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

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 Eighth Grade, the student will be able to:
OBJECTIVE	6- 8.H.1.1.1.	Analyze the relationship between behaviors, body systems, and personal health.
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
OBJECTIVE	6- 8.H.1.1.2.	Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
OBJECTIVE	6-	Describe ways to reduce or prevent injuries and adolescent health problems.
	8.H.1.1.5.	
		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
OBJECTIVE	6-	Describe the benefits of and barriers to practicing healthy behaviors.
OBOLOTIVE	8.H.1.1.7.	become the benefite of and barriers to producing recallity behaviors.
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		OTHE S. MICHAGIOTI LEGGGOT 12. ATTAITYZITING MICHAGIOTI
		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 6: Highway to Motivation - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
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STANDARD /	ID.H.	HEALTH EDUCATION
COURSE		
CONTENT	H.2:	Analyzing Influences
KNOWLEDGE AND		
SKILLS / GOAL		
GLE / BIG IDEA	2.1:	Students will analyze the influence of family, peers, culture, media, technology, and
		other factors on health behavior.
OBJECTIVE		By the end of Eighth Grade, the student will be able to:
OBJECTIVE	6-	Examine how family, culture, peers, school, and community influence healthy
	8.H.2.1.1.	and unhealthy behaviors.
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		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		OTHE O. MOLIVATION - LESSON 12. ANALYZING MOLIVATION
		My Success Roadmap
		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
OBJECTIVE	6-	Analyze the influence of media and technology on personal and family
	8.H.2.1.2.	health.
		Multimedia Extensions

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

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

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

SKILLS / GOAL		
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.	Assess personal health practices.
		Multimedia Extensions Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress
		My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	6- 8.H.6.1.2.	Develop a goal to adopt, maintain, or improve a personal health practice.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation
		My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	6- 8.H.6.1.3.	Apply strategies and skills needed to attain a personal health goal.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation

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

OD IECTIVE	c	Demonstrate behaviors that avoid or reduce health risks to self and others.
OBJECTIVE	6- 8.H.7.1.3.	Demonstrate behaviors that avoid or reduce health risks to sell and others.
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / COURSE	ID.H.	HEALTH EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	H.8:	Advocacy
GLE / BIG IDEA	8.1:	Students will demonstrate the ability to advocate for personal, family, and community health.
OBJECTIVE		By the end of Eighth Grade, the student will be able to:
OBJECTIVE	6- 8.H.8.1.1.	State a health-enhancing position on a topic and support it with accurate information.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE	6- 8.H.8.1.4.	Identify ways in which health messages and communication techniques can be altered for different audiences.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / COURSE	ID.PE.	PHYSICAL EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	PE.3:	Valuing a Physically Active Lifestyle
GLE / BIG IDEA	3.1:	Participate daily in physical activity for health, enjoyment and/or satisfaction, challenge, self-expression and/or social interaction.
OBJECTIVE		By the end of grade 8, students will:
OBJECTIVE	6- 8.PE.3.1.1.	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.).

		Multimedia Extensions Multimedia Extensions: Stress
OBJECTIVE	6- 8.PE.3.1.2.	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.).
		Multimedia Extensions Multimedia Extensions: Stress
OBJECTIVE	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.).
		Multimedia Extensions Multimedia Extensions: Confidence
OBJECTIVE	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.).
		Multimedia Extensions Multimedia Extensions: Confidence
STANDARD / COURSE	ID.PE.	PHYSICAL EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	PE.4:	Personal Fitness
GLE / BIG IDEA	4.1:	Achieve and maintain a health-enhancing level of physical fitness.
OBJECTIVE		By the end of grade 8, students will:
OBJECTIVE	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.). Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
OBJECTIVE	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.).
		Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
		Critico. Frighway to Motivation Ecoson 10. Motivation
OBJECTIVE	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.).
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
OBJECTIVE	6- 8.PE.4.1.5.	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.).
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / COURSE	ID.PE.	PHYSICAL EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	PE.5:	Personal and Social Responsibility
GLE / BIG IDEA	5.1:	Exhibit responsible and social behavior that respects self and others in physical activity settings.
OBJECTIVE		By the end of grade 8, students will:
OBJECTIVE	6- 8.PE.5.1.2.	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.).
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Health and PE

Grade 8 - Adopted 2010

OTANDADD /	ID 11	UEALTH EDUCATION
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 Eighth Grade, the student will be able to:
OBJECTIVE	6- 8.H.1.1.1.	Analyze the relationship between behaviors, body systems, and personal health.
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
OBJECTIVE	6-	Describe the interrelationships of emotional, intellectual, physical, and social
	8.H.1.1.2.	My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation Wy Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
OBJECTIVE	6- 8.H.1.1.5.	Describe ways to reduce or prevent injuries and adolescent health problems.
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being

