

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

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

States: Indiana Academic Standards

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

Indiana Academic Standards

Health and PE

Grade 7 - Adopted 2011

STANDARD / STRAND	IN.7.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	7.1.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
INDICATOR / STANDARD		The acquisition of basic health concepts and functional health knowledge provides a foundation for promotion of health-enhancing behaviors among youth. This standard includes essential concepts that are based on established health behavior theories and models. Students apply knowledge of personal responsibility for health promotion and/or risk reduction. They describe patterns of healthy behaviors to prevent or reduce their risk of injury and/or illness throughout their lifespan. Students examine the interrelationships of emotional, physical, social, and intellectual health and how they can be impacted by their surroundings.
EXPECTATION / INDICATOR	7.1.1.	Examine how healthy behaviors influence personal health. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
EXPECTATION / INDICATOR	7.1.2.	Summarize the interrelationships of emotional, social and physical health in adolescence. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
EXPECTATION / INDICATOR	7.1.7.	Determine the 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 / STRAND	IN.7.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	7.2.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
INDICATOR / STANDARD		Health is impacted by a variety of positive and negative influences within society. This standard focuses on identifying and understanding the diverse internal and external factors that influence health practices and behaviors among youth including personal values, beliefs and perceived norms. Students compare how the family, peers, culture, media, and technology influence personal and family health. Students review how policies and regulations influence health promotion and risk reduction.
EXPECTATION / INDICATOR	7.2.1.	Describe how family values and behaviors influence the health of adolescents. Multimedia Extensions Multimedia Extensions: Connections
EXPECTATION / INDICATOR	7.2.2.	Discuss the influence of culture on health 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
EXPECTATION / INDICATOR	7.2.3.	Describe how peers influence unhealthy behaviors. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support 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
EXPECTATION / INDICATOR	7.2.4.	Identify how the school can affect personal health practices and behaviors. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
EXPECTATION / INDICATOR	7.2.5.	Examine how information from the media influences health behaviors. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EXPECTATION / INDICATOR	7.2.6.	Interpret the influence of technology on personal health. Multimedia Extensions

		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EXPECTATION / INDICATOR	7.2.7.	Indicate 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
EXPECTATION / INDICATOR	7.2.8.	Describe the influence of personal beliefs on 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 / STRAND	IN.7.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	7.3.	Students will demonstrate the ability to access valid information and products and services to enhance health.
INDICATOR / STANDARD		Accessing valid health information and health-promoting products and services is critical in the prevention, early detection and treatment of health problems. This standard focuses on how to identify and access valid health resources and to reject unproven sources. Applying the skills of analysis, comparison and evaluation of health resources empowers students to achieve health literacy. Students identify valid health information, health-promoting products, and services to prevent and detect health problems.
EXPECTATION / INDICATOR	7.3.2.	Locate valid health information from 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 / STRAND	IN.7.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	7.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
INDICATOR / STANDARD		Effective communication enhances personal, family and community health. This standard focuses on how responsible individuals use verbal and non-verbal skills to develop and maintain healthy personal relationships. Students demonstrate refusal and negotiation skills to enhance health and avoid or reduce health risks. Students describe feelings to strengthen interpersonal interactions and reduce or avoid conflict.

EXPECTATION / INDICATOR	7.4.1.	Demonstrate effective communication skills 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
EXPECTATION / INDICATOR	7.4.4.	Model how to ask for assistance to enhance the health of others. 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
STANDARD / STRAND	IN.7.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	7.5.	Students will demonstrate the ability to use decision-making skills to enhance health.
INDICATOR / STANDARD		Decision-making skills are needed in order to identify, implement and sustain health-enhancing behaviors. This standard includes the essential steps needed to make healthy decisions as prescribed in the performance indicators. Students identify a decision-making process which enables them to collaborate with others to improve quality of life now and in the future.
EXPECTATION / INDICATOR	7.5.1.	Describe situations that can help or hinder healthy decision-making. 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
EXPECTATION / INDICATOR	7.5.2.	Recognize when health-related situations require a thoughtful decision-making process. 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
EXPECTATION / INDICATOR	7.5.3.	Determine when independent or collaborative decision making is appropriate. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

<p>EXPECTATION / INDICATOR</p>	<p>7.5.4.</p>	<p>Differentiate between healthy and unhealthy choices to health-related issues or problems.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>EXPECTATION / INDICATOR</p>	<p>7.5.5.</p>	<p>Examine the potential short-term impact of each option on self and others.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

EXPECTATION / INDICATOR	7.5.6.	<p>Choose healthy choices over unhealthy choices when making a decision.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	7.5.7.	<p>Examine the consequences of a health-related decision.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.7.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	7.6.	Students will demonstrate the ability to use goal-setting skills to enhance health.
INDICATOR / STANDARD		Goal-setting skills are essential to help students identify, adopt and maintain healthy behaviors. This standard includes the critical steps needed to achieve both short-term and long-term health goals. These skills make it possible for individuals to have aspirations and plans for the future. Students develop health goals based upon personal needs. Students design and implement critical steps to achieve short-term and long-term health goals.
EXPECTATION / INDICATOR	7.6.1.	<p>Analyze the effectiveness of personal health practices.</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION / INDICATOR	7.6.2.	<p>Select a goal to improve a personal health practice.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>

		<p>Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	7.6.3.	<p>Demonstrate skills needed to attain a personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	7.6.4.	<p>Discuss how personal health goals can vary with changing abilities or responsibilities.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.7.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	7.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

INDICATOR / STANDARD		Research confirms that practicing health-enhancing behaviors can contribute to a positive quality of life. In addition, many diseases and injuries can be prevented by reducing harmful and risk taking behaviors. This standard promotes accepting personal responsibility for health and encourages the practice of healthy behaviors. Students demonstrate health-enhancing behaviors to prevent injuries, diseases, and disorders.
EXPECTATION / INDICATOR	7.7.1.	Show the importance of being accountable 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
EXPECTATION / INDICATOR	7.7.2.	Describe healthy practices and behaviors that will maintain or improve the health of self and others. 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
EXPECTATION / INDICATOR	7.7.3.	Describe behaviors to 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 / STRAND	IN.PE.	ACADEMIC STANDARDS FOR PHYSICAL EDUCATION
PROFICIENCY STATEMENT / SUBSTRAND	7.3.	Physical Activity: Students participate regularly in physical activity.
INDICATOR / STANDARD		Students demonstrate an understanding of the relationship between participation in physical activities and wellness. They participate in after school activities that can lead to a healthier lifestyle. Students independently choose leisure time activities that are health-enhancing.
EXPECTATION / INDICATOR	7.3.2.	Select and participate in a new sport or physical activity. Multimedia Extensions Multimedia Extensions: Confidence
STANDARD / STRAND	IN.PE.	ACADEMIC STANDARDS FOR PHYSICAL EDUCATION
PROFICIENCY STATEMENT / SUBSTRAND	7.4.	Health-Enhancing Physical Fitness: Students achieve and maintain a health-enhancing level of physical fitness.
INDICATOR / STANDARD		Students begin to demonstrate a respect for maintaining a healthy fitness level. They are capable of choosing health-enhancing activities for participation in their leisure time. Students can describe and apply the components of health-related physical fitness (muscular strength and endurance, flexibility, body composition, and cardiorespiratory endurance) to most of their activities. They become aware of the changes the body goes through as they grow and develop and change individual goals to reflect those changes.

EXPECTATION / INDICATOR	7.4.2.	Demonstrate the importance of all components of physical fitness in achieving a desired level of health-enhancing physical fitness. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / STRAND	IN.PE.	ACADEMIC STANDARDS FOR PHYSICAL EDUCATION
PROFICIENCY STATEMENT / SUBSTRAND	7.6.	Value of Physical Activity: Students value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
INDICATOR / STANDARD		Students participate in most activities as a member of a group. They are beginning to show increased inhibition and may need encouragement to be more expressive and perhaps less self-conscious. Students understand that competence in an activity requires practice.
EXPECTATION / INDICATOR	7.6.3.	Identify and practice a physical activity/exercise or movement that is difficult to perform in order to increase skill/fitness level. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation

Indiana Academic Standards

Health and PE

Grade 8 - Adopted 2011

STANDARD / STRAND	IN.8.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	8.1.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
INDICATOR / STANDARD		The acquisition of basic health concepts and functional health knowledge provides a foundation for promotion of health-enhancing behaviors among youth. This standard includes essential concepts that are based on established health behavior theories and models. Students apply knowledge of personal responsibility for health promotion and/or risk reduction. They describe patterns of healthy behaviors to prevent or reduce their risk of injury and/or illness throughout their lifespan. Students examine the interrelationships of emotional, physical, social, and intellectual health and how they can be impacted by their surroundings.
EXPECTATION / INDICATOR	8.1.1.	Analyze the relationship between healthy behaviors and personal health. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
EXPECTATION /	8.1.2.	Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.

INDICATOR		<p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION / INDICATOR	8.1.7.	<p>Describe the benefits of and barriers to practicing healthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.8.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	8.2.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
INDICATOR / STANDARD		Health is impacted by a variety of positive and negative influences within society. This standard focuses on identifying and understanding the diverse internal and external factors that influence health practices and behaviors among youth including personal values, beliefs and perceived norms. Students compare how the family, peers, culture, media, and technology influence personal and family health. Students review how policies and regulations influence health promotion and risk reduction.
EXPECTATION / INDICATOR	8.2.1.	<p>Examine how the family influences the health of adolescents.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
EXPECTATION / INDICATOR	8.2.2.	<p>Describe the influence of culture on health beliefs, practices and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
EXPECTATION / INDICATOR	8.2.3.	<p>Describe how peers influence healthy and unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p>

