECTIVE</b>		By the end of Geography-Western Hemisphere, the student will be

		able to:
<b>OBJECTIVE</b>	<b>6-9.GWH.5.1.1.</b>	Discuss how social institutions, including family, religion, and education, influence behavior in different societies in the Western Hemisphere.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>OBJECTIVE</b>	<b>6-9.GWH.5.1.2.</b>	Give examples of how language, literature, and the arts shaped the development and transmission of culture in the Western Hemisphere.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence

**Idaho Content Standards**

**Social Studies**

**Grade 8 - Adopted 2009**

<b>STANDARD / COURSE</b>	<b>ID.GWH.</b>	<b>GEOGRAPHY-WESTERN HEMISPHERE</b>
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>GWH.5:</b>	Global Perspectives - Students in Geography-Western Hemisphere build an understanding of multiple perspectives and global interdependence.
<b>GLE / BIG IDEA</b>	<b>5.1:</b>	Build an understanding of multiple perspectives and global interdependence.
<b>OBJECTIVE</b>		By the end of Geography-Western Hemisphere, the student will be able to:
<b>OBJECTIVE</b>	<b>6-9.GWH.5.1.1.</b>	Discuss how social institutions, including family, religion, and education, influence behavior in different societies in the Western Hemisphere.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>OBJECTIVE</b>	<b>6-9.GWH.5.1.2.</b>	Give examples of how language, literature, and the arts shaped the development and transmission of culture in the Western Hemisphere.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence

Idaho Content Standards

Health and PE

Grade 9 - Adopted 2010

STANDARD / COURSE	ID.H.	HEALTH EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	H.1:	Comprehend Core Concepts
GLE / BIG IDEA	1.1:	Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.
OBJECTIVE		By the end of Twelfth Grade, the student will be able to:
OBJECTIVE	9-12.H.1.1.2.	Describe the interrelationships of emotional, intellectual, physical, and social health.  <b>My Roadmap to the Future</b> 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  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
OBJECTIVE	9-12.H.1.1.7.	Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> 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
STANDARD / COURSE	ID.H.	HEALTH EDUCATION
CONTENT KNOWLEDGE	H.2:	Analyzing Influences

<b>AND SKILLS / GOAL</b>		
<b>GLE / BIG IDEA</b>	<b>2.1:</b>	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.H.2.1.1.</b>	Analyze how the family and culture influence health beliefs and behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>OBJECTIVE</b>	<b>9-12.H.2.1.2.</b>	Analyze how peers influence health beliefs and behaviors.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 09: Finding Balance  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>OBJECTIVE</b>	<b>9-12.H.2.1.3.</b>	Evaluate how the school and community can affect personal health practice and behaviors.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>OBJECTIVE</b>	<b>9-12.H.2.1.4.</b>	Analyze how the media and technology influence health beliefs and behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>OBJECTIVE</b>	<b>9-12.H.2.1.5.</b>	Analyze how the perception of norms influences healthy and unhealthy behaviors.

		<p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.3:</b>	Accessing Information
<b>GLE / BIG IDEA</b>	<b>3.1:</b>	Students will demonstrate the ability to access valid information and products and services to enhance health.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.H.3.1.4.</b>	<p>Use resources from home, school, and community that provide valid health information.</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.4:</b>	Interpersonal Communication
<b>GLE / BIG IDEA</b>	<b>4.1:</b>	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.H.4.1.1.</b>	<p>Use skills for communicating effectively with family, peers, and others to enhance health.</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p>

		Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>OBJECTIVE</b>	9-12.H.4.1.4.	Demonstrate how to ask for and offer assist to enhance the health of self and others.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.5:</b>	Decision Making
<b>GLE / BIG IDEA</b>	<b>5.1:</b>	Students will demonstrate the ability to use decision-making skills to enhance health.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	9-12.H.5.1.1.	Examine barriers that can hinder healthy decision-making.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	9-12.H.5.1.2.	Determine the value of applying a thoughtful decision-making process in health-related situations.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	9-12.H.5.1.3.	Justify when individual or collaborative decision-making is appropriate.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
<b>OBJECTIVE</b>	9-12.H.5.1.4.	Generate alternatives to health-related issues or problems.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b>

		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
<b>OBJECTIVE</b>	<b>9-12.H.5.1.5.</b>	Predict the potential short-term and long-term impact of each alternative on self and others.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>9-12.H.5.1.6.</b>	Defend the healthy choice when making decisions.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> 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
<b>OBJECTIVE</b>	<b>9-12.H.5.1.7.</b>	Evaluate the effectiveness of health-related decisions.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.6:</b>	Goal Setting
<b>GLE / BIG IDEA</b>	<b>6.1:</b>	Students will demonstrate the ability to use goal-setting skills to enhance health.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.H.6.1.1.</b>	Assess personal health practices and overall health status.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress  <b>My Success Roadmap</b>

		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
<b>OBJECTIVE</b>	<b>9-12.H.6.1.2.</b>	Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> 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  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 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
<b>OBJECTIVE</b>	<b>9-12.H.6.1.3.</b>	Implement strategies and monitor progress in achieving a personal health goal.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation  <b>My Roadmap to the Future</b> 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  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future

		Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	9-12.H.6.1.4.	Formulate an effective long-term personal health plan.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation  <b>My Roadmap to the Future</b> 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  <b>My Success Roadmap</b> 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
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.7:</b>	Practice Healthy Behavior
<b>GLE / BIG IDEA</b>	<b>7.1:</b>	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	9-12.H.7.1.1.	Analyze the role of individual responsibility in enhancing health.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> 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
<b>OBJECTIVE</b>	<b>9-12.H.7.1.2.</b>	Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> 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
<b>OBJECTIVE</b>	<b>9-12.H.7.1.3.</b>	Demonstrate a variety of healthy practices and behaviors that avoid or reduce health risks to self and others.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> 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
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.8:</b>	Advocacy
<b>GLE / BIG IDEA</b>	<b>8.1:</b>	Students will demonstrate the ability to advocate for personal, family, and community health.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.H.8.1.1.</b>	Use accurate peer and societal norms to formulate a health-enhancing message.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>OBJECTIVE</b>	<b>9-12.H.8.1.4.</b>	Adapt health messages and communication techniques to target a specific audience.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>STANDARD / COURSE</b>	<b>ID.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>PE.2:</b>	Movement Knowledge
<b>GLE / BIG IDEA</b>	<b>2.1:</b>	Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.
<b>OBJECTIVE</b>		By the end of grade 12, students will:
<b>OBJECTIVE</b>	<b>9-12.PE.2.1.1.</b>	Demonstrate the knowledge and understanding necessary to develop scientifically based personal activity plans that include self-selected physical activities and sports (e.g., physical activity goal setting, fitness profiles and assessments, mypyramid.gov nutrition, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STANDARD / COURSE</b>	<b>ID.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>PE.3:</b>	Valuing a Physically Active Lifestyle
<b>GLE / BIG IDEA</b>	<b>3.1:</b>	Participate daily in physical activity for health, enjoyment and/or satisfaction, challenge, self-expression and/or social interaction.
<b>OBJECTIVE</b>		By the end of grade 12, students will:
<b>OBJECTIVE</b>	<b>9-12.PE.3.1.3.</b>	Provide rationale about their physical activity participation for health and manage participation based on personal interests, capabilities, and resources (e.g., develop individual physical activity plan, journaling, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>OBJECTIVE</b>	<b>9-12.PE.3.1.5.</b>	Enjoy the challenge of working hard to better their skills and feel satisfaction when they are successful in improving and pursuing personal goals (e.g., journaling reflections, etc.).  <b>Multimedia Extensions</b>

		Multimedia Extensions: Confidence
<b>STANDARD / COURSE</b>	<b>ID.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>PE.4:</b>	Personal Fitness
<b>GLE / BIG IDEA</b>	<b>4.1:</b>	Achieve and maintain a health-enhancing level of physical fitness.
<b>OBJECTIVE</b>		By the end of grade 12, students will:
<b>OBJECTIVE</b>	<b>9-12.PE.4.1.1.</b>	<p>Demonstrate health-related fitness components (cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition) by improving, meeting and/or sustaining gender and age-related contemporary fitness standards as defined by approved tests (e.g., Fitnessgram or President's Council healthy fitness zone/level, identify various activities that demonstrate each health-related component, etc.).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>OBJECTIVE</b>	<b>9-12.PE.4.1.2.</b>	<p>Assume greater self-responsibility to improve, meet, and/or sustain gender and age-related contemporary fitness standards necessary for a healthy productive life as defined by approved tests such as Fitnessgram or President's Council healthy fitness zone/level (e.g., log sheets, fitness profiles, task cards, portfolios, etc.).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>OBJECTIVE</b>	<b>9-12.PE.4.1.3.</b>	<p>Interpret and analyze information from fitness tests to plan and design individual programs for achieving and maintaining current/lifelong fitness goals that encompass all components of fitness (e.g., select various activities from skill- and health-related components, set goals, fitness plan, assessment and evaluation, website programs for lifelong fitness planning, etc.).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b></p>

		Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>STANDARD / COURSE</b>	<b>ID.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>PE.5:</b>	Personal and Social Responsibility
<b>GLE / BIG IDEA</b>	<b>5.1:</b>	Exhibit responsible and social behavior that respects self and others in physical activity settings.
<b>OBJECTIVE</b>		By the end of grade 12, students will:
<b>OBJECTIVE</b>	<b>9-12.PE.5.1.1.</b>	Demonstrate the ability to initiate responsible personal and social behavior, function independently, and positively influence the behavior of others in physical activity setting (e.g. develop code of ethics, sportsmanship recognition, volunteer Special Olympics, assist in an elementary physical education class, etc.).  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>OBJECTIVE</b>	<b>9-12.PE.5.1.2.</b>	Demonstrate leadership by holding themselves and others responsible for following safe practices, rules, procedures, and etiquette in physical activity settings (e.g. assumes an active leader and/or supportive role as appropriate during a ropes course activity, acknowledge a rule infraction, plan and lead a backpacking trip, coordinate a fun run, respecting others space in a weight room, etc.).  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

**Idaho Content Standards**

**Health and PE**

**Grade 10 - Adopted 2010**

<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.1:</b>	Comprehend Core Concepts
<b>GLE / BIG IDEA</b>	<b>1.1:</b>	Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.

<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	9-12.H.1.1.2.	Describe the interrelationships of emotional, intellectual, physical, and social health.  <b>My Roadmap to the Future</b> 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  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>OBJECTIVE</b>	9-12.H.1.1.7.	Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> 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
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.2:</b>	Analyzing Influences
<b>GLE / BIG IDEA</b>	<b>2.1:</b>	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	9-12.H.2.1.1.	Analyze how the family and culture influence health beliefs and behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>OBJECTIVE</b>	<b>9-12.H.2.1.2.</b>	Analyze how peers influence health beliefs and behaviors.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 09: Finding Balance  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>OBJECTIVE</b>	<b>9-12.H.2.1.3.</b>	Evaluate how the school and community can affect personal health practice and behaviors.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>OBJECTIVE</b>	<b>9-12.H.2.1.4.</b>	Analyze how the media and technology influence health beliefs and behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>OBJECTIVE</b>	<b>9-12.H.2.1.5.</b>	Analyze how the perception of norms influences healthy and unhealthy behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.3:</b>	Accessing Information

<b>GLE / BIG IDEA</b>	<b>3.1:</b>	Students will demonstrate the ability to access valid information and products and services to enhance health.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.H.3.1.4.</b>	Use resources from home, school, and community that provide valid health information.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.4:</b>	Interpersonal Communication
<b>GLE / BIG IDEA</b>	<b>4.1:</b>	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.H.4.1.1.</b>	Use skills for communicating effectively with family, peers, and others to enhance health.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>OBJECTIVE</b>	<b>9-12.H.4.1.4.</b>	Demonstrate how to ask for and offer assist to enhance the health of self and others.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.5:</b>	Decision Making