OBJECTIVE	6- 8.H.1.1.7.	Describe the benefits of and barriers to practicing healthy behaviors.
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / COURSE	ID.H.	HEALTH EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	H.2:	Analyzing Influences
GLE / BIG IDEA	2.1:	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
OBJECTIVE		By the end of Eighth Grade, the student will be able to:
OBJECTIVE	6- 8.H.2.1.1.	Examine how family, culture, peers, school, and community influence healthy and unhealthy behaviors. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
OBJECTIVE	6- 8.H.2.1.2.	Analyze the influence of media and technology on personal and family health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
OBJECTIVE	6- 8.H.2.1.3.	Explain how the perceptions of norms influence healthy and unhealthy behaviors.
		Multimedia Extensions Multimedia Extensions: Confidence

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		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
OBJECTIVE	6-	Explain the influence of personal values and beliefs on individual health
	8.H.2.1.4.	practices and behaviors.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		My Roadmap to the Future
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		onk of Motivation 2000011 12.7 that years motivation
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
STANDARD/	ID.H.	HEALTH EDUCATION
COURSE		
CONTENT	H.3:	Accessing Information
KNOWLEDGE AND		
SKILLS / GOAL		
GLE / BIG IDEA	3.1:	Students will demonstrate the ability to access valid information and products and
		services to enhance health.
OBJECTIVE		By the end of Eighth Grade, the student will be able to:
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OBJECTIVE	6-	Access valid health information from home, school, and community.
OBSECTIVE	8.H.3.1.2.	Access valid fleath information from frome, school, and community.
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		My Roadman to the Future
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		OTHE 5. Well-being - Lesson TO: Analyzing Well-Being
		My Success Boodman
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support
STANDARD/	ID.H.	HEALTH EDUCATION
COURSE		
CONTENT	H.4:	Interpersonal Communication
KNOWLEDGE AND		
SKILLS / GOAL		
GLE / BIG IDEA	4.1:	Students will demonstrate the ability to use interpersonal communication skills to
OLL, DIO IDEA	7.1.	enhance health and avoid or reduce health risks.

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

	8.H.5.1.4.	
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	6- 8.H.5.1.5.	Predict the potential short-term and long-term impact of each alternative on self and others.
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	6- 8.H.5.1.6.	Choose healthy alternatives over unhealthy alternatives when making a decision.
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	6- 8.H.5.1.7.	Analyze the outcomes of a health-related decision.
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
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.	Assess personal health practices.
		Multimedia Extensions Multimedia Extensions: Well-Being

		My Roadmap to the Future
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 4: Stress - Lesson 08: Analyzing Stress
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	6-	Develop a goal to adopt, maintain, or improve a personal health practice.
000000000000000000000000000000000000000	8.H.6.1.2.	
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
		My Roadmap to the Future
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
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		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	6-	Apply strategies and skills needed to attain a personal health goal.
	8.H.6.1.3.	
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Importance of School / Goal-Setting
		Multimedia Extensions: Motivation
		My Roadmap to the Future
		Unit 1: Success, Education, & Work - Lesson 01: Defining Success
		Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
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		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
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		Hait O. Hinkows to Confidence Leason OC: Analysing Calcad Confidence
		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
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STANDARD/	ID.H.	HEALTH EDUCATION
COURSE		
CONTENT	H.7:	Practice Healthy Behavior
KNOWLEDGE AND		
SKILLS / GOAL		
GLE / BIG IDEA	7.1:	Students will demonstrate the ability to practice health-enhancing behaviors and avoid
		or reduce health risks.
OD IECTIVE		Duth a and of Fighth Oracle the aturdant will be able to
OBJECTIVE		By the end of Eighth Grade, the student will be able to:
OBJECTIVE	6-	Explain the importance of assuming responsibility for personal health
OBJECTIVE	8.H.7.1.1.	behaviors.
	0.11.7.1.1.	bellaviors.
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	6-	Demonstrate healthy practices and behaviors that will maintain or improve
OBOLOTIVE	8.H.7.1.2.	the health of self and others.
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Syssess Baselman
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
		one 7. Greating a Gaesses riightaye tanerary 2000011 for 76.000111 farming
OBJECTIVE	6-	Demonstrate behaviors that avoid or reduce health risks to self and others.
	8.H.7.1.3.	
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Boadman
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
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STANDARD /	ID.H.	HEALTH EDUCATION

COURSE		
CONTENT KNOWLEDGE AND SKILLS / GOAL	H.8:	Advocacy
GLE / BIG IDEA	8.1:	Students will demonstrate the ability to advocate for personal, family, and community health.
OBJECTIVE		By the end of Eighth Grade, the student will be able to:
OBJECTIVE	6- 8.H.8.1.1.	State a health-enhancing position on a topic and support it with accurate information.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE	6- 8.H.8.1.4.	Identify ways in which health messages and communication techniques can be altered for different audiences.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / COURSE	ID.PE.	PHYSICAL EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	PE.3:	Valuing a Physically Active Lifestyle
GLE / BIG IDEA	3.1:	Participate daily in physical activity for health, enjoyment and/or satisfaction, challenge, self-expression and/or social interaction.
OBJECTIVE		By the end of grade 8, students will:
OBJECTIVE	6- 8.PE.3.1.1.	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.).
		Multimedia Extensions Multimedia Extensions: Stress
OBJECTIVE	6- 8.PE.3.1.2.	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.).