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION / INDICATOR	8.2.4.	<p>Analyze how the school and community can affect personal health practices and behaviors.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
EXPECTATION / INDICATOR	8.2.5.	<p>Analyze how messages from the media influence health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
EXPECTATION / INDICATOR	8.2.6.	<p>Analyze the influence of technology on personal and family health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
EXPECTATION / INDICATOR	8.2.7.	<p>Explain how the perceptions of norms influence healthy and unhealthy behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
EXPECTATION / INDICATOR	8.2.8.	<p>Explain the influence of personal values and beliefs on individual health practice and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
STANDARD / STRAND	IN.8.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	8.3.	Students will demonstrate the ability to access valid information and products and services to enhance health.
INDICATOR / STANDARD		Accessing valid health information and health-promoting products and services is critical in the prevention, early detection and treatment of health problems. This standard focuses on how to identify and access valid health resources and to reject unproven sources. Applying the skills of analysis, comparison and evaluation of health resources empowers students to achieve health literacy. Students identify valid health information, health-

		promoting products, and services to prevent and detect health problems.
EXPECTATION / INDICATOR	8.3.5.	Locate valid and reliable health products and services. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STANDARD / STRAND	IN.8.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	8.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
INDICATOR / STANDARD		Effective communication enhances personal, family and community health. This standard focuses on how responsible individuals use verbal and non-verbal skills to develop and maintain healthy personal relationships. Students demonstrate refusal and negotiation skills to enhance health and avoid or reduce health risks. Students describe feelings to strengthen interpersonal interactions and reduce or avoid conflict.
EXPECTATION / INDICATOR	8.4.1.	Apply effective verbal and non-verbal communication skills to enhance health. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
EXPECTATION / INDICATOR	8.4.4.	Demonstrate how to ask for assistance to enhance the health of self and others. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
STANDARD / STRAND	IN.8.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	8.5.	Students will demonstrate the ability to use decision-making skills to enhance health.
INDICATOR / STANDARD		Decision-making skills are needed in order to identify, implement and sustain health-enhancing behaviors. This standard includes the essential steps needed to make healthy decisions as prescribed in the performance indicators. Students identify a decision-making process which enables them to collaborate with others to improve quality of life now and in the future.
EXPECTATION / INDICATOR	8.5.1.	Identify circumstances that can help or hinder healthy decision making. 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

<p>EXPECTATION / INDICATOR</p>	<p>8.5.2.</p>	<p>Determine when health-related situations require the application of a thoughtful decision-making process.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>EXPECTATION / INDICATOR</p>	<p>8.5.3.</p>	<p>Distinguish when individual or collaborative decision making is appropriate.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>EXPECTATION / INDICATOR</p>	<p>8.5.4.</p>	<p>Distinguish between healthy and unhealthy alternatives to health-related issues or problems.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>EXPECTATION / INDICATOR</p>	<p>8.5.5.</p>	<p>Predict the potential short-term impact of each alternative on self and others.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p>

		<p>Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	8.5.6.	<p>Choose healthy alternatives over unhealthy alternatives when making a decision.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	8.5.7.	<p>Analyze the outcomes of a health-related decision.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.8.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	8.6.	Students will demonstrate the ability to use goal-setting skills to enhance health.
INDICATOR / STANDARD		Goal-setting skills are essential to help students identify, adopt and maintain healthy behaviors. This standard includes the critical steps needed to achieve both short-term and long-term health goals. These skills make it possible for individuals to have aspirations and plans for the future. Students develop health goals based upon personal needs. Students design and implement critical steps to achieve short-term and long-term health goals.
EXPECTATION / INDICATOR	8.6.1.	<p>Assess personal health practices.</p> <p>Multimedia Extensions Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future</p>

		<p>Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>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</p>
<p>EXPECTATION / INDICATOR</p>	<p>8.6.2.</p>	<p>Develop a goal to adopt, maintain or improve a personal health practice.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>EXPECTATION / INDICATOR</p>	<p>8.6.3.</p>	<p>Apply strategies and skills needed to attain a personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
EXPECTATION / INDICATOR	8.6.4.	Describe how personal health goals can vary with changing abilities, priorities and responsibilities. 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 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 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / STRAND	IN.8.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	8.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
INDICATOR / STANDARD		Research confirms that practicing health-enhancing behaviors can contribute to a positive quality of life. In addition, many diseases and injuries can be prevented by reducing harmful and risk taking behaviors. This standard promotes accepting personal responsibility for health and encourages the practice of healthy behaviors. Students demonstrate health-enhancing behaviors to prevent injuries, diseases and disorders.
EXPECTATION / INDICATOR	8.7.1.	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
EXPECTATION / INDICATOR	8.7.2.	Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. 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
EXPECTATION / INDICATOR	8.7.3.	Demonstrate behaviors to 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 / STRAND	IN.PE.	ACADEMIC STANDARDS FOR PHYSICAL EDUCATION
PROFICIENCY STATEMENT / SUBSTRAND	8.6.	Value of Physical Activity: Students value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
INDICATOR / STANDARD		Students recognize their own likes, dislikes, strengths, and skills and use these to choose physical activities for enjoyment. They seek out opportunities to express feelings through movement and play. Students begin to see participation in physical activity as a venue for interaction with those they enjoy being near and for developing relationships with those they do not already know.
EXPECTATION / INDICATOR	8.6.1.	Exhibit winning and losing gracefully within the physical activity context. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
EXPECTATION / INDICATOR	8.6.2.	Engage in challenging new physical activities. Multimedia Extensions Multimedia Extensions: Confidence

Indiana Academic Standards

Health and PE

Grade 9 - Adopted 2011

STANDARD / STRAND	IN.9-12.RT.	WRITING FOR LITERACY IN TECHNICAL SUBJECTS (I.E. HEALTH & WELLNESS)
PROFICIENCY STATEMENT / SUBSTRAND		Text Types and Purposes
INDICATOR / STANDARD	9-12.WT.1.	Write arguments focused on discipline-specific content.
EXPECTATION / INDICATOR	9-12.WT.1.e.	Provide a concluding statement or section that follows from or supports the argument presented. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
STANDARD / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS

PROFICIENCY STATEMENT / SUBSTRAND	HW.1.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
INDICATOR / STANDARD		<p>The acquisition of basic health concepts and functional health knowledge provides a foundation for promotion of health-enhancing behaviors among youth. This standard includes essential concepts that are based on established health behavior theories and models. Concepts that focus on both health promotion and risk reduction are included in the performance indicators. Students apply knowledge of personal responsibility for health promotion and/or risk reduction. They develop patterns of healthy behaviors to prevent or reduce their risk of injury and/or illness throughout their lifespan. Students describe the interrelationships of emotional, physical, social, and intellectual health and how they can be impacted by their surroundings.</p>
EXPECTATION / INDICATOR	HW.1.2.	<p>Explain the interrelationships of emotional, social and physical health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION / INDICATOR	HW.1.7.	<p>Summarize the benefits and barriers to practicing healthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10:</p>

		<p>Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well- Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.1.9.	<p>Discover the severity of illness if engaging in unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well- Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.2.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
INDICATOR / STANDARD		Health is impacted by a variety of positive and negative influences within society. This standard focuses on identifying and understanding the diverse internal and external factors that influence health practices and behaviors among youth including personal values, beliefs and perceived norms. Students examine how the family, peers, culture, media, and technology influence personal, family and community health. Students analyze how policies and regulations influence health promotion and risk reduction.
EXPECTATION / INDICATOR	HW.2.1.	<p>Examine how the family impacts the health of individuals.</p> <p>Multimedia Extensions</p>

		Multimedia Extensions: Connections
EXPECTATION / INDICATOR	HW.2.2.	Examine how society supports and challenges health beliefs, practices and behaviors. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well- Being
EXPECTATION / INDICATOR	HW.2.4.	Assess how the school and community can influence health practices and behaviors. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
EXPECTATION / INDICATOR	HW.2.5.	Analyze the effect of media on personal health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EXPECTATION / INDICATOR	HW.2.6.	Analyze the impact of technology on personal and family health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EXPECTATION / INDICATOR	HW.2.7.	Examine how norms influence health-related behaviors. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10:

		<p>Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well- Being</p>
EXPECTATION / INDICATOR	HW.2.8.	<p>Determine the influence of personal values on health practices and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks- Managing Stress - Lesson 10: Analyzing Stress</p>
STANDARD / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.3.	Students will demonstrate the ability to access valid information and products and services to enhance health.
INDICATOR / STANDARD		<p>Accessing valid health information and health-promoting products and services is critical in the prevention, early detection and treatment of health problems. This standard focuses on how to identify and access valid health resources and to reject unproven sources. Applying the skills of analysis, comparison and evaluation of health resources empowers students to achieve health literacy. Students access valid health information, health-promoting products, and services to prevent, detect and treat health problems.</p>
EXPECTATION / INDICATOR	HW.3.2.	<p>Utilize resources from school and community that provide valid health information.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10:</p>

		Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STANDARD / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
INDICATOR / STANDARD		Effective communication enhances personal, family, and community health. This standard focuses on how responsible individuals use verbal and non-verbal skills to develop and maintain healthy personal relationships. The ability to organize and to convey information and feelings is the basis for strengthening interpersonal interactions and reducing or avoiding conflict. Students demonstrate refusal, negotiation and collaboration skills to enhance health and avoid or reduce health risks. Students organize and convey information and feelings for strengthening interpersonal interactions and reduce or avoid conflict. They access resources to enhance the health of self and/or others.
EXPECTATION / INDICATOR	HW.4.1.	Model skills for communicating effectively with 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
EXPECTATION / INDICATOR	HW.4.4.	Illustrate how to offer assistance to enhance the health of self and others. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 4: Highway Roadblocks- Managing Stress - Lesson 10: Analyzing Stress
STANDARD / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS

PROFICIENCY STATEMENT / SUBSTRAND	HW.5.	Students will demonstrate the ability to use decision-making skills to enhance health.
INDICATOR / STANDARD		Decision-making skills are needed in order to identify, implement and sustain health-enhancing behaviors. This standard includes the essential steps needed to make healthy decisions as prescribed in the performance indicators. When applied to health issues, the decision-making process enables individuals to collaborate with others to improve quality of life. Students apply a comprehensive decision-making process which enables them to collaborate with others to improve quality of life now and in the future.
EXPECTATION / INDICATOR	HW.5.1.	Determine barriers to healthy decision making. 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
EXPECTATION / INDICATOR	HW.5.2.	Outline the value of applying a thoughtful decision-making process to a health-related situation. 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
EXPECTATION / INDICATOR	HW.5.3.	Assess when independent or collaborative decision making is appropriate.