<b>GLE / BIG IDEA</b>	<b>5.1:</b>	Students will demonstrate the ability to use decision-making skills to enhance health.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.H.5.1.1.</b>	Examine barriers that can hinder healthy decision-making.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>9-12.H.5.1.2.</b>	Determine the value of applying a thoughtful decision-making process in health-related situations.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>9-12.H.5.1.3.</b>	Justify when individual or collaborative decision-making is appropriate.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
<b>OBJECTIVE</b>	<b>9-12.H.5.1.4.</b>	Generate alternatives to health-related issues or problems.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> 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
<b>OBJECTIVE</b>	<b>9-12.H.5.1.5.</b>	Predict the potential short-term and long-term impact of each alternative on self and others.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>9-12.H.5.1.6.</b>	Defend the healthy choice when making decisions.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b>

		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
<b>OBJECTIVE</b>	<b>9-12.H.5.1.7.</b>	Evaluate the effectiveness of health-related decisions.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.6:</b>	Goal Setting
<b>GLE / BIG IDEA</b>	<b>6.1:</b>	Students will demonstrate the ability to use goal-setting skills to enhance health.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.H.6.1.1.</b>	Assess personal health practices and overall health status.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress  <b>My Success Roadmap</b> 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
<b>OBJECTIVE</b>	<b>9-12.H.6.1.2.</b>	Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 04: Analyzing Confidence

		<p>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</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	9-12.H.6.1.3.	<p>Implement strategies and monitor progress in achieving a personal health goal.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	9-12.H.6.1.4.	<p>Formulate an effective long-term personal health plan.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure</p>

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.7:</b>	Practice Healthy Behavior
<b>GLE / BIG IDEA</b>	<b>7.1:</b>	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.H.7.1.1.</b>	<p>Analyze the role of individual responsibility in enhancing health.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	<b>9-12.H.7.1.2.</b>	<p>Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	<b>9-12.H.7.1.3.</b>	<p>Demonstrate a variety of healthy practices and behaviors that avoid or reduce health risks to self and others.</p> <p><b>My Roadmap to the Future</b></p>

		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> 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
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.8:</b>	Advocacy
<b>GLE / BIG IDEA</b>	<b>8.1:</b>	Students will demonstrate the ability to advocate for personal, family, and community health.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.H.8.1.1.</b>	Use accurate peer and societal norms to formulate a health-enhancing message.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>OBJECTIVE</b>	<b>9-12.H.8.1.4.</b>	Adapt health messages and communication techniques to target a specific audience.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>STANDARD / COURSE</b>	<b>ID.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>PE.2:</b>	Movement Knowledge
<b>GLE / BIG IDEA</b>	<b>2.1:</b>	Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.
<b>OBJECTIVE</b>		By the end of grade 12, students will:
<b>OBJECTIVE</b>	<b>9-12.PE.2.1.1.</b>	Demonstrate the knowledge and understanding necessary to develop scientifically based personal activity plans that include self-selected physical activities and sports (e.g., physical activity goal setting, fitness profiles and assessments, mypyramid.gov nutrition, etc.).

		<b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STANDARD / COURSE</b>	<b>ID.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>PE.3:</b>	Valuing a Physically Active Lifestyle
<b>GLE / BIG IDEA</b>	<b>3.1:</b>	Participate daily in physical activity for health, enjoyment and/or satisfaction, challenge, self-expression and/or social interaction.
<b>OBJECTIVE</b>		By the end of grade 12, students will:
<b>OBJECTIVE</b>	<b>9-12.PE.3.1.1.</b>	Participate in moderate to vigorous physical activity for at least of 50% of the lesson time (e.g., time assessment, pedometer = 3200 steps in a 40 minute lesson or 80 steps per minute - block or traditional schedule, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>OBJECTIVE</b>	<b>9-12.PE.3.1.2.</b>	Participate daily in moderate to vigorous physical activity during and outside of class as recommended by NASPE, CDC, and USDHHS of at least 60 minutes or more per day (e.g., activity logs, step count of at least 12000 steps per day, activity breaks, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>OBJECTIVE</b>	<b>9-12.PE.3.1.3.</b>	Provide rationale about their physical activity participation for health and manage participation based on personal interests, capabilities, and resources (e.g., develop individual physical activity plan, journaling, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>OBJECTIVE</b>	<b>9-12.PE.3.1.5.</b>	Enjoy the challenge of working hard to better their skills and feel satisfaction when they are successful in improving and pursuing personal goals (e.g., journaling reflections, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence
<b>STANDARD / COURSE</b>	<b>ID.PE.</b>	PHYSICAL EDUCATION

<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>PE.4:</b>	Personal Fitness
<b>GLE / BIG IDEA</b>	<b>4.1:</b>	Achieve and maintain a health-enhancing level of physical fitness.
<b>OBJECTIVE</b>		By the end of grade 12, students will:
<b>OBJECTIVE</b>	<b>9-12.PE.4.1.1.</b>	<p>Demonstrate health-related fitness components (cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition) by improving, meeting and/or sustaining gender and age-related contemporary fitness standards as defined by approved tests (e.g., Fitnessgram or President's Council healthy fitness zone/level, identify various activities that demonstrate each health-related component, etc.).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>OBJECTIVE</b>	<b>9-12.PE.4.1.2.</b>	<p>Assume greater self-responsibility to improve, meet, and/or sustain gender and age-related contemporary fitness standards necessary for a healthy productive life as defined by approved tests such as Fitnessgram or President's Council healthy fitness zone/level (e.g., log sheets, fitness profiles, task cards, portfolios, etc.).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>OBJECTIVE</b>	<b>9-12.PE.4.1.3.</b>	<p>Interpret and analyze information from fitness tests to plan and design individual programs for achieving and maintaining current/lifelong fitness goals that encompass all components of fitness (e.g., select various activities from skill- and health-related components, set goals, fitness plan, assessment and evaluation, website programs for lifelong fitness planning, etc.).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>STANDARD / COURSE</b>	<b>ID.PE.</b>	PHYSICAL EDUCATION