OBJECTIVE	6- 8.PE.3.1.3.	home, workplace, and community (e.g., bowling, golf, recreational teams, lessons, camping, etc.).	
		Multimedia Extensions Multimedia Extensions: Confidence	
OBJECTIVE	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.). Multimedia Extensions Multimedia Extensions: Confidence	
STANDARD / COURSE	ID.PE.	PHYSICAL EDUCATION	
CONTENT KNOWLEDGE AND SKILLS / GOAL	PE.4:	Personal Fitness	
GLE / BIG IDEA	4.1:	Achieve and maintain a health-enhancing level of physical fitness.	
OBJECTIVE		By the end of grade 8, students will:	
OBJECTIVE	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.). Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation	
OBJECTIVE	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.). Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation	
OBJECTIVE	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.).	
		Multimedia Extensions	

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

Social Studies

Grade 7 - Adopted 2009

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

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

Social Studies

Grade 8 - Adopted 2009

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

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.
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
OBJECTIVE	9- 12.H.1.1.7.	Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD /	ID II	ů ů , ,
STANDARD / COURSE	ID.H.	HEALTH EDUCATION
CONTENT KNOWLEDGE	H.2:	Analyzing Influences

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

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

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

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		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	9- 12.H.5.1.5.	Predict the potential short-term and long-term impact of each alternative on self and others.
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	9- 12.H.5.1.6.	Defend the healthy choice when making decisions.
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	9- 12.H.5.1.7.	Evaluate the effectiveness of health-related decisions.
		My Success Roadmap 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 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 Twelfth Grade, the student will be able to:
OBJECTIVE	9- 12.H.6.1.1.	Assess personal health practices and overall health status.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress
		My Success Roadmap

OBJECTIVE	9-	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 Develop a plan to attain a personal health goal that addresses strengths,
	12.H.6.1.2.	needs, and risks.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	9-	Implement strategies and monitor progress in achieving a personal health
	12.H.6.1.3.	Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future

OBJECTIVE	9-	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 Formulate an effective long-term personal health plan.
OBSECTIVE	12.H.6.1.4.	of the art of course for great personal recall plan.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / COURSE	ID.H.	HEALTH EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	H.7:	Practice Healthy Behavior
GLE / BIG IDEA	7.1:	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
OBJECTIVE		By the end of Twelfth Grade, the student will be able to:
OBJECTIVE	9- 12.H.7.1.1.	Analyze the role of individual responsibility in enhancing health. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	9- 12.H.7.1.2.	Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	9- 12.H.7.1.3.	Demonstrate a variety of healthy practices and behaviors that avoid or reduce health risks to self and others.
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / COURSE	ID.H.	HEALTH EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	H.8:	Advocacy
GLE / BIG IDEA	8.1:	Students will demonstrate the ability to advocate for personal, family, and community health.
OBJECTIVE		By the end of Twelfth Grade, the student will be able to:
OBJECTIVE	9- 12.H.8.1.1.	Use accurate peer and societal norms to formulate a health-enhancing message.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE	9- 12.H.8.1.4.	Adapt health messages and communication techniques to target a specific audience.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
		Office 2. Highway to Confidence - Lesson 66. Analyzing School Confidence
STANDARD / COURSE	ID.PE.	PHYSICAL EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	PE.2:	Movement Knowledge
GLE / BIG IDEA	2.1:	Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.
OBJECTIVE		By the end of grade 12, students will:
OBJECTIVE	9- 12.PE.2.1.1.	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.). Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STANDARD / COURSE	ID.PE.	PHYSICAL EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	PE.3:	Valuing a Physically Active Lifestyle
GLE / BIG IDEA	3.1:	Participate daily in physical activity for health, enjoyment and/or satisfaction, challenge, self-expression and/or social interaction.
OBJECTIVE		By the end of grade 12, students will:
OBJECTIVE	9- 12.PE.3.1.3.	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.). Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
OBJECTIVE	9- 12.PE.3.1.5.	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.).
		Multimedia Extensions

		Multimedia Extensions: Confidence
		Withinedia Extensions. Confidence
STANDARD / COURSE	ID.PE.	PHYSICAL EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	PE.4:	Personal Fitness
GLE / BIG IDEA	4.1:	Achieve and maintain a health-enhancing level of physical fitness.
OBJECTIVE		By the end of grade 12, students will:
OBJECTIVE	9- 12.PE.4.1.1.	Demonstrate health-related fitness components (cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition) by improving, meeting and/or sustaining gender and agerelated 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.).
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
OBJECTIVE	9- 12.PE.4.1.2.	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.).
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 13: Motivation
OBJECTIVE	9- 12.PE.4.1.3.	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.).
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress
		My Success Roadmap

		Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / COURSE	ID.PE.	PHYSICAL EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	PE.5:	Personal and Social Responsibility
GLE / BIG IDEA	5.1:	Exhibit responsible and social behavior that respects self and others in physical activity settings.
OBJECTIVE		By the end of grade 12, students will:
OBJECTIVE	9- 12.PE.5.1.1.	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.). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE	9- 12.PE.5.1.2.	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.). My Success Roadmap
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Health and PE