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks- Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>EXPECTATION / INDICATOR</p>	<p>HW.5.4.</p>	<p>Propose alternative choices to health-related issues or problems.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence</p>

		<p>Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p> <p>Unit 3: Highway Connections - Lesson 07: Social Support</p> <p>Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p> <p>Unit 4: Highway Roadblocks- Managing Stress - Lesson 09: Stress</p> <p>Unit 4: Highway Roadblocks- Managing Stress - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>EXPECTATION / INDICATOR</p>	<p>HW.5.5.</p>	<p>Analyze the potential short and long-term outcome of each alternative on self and others.</p> <p>My Roadmap to the Future</p> <p>Unit 1: Success, Education, & Work - Lesson 01: Defining Success</p> <p>Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>Unit 2: Confidence - Lesson 04: Analyzing Confidence</p> <p>Unit 3: Connections - Lesson 05: Making Connections</p> <p>Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>Unit 4: Stress - Lesson 07: Handling Pressure</p> <p>Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 01: Your Future</p> <p>Unit 1: Destination Success - Lesson 02: Your Goals</p> <p>Unit 1: Destination Success - Lesson 03: Career Ideas</p>

		<p>Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p> <p>Unit 2: Highway to Confidence - Lesson 05: Confidence</p> <p>Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p> <p>Unit 3: Highway Connections - Lesson 07: Social Support</p> <p>Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p> <p>Unit 4: Highway Roadblocks- Managing Stress - Lesson 09: Stress</p> <p>Unit 4: Highway Roadblocks- Managing Stress - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>EXPECTATION / INDICATOR</p>	<p>HW.5.6.</p>	<p>Determine the health-enhancing choice when making decisions.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>EXPECTATION / INDICATOR</p>	<p>HW.5.7.</p>	<p>Assess the potential success or consequence of health-related decisions.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being -</p>

		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 / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.6.	Students will demonstrate the ability to use goal-setting skills to enhance health.
INDICATOR / STANDARD		Goal-setting skills are essential to help students identify, adopt and maintain healthy behaviors. This standard includes the critical steps needed to achieve both short-term and long-term health goals. These skills make it possible for individuals to have aspirations and plans for the future. Students construct health goals based upon personal needs. Students design, implement and evaluate critical steps to achieve short-term and long-term health goals.
EXPECTATION / INDICATOR	HW.6.1.	Evaluate personal health practices and overall health. 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
EXPECTATION / INDICATOR	HW.6.2.	<p>Formulate a plan to achieve a health goal that addresses strengths, needs and risks.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks- Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.6.3.	<p>Demonstrate strategies and document progress to achieve a personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions:</p>

		<p>Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks- Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>EXPECTATION / INDICATOR</p>	<p>HW.6.4.</p>	<p>Determine an effective long-term personal health plan.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p>

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks- Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
INDICATOR / STANDARD		This standard promotes accepting personal responsibility for health and encourages the practice of healthy behaviors. Research confirms that practicing health-enhancing behaviors can contribute to a positive quality of life. In addition, many diseases and injuries can be prevented by reducing harmful and risk taking behaviors. Students display health-enhancing behaviors to prevent injuries, diseases and disorders.
EXPECTATION / INDICATOR	HW.7.1.	<p>Examine individual responsibility for improving health.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08:</p>

		<p>Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks- Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks- Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well- Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well- Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.7.2.	<p>Illustrate a variety of healthy practices that will maintain or improve health.</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well- Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well- Being</p>
EXPECTATION / INDICATOR	HW.7.3.	<p>Model behaviors to reduce health risks.</p> <p>My Roadmap to the Future</p>

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.1.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
INDICATOR / STANDARD		<p>The acquisition of basic health concepts and functional health knowledge provides a foundation for promotion of health-enhancing behaviors among youth. This standard includes essential concepts that are based on established health behavior theories and models. Concepts that focus on both health promotion and risk reduction are included in the performance indicators. Students apply knowledge of personal responsibility for health promotion and/or risk reduction. They develop patterns of healthy behaviors to prevent or reduce their risk of injury and/or illness throughout their lifespan. Students describe the interrelationships of emotional, physical, social and intellectual health and how they can be impacted by their surroundings.</p>
EXPECTATION / INDICATOR	AH.1.1.	<p>Predict how healthy behaviors can impact health status.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15:</p>

		Action Planning
EXPECTATION / INDICATOR	AH.1.2.	<p>Describe the interrelationships of emotional, intellectual, physical and social health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION / INDICATOR	AH.1.3.	<p>Analyze how environment and personal health are interrelated.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	AH.1.7.	Compare and contrast the benefits of and barriers to

/ INDICATOR		<p>practicing a variety of healthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well- Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.1.8.	<p>Analyze personal susceptibility to injury, illness or death if engaging in unhealthy behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>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</p>
STANDARD / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT /	AH.2.	Students will analyze the influence of family, peers, culture, media, technology and

SUBSTRAND		other factors on health behaviors.
INDICATOR / STANDARD		Health is impacted by a variety of positive and negative influences within society. This standard focuses on identifying and understanding the diverse internal and external factors that influence health practices and behaviors among youth including personal values, beliefs and perceived norms. Students examine how the family, peers, culture, media, and technology influence personal, family and community health. Students analyze how policies and regulations influence health promotion and risk reduction.
EXPECTATION / INDICATOR	AH.2.1.	<p>Analyze how the family influences the health of individuals.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
EXPECTATION / INDICATOR	AH.2.2.	<p>Analyze how culture supports and challenges health beliefs, practices and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
EXPECTATION / INDICATOR	AH.2.3.	<p>Analyze how peers influence healthy and unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks- Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-</p>

		Being
EXPECTATION / INDICATOR	AH.2.4.	Evaluate how the school and community can impact 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
EXPECTATION / INDICATOR	AH.2.5.	Evaluate the effect of media on personal and family health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EXPECTATION / INDICATOR	AH.2.6.	Evaluate the impact of technology on personal, family and community health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EXPECTATION / INDICATOR	AH.2.7.	Analyze 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
EXPECTATION / INDICATOR	AH.2.8.	Analyze the influence of personal values and beliefs on individual health practices and behaviors. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future

		<p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks- Managing Stress - Lesson 10: Analyzing Stress</p>
STANDARD / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.3.	Students will demonstrate the ability to access valid information and products and services to enhance health.
INDICATOR / STANDARD		Accessing valid health information and health-promoting products and services is critical in the prevention, early detection and treatment of health problems. This standard focuses on how to identify and access valid health resources and to reject unproven sources. Applying the skills of analysis, comparison and evaluation of health resources empowers students to achieve health literacy. Students access valid health information, health-promoting products, and services to prevent, detect and treat health problems.
EXPECTATION / INDICATOR	AH.3.2.	<p>Use resources from home, school and community that provide valid health information.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STANDARD / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
INDICATOR / STANDARD		Effective communication enhances personal, family and community health. This standard focuses on how responsible

		<p>individuals use verbal and non-verbal skills to develop and maintain healthy personal relationships. The ability to organize and to convey information and feelings is the basis for strengthening interpersonal interactions and reducing or avoiding conflict. Students demonstrate refusal, negotiation and collaboration skills to enhance health and avoid or reduce health risks. Students organize and convey information and feelings for strengthening interpersonal interactions to reduce or avoid conflict. They access resources to enhance the health of self and/or others.</p>
EXPECTATION / INDICATOR	AH.4.1.	<p>Use skills for communicating effectively with family, peers and others to enhance health.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
EXPECTATION / INDICATOR	AH.4.4.	<p>Demonstrate how to ask for and offer assistance to enhance the health of self and others.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 4: Highway Roadblocks- Managing Stress - Lesson 10: Analyzing Stress</p>
STANDARD / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.5.	<p>Students will demonstrate the ability to use decision-making skills to enhance health.</p>
INDICATOR / STANDARD		<p>Decision-making skills are needed in order to identify, implement and sustain health-enhancing behaviors. This standard includes the essential steps needed to make healthy decisions as prescribed in the performance indicators. When applied to health issues, the decision-making process enables individuals to collaborate with others to improve quality of life. Students apply a comprehensive decision-making process which enables them to collaborate with others to improve</p>

		quality of life now and in the future.
EXPECTATION / INDICATOR	AH.5.1.	<p>Examine barriers that can hinder healthy decision making.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.5.2.	<p>Determine the value of applying a thoughtful decision-making process in health-related situations.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.5.3.	<p>Justify when individual or collaborative decision making is appropriate.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks- Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation -</p>

		<p>Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>EXPECTATION / INDICATOR</p>	<p>AH.5.4.</p>	<p>Generate alternatives to health-related issues or problems.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks- Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks- Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-</p>

		<p>Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>EXPECTATION / INDICATOR</p>	<p>AH.5.5.</p>	<p>Predict the potential short and long-term impact of each alternative on self and others.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks- Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks- Managing Stress - Lesson 10: Analyzing Stress</p>

		<p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.5.6.	<p>Defend the healthy choice when making decisions.</p> <p>My Success Roadmap</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.5.7.	<p>Evaluate the effectiveness of health-related decisions.</p> <p>My Success Roadmap</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.6.	Students will demonstrate the ability to use goal-setting skills to enhance health.
INDICATOR / STANDARD		Goal-setting skills are essential to help students identify, adopt and maintain healthy behaviors. This standard includes the critical steps needed to achieve both short-term and long-term health goals. These skills make it possible for individuals to have aspirations and plans for the future. Students construct health goals based upon personal needs. Students design, implement and evaluate critical steps to achieve short-term and long-term health goals.
EXPECTATION / INDICATOR	AH.6.1.	<p>Assess personal health practices and overall health status.</p> <p>Multimedia Extensions</p>

		<p>Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>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</p>
<p>EXPECTATION / INDICATOR</p>	<p>AH.6.2.</p>	<p>Develop a plan to attain a personal health goal that addresses strengths, needs and risks.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success -</p>

		<p>Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks- Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well- Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well- Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
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EXPECTATION / INDICATOR	AH.6.3.	<p>Implement strategies and monitor progress in achieving a personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal- Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks- Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-</p>
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		<p>Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.6.4.	<p>Formulate an effective long-term personal health plan.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks- Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
INDICATOR / STANDARD		This standard promotes accepting personal responsibility for health and encourages the practice of healthy behaviors. Research

		<p>confirms that practicing health-enhancing behaviors can contribute to a positive quality of life. In addition, many diseases and injuries can be prevented by reducing harmful and risk taking behaviors. Students display health-enhancing behaviors to prevent injuries, diseases, and disorders.</p>
<p>EXPECTATION / INDICATOR</p>	<p>AH.7.1.</p>	<p>Analyze the role of individual responsibility for enhancing health.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks- Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks- Managing Stress - Lesson 10: Analyzing Stress</p>

		<p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.7.2.	<p>Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.</p> <p>My Success Roadmap</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION / INDICATOR	AH.7.3.	<p>Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.</p> <p>My Roadmap to the Future</p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.PE.	HIGH SCHOOL LEVEL 1 (PE I & II, REQUIRED COURSES) - ACADEMIC STANDARDS PHYSICAL EDUCATION
PROFICIENCY STATEMENT / SUBSTRAND	9.4.	Health-Enhancing Physical Fitness: Students achieve and maintain a health-enhancing level of physical fitness.
INDICATOR / STANDARD		Students utilize learned principles and current practices to assess their own fitness levels using a variety of assessment tools. They analyze the results of these assessments and design a fitness program that meets their needs

		and interests and builds upon previously acquired fitness skills.
EXPECTATION / INDICATOR	9.4.1.	Create a personal workout program to achieve and maintain an optimal level of health-related physical fitness. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / STRAND	IN.PE.	HIGH SCHOOL LEVEL 1 (PE I & II, REQUIRED COURSES) - ACADEMIC STANDARDS PHYSICAL EDUCATION
PROFICIENCY STATEMENT / SUBSTRAND	9.6.	Value of Physical Activity: Students value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
INDICATOR / STANDARD		Students enjoy expressing their emotions through physical activity. Members of teams or activity groups experience positive feelings associated with individual and group successes and learn how to control feelings in competitive situations. Students seek out challenging activities without fear of failing. They recognize and articulate the value of participation in physical activities and the social interaction provided. The intent of this standard is to develop an awareness of the intrinsic values and benefits of participation in physical activity that provides personal meaning.
EXPECTATION / INDICATOR	9.6.1.	Identify positive mental and emotional aspects of participation in a variety of physical activities. Multimedia Extensions Multimedia Extensions: Stress
STANDARD / STRAND	IN.PE.	HIGH SCHOOL LEVEL 2 (ELECTIVE PHYSICAL EDUCATION) - ACADEMIC STANDARDS FOR ELECTIVE PHYSICAL EDUCATION
PROFICIENCY STATEMENT / SUBSTRAND	10.3.	Students participate regularly in physical activity.
INDICATOR /		High school students regularly participate in a variety of physical