<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>PE.5:</b>	Personal and Social Responsibility
<b>GLE / BIG IDEA</b>	<b>5.1:</b>	Exhibit responsible and social behavior that respects self and others in physical activity settings.
<b>OBJECTIVE</b>		By the end of grade 12, students will:
<b>OBJECTIVE</b>	<b>9-12.PE.5.1.1.</b>	Demonstrate the ability to initiate responsible personal and social behavior, function independently, and positively influence the behavior of others in physical activity setting (e.g. develop code of ethics, sportsmanship recognition, volunteer Special Olympics, assist in an elementary physical education class, etc.).  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>OBJECTIVE</b>	<b>9-12.PE.5.1.2.</b>	Demonstrate leadership by holding themselves and others responsible for following safe practices, rules, procedures, and etiquette in physical activity settings (e.g. assumes an active leader and/or supportive role as appropriate during a ropes course activity, acknowledge a rule infraction, plan and lead a backpacking trip, coordinate a fun run, respecting others space in a weight room, etc.).  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

**Idaho Content Standards**

**Health and PE**

**Grade 11 - Adopted 2010**

<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.1:</b>	Comprehend Core Concepts
<b>GLE / BIG IDEA</b>	<b>1.1:</b>	Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.H.1.1.2.</b>	Describe the interrelationships of emotional, intellectual, physical, and social health.

		<p><b>My Roadmap to the Future</b>  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><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>OBJECTIVE</b>	9-12.H.1.1.7.	<p>Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.2:</b>	Analyzing Influences
<b>GLE / BIG IDEA</b>	<b>2.1:</b>	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	9-12.H.2.1.1.	<p>Analyze how the family and culture influence health beliefs and behaviors.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>OBJECTIVE</b>	9-12.H.2.1.2.	Analyze how peers influence health beliefs and behaviors.

		<p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>OBJECTIVE</b>	9-12.H.2.1.3.	<p>Evaluate how the school and community can affect personal health practice and behaviors.</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>OBJECTIVE</b>	9-12.H.2.1.4.	<p>Analyze how the media and technology influence health beliefs and behaviors.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>OBJECTIVE</b>	9-12.H.2.1.5.	<p>Analyze how the perception of norms influences healthy and unhealthy behaviors.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.3:</b>	Accessing Information
<b>GLE / BIG IDEA</b>	<b>3.1:</b>	Students will demonstrate the ability to access valid information and products and services to enhance health.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:

<b>OBJECTIVE</b>	9-12.H.3.1.4.	Use resources from home, school, and community that provide valid health information.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.4:</b>	Interpersonal Communication
<b>GLE / BIG IDEA</b>	<b>4.1:</b>	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	9-12.H.4.1.1.	Use skills for communicating effectively with family, peers, and others to enhance health.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>OBJECTIVE</b>	9-12.H.4.1.4.	Demonstrate how to ask for and offer assist to enhance the health of self and others.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.5:</b>	Decision Making
<b>GLE / BIG IDEA</b>	<b>5.1:</b>	Students will demonstrate the ability to use decision-making skills to enhance health.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	9-	Examine barriers that can hinder healthy decision-making.

	12.H.5.1.1.	<p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	9-12.H.5.1.2.	<p>Determine the value of applying a thoughtful decision-making process in health-related situations.</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	9-12.H.5.1.3.	<p>Justify when individual or collaborative decision-making is appropriate.</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections</p> <p><b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
<b>OBJECTIVE</b>	9-12.H.5.1.4.	<p>Generate alternatives to health-related issues or problems.</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	9-12.H.5.1.5.	<p>Predict the potential short-term and long-term impact of each alternative on self and others.</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	9-12.H.5.1.6.	<p>Defend the healthy choice when making decisions.</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

<b>OBJECTIVE</b>	9-12.H.5.1.7.	Evaluate the effectiveness of health-related decisions.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.6:</b>	Goal Setting
<b>GLE / BIG IDEA</b>	<b>6.1:</b>	Students will demonstrate the ability to use goal-setting skills to enhance health.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	9-12.H.6.1.1.	Assess personal health practices and overall health status.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress  <b>My Success Roadmap</b> 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
<b>OBJECTIVE</b>	9-12.H.6.1.2.	Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> 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

		<p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	9-12.H.6.1.3.	<p>Implement strategies and monitor progress in achieving a personal health goal.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	9-12.H.6.1.4.	<p>Formulate an effective long-term personal health plan.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  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><b>My Success Roadmap</b></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
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.7:</b>	Practice Healthy Behavior
<b>GLE / BIG IDEA</b>	<b>7.1:</b>	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.H.7.1.1.</b>	Analyze the role of individual responsibility in enhancing health.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> 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
<b>OBJECTIVE</b>	<b>9-12.H.7.1.2.</b>	Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> 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
<b>OBJECTIVE</b>	<b>9-12.H.7.1.3.</b>	Demonstrate a variety of healthy practices and behaviors that avoid or reduce health risks to self and others.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b>

		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
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.8:</b>	Advocacy
<b>GLE / BIG IDEA</b>	<b>8.1:</b>	Students will demonstrate the ability to advocate for personal, family, and community health.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.H.8.1.1.</b>	Use accurate peer and societal norms to formulate a health-enhancing message.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>OBJECTIVE</b>	<b>9-12.H.8.1.4.</b>	Adapt health messages and communication techniques to target a specific audience.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>STANDARD / COURSE</b>	<b>ID.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>PE.2:</b>	Movement Knowledge
<b>GLE / BIG IDEA</b>	<b>2.1:</b>	Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.
<b>OBJECTIVE</b>		By the end of grade 12, students will:
<b>OBJECTIVE</b>	<b>9-12.PE.2.1.1.</b>	Demonstrate the knowledge and understanding necessary to develop scientifically based personal activity plans that include self-selected physical activities and sports (e.g., physical activity goal setting, fitness profiles and assessments, mypyramid.gov nutrition, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation

<b>STANDARD / COURSE</b>	<b>ID.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>PE.3:</b>	Valuing a Physically Active Lifestyle
<b>GLE / BIG IDEA</b>	<b>3.1:</b>	Participate daily in physical activity for health, enjoyment and/or satisfaction, challenge, self-expression and/or social interaction.
<b>OBJECTIVE</b>		By the end of grade 12, students will:
<b>OBJECTIVE</b>	<b>9-12.PE.3.1.1.</b>	Participate in moderate to vigorous physical activity for at least of 50% of the lesson time (e.g., time assessment, pedometer = 3200 steps in a 40 minute lesson or 80 steps per minute - block or traditional schedule, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>OBJECTIVE</b>	<b>9-12.PE.3.1.2.</b>	Participate daily in moderate to vigorous physical activity during and outside of class as recommended by NASPE, CDC, and USDHHS of at least 60 minutes or more per day (e.g., activity logs, step count of at least 12000 steps per day, activity breaks, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>OBJECTIVE</b>	<b>9-12.PE.3.1.3.</b>	Provide rationale about their physical activity participation for health and manage participation based on personal interests, capabilities, and resources (e.g., develop individual physical activity plan, journaling, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>OBJECTIVE</b>	<b>9-12.PE.3.1.5.</b>	Enjoy the challenge of working hard to better their skills and feel satisfaction when they are successful in improving and pursuing personal goals (e.g., journaling reflections, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence
<b>STANDARD / COURSE</b>	<b>ID.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS /</b>	<b>PE.4:</b>	Personal Fitness

<b>GOAL</b>		
<b>GLE / BIG IDEA</b>	<b>4.1:</b>	Achieve and maintain a health-enhancing level of physical fitness.
<b>OBJECTIVE</b>		By the end of grade 12, students will:
<b>OBJECTIVE</b>	<b>9-12.PE.4.1.1.</b>	<p>Demonstrate health-related fitness components (cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition) by improving, meeting and/or sustaining gender and age-related contemporary fitness standards as defined by approved tests (e.g., Fitnessgram or President's Council healthy fitness zone/level, identify various activities that demonstrate each health-related component, etc.).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>OBJECTIVE</b>	<b>9-12.PE.4.1.2.</b>	<p>Assume greater self-responsibility to improve, meet, and/or sustain gender and age-related contemporary fitness standards necessary for a healthy productive life as defined by approved tests such as Fitnessgram or President's Council healthy fitness zone/level (e.g., log sheets, fitness profiles, task cards, portfolios, etc.).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>OBJECTIVE</b>	<b>9-12.PE.4.1.3.</b>	<p>Interpret and analyze information from fitness tests to plan and design individual programs for achieving and maintaining current/lifelong fitness goals that encompass all components of fitness (e.g., select various activities from skill- and health-related components, set goals, fitness plan, assessment and evaluation, website programs for lifelong fitness planning, etc.).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>STANDARD / COURSE</b>	<b>ID.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS /</b>	<b>PE.5:</b>	Personal and Social Responsibility

<b>GOAL</b>		
<b>GLE / BIG IDEA</b>	<b>5.1:</b>	Exhibit responsible and social behavior that respects self and others in physical activity settings.
<b>OBJECTIVE</b>		By the end of grade 12, students will:
<b>OBJECTIVE</b>	<b>9-12.PE.5.1.1.</b>	Demonstrate the ability to initiate responsible personal and social behavior, function independently, and positively influence the behavior of others in physical activity setting (e.g. develop code of ethics, sportsmanship recognition, volunteer Special Olympics, assist in an elementary physical education class, etc.).  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>OBJECTIVE</b>	<b>9-12.PE.5.1.2.</b>	Demonstrate leadership by holding themselves and others responsible for following safe practices, rules, procedures, and etiquette in physical activity settings (e.g. assumes an active leader and/or supportive role as appropriate during a ropes course activity, acknowledge a rule infraction, plan and lead a backpacking trip, coordinate a fun run, respecting others space in a weight room, etc.).  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

**Idaho Content Standards**

**Health and PE**

**Grade 12 - Adopted 2010**

<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.1:</b>	Comprehend Core Concepts
<b>GLE / BIG IDEA</b>	<b>1.1:</b>	Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.H.1.1.2.</b>	Describe the interrelationships of emotional, intellectual, physical, and social health.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support

		<p>Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>OBJECTIVE</b>	<b>9-12.H.1.1.7.</b>	<p>Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.2:</b>	Analyzing Influences
<b>GLE / BIG IDEA</b>	<b>2.1:</b>	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.H.2.1.1.</b>	<p>Analyze how the family and culture influence health beliefs and behaviors.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>OBJECTIVE</b>	<b>9-12.H.2.1.2.</b>	<p>Analyze how peers influence health beliefs and behaviors.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 09: Finding Balance</p>

		<p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>OBJECTIVE</b>	<b>9-12.H.2.1.3.</b>	<p>Evaluate how the school and community can affect personal health practice and behaviors.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>OBJECTIVE</b>	<b>9-12.H.2.1.4.</b>	<p>Analyze how the media and technology influence health beliefs and behaviors.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>OBJECTIVE</b>	<b>9-12.H.2.1.5.</b>	<p>Analyze how the perception of norms influences healthy and unhealthy behaviors.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.3:</b>	Accessing Information
<b>GLE / BIG IDEA</b>	<b>3.1:</b>	Students will demonstrate the ability to access valid information and products and services to enhance health.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.H.3.1.4.</b>	Use resources from home, school, and community that provide valid health information.