Grade 10 - 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.
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
OBJECTIVE	9- 12.H.1.1.7.	Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / COURSE	ID.H.	HEALTH EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	H.2:	Analyzing Influences
GLE / BIG IDEA	2.1:	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
OBJECTIVE		By the end of Twelfth Grade, the student will be able to:
OBJECTIVE	9- 12.H.2.1.1.	Analyze how the family and culture influence health beliefs and behaviors.
		Multimedia Extensions Multimedia Extensions: Confidence
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support

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

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

GLE / BIG IDEA	5.1:	Students will demonstrate the ability to use decision-making skills to enhance health.
OBJECTIVE		By the end of Twelfth Grade, the student will be able to:
OBJECTIVE	9- 12.H.5.1.1.	Examine barriers that can hinder healthy decision-making.
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	9- 12.H.5.1.2.	Determine the value of applying a thoughtful decision-making process in health-related situations.
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	9- 12.H.5.1.3.	Justify when individual or collaborative decision-making is appropriate.
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
OBJECTIVE	9- 12.H.5.1.4.	Generate alternatives to health-related issues or problems.
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	9- 12.H.5.1.5.	Predict the potential short-term and long-term impact of each alternative on self and others.
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	9- 12.H.5.1.6.	Defend the healthy choice when making decisions.
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	9- 12.H.5.1.7.	Evaluate the effectiveness of health-related decisions.
		My Success Roadmap 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 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 Twelfth Grade, the student will be able to:
OBJECTIVE	9- 12.H.6.1.1.	Assess personal health practices and overall health status.
		Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Motivation - Lesson 12: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	9- 12.H.6.1.2.	Develop a plan to attain a personal health goal that addresses strengths, needs, and risks. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being My Roadmap to the Future
		Unit 2: Confidence - Lesson 04: Analyzing Confidence

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

		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
		Office 7. Creating a Success riighways funerary - Lesson 13. Action Flamming
STANDARD / I COURSE	D.H.	HEALTH EDUCATION
	H.7:	Practice Healthy Behavior
KNOWLEDGE AND SKILLS /		
GOAL		
GLE / BIG IDEA 7	7.1:	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
OBJECTIVE		By the end of Twelfth Grade, the student will be able to:
)- 12.H.7.1.1.	Analyze the role of individual responsibility in enhancing health.
	12.11.7.1.1.	
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
		5
000000000)-	Demonstrate a variety of healthy practices and behaviors that will maintain or
1	12.H.7.1.2.	improve the health of self and others.
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
		Onit 7. Orealing a Success riighways illiferary - Lesson 13. Action Planning
)-	Demonstrate a variety of healthy practices and behaviors that avoid or
1	12.H.7.1.3.	reduce health risks to self and others.
i III.		My Roadmap to the Future

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		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		M. C.
		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CTANDADD /	ID II	HEALTH EDUCATION
STANDARD / COURSE	ID.H.	HEALTH EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	H.8:	Advocacy
GLE / BIG IDEA	8.1:	Students will demonstrate the ability to advocate for personal, family, and community health.
OBJECTIVE		By the end of Twelfth Grade, the student will be able to:
OBJECTIVE	9-	Use accurate peer and societal norms to formulate a health-enhancing
	12.H.8.1.1.	message.
		-
		My Success Roadmap
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE	9-	Adapt health messages and communication techniques to target a specific
	12.H.8.1.4.	audience.
		M. C.
		My Success Roadmap
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD /	ID.PE.	DUVEICAL EDUCATION
STANDARD /	ID.PE.	PHYSICAL EDUCATION
COURSE		
CONTENT	PE.2:	Movement Knowledge
KNOWLEDGE	L.Z.	Movement ratiowieuge
AND SKILLS /		
GOAL		
COAL		
GLE / BIG IDEA	2.1:	Demonstrate understanding of movement concepts, principles, strategies and tactics as
J, DIO IDEN		they apply to the learning and performance of physical activities.
OBJECTIVE		By the end of grade 12, students will:
OBJECTIVE	9-	Demonstrate the knowledge and understanding necessary to develop
	12.PE.2.1.1.	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.).

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		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
STANDARD / COURSE	ID.PE.	PHYSICAL EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	PE.3:	Valuing a Physically Active Lifestyle
GLE / BIG IDEA	3.1:	Participate daily in physical activity for health, enjoyment and/or satisfaction, challenge, self-expression and/or social interaction.
OBJECTIVE		By the end of grade 12, students will:
OBJECTIVE	9- 12.PE.3.1.1.	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.).
		Multimedia Extensions Multimedia Extensions: Stress
OBJECTIVE	9- 12.PE.3.1.2.	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.).
		Multimedia Extensions Multimedia Extensions: Stress
OBJECTIVE	9- 12.PE.3.1.3.	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.).
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
OBJECTIVE	9- 12.PE.3.1.5.	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.).
		Multimedia Extensions Multimedia Extensions: Confidence
STANDARD / COURSE	ID.PE.	PHYSICAL EDUCATION