STANDARD		activities that can be continued for a lifetime. These activities are representative of the goals and objectives (frequency, intensity, duration) previously designed in the student's personal fitness program and are complimentary to the student's interests and availability in the community.
EXPECTATION / INDICATOR	10.3.4.	Participate regularly in lifetime physical activities (minimum accumulated total of 60 minutes of moderate intensity activity most days of the week) that contribute to improved physical fitness and wellness. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / STRAND	IN.PE.	HIGH SCHOOL LEVEL 2 (ELECTIVE PHYSICAL EDUCATION) - ACADEMIC STANDARDS FOR ELECTIVE PHYSICAL EDUCATION
PROFICIENCY STATEMENT / SUBSTRAND	10.4.	Health-Enhancing Physical Fitness: Students achieve and maintain a health-enhancing level of physical fitness.
INDICATOR / STANDARD		Students utilize learned principles and current practices to assess their own fitness levels using a variety of assessment tools. They analyze the results of these assessments and design a personal fitness program that meets their needs and interests and builds upon previously acquired levels of fitness.
EXPECTATION / INDICATOR	10.4.1.	Design and implement a personal workout program to achieve and maintain an optimal level of health-related physical fitness. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / STRAND	IN.PE.	HIGH SCHOOL LEVEL 2 (ELECTIVE PHYSICAL EDUCATION) - ACADEMIC STANDARDS FOR ELECTIVE PHYSICAL EDUCATION

PROFICIENCY STATEMENT / SUBSTRAND	10.6.	Value of Physical Activity: Students value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
INDICATOR / STANDARD		Students enjoy expressing their emotions through physical activity. Members of teams or activity groups experience positive feelings associated with individual and group successes and learn how to control feelings in competitive emotional situations. Students seek out challenging activities without fear of failing. They recognize and articulate the value of participation in physical activities and the social interaction it provides. The intent of this standard is development of an awareness of the intrinsic values and benefits of participation in physical activity that provides personal meaning.
EXPECTATION / INDICATOR	10.6.1.	Promote positive mental and emotional aspects of participation in a variety of physical activities. Multimedia Extensions Multimedia Extensions: Stress

Indiana Academic Standards

Health and PE

Grade 10 - Adopted 2011

STANDARD / STRAND	IN.9-12.RT.	WRITING FOR LITERACY IN TECHNICAL SUBJECTS (I.E. HEALTH & WELLNESS)
PROFICIENCY STATEMENT / SUBSTRAND		Text Types and Purposes
INDICATOR / STANDARD	9-12.WT.1.	Write arguments focused on discipline-specific content.
EXPECTATION / INDICATOR	9-12.WT.1.e.	Provide a concluding statement or section that follows from or supports the argument presented. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
STANDARD / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.1.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
INDICATOR /		The acquisition of basic health concepts and functional health knowledge provides a foundation for promotion of health-enhancing behaviors among youth. This standard includes essential concepts that are based on

STANDARD		established health behavior theories and models. Concepts that focus on both health promotion and risk reduction are included in the performance indicators. Students apply knowledge of personal responsibility for health promotion and/or risk reduction. They develop patterns of healthy behaviors to prevent or reduce their risk of injury and/or illness throughout their lifespan. Students describe the interrelationships of emotional, physical, social, and intellectual health and how they can be impacted by their surroundings.
EXPECTATION / INDICATOR	HW.1.2.	<p>Explain the interrelationships of emotional, social and physical health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION / INDICATOR	HW.1.7.	<p>Summarize the benefits and barriers to practicing healthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.1.9.	<p>Discover the severity of illness if engaging in unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.2.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
INDICATOR / STANDARD		Health is impacted by a variety of positive and negative influences within society. This standard focuses on identifying and understanding the diverse internal and external factors that influence health practices and behaviors among youth including personal values, beliefs and perceived norms. Students examine how the family, peers, culture, media, and technology influence personal, family and community health. Students analyze how policies and regulations influence health promotion and risk reduction.
EXPECTATION / INDICATOR	HW.2.1.	<p>Examine how the family impacts the health of individuals.</p> <p>Multimedia Extensions</p>

		Multimedia Extensions: Connections
EXPECTATION / INDICATOR	HW.2.2.	Examine how society supports and challenges health beliefs, practices and behaviors. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
EXPECTATION / INDICATOR	HW.2.4.	Assess how the school and community can influence health practices and behaviors. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
EXPECTATION / INDICATOR	HW.2.5.	Analyze the effect of media on personal health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EXPECTATION / INDICATOR	HW.2.6.	Analyze the impact of technology on personal and family health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EXPECTATION / INDICATOR	HW.2.7.	Examine how norms influence health-related 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
EXPECTATION / INDICATOR	HW.2.8.	Determine the influence of personal values on 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 /	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS

STRAND		
PROFICIENCY STATEMENT / SUBSTRAND	HW.3.	Students will demonstrate the ability to access valid information and products and services to enhance health.
INDICATOR / STANDARD		Accessing valid health information and health-promoting products and services is critical in the prevention, early detection and treatment of health problems. This standard focuses on how to identify and access valid health resources and to reject unproven sources. Applying the skills of analysis, comparison and evaluation of health resources empowers students to achieve health literacy. Students access valid health information, health-promoting products, and services to prevent, detect and treat health problems.
EXPECTATION / INDICATOR	HW.3.2.	Utilize resources from 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 / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
INDICATOR / STANDARD		Effective communication enhances personal, family, and community health. This standard focuses on how responsible individuals use verbal and non-verbal skills to develop and maintain healthy personal relationships. The ability to organize and to convey information and feelings is the basis for strengthening interpersonal interactions and reducing or avoiding conflict. Students demonstrate refusal, negotiation and collaboration skills to enhance health and avoid or reduce health risks. Students organize and convey information and feelings for strengthening interpersonal interactions and reduce or avoid conflict. They access resources to enhance the health of self and/or others.
EXPECTATION / INDICATOR	HW.4.1.	Model skills for communicating effectively with 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
EXPECTATION / INDICATOR	HW.4.4.	Illustrate how to offer assistance to enhance the health of self and others. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
STANDARD / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.5.	Students will demonstrate the ability to use decision-making skills to enhance health.
INDICATOR / STANDARD		Decision-making skills are needed in order to identify, implement and sustain health-enhancing behaviors. This standard includes the essential steps needed to make healthy decisions as prescribed in the performance indicators. When applied to health issues, the decision-making process enables individuals to collaborate with others to improve quality of life. Students apply a comprehensive decision-making process which enables them to collaborate with others to improve quality of life now and in the future.

<p>EXPECTATION / INDICATOR</p>	<p>HW.5.1.</p>	<p>Determine barriers to healthy decision making.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>EXPECTATION / INDICATOR</p>	<p>HW.5.2.</p>	<p>Outline the value of applying a thoughtful decision-making process to a health-related situation.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>EXPECTATION / INDICATOR</p>	<p>HW.5.3.</p>	<p>Assess when independent or collaborative decision making is appropriate.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>EXPECTATION / INDICATOR</p>	<p>HW.5.4.</p>	<p>Propose alternative choices to health-related issues or problems.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>

		<p>Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.5.5.	<p>Analyze the potential short and long-term outcome of each alternative on self and others.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.5.6.	<p>Determine the health-enhancing choice when making decisions.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.5.7.	<p>Assess the potential success or consequence of health-related decisions.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT /	HW.6.	Students will demonstrate the ability to use goal-setting skills to enhance health.

SUBSTRAND		
INDICATOR / STANDARD		Goal-setting skills are essential to help students identify, adopt and maintain healthy behaviors. This standard includes the critical steps needed to achieve both short-term and long-term health goals. These skills make it possible for individuals to have aspirations and plans for the future. Students construct health goals based upon personal needs. Students design, implement and evaluate critical steps to achieve short-term and long-term health goals.
EXPECTATION / INDICATOR	HW.6.1.	<p>Evaluate personal health practices and overall health.</p> <p>Multimedia Extensions Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>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</p>
EXPECTATION / INDICATOR	HW.6.2.	<p>Formulate a plan to achieve a health goal that addresses strengths, needs and risks.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.6.3.	<p>Demonstrate strategies and document progress to achieve a personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence</p>

		<p>Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.6.4.	<p>Determine an effective long-term personal health plan.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
INDICATOR / STANDARD		This standard promotes accepting personal responsibility for health and encourages the practice of healthy behaviors. Research confirms that practicing health-enhancing behaviors can contribute to a positive quality of life. In addition, many diseases and injuries can be prevented by reducing harmful and risk taking behaviors. Students display health-enhancing behaviors to prevent injuries, diseases and disorders.
EXPECTATION / INDICATOR	HW.7.1.	<p>Examine individual responsibility for improving health.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>

		<p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.7.2.	<p>Illustrate a variety of healthy practices that will maintain or improve health.</p> <p>My Success Roadmap</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION / INDICATOR	HW.7.3.	<p>Model behaviors to reduce health risks.</p> <p>My Roadmap to the Future</p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.1.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
INDICATOR / STANDARD		The acquisition of basic health concepts and functional health knowledge provides a foundation for promotion of health-enhancing behaviors among youth. This standard includes essential concepts that are based on established health behavior theories and models. Concepts that focus on both health promotion and risk reduction are included in the performance indicators. Students apply knowledge of personal responsibility for health promotion and/or risk reduction. They develop patterns of healthy behaviors to prevent or reduce their risk of injury and/or illness throughout their lifespan. Students describe the interrelationships of emotional, physical, social and intellectual health and how they can be impacted by their surroundings.
EXPECTATION / INDICATOR	AH.1.1.	<p>Predict how healthy behaviors can impact health status.</p> <p>My Roadmap to the Future</p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.1.2.	<p>Describe the interrelationships of emotional, intellectual, physical and social health.</p> <p>Multimedia Extensions</p>

		<p>Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION / INDICATOR	AH.1.3.	<p>Analyze how environment and personal health are interrelated.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION / INDICATOR	AH.1.7.	<p>Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.1.8.	<p>Analyze personal susceptibility to injury, illness or death if engaging in unhealthy behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>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</p>
STANDARD /	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS

STRAND		
PROFICIENCY STATEMENT / SUBSTRAND	AH.2.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
INDICATOR / STANDARD		Health is impacted by a variety of positive and negative influences within society. This standard focuses on identifying and understanding the diverse internal and external factors that influence health practices and behaviors among youth including personal values, beliefs and perceived norms. Students examine how the family, peers, culture, media, and technology influence personal, family and community health. Students analyze how policies and regulations influence health promotion and risk reduction.
EXPECTATION / INDICATOR	AH.2.1.	Analyze how the family influences the health of individuals. Multimedia Extensions Multimedia Extensions: Connections
EXPECTATION / INDICATOR	AH.2.2.	Analyze how culture supports and challenges health beliefs, practices and behaviors. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
EXPECTATION / INDICATOR	AH.2.3.	Analyze how peers influence healthy and unhealthy behaviors. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 3: Highway Connections - Lesson 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
EXPECTATION / INDICATOR	AH.2.4.	Evaluate how the school and community can impact 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
EXPECTATION / INDICATOR	AH.2.5.	Evaluate the effect of media on personal and family health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EXPECTATION / INDICATOR	AH.2.6.	Evaluate the impact of technology on personal, family and community health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EXPECTATION /	AH.2.7.	Analyze how the perceptions of norms influence healthy and unhealthy behaviors.