		<p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.4:</b>	Interpersonal Communication
<b>GLE / BIG IDEA</b>	<b>4.1:</b>	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.H.4.1.1.</b>	Use skills for communicating effectively with family, peers, and others to enhance health.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>OBJECTIVE</b>	<b>9-12.H.4.1.4.</b>	Demonstrate how to ask for and offer assist to enhance the health of self and others.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.5:</b>	Decision Making
<b>GLE / BIG IDEA</b>	<b>5.1:</b>	Students will demonstrate the ability to use decision-making skills to enhance health.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.H.5.1.1.</b>	Examine barriers that can hinder healthy decision-making.  <b>My Success Roadmap</b>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>9-12.H.5.1.2.</b>	Determine the value of applying a thoughtful decision-making process in health-related situations.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>9-12.H.5.1.3.</b>	Justify when individual or collaborative decision-making is appropriate.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
<b>OBJECTIVE</b>	<b>9-12.H.5.1.4.</b>	Generate alternatives to health-related issues or problems.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> 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
<b>OBJECTIVE</b>	<b>9-12.H.5.1.5.</b>	Predict the potential short-term and long-term impact of each alternative on self and others.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>9-12.H.5.1.6.</b>	Defend the healthy choice when making decisions.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> 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
<b>OBJECTIVE</b>	<b>9-12.H.5.1.7.</b>	Evaluate the effectiveness of health-related decisions.

		<p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.6:</b>	Goal Setting
<b>GLE / BIG IDEA</b>	<b>6.1:</b>	Students will demonstrate the ability to use goal-setting skills to enhance health.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.H.6.1.1.</b>	<p>Assess personal health practices and overall health status.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b>  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 &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	<b>9-12.H.6.1.2.</b>	<p>Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  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</p>

		<p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 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><b>OBJECTIVE</b></p>	<p><b>9-12.H.6.1.3.</b></p>	<p>Implement strategies and monitor progress in achieving a personal health goal.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>OBJECTIVE</b></p>	<p><b>9-12.H.6.1.4.</b></p>	<p>Formulate an effective long-term personal health plan.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

		<p>Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.7:</b>	Practice Healthy Behavior
<b>GLE / BIG IDEA</b>	<b>7.1:</b>	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.H.7.1.1.</b>	<p>Analyze the role of individual responsibility in enhancing health.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	<b>9-12.H.7.1.2.</b>	<p>Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	<b>9-12.H.7.1.3.</b>	<p>Demonstrate a variety of healthy practices and behaviors that avoid or reduce health risks to self and others.</p> <p><b>My Roadmap to the Future</b></p>

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STANDARD / COURSE</b>	<b>ID.H.</b>	HEALTH EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>H.8:</b>	Advocacy
<b>GLE / BIG IDEA</b>	<b>8.1:</b>	Students will demonstrate the ability to advocate for personal, family, and community health.
<b>OBJECTIVE</b>		By the end of Twelfth Grade, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.H.8.1.1.</b>	<p>Use accurate peer and societal norms to formulate a health-enhancing message.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>OBJECTIVE</b>	<b>9-12.H.8.1.4.</b>	<p>Adapt health messages and communication techniques to target a specific audience.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>STANDARD / COURSE</b>	<b>ID.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>PE.2:</b>	Movement Knowledge
<b>GLE / BIG IDEA</b>	<b>2.1:</b>	Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.
<b>OBJECTIVE</b>		By the end of grade 12, students will:
<b>OBJECTIVE</b>	<b>9-12.PE.2.1.1.</b>	Demonstrate the knowledge and understanding necessary to develop scientifically based personal activity plans that include self-selected physical activities and sports (e.g., physical activity goal setting, fitness profiles and assessments, mypyramid.gov nutrition, etc.).

		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>STANDARD / COURSE</b>	<b>ID.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>PE.3:</b>	Valuing a Physically Active Lifestyle
<b>GLE / BIG IDEA</b>	<b>3.1:</b>	Participate daily in physical activity for health, enjoyment and/or satisfaction, challenge, self-expression and/or social interaction.
<b>OBJECTIVE</b>		By the end of grade 12, students will:
<b>OBJECTIVE</b>	<b>9-12.PE.3.1.1.</b>	Participate in moderate to vigorous physical activity for at least of 50% of the lesson time (e.g., time assessment, pedometer = 3200 steps in a 40 minute lesson or 80 steps per minute - block or traditional schedule, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>OBJECTIVE</b>	<b>9-12.PE.3.1.2.</b>	Participate daily in moderate to vigorous physical activity during and outside of class as recommended by NASPE, CDC, and USDHHS of at least 60 minutes or more per day (e.g., activity logs, step count of at least 12000 steps per day, activity breaks, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>OBJECTIVE</b>	<b>9-12.PE.3.1.3.</b>	Provide rationale about their physical activity participation for health and manage participation based on personal interests, capabilities, and resources (e.g., develop individual physical activity plan, journaling, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>OBJECTIVE</b>	<b>9-12.PE.3.1.5.</b>	Enjoy the challenge of working hard to better their skills and feel satisfaction when they are successful in improving and pursuing personal goals (e.g., journaling reflections, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence

<b>STANDARD / COURSE</b>	<b>ID.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>PE.4:</b>	Personal Fitness
<b>GLE / BIG IDEA</b>	<b>4.1:</b>	Achieve and maintain a health-enhancing level of physical fitness.
<b>OBJECTIVE</b>		By the end of grade 12, students will:
<b>OBJECTIVE</b>	<b>9-12.PE.4.1.1.</b>	<p>Demonstrate health-related fitness components (cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition) by improving, meeting and/or sustaining gender and age-related contemporary fitness standards as defined by approved tests (e.g., Fitnessgram or President's Council healthy fitness zone/level, identify various activities that demonstrate each health-related component, etc.).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>OBJECTIVE</b>	<b>9-12.PE.4.1.2.</b>	<p>Assume greater self-responsibility to improve, meet, and/or sustain gender and age-related contemporary fitness standards necessary for a healthy productive life as defined by approved tests such as Fitnessgram or President's Council healthy fitness zone/level (e.g., log sheets, fitness profiles, task cards, portfolios, etc.).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>OBJECTIVE</b>	<b>9-12.PE.4.1.3.</b>	<p>Interpret and analyze information from fitness tests to plan and design individual programs for achieving and maintaining current/lifelong fitness goals that encompass all components of fitness (e.g., select various activities from skill- and health-related components, set goals, fitness plan, assessment and evaluation, website programs for lifelong fitness planning, etc.).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