CONTENT KNOWLEDGE AND SKILLS / GOAL	PE.4:	Personal Fitness
GLE / BIG IDEA	4.1:	Achieve and maintain a health-enhancing level of physical fitness.
OBJECTIVE		By the end of grade 12, students will:
OBJECTIVE	9- 12.PE.4.1.1.	Demonstrate health-related fitness components (cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition) by improving, meeting and/or sustaining gender and agerelated 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.).
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
OBJECTIVE	9- 12.PE.4.1.2.	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.). Multimedia Extensions
		Multimedia Extensions: Stress
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 13: Motivation
OBJECTIVE	9- 12.PE.4.1.3.	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.).
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / COURSE	ID.PE.	PHYSICAL EDUCATION

CONTENT KNOWLEDGE AND SKILLS / GOAL	PE.5:	Personal and Social Responsibility
GLE / BIG IDEA	5.1:	Exhibit responsible and social behavior that respects self and others in physical activity settings.
OBJECTIVE		By the end of grade 12, students will:
OBJECTIVE	9- 12.PE.5.1.1.	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.). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE	9- 12.PE.5.1.2.	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.). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Health and PE

Grade 11 - 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.

OBJECTIVE	9- 12.H.1.1.7.	My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / COURSE	ID.H.	HEALTH EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	H.2:	Analyzing Influences
GLE / BIG IDEA	2.1:	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
OBJECTIVE		By the end of Twelfth Grade, the student will be able to:
OBJECTIVE	9- 12.H.2.1.1.	Analyze how the family and culture influence health beliefs and behaviors. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
OBJECTIVE	9- 12.H.2.1.2.	Analyze how peers influence health beliefs and behaviors.

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		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
OBJECTIVE	9-	Evaluate how the school and community can affect personal health practice
	12.H.2.1.3.	and behaviors.
		My Roadmap to the Future
		Unit 3: Connections - Lesson 06: Analyzing Support
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support
		Onit 3. Filgriway Connections - Lesson 07. Social Support
OBJECTIVE	9-	Analyze how the media and technology influence health beliefs and
	12.H.2.1.4.	behaviors.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
OBJECTIVE	9-	Analyze how the perception of norms influences healthy and unhealthy
	12.H.2.1.5.	behaviors.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
STANDARD /	ID.H.	HEALTH EDUCATION
COURSE	10.11.	HEACHT EDOCATION
CONTENT	H.3:	Accessing Information
KNOWLEDGE		
AND SKILLS /		
GOAL		
GLE / BIG IDEA	3.1:	Students will demonstrate the ability to access valid information and products and
		services to enhance health.
OR IECTIVE		Du the and of Twelfth Crade the student will be able to
OBJECTIVE		By the end of Twelfth Grade, the student will be able to:

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

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

OBJECTIVE	9- 12.H.5.1.7.	Evaluate the effectiveness of health-related decisions.
		My Success Roadmap 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 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 Twelfth Grade, the student will be able to:
OBJECTIVE	9- 12.H.6.1.1.	Assess personal health practices and overall health status.
OR IECTIVE		Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Motivation - 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
OBJECTIVE	9- 12.H.6.1.2.	Develop a plan to attain a personal health goal that addresses strengths, needs, and risks. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation

Destination Success - Lesson 01: Your Future Destination Success - Lesson 02: Your Goals Destination Success - Lesson 04: Analyzing the Importance of School Highway Connections - Lesson 08: Analyzing Support & Connection Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Highway to Well-Being - Lesson 11: Health & Well-Being Highway to Well-Being - Lesson 12: Analyzing Well-Being Highway to Motivation - Lesson 13: Motivation Highway to Motivation - Lesson 14: Analyzing Motivation Creating a Success Highways Itinerary - Lesson 15: Action Planning ent strategies and monitor progress in achieving a personal health
ent strategies and monitor progress in achieving a personal health
edia Extensions edia Extensions: Confidence edia Extensions: Importance of School / Goal-Setting edia Extensions: Motivation
Success, Education, & Work - Lesson 01: Defining Success Success, Education, & Work - Lesson 02: Analyzing Jobs Confidence - Lesson 04: Analyzing Confidence Stress - Lesson 07: Handling Pressure Well-Being - Lesson 10: Analyzing Well-Being Motivation - Lesson 11: Showing Motivation Motivation - Lesson 12: Analyzing Motivation
Destination Success - Lesson 01: Your Future Destination Success - Lesson 02: Your Goals Destination Success - Lesson 04: Analyzing the Importance of School Highway to Confidence - Lesson 06: Analyzing School Confidence Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Highway to Well-Being - Lesson 11: Health & Well-Being Highway to Well-Being - Lesson 12: Analyzing Well-Being Highway to Motivation - Lesson 13: Motivation Highway to Motivation - Lesson 14: Analyzing Motivation Creating a Success Highways Itinerary - Lesson 15: Action Planning
ate an effective long-term personal health plan.
edia Extensions edia Extensions: Confidence
edia Extensions: Motivation
admap to the Future Confidence - Lesson 04: Analyzing Confidence Stress - Lesson 07: Handling Pressure Well-Being - Lesson 10: Analyzing Well-Being Motivation - Lesson 11: Showing Motivation