INDICATOR		<p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
EXPECTATION / INDICATOR	AH.2.8.	<p>Analyze the influence of personal values and beliefs on individual health practices and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
STANDARD / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.3.	Students will demonstrate the ability to access valid information and products and services to enhance health.
INDICATOR / STANDARD		Accessing valid health information and health-promoting products and services is critical in the prevention, early detection and treatment of health problems. This standard focuses on how to identify and access valid health resources and to reject unproven sources. Applying the skills of analysis, comparison and evaluation of health resources empowers students to achieve health literacy. Students access valid health information, health-promoting products, and services to prevent, detect and treat health problems.
EXPECTATION / INDICATOR	AH.3.2.	<p>Use resources from home, school and community that provide valid health information.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STANDARD / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
INDICATOR / STANDARD		Effective communication enhances personal, family and community health. This standard focuses on how responsible individuals use verbal and non-verbal skills to develop and maintain healthy personal relationships. The ability to organize and to convey information and feelings is the basis for strengthening interpersonal interactions and reducing or avoiding conflict. Students demonstrate refusal, negotiation and collaboration skills to enhance health and avoid or reduce health risks. Students organize and convey information and feelings for strengthening interpersonal interactions to reduce or avoid conflict. They access resources to enhance the health of self and/or others.
EXPECTATION / INDICATOR	AH.4.1.	Use skills for communicating effectively with family, peers and others to enhance health.

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
EXPECTATION / INDICATOR	AH.4.4.	<p>Demonstrate how to ask for and offer assistance to enhance the health of self and others.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
STANDARD / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.5.	Students will demonstrate the ability to use decision-making skills to enhance health.
INDICATOR / STANDARD		Decision-making skills are needed in order to identify, implement and sustain health-enhancing behaviors. This standard includes the essential steps needed to make healthy decisions as prescribed in the performance indicators. When applied to health issues, the decision-making process enables individuals to collaborate with others to improve quality of life. Students apply a comprehensive decision-making process which enables them to collaborate with others to improve quality of life now and in the future.
EXPECTATION / INDICATOR	AH.5.1.	<p>Examine barriers that can hinder healthy decision making.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.5.2.	<p>Determine the value of applying a thoughtful decision-making process in health-related situations.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.5.3.	<p>Justify when individual or collaborative decision making is appropriate.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION /	AH.5.4.	Generate alternatives to health-related issues or problems.

INDICATOR		<p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.5.5.	<p>Predict the potential short and long-term impact of each alternative on self and others.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION /	AH.5.6.	Defend the healthy choice when making decisions.

INDICATOR		<p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.5.7.	<p>Evaluate the effectiveness of health-related decisions.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.6.	Students will demonstrate the ability to use goal-setting skills to enhance health.
INDICATOR / STANDARD		Goal-setting skills are essential to help students identify, adopt and maintain healthy behaviors. This standard includes the critical steps needed to achieve both short-term and long-term health goals. These skills make it possible for individuals to have aspirations and plans for the future. Students construct health goals based upon personal needs. Students design, implement and evaluate critical steps to achieve short-term and long-term health goals.
EXPECTATION / INDICATOR	AH.6.1.	<p>Assess personal health practices and overall health status.</p> <p>Multimedia Extensions Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>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</p>
EXPECTATION / INDICATOR	AH.6.2.	<p>Develop a plan to attain a personal health goal that addresses strengths, needs and risks.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>

		<p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.6.3.	<p>Implement strategies and monitor progress in achieving a personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.6.4.	<p>Formulate an effective long-term personal health plan.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
INDICATOR / STANDARD		This standard promotes accepting personal responsibility for health and encourages the practice of healthy behaviors. Research confirms that practicing health-enhancing behaviors can contribute to a positive quality of life. In addition, many diseases and injuries can be prevented by reducing harmful and risk taking behaviors. Students display health-enhancing behaviors to prevent injuries, diseases, and disorders.

EXPECTATION / INDICATOR	AH.7.1.	<p>Analyze the role of individual responsibility for enhancing health.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.7.2.	<p>Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION / INDICATOR	AH.7.3.	<p>Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.PE.	HIGH SCHOOL LEVEL 1 (PE I & II, REQUIRED COURSES) - ACADEMIC STANDARDS PHYSICAL EDUCATION
PROFICIENCY STATEMENT / SUBSTRAND	9.4.	Health-Enhancing Physical Fitness: Students achieve and maintain a health-enhancing level of physical fitness.
INDICATOR / STANDARD		Students utilize learned principles and current practices to assess their own fitness levels using a variety of assessment tools. They analyze the results of these assessments and design a fitness program that meets their needs and interests and builds upon previously acquired fitness skills.
EXPECTATION /	9.4.1.	Create a personal workout program to achieve and maintain an optimal level of health-related physical fitness.

INDICATOR		<p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STANDARD / STRAND	IN.PE.	HIGH SCHOOL LEVEL 1 (PE I & II, REQUIRED COURSES) - ACADEMIC STANDARDS PHYSICAL EDUCATION
PROFICIENCY STATEMENT / SUBSTRAND	9.6.	Value of Physical Activity: Students value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
INDICATOR / STANDARD		Students enjoy expressing their emotions through physical activity. Members of teams or activity groups experience positive feelings associated with individual and group successes and learn how to control feelings in competitive situations. Students seek out challenging activities without fear of failing. They recognize and articulate the value of participation in physical activities and the social interaction provided. The intent of this standard is to develop an awareness of the intrinsic values and benefits of participation in physical activity that provides personal meaning.
EXPECTATION / INDICATOR	9.6.1.	Identify positive mental and emotional aspects of participation in a variety of physical activities.
		<p>Multimedia Extensions Multimedia Extensions: Stress</p>
STANDARD / STRAND	IN.PE.	HIGH SCHOOL LEVEL 2 (ELECTIVE PHYSICAL EDUCATION) - ACADEMIC STANDARDS FOR ELECTIVE PHYSICAL EDUCATION
PROFICIENCY STATEMENT / SUBSTRAND	10.3.	Students participate regularly in physical activity.
INDICATOR / STANDARD		High school students regularly participate in a variety of physical activities that can be continued for a lifetime. These activities are representative of the goals and objectives (frequency, intensity, duration) previously designed in the student's personal fitness program and are complimentary to the student's interests and availability in the community.
EXPECTATION / INDICATOR	10.3.4.	Participate regularly in lifetime physical activities (minimum accumulated total of 60 minutes of moderate intensity activity most days of the week) that contribute to improved physical fitness and wellness.
		<p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STANDARD / STRAND	IN.PE.	HIGH SCHOOL LEVEL 2 (ELECTIVE PHYSICAL EDUCATION) - ACADEMIC STANDARDS FOR ELECTIVE PHYSICAL EDUCATION
PROFICIENCY STATEMENT / SUBSTRAND	10.4.	Health-Enhancing Physical Fitness: Students achieve and maintain a health-enhancing level of physical fitness.
INDICATOR / STANDARD		Students utilize learned principles and current practices to assess their own fitness levels using a variety of assessment tools. They analyze the results of these assessments and design a personal fitness program that meets their needs and interests and builds upon previously acquired levels of fitness.
EXPECTATION / INDICATOR	10.4.1.	Design and implement a personal workout program to achieve and maintain an optimal level of health-related physical fitness.

		Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / STRAND	IN.PE.	HIGH SCHOOL LEVEL 2 (ELECTIVE PHYSICAL EDUCATION) - ACADEMIC STANDARDS FOR ELECTIVE PHYSICAL EDUCATION
PROFICIENCY STATEMENT / SUBSTRAND	10.6.	Value of Physical Activity: Students value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
INDICATOR / STANDARD		Students enjoy expressing their emotions through physical activity. Members of teams or activity groups experience positive feelings associated with individual and group successes and learn how to control feelings in competitive emotional situations. Students seek out challenging activities without fear of failing. They recognize and articulate the value of participation in physical activities and the social interaction it provides. The intent of this standard is development of an awareness of the intrinsic values and benefits of participation in physical activity that provides personal meaning.
EXPECTATION / INDICATOR	10.6.1.	Promote positive mental and emotional aspects of participation in a variety of physical activities. Multimedia Extensions Multimedia Extensions: Stress

Indiana Academic Standards

Health and PE

Grade 11 - Adopted 2011

STANDARD / STRAND	IN.9-12.RT.	WRITING FOR LITERACY IN TECHNICAL SUBJECTS (I.E. HEALTH & WELLNESS)
PROFICIENCY STATEMENT / SUBSTRAND		Text Types and Purposes
INDICATOR / STANDARD	9-12.WT.1.	Write arguments focused on discipline-specific content.
EXPECTATION / INDICATOR	9-12.WT.1.e.	Provide a concluding statement or section that follows from or supports the argument presented. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
STANDARD / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.1.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
INDICATOR / STANDARD		The acquisition of basic health concepts and functional health knowledge provides a foundation for promotion of health-enhancing behaviors among youth. This standard includes essential concepts that are based on established health behavior theories and models. Concepts that focus on both health promotion and risk reduction are included in the performance indicators. Students apply knowledge of personal responsibility for health promotion and/or risk reduction. They develop patterns of healthy behaviors to prevent or reduce their risk of injury and/or illness throughout their lifespan. Students describe the interrelationships of emotional, physical, social, and intellectual health and how they can be impacted by their surroundings.
EXPECTATION /	HW.1.2.	Explain the interrelationships of emotional, social and physical health.