<b>STANDARD / COURSE</b>	<b>ID.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>PE.5:</b>	Personal and Social Responsibility
<b>GLE / BIG IDEA</b>	<b>5.1:</b>	Exhibit responsible and social behavior that respects self and others in physical activity settings.
<b>OBJECTIVE</b>		By the end of grade 12, students will:
<b>OBJECTIVE</b>	<b>9-12.PE.5.1.1.</b>	Demonstrate the ability to initiate responsible personal and social behavior, function independently, and positively influence the behavior of others in physical activity setting (e.g. develop code of ethics, sportsmanship recognition, volunteer Special Olympics, assist in an elementary physical education class, etc.).  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>OBJECTIVE</b>	<b>9-12.PE.5.1.2.</b>	Demonstrate leadership by holding themselves and others responsible for following safe practices, rules, procedures, and etiquette in physical activity settings (e.g. assumes an active leader and/or supportive role as appropriate during a ropes course activity, acknowledge a rule infraction, plan and lead a backpacking trip, coordinate a fun run, respecting others space in a weight room, etc.).  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

**Idaho Content Standards**

**Social Studies**

**Grade 9 - Adopted 2009**

<b>STANDARD / COURSE</b>	<b>ID.GWH.</b>	GEOGRAPHY-WESTERN HEMISPHERE
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>GWH.5:</b>	Global Perspectives - Students in Geography-Western Hemisphere build an understanding of multiple perspectives and global interdependence.
<b>GLE / BIG IDEA</b>	<b>5.1:</b>	Build an understanding of multiple perspectives and global interdependence.
<b>OBJECTIVE</b>		By the end of Geography-Western Hemisphere, the student will be able to:
<b>OBJECTIVE</b>	<b>6-9.GWH.5.1.1.</b>	Discuss how social institutions, including family, religion, and education, influence behavior in different societies in the Western Hemisphere.

		<p><b>Multimedia Extensions</b> Multimedia Extensions: Connections</p>
<b>OBJECTIVE</b>	<b>6-9.GWH.5.1.2.</b>	<p>Give examples of how language, literature, and the arts shaped the development and transmission of culture in the Western Hemisphere.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p>
<b>STANDARD / COURSE</b>	<b>ID.E.</b>	<b>ECONOMICS</b>
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>E.3:</b>	Economics - Students in Economics explain basic economic concepts, identify different influences on economic systems, analyze the different types of economic institutions, and explain the concepts of good personal finance.
<b>GLE / BIG IDEA</b>	<b>3.4:</b>	Explain the concepts of good personal finance.
<b>OBJECTIVE</b>		By the end of Economics, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.E.3.4.1.</b>	<p>Examine and apply the elements of responsible personal fiscal management, such as budgets, interest, investment, savings, credit, and debt. (514.01a)</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting</p>
<b>STANDARD / COURSE</b>	<b>ID.USH2.</b>	<b>U.S. HISTORY II</b>
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>USH2.1:</b>	History - Students in U.S. History II build an understanding of the cultural and social development of the United States, trace the role of migration and immigration of people in the development of the United States, identify the role of American Indians in the development of the United States, analyze the political, social, and economic responses to industrialization and technological innovations in the development of the United States, and trace the role of exploration and expansion in the development of the United States.
<b>GLE / BIG IDEA</b>	<b>1.1:</b>	Build an understanding of the cultural and social development of the United States.
<b>OBJECTIVE</b>		By the end of U.S. History II, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.USH2.1.1.1.</b>	<p>Analyze ways in which language, literature, the arts, traditions, beliefs, values and behavior patterns of diverse cultures have enriched American society. (498.01a)</p> <p><b>Multimedia Extensions</b></p>

		Multimedia Extensions: Confidence
<b>STANDARD / COURSE</b>	<b>ID.US2.</b>	<b>U.S. HISTORY II</b>
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>USH2.4:</b>	Civics and Government - Students in U.S. History II build an understanding of the organization and formation of the American system of government, build an understanding that all people in the United States have rights and assume responsibilities, and build an understanding of the evolution of democracy.
<b>GLE / BIG IDEA</b>	<b>4.3:</b>	Build an understanding that all people in the United States have rights and assume responsibilities.
<b>OBJECTIVE</b>		By the end of U.S. History II, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.US2.4.3.2.</b>	Provide and evaluate examples of social and political leadership in American history. (490.01e)  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence

**Idaho Content Standards**

**Social Studies**

**Grade 10 - Adopted 2009**

<b>STANDARD / COURSE</b>	<b>ID.E.</b>	<b>ECONOMICS</b>
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>E.3:</b>	Economics - Students in Economics explain basic economic concepts, identify different influences on economic systems, analyze the different types of economic institutions, and explain the concepts of good personal finance.
<b>GLE / BIG IDEA</b>	<b>3.4:</b>	Explain the concepts of good personal finance.
<b>OBJECTIVE</b>		By the end of Economics, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.E.3.4.1.</b>	Examine and apply the elements of responsible personal fiscal management, such as budgets, interest, investment, savings, credit, and debt. (514.01a)  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STANDARD / COURSE</b>	<b>ID.US2.</b>	<b>U.S. HISTORY II</b>
<b>CONTENT KNOWLEDGE AND SKILLS /</b>	<b>USH2.1:</b>	History - Students in U.S. History II build an understanding of the cultural and social development of the United States, trace the role of migration and immigration of people in the development of the United States,