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

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / COURSE	ID.H.	HEALTH EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	H.8:	Advocacy
GLE / BIG IDEA	8.1:	Students will demonstrate the ability to advocate for personal, family, and community health.
OBJECTIVE		By the end of Twelfth Grade, the student will be able to:
OBJECTIVE	9- 12.H.8.1.1.	Use accurate peer and societal norms to formulate a health-enhancing message.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE	9- 12.H.8.1.4.	Adapt health messages and communication techniques to target a specific audience.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / COURSE	ID.PE.	PHYSICAL EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	PE.2:	Movement Knowledge
GLE / BIG IDEA	2.1:	Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.
OBJECTIVE		By the end of grade 12, students will:
OBJECTIVE	9- 12.PE.2.1.1.	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.). Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
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STANDARD / COURSE	ID.PE.	PHYSICAL EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	PE.3:	Valuing a Physically Active Lifestyle
GLE / BIG IDEA	3.1:	Participate daily in physical activity for health, enjoyment and/or satisfaction, challenge, self-expression and/or social interaction.
OBJECTIVE		By the end of grade 12, students will:
OBJECTIVE	9- 12.PE.3.1.1.	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.).
		Multimedia Extensions Multimedia Extensions: Stress
OBJECTIVE	9- 12.PE.3.1.2.	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.).
		Multimedia Extensions Multimedia Extensions: Stress
OBJECTIVE	9- 12.PE.3.1.3.	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.).
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
OBJECTIVE	9- 12.PE.3.1.5.	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.).
		Multimedia Extensions Multimedia Extensions: Confidence
STANDARD / COURSE	ID.PE.	PHYSICAL EDUCATION
CONTENT KNOWLEDGE AND SKILLS /	PE.4:	Personal Fitness

GOAL		
GOAL		
GLE / BIG IDEA	4.1:	Achieve and maintain a health-enhancing level of physical fitness.
OBJECTIVE		By the end of grade 12, students will:
OBJECTIVE	9- 12.PE.4.1.1.	Demonstrate health-related fitness components (cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition) by improving, meeting and/or sustaining gender and agerelated 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.). Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
OBJECTIVE	9- 12.PE.4.1.2.	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.). Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 13: Motivation
OBJECTIVE	9- 12.PE.4.1.3.	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.). Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / COURSE	ID.PE.	PHYSICAL EDUCATION
CONTENT KNOWLEDGE AND SKILLS /	PE.5:	Personal and Social Responsibility

GOAL		
GLE / BIG IDEA	5.1:	Exhibit responsible and social behavior that respects self and others in physical activity settings.
OBJECTIVE		By the end of grade 12, students will:
OBJECTIVE	9- 12.PE.5.1.1.	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.). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE	9- 12.PE.5.1.2.	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.). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Health and PE

Grade 12 - 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. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support

		Unit 4: Stress - Lesson 08: Analyzing Stress
		Unit 5: Well-Being - Lesson 09: Finding Balance
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
OBJECTIVE	9-	Compare and contrast the benefits of and barriers to practicing a variety of
OBSECTIVE	12.H.1.1.7.	healthy behaviors.
	12.11.1.1.7.	nealtry behaviors.
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
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		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD/	ID.H.	HEALTH EDUCATION
COURSE		
CONTENT	H.2:	Analyzing Influences
KNOWLEDGE	1	,,g
AND SKILLS /		
GOAL		
COAL		
GLE / BIG IDEA	2.1:	Students will analyze the influence of family, peers, culture, media, technology, and
GLE / BIG IDEA	2.1.	other factors on health behavior.
		Short lasters on reality solid real
OBJECTIVE		By the end of Twelfth Grade, the student will be able to:
OBSECTIVE		by the end of Twenth Grade, the Student will be able to.
OR JECTIVE	0	Analyza how the family and sulture influence health heliefs and behaviors
OBJECTIVE	9- 12.H.2.1.1.	Analyze how the family and culture influence health beliefs and behaviors.
	12.17.2.7.7.	
		Multimadia Futanciana
		Multimedia Extensions
		Multimedia Extensions: Confidence
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
OBJECTIVE	9-	Analyze how peers influence health beliefs and behaviors.
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	12.11.2.11.2.	
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 09: Finding Balance

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

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

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		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
		Office 7. Creating a Success Highways functiary - Lesson 15. Action Flaming
OBJECTIVE	9-	Determine the value of applying a thoughtful decision-making process in
OBOLOTIVE	12.H.5.1.2.	health-related situations.
		My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
00 15050/5		
OBJECTIVE	9- 12.H.5.1.3.	Justify when individual or collaborative decision-making is appropriate.
	12.H.5.1.3.	
		My Roadmap to the Future
		Unit 3: Connections - Lesson 05: Making Connections
		My Success Roadmap
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing
		Stress
	_	
OBJECTIVE	9-	Generate alternatives to health-related issues or problems.
	12.H.5.1.4.	
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
00 15051/5		
OBJECTIVE	9- 12.H.5.1.5.	Predict the potential short-term and long-term impact of each alternative on self and others.
	12.1.5.1.5.	sell and others.
		My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	9-	Defend the healthy choice when making decisions.
	12.H.5.1.6.	
		My Poadman to the Future
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		and the second s
		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
00.1505		
OBJECTIVE	9-	Evaluate the effectiveness of health-related decisions.
	12.H.5.1.7.	