INDICATOR		<p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION / INDICATOR	HW.1.7.	<p>Summarize the benefits and barriers to practicing healthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.1.9.	<p>Discover the severity of illness if engaging in unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.2.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
INDICATOR / STANDARD		Health is impacted by a variety of positive and negative influences within society. This standard focuses on identifying and understanding the diverse internal and external factors that influence health practices and behaviors among youth including personal values, beliefs and perceived norms. Students examine how the family, peers, culture, media, and technology influence personal, family and community health. Students analyze how policies and regulations influence health promotion and risk reduction.
EXPECTATION / INDICATOR	HW.2.1.	<p>Examine how the family impacts the health of individuals.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
EXPECTATION / INDICATOR	HW.2.2.	<p>Examine how society supports and challenges health beliefs, practices and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future</p>

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
EXPECTATION / INDICATOR	HW.2.4.	<p>Assess how the school and community can influence health practices and behaviors.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
EXPECTATION / INDICATOR	HW.2.5.	<p>Analyze the effect of media on personal health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
EXPECTATION / INDICATOR	HW.2.6.	<p>Analyze the impact of technology on personal and family health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
EXPECTATION / INDICATOR	HW.2.7.	<p>Examine how norms influence health-related behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
EXPECTATION / INDICATOR	HW.2.8.	<p>Determine the influence of personal values on health practices and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
STANDARD / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.3.	Students will demonstrate the ability to access valid information and products and services to enhance health.
INDICATOR / STANDARD		Accessing valid health information and health-promoting products and services is critical in the prevention, early detection and treatment of health problems. This standard focuses on how to identify and access valid health resources and to reject unproven sources. Applying the skills of analysis, comparison and evaluation of health resources empowers students to achieve health literacy. Students access valid health information,

		health-promoting products, and services to prevent, detect and treat health problems.
EXPECTATION / INDICATOR	HW.3.2.	Utilize resources from 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 / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
INDICATOR / STANDARD		Effective communication enhances personal, family, and community health. This standard focuses on how responsible individuals use verbal and non-verbal skills to develop and maintain healthy personal relationships. The ability to organize and to convey information and feelings is the basis for strengthening interpersonal interactions and reducing or avoiding conflict. Students demonstrate refusal, negotiation and collaboration skills to enhance health and avoid or reduce health risks. Students organize and convey information and feelings for strengthening interpersonal interactions and reduce or avoid conflict. They access resources to enhance the health of self and/or others.
EXPECTATION / INDICATOR	HW.4.1.	Model skills for communicating effectively with 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
EXPECTATION / INDICATOR	HW.4.4.	Illustrate how to offer assistance to enhance the health of self and others. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
STANDARD / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.5.	Students will demonstrate the ability to use decision-making skills to enhance health.
INDICATOR / STANDARD		Decision-making skills are needed in order to identify, implement and sustain health-enhancing behaviors. This standard includes the essential steps needed to make healthy decisions as prescribed in the performance indicators. When applied to health issues, the decision-making process enables individuals to collaborate with others to improve quality of life. Students apply a comprehensive decision-making process which enables them to collaborate with others to improve quality of life now and in the future.
EXPECTATION / INDICATOR	HW.5.1.	Determine barriers to healthy decision making. 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
EXPECTATION / INDICATOR	HW.5.2.	<p>Outline the value of applying a thoughtful decision-making process to a health-related situation.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.5.3.	<p>Assess when independent or collaborative decision making is appropriate.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.5.4.	<p>Propose alternative choices to health-related issues or problems.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.5.5.	<p>Analyze the potential short and long-term outcome of each alternative on self and others.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p>

		<p>Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.5.6.	<p>Determine the health-enhancing choice when making decisions.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.5.7.	<p>Assess the potential success or consequence of health-related decisions.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.6.	Students will demonstrate the ability to use goal-setting skills to enhance health.
INDICATOR / STANDARD		Goal-setting skills are essential to help students identify, adopt and maintain healthy behaviors. This standard includes the critical steps needed to achieve both short-term and long-term health goals. These skills make it possible for individuals to have aspirations and plans for the future. Students construct health goals based upon personal needs. Students design, implement and evaluate critical steps to achieve short-term and long-term health goals.
EXPECTATION /	HW.6.1.	Evaluate personal health practices and overall health.

INDICATOR		<p>Multimedia Extensions Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>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</p>
EXPECTATION / INDICATOR	HW.6.2.	<p>Formulate a plan to achieve a health goal that addresses strengths, needs and risks.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.6.3.	<p>Demonstrate strategies and document progress to achieve a personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>

		<p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.6.4.	<p>Determine an effective long-term personal health plan.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
INDICATOR / STANDARD		This standard promotes accepting personal responsibility for health and encourages the practice of healthy behaviors. Research confirms that practicing health-enhancing behaviors can contribute to a positive quality of life. In addition, many diseases and injuries can be prevented by reducing harmful and risk taking behaviors. Students display health-enhancing behaviors to prevent injuries, diseases and disorders.
EXPECTATION / INDICATOR	HW.7.1.	<p>Examine individual responsibility for improving health.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>

		<p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.7.2.	<p>Illustrate a variety of healthy practices that will maintain or improve health.</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION / INDICATOR	HW.7.3.	<p>Model behaviors to reduce health risks.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.1.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
INDICATOR / STANDARD		The acquisition of basic health concepts and functional health knowledge provides a foundation for promotion of health-enhancing behaviors among youth. This standard includes essential concepts that are based on established health behavior theories and models. Concepts that focus on both health promotion and risk reduction are included in the performance indicators. Students apply knowledge of personal responsibility for health promotion and/or risk reduction. They develop patterns of healthy behaviors to prevent or reduce their risk of injury and/or illness throughout their lifespan. Students describe the interrelationships of emotional, physical, social and intellectual health and how they can be impacted by their surroundings.
EXPECTATION / INDICATOR	AH.1.1.	<p>Predict how healthy behaviors can impact health status.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.1.2.	<p>Describe the interrelationships of emotional, intellectual, physical and social health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>

		<p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION / INDICATOR	AH.1.3.	<p>Analyze how environment and personal health are interrelated.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION / INDICATOR	AH.1.7.	<p>Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.1.8.	<p>Analyze personal susceptibility to injury, illness or death if engaging in unhealthy behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>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</p>
STANDARD / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.2.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
INDICATOR / STANDARD		Health is impacted by a variety of positive and negative influences within society. This standard focuses on identifying and understanding the diverse internal and external factors that influence health practices and behaviors among youth including personal values, beliefs and perceived norms. Students examine how the family, peers, culture, media, and technology influence personal, family and community health. Students

		analyze how policies and regulations influence health promotion and risk reduction.
EXPECTATION / INDICATOR	AH.2.1.	Analyze how the family influences the health of individuals. Multimedia Extensions Multimedia Extensions: Connections
EXPECTATION / INDICATOR	AH.2.2.	Analyze how culture supports and challenges health beliefs, practices and behaviors. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
EXPECTATION / INDICATOR	AH.2.3.	Analyze how peers influence healthy and unhealthy behaviors. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 3: Highway Connections - Lesson 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
EXPECTATION / INDICATOR	AH.2.4.	Evaluate how the school and community can impact 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
EXPECTATION / INDICATOR	AH.2.5.	Evaluate the effect of media on personal and family health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EXPECTATION / INDICATOR	AH.2.6.	Evaluate the impact of technology on personal, family and community health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EXPECTATION / INDICATOR	AH.2.7.	Analyze 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
EXPECTATION / INDICATOR	AH.2.8.	Analyze 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 / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.3.	Students will demonstrate the ability to access valid information and products and services to enhance health.
INDICATOR / STANDARD		Accessing valid health information and health-promoting products and services is critical in the prevention, early detection and treatment of health problems. This standard focuses on how to identify and access valid health resources and to reject unproven sources. Applying the skills of analysis, comparison and evaluation of health resources empowers students to achieve health literacy. Students access valid health information, health-promoting products, and services to prevent, detect and treat health problems.
EXPECTATION / INDICATOR	AH.3.2.	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 / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
INDICATOR / STANDARD		Effective communication enhances personal, family and community health. This standard focuses on how responsible individuals use verbal and non-verbal skills to develop and maintain healthy personal relationships. The ability to organize and to convey information and feelings is the basis for strengthening interpersonal interactions and reducing or avoiding conflict. Students demonstrate refusal, negotiation and collaboration skills to enhance health and avoid or reduce health risks. Students organize and convey information and feelings for strengthening interpersonal interactions to reduce or avoid conflict. They access resources to enhance the health of self and/or others.
EXPECTATION / INDICATOR	AH.4.1.	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
EXPECTATION / INDICATOR	AH.4.4.	Demonstrate how to ask for and offer assistance to enhance the health of self and others. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections

		<p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
STANDARD / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.5.	Students will demonstrate the ability to use decision-making skills to enhance health.
INDICATOR / STANDARD		Decision-making skills are needed in order to identify, implement and sustain health-enhancing behaviors. This standard includes the essential steps needed to make healthy decisions as prescribed in the performance indicators. When applied to health issues, the decision-making process enables individuals to collaborate with others to improve quality of life. Students apply a comprehensive decision-making process which enables them to collaborate with others to improve quality of life now and in the future.
EXPECTATION / INDICATOR	AH.5.1.	<p>Examine barriers that can hinder healthy decision making.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.5.2.	<p>Determine the value of applying a thoughtful decision-making process in health-related situations.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.5.3.	<p>Justify when individual or collaborative decision making is appropriate.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.5.4.	<p>Generate alternatives to health-related issues or problems.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p>

		<p>Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.5.5.	<p>Predict the potential short and long-term impact of each alternative on self and others.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.5.6.	<p>Defend the healthy choice when making decisions.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.5.7.	<p>Evaluate the effectiveness of health-related decisions.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.6.	Students will demonstrate the ability to use goal-setting skills to enhance health.
INDICATOR / STANDARD		Goal-setting skills are essential to help students identify, adopt and maintain healthy behaviors. This standard includes the critical steps needed to achieve both short-term and long-term health goals. These skills make it possible for individuals to have aspirations and plans for the future. Students construct health goals based upon personal needs. Students design, implement and evaluate critical steps to achieve short-term and long-term health goals.
EXPECTATION / INDICATOR	AH.6.1.	<p>Assess personal health practices and overall health status.</p> <p>Multimedia Extensions Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>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</p>
EXPECTATION / INDICATOR	AH.6.2.	<p>Develop a plan to attain a personal health goal that addresses strengths, needs and risks.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.6.3.	<p>Implement strategies and monitor progress in achieving a personal health goal.</p> <p>Multimedia Extensions</p>