<b>GOAL</b>		identify the role of American Indians in the development of the United States, analyze the political, social, and economic responses to industrialization and technological innovations in the development of the United States, and trace the role of exploration and expansion in the development of the United States.
<b>GLE / BIG IDEA</b>	<b>1.1:</b>	Build an understanding of the cultural and social development of the United States.
<b>OBJECTIVE</b>		By the end of U.S. History II, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.US2.1.1.1.</b>	Analyze ways in which language, literature, the arts, traditions, beliefs, values and behavior patterns of diverse cultures have enriched American society. (498.01a)  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence
<b>STANDARD / COURSE</b>	<b>ID.US2.</b>	<b>U.S. HISTORY II</b>
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>US2.4:</b>	Civics and Government - Students in U.S. History II build an understanding of the organization and formation of the American system of government, build an understanding that all people in the United States have rights and assume responsibilities, and build an understanding of the evolution of democracy.
<b>GLE / BIG IDEA</b>	<b>4.3:</b>	Build an understanding that all people in the United States have rights and assume responsibilities.
<b>OBJECTIVE</b>		By the end of U.S. History II, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.US2.4.3.2.</b>	Provide and evaluate examples of social and political leadership in American history. (490.01e)  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence

**Idaho Content Standards**

**Social Studies**

**Grade 11 - Adopted 2009**

<b>STANDARD / COURSE</b>	<b>ID.E.</b>	<b>ECONOMICS</b>
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>E.3:</b>	Economics - Students in Economics explain basic economic concepts, identify different influences on economic systems, analyze the different types of economic institutions, and explain the concepts of good personal finance.
<b>GLE / BIG IDEA</b>	<b>3.4:</b>	Explain the concepts of good personal finance.

<b>OBJECTIVE</b>		By the end of Economics, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.E.3.4.1.</b>	Examine and apply the elements of responsible personal fiscal management, such as budgets, interest, investment, savings, credit, and debt. (514.01a)  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STANDARD / COURSE</b>	<b>ID.US2.</b>	U.S. HISTORY II
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>USH2.1:</b>	History - Students in U.S. History II build an understanding of the cultural and social development of the United States, trace the role of migration and immigration of people in the development of the United States, identify the role of American Indians in the development of the United States, analyze the political, social, and economic responses to industrialization and technological innovations in the development of the United States, and trace the role of exploration and expansion in the development of the United States.
<b>GLE / BIG IDEA</b>	<b>1.1:</b>	Build an understanding of the cultural and social development of the United States.
<b>OBJECTIVE</b>		By the end of U.S. History II, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.US2.1.1.1.</b>	Analyze ways in which language, literature, the arts, traditions, beliefs, values and behavior patterns of diverse cultures have enriched American society. (498.01a)  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence
<b>STANDARD / COURSE</b>	<b>ID.US2.</b>	U.S. HISTORY II
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>USH2.4:</b>	Civics and Government - Students in U.S. History II build an understanding of the organization and formation of the American system of government, build an understanding that all people in the United States have rights and assume responsibilities, and build an understanding of the evolution of democracy.
<b>GLE / BIG IDEA</b>	<b>4.3:</b>	Build an understanding that all people in the United States have rights and assume responsibilities.
<b>OBJECTIVE</b>		By the end of U.S. History II, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.US2.4.3.2.</b>	Provide and evaluate examples of social and political leadership in American history. (490.01e)  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence

Idaho Content Standards

Social Studies

Grade 12 - Adopted 2009

<b>STANDARD / COURSE</b>	<b>ID.E.</b>	<b>ECONOMICS</b>
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>E.3:</b>	Economics - Students in Economics explain basic economic concepts, identify different influences on economic systems, analyze the different types of economic institutions, and explain the concepts of good personal finance.
<b>GLE / BIG IDEA</b>	<b>3.4:</b>	Explain the concepts of good personal finance.
<b>OBJECTIVE</b>		By the end of Economics, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.E.3.4.1.</b>	Examine and apply the elements of responsible personal fiscal management, such as budgets, interest, investment, savings, credit, and debt. (514.01a)  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STANDARD / COURSE</b>	<b>ID.US2.</b>	<b>U.S. HISTORY II</b>
<b>CONTENT KNOWLEDGE AND SKILLS / GOAL</b>	<b>US2.1:</b>	History - Students in U.S. History II build an understanding of the cultural and social development of the United States, trace the role of migration and immigration of people in the development of the United States, identify the role of American Indians in the development of the United States, analyze the political, social, and economic responses to industrialization and technological innovations in the development of the United States, and trace the role of exploration and expansion in the development of the United States.
<b>GLE / BIG IDEA</b>	<b>1.1:</b>	Build an understanding of the cultural and social development of the United States.
<b>OBJECTIVE</b>		By the end of U.S. History II, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.US2.1.1.1.</b>	Analyze ways in which language, literature, the arts, traditions, beliefs, values and behavior patterns of diverse cultures have enriched American society. (498.01a)  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence
<b>STANDARD / COURSE</b>	<b>ID.US2.</b>	<b>U.S. HISTORY II</b>
<b>CONTENT KNOWLEDGE</b>	<b>US2.4:</b>	Civics and Government - Students in U.S. History II build an understanding of the organization and formation of the American system

<b>AND SKILLS / GOAL</b>		of government, build an understanding that all people in the United States have rights and assume responsibilities, and build an understanding of the evolution of democracy.
<b>GLE / BIG IDEA</b>	<b>4.3:</b>	Build an understanding that all people in the United States have rights and assume responsibilities.
<b>OBJECTIVE</b>		By the end of U.S. History II, the student will be able to:
<b>OBJECTIVE</b>	<b>9-12.US.2.4.3.2.</b>	Provide and evaluate examples of social and political leadership in American history. (490.01e)  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence

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