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		My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD/	ID.H.	HEALTH EDUCATION
COURSE		
CONTENT	H.6:	Goal Setting
KNOWLEDGE	11.0.	our ocumy
AND SKILLS /		
GOAL		
01 = / 510 15=1		
GLE / BIG IDEA	6.1:	Students will demonstrate the ability to use goal-setting skills to enhance health.
OBJECTIVE		By the end of Twelfth Grade, the student will be able to:
OBJECTIVE	9-	Assess personal health practices and overall health status.
	12.H.6.1.1.	
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
		Multimedia Extensions: Well-Being
		Waltiffedia Extensions. Well-being
		My Roadmap to the Future
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 4: Stress - Lesson 08: Analyzing Stress
		M. Cusasa Baadman
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of
		School
		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing
		Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
OBJECTIVE	9-	Develop a plan to attain a personal health goal that addresses strengths,
020201112	12.H.6.1.2.	needs, and risks.
	12	noods, and note.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
		Multimedia Extensions: Wolf-Being
		International Extensions. Well-being
		My Roadmap to the Future
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 4: Stress - Lesson 08: Analyzing Stress
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		

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

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

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

		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STANDARD / COURSE	ID.PE.	PHYSICAL EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	PE.3:	Valuing a Physically Active Lifestyle
GLE / BIG IDEA	3.1:	Participate daily in physical activity for health, enjoyment and/or satisfaction, challenge, self-expression and/or social interaction.
OBJECTIVE		By the end of grade 12, students will:
OBJECTIVE	9- 12.PE.3.1.1.	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.).
		Multimedia Extensions Multimedia Extensions: Stress
OBJECTIVE	9- 12.PE.3.1.2.	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.).
		Multimedia Extensions Multimedia Extensions: Stress
OBJECTIVE	9- 12.PE.3.1.3.	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.).
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
OBJECTIVE	9- 12.PE.3.1.5.	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.).
		Multimedia Extensions Multimedia Extensions: Confidence

STANDARD / COURSE	ID.PE.	PHYSICAL EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	PE.4:	Personal Fitness
GLE / BIG IDEA	4.1:	Achieve and maintain a health-enhancing level of physical fitness.
OBJECTIVE		By the end of grade 12, students will:
OBJECTIVE	9- 12.PE.4.1.1.	Demonstrate health-related fitness components (cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition) by improving, meeting and/or sustaining gender and agerelated 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.).
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
OBJECTIVE	9- 12.PE.4.1.2.	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.).
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 13: Motivation
OBJECTIVE	9- 12.PE.4.1.3.	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.).
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation

STANDARD / COURSE	ID.PE.	PHYSICAL EDUCATION
CONTENT KNOWLEDGE AND SKILLS / GOAL	PE.5:	Personal and Social Responsibility
GLE / BIG IDEA	5.1:	Exhibit responsible and social behavior that respects self and others in physical activity settings.
OBJECTIVE		By the end of grade 12, students will:
OBJECTIVE	9- 12.PE.5.1.1.	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.). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
OBJECTIVE	9- 12.PE.5.1.2.	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.). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Social Studies

Grade 9 - Adopted 2009

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

		Multimedia Extensions Multimedia Extensions: Connections
OBJECTIVE	6-9.GWH.5.1.2.	Give examples of how language, literature, and the arts shaped the development and transmission of culture in the Western Hemisphere.
		Multimedia Extensions Multimedia Extensions: Confidence
STANDARD / COURSE	ID.E.	ECONOMICS
CONTENT KNOWLEDGE AND SKILLS / GOAL	E.3:	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.
GLE / BIG IDEA	3.4:	Explain the concepts of good personal finance.
OBJECTIVE		By the end of Economics, the student will be able to:
OBJECTIVE	9-12.E.3.4.1.	Examine and apply the elements of responsible personal fiscal management, such as budgets, interest, investment, savings, credit, and debt. (514.01a) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STANDARD / COURSE	ID.USH2.	U.S. HISTORY II
CONTENT KNOWLEDGE AND SKILLS / GOAL	USH2.1:	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.
GLE / BIG IDEA	1.1:	Build an understanding of the cultural and social development of the United States.
OBJECTIVE		By the end of U.S. History II, the student will be able to:
OBJECTIVE	9- 12.USH2.1.1.1.	Analyze ways in which language, literature, the arts, traditions, beliefs, values and behavior patterns of diverse cultures have enriched American society. (498.01a)
		Multimedia Extensions