		<p>Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.6.4.	<p>Formulate an effective long-term personal health plan.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
INDICATOR / STANDARD		This standard promotes accepting personal responsibility for health and encourages the practice of healthy behaviors. Research confirms that practicing health-enhancing behaviors can contribute to a positive quality of life. In addition, many diseases and injuries can be prevented by reducing harmful and risk taking behaviors. Students display health-enhancing behaviors to prevent injuries, diseases, and disorders.
EXPECTATION / INDICATOR	AH.7.1.	<p>Analyze the role of individual responsibility for enhancing health.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections</p>

		<p>Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.7.2.	<p>Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION / INDICATOR	AH.7.3.	<p>Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.PE.	HIGH SCHOOL LEVEL 1 (PE I & II, REQUIRED COURSES) - ACADEMIC STANDARDS PHYSICAL EDUCATION
PROFICIENCY STATEMENT / SUBSTRAND	9.4.	Health-Enhancing Physical Fitness: Students achieve and maintain a health-enhancing level of physical fitness.
INDICATOR / STANDARD		Students utilize learned principles and current practices to assess their own fitness levels using a variety of assessment tools. They analyze the results of these assessments and design a fitness program that meets their needs and interests and builds upon previously acquired fitness skills.
EXPECTATION / INDICATOR	9.4.1.	<p>Create a personal workout program to achieve and maintain an optimal level of health-related physical fitness.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

STANDARD / STRAND	IN.PE.	HIGH SCHOOL LEVEL 1 (PE I & II, REQUIRED COURSES) - ACADEMIC STANDARDS PHYSICAL EDUCATION
PROFICIENCY STATEMENT / SUBSTRAND	9.6.	Value of Physical Activity: Students value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
INDICATOR / STANDARD		Students enjoy expressing their emotions through physical activity. Members of teams or activity groups experience positive feelings associated with individual and group successes and learn how to control feelings in competitive situations. Students seek out challenging activities without fear of failing. They recognize and articulate the value of participation in physical activities and the social interaction provided. The intent of this standard is to develop an awareness of the intrinsic values and benefits of participation in physical activity that provides personal meaning.
EXPECTATION / INDICATOR	9.6.1.	Identify positive mental and emotional aspects of participation in a variety of physical activities. Multimedia Extensions Multimedia Extensions: Stress
STANDARD / STRAND	IN.PE.	HIGH SCHOOL LEVEL 2 (ELECTIVE PHYSICAL EDUCATION) - ACADEMIC STANDARDS FOR ELECTIVE PHYSICAL EDUCATION
PROFICIENCY STATEMENT / SUBSTRAND	10.3.	Students participate regularly in physical activity.
INDICATOR / STANDARD		High school students regularly participate in a variety of physical activities that can be continued for a lifetime. These activities are representative of the goals and objectives (frequency, intensity, duration) previously designed in the student's personal fitness program and are complimentary to the student's interests and availability in the community.
EXPECTATION / INDICATOR	10.3.4.	Participate regularly in lifetime physical activities (minimum accumulated total of 60 minutes of moderate intensity activity most days of the week) that contribute to improved physical fitness and wellness. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / STRAND	IN.PE.	HIGH SCHOOL LEVEL 2 (ELECTIVE PHYSICAL EDUCATION) - ACADEMIC STANDARDS FOR ELECTIVE PHYSICAL EDUCATION
PROFICIENCY STATEMENT / SUBSTRAND	10.4.	Health-Enhancing Physical Fitness: Students achieve and maintain a health-enhancing level of physical fitness.
INDICATOR / STANDARD		Students utilize learned principles and current practices to assess their own fitness levels using a variety of assessment tools. They analyze the results of these assessments and design a personal fitness program that meets their needs and interests and builds upon previously acquired levels of fitness.
EXPECTATION / INDICATOR	10.4.1.	Design and implement a personal workout program to achieve and maintain an optimal level of health-related physical fitness. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD /	IN.PE.	HIGH SCHOOL LEVEL 2 (ELECTIVE PHYSICAL EDUCATION) - ACADEMIC STANDARDS FOR

STRAND		ELECTIVE PHYSICAL EDUCATION
PROFICIENCY STATEMENT / SUBSTRAND	10.6.	Value of Physical Activity: Students value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
INDICATOR / STANDARD		Students enjoy expressing their emotions through physical activity. Members of teams or activity groups experience positive feelings associated with individual and group successes and learn how to control feelings in competitive emotional situations. Students seek out challenging activities without fear of failing. They recognize and articulate the value of participation in physical activities and the social interaction it provides. The intent of this standard is development of an awareness of the intrinsic values and benefits of participation in physical activity that provides personal meaning.
EXPECTATION / INDICATOR	10.6.1.	Promote positive mental and emotional aspects of participation in a variety of physical activities. Multimedia Extensions Multimedia Extensions: Stress

Indiana Academic Standards

Health and PE

Grade 12 - Adopted 2011

STANDARD / STRAND	IN.9-12.RT.	WRITING FOR LITERACY IN TECHNICAL SUBJECTS (I.E. HEALTH & WELLNESS)
PROFICIENCY STATEMENT / SUBSTRAND		Text Types and Purposes
INDICATOR / STANDARD	9-12.WT.1.	Write arguments focused on discipline-specific content.
EXPECTATION / INDICATOR	9-12.WT.1.e.	Provide a concluding statement or section that follows from or supports the argument presented. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
STANDARD / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.1.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
INDICATOR / STANDARD		The acquisition of basic health concepts and functional health knowledge provides a foundation for promotion of health-enhancing behaviors among youth. This standard includes essential concepts that are based on established health behavior theories and models. Concepts that focus on both health promotion and risk reduction are included in the performance indicators. Students apply knowledge of personal responsibility for health promotion and/or risk reduction. They develop patterns of healthy behaviors to prevent or reduce their risk of injury and/or illness throughout their lifespan. Students describe the interrelationships of emotional, physical, social, and intellectual health and how they can be impacted by their surroundings.
EXPECTATION / INDICATOR	HW.1.2.	Explain the interrelationships of emotional, social and physical health. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future

		<p>Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION / INDICATOR	HW.1.7.	<p>Summarize the benefits and barriers to practicing healthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.1.9.	<p>Discover the severity of illness if engaging in unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.2.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
INDICATOR / STANDARD		Health is impacted by a variety of positive and negative influences within society. This standard focuses on identifying and understanding the diverse internal and external factors that influence health practices and behaviors among youth including personal values, beliefs and perceived norms. Students examine how the family, peers, culture, media, and technology influence personal, family and community health. Students analyze how policies and regulations influence health promotion and risk reduction.
EXPECTATION / INDICATOR	HW.2.1.	<p>Examine how the family impacts the health of individuals.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
EXPECTATION / INDICATOR	HW.2.2.	<p>Examine how society supports and challenges health beliefs, practices and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
EXPECTATION / INDICATOR	HW.2.4.	Assess how the school and community can influence health practices and behaviors. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
EXPECTATION / INDICATOR	HW.2.5.	Analyze the effect of media on personal health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EXPECTATION / INDICATOR	HW.2.6.	Analyze the impact of technology on personal and family health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EXPECTATION / INDICATOR	HW.2.7.	Examine how norms influence health-related 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
EXPECTATION / INDICATOR	HW.2.8.	Determine the influence of personal values on 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 / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.3.	Students will demonstrate the ability to access valid information and products and services to enhance health.
INDICATOR / STANDARD		Accessing valid health information and health-promoting products and services is critical in the prevention, early detection and treatment of health problems. This standard focuses on how to identify and access valid health resources and to reject unproven sources. Applying the skills of analysis, comparison and evaluation of health resources empowers students to achieve health literacy. Students access valid health information, health-promoting products, and services to prevent, detect and treat health problems.
EXPECTATION /	HW.3.2.	Utilize resources from school and community that provide valid health information.

INDICATOR		<p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STANDARD / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
INDICATOR / STANDARD		Effective communication enhances personal, family, and community health. This standard focuses on how responsible individuals use verbal and non-verbal skills to develop and maintain healthy personal relationships. The ability to organize and to convey information and feelings is the basis for strengthening interpersonal interactions and reducing or avoiding conflict. Students demonstrate refusal, negotiation and collaboration skills to enhance health and avoid or reduce health risks. Students organize and convey information and feelings for strengthening interpersonal interactions and reduce or avoid conflict. They access resources to enhance the health of self and/or others.
EXPECTATION / INDICATOR	HW.4.1.	Model skills for communicating effectively with 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
EXPECTATION / INDICATOR	HW.4.4.	Illustrate how to offer assistance to enhance the health of self and others. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
STANDARD / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.5.	Students will demonstrate the ability to use decision-making skills to enhance health.
INDICATOR / STANDARD		Decision-making skills are needed in order to identify, implement and sustain health-enhancing behaviors. This standard includes the essential steps needed to make healthy decisions as prescribed in the performance indicators. When applied to health issues, the decision-making process enables individuals to collaborate with others to improve quality of life. Students apply a comprehensive decision-making process which enables them to collaborate with others to improve quality of life now and in the future.
EXPECTATION / INDICATOR	HW.5.1.	Determine barriers to healthy decision making. 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
EXPECTATION / INDICATOR	HW.5.2.	Outline the value of applying a thoughtful decision-making process to a health-related situation.