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

Social Studies

Grade 10 - Adopted 2009

STANDARD / COURSE	ID.E.	ECONOMICS
CONTENT KNOWLEDGE AND SKILLS / GOAL	E.3:	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.
GLE / BIG IDEA	3.4:	Explain the concepts of good personal finance.
OBJECTIVE		By the end of Economics, the student will be able to:
OBJECTIVE	9-12.E.3.4.1.	Examine and apply the elements of responsible personal fiscal management, such as budgets, interest, investment, savings, credit, and debt. (514.01a) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STANDARD / COURSE	ID.USH2.	U.S. HISTORY II
CONTENT KNOWLEDGE AND SKILLS /	USH2.1:	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,

GOAL		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.
GLE / BIG IDEA	1.1:	Build an understanding of the cultural and social development of the United States.
OBJECTIVE		By the end of U.S. History II, the student will be able to:
OBJECTIVE	9- 12.USH2.1.1.1.	Analyze ways in which language, literature, the arts, traditions, beliefs, values and behavior patterns of diverse cultures have enriched American society. (498.01a) Multimedia Extensions
		Multimedia Extensions: Confidence
STANDARD / COURSE	ID.USH2.	U.S. HISTORY II
CONTENT KNOWLEDGE AND SKILLS / GOAL	USH2.4:	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.
GLE / BIG IDEA	4.3:	Build an understanding that all people in the United States have rights and assume responsibilities.
OBJECTIVE		By the end of U.S. History II, the student will be able to:
OBJECTIVE	9- 12.USH2.4.3.2.	Provide and evaluate examples of social and political leadership in American history. (490.01e)
		Multimedia Extensions Multimedia Extensions: Confidence

Social Studies

Grade 11 - Adopted 2009

STANDARD / COURSE	ID.E.	ECONOMICS
CONTENT KNOWLEDGE AND SKILLS / GOAL		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.
GLE / BIG IDEA	3.4:	Explain the concepts of good personal finance.

OBJECTIVE		By the end of Economics, the student will be able to:
OBJECTIVE	9-12.E.3.4.1.	Examine and apply the elements of responsible personal fiscal management, such as budgets, interest, investment, savings, credit, and debt. (514.01a) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STANDARD / COURSE	ID.USH2.	U.S. HISTORY II
CONTENT KNOWLEDGE AND SKILLS / GOAL	USH2.1:	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.
GLE / BIG IDEA	1.1:	Build an understanding of the cultural and social development of the United States.
OBJECTIVE		By the end of U.S. History II, the student will be able to:
OBJECTIVE	9- 12.USH2.1.1.1.	Analyze ways in which language, literature, the arts, traditions, beliefs, values and behavior patterns of diverse cultures have enriched American society. (498.01a) Multimedia Extensions Multimedia Extensions: Confidence
STANDARD / COURSE	ID.USH2.	U.S. HISTORY II
CONTENT KNOWLEDGE AND SKILLS / GOAL	USH2.4:	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.
GLE / BIG IDEA	4.3:	Build an understanding that all people in the United States have rights and assume responsibilities.
OBJECTIVE		By the end of U.S. History II, the student will be able to:
OBJECTIVE	9- 12.USH2.4.3.2.	Provide and evaluate examples of social and political leadership in American history. (490.01e)
		Multimedia Extensions Multimedia Extensions: Confidence

Social Studies

Grade 12 - Adopted 2009

STANDARD / COURSE	ID.E.	ECONOMICS
CONTENT KNOWLEDGE AND SKILLS / GOAL	E.3:	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.
GLE / BIG IDEA	3.4:	Explain the concepts of good personal finance.
OBJECTIVE		By the end of Economics, the student will be able to:
OBJECTIVE	9-12.E.3.4.1.	Examine and apply the elements of responsible personal fiscal management, such as budgets, interest, investment, savings, credit, and debt. (514.01a) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STANDARD / COURSE	ID.USH2.	U.S. HISTORY II
CONTENT KNOWLEDGE AND SKILLS / GOAL	USH2.1:	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.
GLE / BIG IDEA	1.1:	Build an understanding of the cultural and social development of the United States.
OBJECTIVE		By the end of U.S. History II, the student will be able to:
OBJECTIVE	9- 12.USH2.1.1.1.	Analyze ways in which language, literature, the arts, traditions, beliefs, values and behavior patterns of diverse cultures have enriched American society. (498.01a) Multimedia Extensions Multimedia Extensions: Confidence
STANDARD / COURSE	ID.USH2.	U.S. HISTORY II
CONTENT KNOWLEDGE	USH2.4:	Civics and Government - Students in U.S. History II build an understanding of the organization and formation of the American system

AND SKILLS / GOAL		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.
GLE / BIG IDEA	4.3:	Build an understanding that all people in the United States have rights and assume responsibilities.
OBJECTIVE		By the end of U.S. History II, the student will be able to:
OBJECTIVE	9- 12.USH2.4.3.2.	Provide and evaluate examples of social and political leadership in American history. (490.01e)
		Multimedia Extensions Multimedia Extensions: Confidence

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