INDICATOR		<p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.5.3.	<p>Assess when independent or collaborative decision making is appropriate.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.5.4.	<p>Propose alternative choices to health-related issues or problems.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.5.5.	<p>Analyze the potential short and long-term outcome of each alternative on self and others.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p>

		<p>Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.5.6.	<p>Determine the health-enhancing choice when making decisions.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	HW.5.7.	<p>Assess the potential success or consequence of health-related decisions.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.6.	Students will demonstrate the ability to use goal-setting skills to enhance health.
INDICATOR / STANDARD		Goal-setting skills are essential to help students identify, adopt and maintain healthy behaviors. This standard includes the critical steps needed to achieve both short-term and long-term health goals. These skills make it possible for individuals to have aspirations and plans for the future. Students construct health goals based upon personal needs. Students design, implement and evaluate critical steps to achieve short-term and long-term health goals.
EXPECTATION / INDICATOR	HW.6.1.	<p>Evaluate personal health practices and overall health.</p> <p>Multimedia Extensions Multimedia Extensions: Well-Being</p>

		<p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>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</p>
<p>EXPECTATION / INDICATOR</p>	<p>HW.6.2.</p>	<p>Formulate a plan to achieve a health goal that addresses strengths, needs and risks.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>EXPECTATION / INDICATOR</p>	<p>HW.6.3.</p>	<p>Demonstrate strategies and document progress to achieve a personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
EXPECTATION / INDICATOR	HW.6.4.	<p>Determine an effective long-term personal health plan.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.HW.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	HW.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
INDICATOR / STANDARD		This standard promotes accepting personal responsibility for health and encourages the practice of healthy behaviors. Research confirms that practicing health-enhancing behaviors can contribute to a positive quality of life. In addition, many diseases and injuries can be prevented by reducing harmful and risk taking behaviors. Students display health-enhancing behaviors to prevent injuries, diseases and disorders.
EXPECTATION / INDICATOR	HW.7.1.	<p>Examine individual responsibility for improving health.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
EXPECTATION / INDICATOR	HW.7.2.	Illustrate a variety of healthy practices that will maintain or improve health. 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
EXPECTATION / INDICATOR	HW.7.3.	Model behaviors to reduce health risks. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.1.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
INDICATOR / STANDARD		The acquisition of basic health concepts and functional health knowledge provides a foundation for promotion of health-enhancing behaviors among youth. This standard includes essential concepts that are based on established health behavior theories and models. Concepts that focus on both health promotion and risk reduction are included in the performance indicators. Students apply knowledge of personal responsibility for health promotion and/or risk reduction. They develop patterns of healthy behaviors to prevent or reduce their risk of injury and/or illness throughout their lifespan. Students describe the interrelationships of emotional, physical, social and intellectual health and how they can be impacted by their surroundings.
EXPECTATION / INDICATOR	AH.1.1.	Predict how healthy behaviors can impact health status. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
EXPECTATION / INDICATOR	AH.1.2.	Describe the interrelationships of emotional, intellectual, physical and social health. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being

		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
EXPECTATION / INDICATOR	AH.1.3.	<p>Analyze how environment and personal health are interrelated.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION / INDICATOR	AH.1.7.	<p>Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.1.8.	<p>Analyze personal susceptibility to injury, illness or death if engaging in unhealthy behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>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</p>
STANDARD / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.2.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
INDICATOR / STANDARD		Health is impacted by a variety of positive and negative influences within society. This standard focuses on identifying and understanding the diverse internal and external factors that influence health practices and behaviors among youth including personal values, beliefs and perceived norms. Students examine how the family, peers, culture, media, and technology influence personal, family and community health. Students analyze how policies and regulations influence health promotion and risk reduction.

EXPECTATION / INDICATOR	AH.2.1.	<p>Analyze how the family influences the health of individuals.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
EXPECTATION / INDICATOR	AH.2.2.	<p>Analyze how culture supports and challenges health beliefs, practices and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
EXPECTATION / INDICATOR	AH.2.3.	<p>Analyze how peers influence healthy and unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION / INDICATOR	AH.2.4.	<p>Evaluate how the school and community can impact personal health practice and behaviors.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
EXPECTATION / INDICATOR	AH.2.5.	<p>Evaluate the effect of media on personal and family health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
EXPECTATION / INDICATOR	AH.2.6.	<p>Evaluate the impact of technology on personal, family and community health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
EXPECTATION / INDICATOR	AH.2.7.	<p>Analyze how the perceptions of norms influence healthy and unhealthy behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>

EXPECTATION / INDICATOR	AH.2.8.	Analyze 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 / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.3.	Students will demonstrate the ability to access valid information and products and services to enhance health.
INDICATOR / STANDARD		Accessing valid health information and health-promoting products and services is critical in the prevention, early detection and treatment of health problems. This standard focuses on how to identify and access valid health resources and to reject unproven sources. Applying the skills of analysis, comparison and evaluation of health resources empowers students to achieve health literacy. Students access valid health information, health-promoting products, and services to prevent, detect and treat health problems.
EXPECTATION / INDICATOR	AH.3.2.	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 / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
INDICATOR / STANDARD		Effective communication enhances personal, family and community health. This standard focuses on how responsible individuals use verbal and non-verbal skills to develop and maintain healthy personal relationships. The ability to organize and to convey information and feelings is the basis for strengthening interpersonal interactions and reducing or avoiding conflict. Students demonstrate refusal, negotiation and collaboration skills to enhance health and avoid or reduce health risks. Students organize and convey information and feelings for strengthening interpersonal interactions to reduce or avoid conflict. They access resources to enhance the health of self and/or others.
EXPECTATION / INDICATOR	AH.4.1.	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
EXPECTATION / INDICATOR	AH.4.4.	Demonstrate how to ask for and offer assistance to enhance the health of self and others. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap

		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
STANDARD / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.5.	Students will demonstrate the ability to use decision-making skills to enhance health.
INDICATOR / STANDARD		Decision-making skills are needed in order to identify, implement and sustain health-enhancing behaviors. This standard includes the essential steps needed to make healthy decisions as prescribed in the performance indicators. When applied to health issues, the decision-making process enables individuals to collaborate with others to improve quality of life. Students apply a comprehensive decision-making process which enables them to collaborate with others to improve quality of life now and in the future.
EXPECTATION / INDICATOR	AH.5.1.	Examine barriers that can hinder healthy decision making. 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
EXPECTATION / INDICATOR	AH.5.2.	Determine the value of applying a thoughtful decision-making process in health-related situations. 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
EXPECTATION / INDICATOR	AH.5.3.	Justify when individual or collaborative decision making is appropriate. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 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
EXPECTATION / INDICATOR	AH.5.4.	Generate alternatives to health-related issues or problems. 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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being

		<p>Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>EXPECTATION / INDICATOR</p>	<p>AH.5.5.</p>	<p>Predict the potential short and long-term impact of each alternative on self and others.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>EXPECTATION / INDICATOR</p>	<p>AH.5.6.</p>	<p>Defend the healthy choice when making decisions.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>EXPECTATION / INDICATOR</p>	<p>AH.5.7.</p>	<p>Evaluate the effectiveness of health-related decisions.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

STANDARD / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.6.	Students will demonstrate the ability to use goal-setting skills to enhance health.
INDICATOR / STANDARD		Goal-setting skills are essential to help students identify, adopt and maintain healthy behaviors. This standard includes the critical steps needed to achieve both short-term and long-term health goals. These skills make it possible for individuals to have aspirations and plans for the future. Students construct health goals based upon personal needs. Students design, implement and evaluate critical steps to achieve short-term and long-term health goals.
EXPECTATION / INDICATOR	AH.6.1.	<p>Assess personal health practices and overall health status.</p> <p>Multimedia Extensions Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>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</p>
EXPECTATION / INDICATOR	AH.6.2.	<p>Develop a plan to attain a personal health goal that addresses strengths, needs and risks.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.6.3.	<p>Implement strategies and monitor progress in achieving a personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p>

		<p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.6.4.	<p>Formulate an effective long-term personal health plan.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.AH.1.	ACADEMIC STANDARDS FOR HEALTH & WELLNESS
PROFICIENCY STATEMENT / SUBSTRAND	AH.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
INDICATOR / STANDARD		This standard promotes accepting personal responsibility for health and encourages the practice of healthy behaviors. Research confirms that practicing health-enhancing behaviors can contribute to a positive quality of life. In addition, many diseases and injuries can be prevented by reducing harmful and risk taking behaviors. Students display health-enhancing behaviors to prevent injuries, diseases, and disorders.
EXPECTATION / INDICATOR	AH.7.1.	<p>Analyze the role of individual responsibility for enhancing health.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p>

		<p>Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION / INDICATOR	AH.7.2.	<p>Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION / INDICATOR	AH.7.3.	<p>Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	IN.PE.	HIGH SCHOOL LEVEL 1 (PE I & II, REQUIRED COURSES) - ACADEMIC STANDARDS PHYSICAL EDUCATION
PROFICIENCY STATEMENT / SUBSTRAND	9.4.	Health-Enhancing Physical Fitness: Students achieve and maintain a health-enhancing level of physical fitness.
INDICATOR / STANDARD		Students utilize learned principles and current practices to assess their own fitness levels using a variety of assessment tools. They analyze the results of these assessments and design a fitness program that meets their needs and interests and builds upon previously acquired fitness skills.
EXPECTATION / INDICATOR	9.4.1.	<p>Create a personal workout program to achieve and maintain an optimal level of health-related physical fitness.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STANDARD / STRAND	IN.PE.	HIGH SCHOOL LEVEL 1 (PE I & II, REQUIRED COURSES) - ACADEMIC STANDARDS PHYSICAL EDUCATION

PROFICIENCY STATEMENT / SUBSTRAND	9.6.	Value of Physical Activity: Students value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
INDICATOR / STANDARD		Students enjoy expressing their emotions through physical activity. Members of teams or activity groups experience positive feelings associated with individual and group successes and learn how to control feelings in competitive situations. Students seek out challenging activities without fear of failing. They recognize and articulate the value of participation in physical activities and the social interaction provided. The intent of this standard is to develop an awareness of the intrinsic values and benefits of participation in physical activity that provides personal meaning.
EXPECTATION / INDICATOR	9.6.1.	Identify positive mental and emotional aspects of participation in a variety of physical activities. Multimedia Extensions Multimedia Extensions: Stress
STANDARD / STRAND	IN.PE.	HIGH SCHOOL LEVEL 2 (ELECTIVE PHYSICAL EDUCATION) - ACADEMIC STANDARDS FOR ELECTIVE PHYSICAL EDUCATION
PROFICIENCY STATEMENT / SUBSTRAND	10.3.	Students participate regularly in physical activity.
INDICATOR / STANDARD		High school students regularly participate in a variety of physical activities that can be continued for a lifetime. These activities are representative of the goals and objectives (frequency, intensity, duration) previously designed in the student's personal fitness program and are complimentary to the student's interests and availability in the community.
EXPECTATION / INDICATOR	10.3.4.	Participate regularly in lifetime physical activities (minimum accumulated total of 60 minutes of moderate intensity activity most days of the week) that contribute to improved physical fitness and wellness. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / STRAND	IN.PE.	HIGH SCHOOL LEVEL 2 (ELECTIVE PHYSICAL EDUCATION) - ACADEMIC STANDARDS FOR ELECTIVE PHYSICAL EDUCATION
PROFICIENCY STATEMENT / SUBSTRAND	10.4.	Health-Enhancing Physical Fitness: Students achieve and maintain a health-enhancing level of physical fitness.
INDICATOR / STANDARD		Students utilize learned principles and current practices to assess their own fitness levels using a variety of assessment tools. They analyze the results of these assessments and design a personal fitness program that meets their needs and interests and builds upon previously acquired levels of fitness.
EXPECTATION / INDICATOR	10.4.1.	Design and implement a personal workout program to achieve and maintain an optimal level of health-related physical fitness. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / STRAND	IN.PE.	HIGH SCHOOL LEVEL 2 (ELECTIVE PHYSICAL EDUCATION) - ACADEMIC STANDARDS FOR ELECTIVE PHYSICAL EDUCATION
PROFICIENCY STATEMENT / SUBSTRAND	10.6.	Value of Physical Activity: Students value physical activity for health, enjoyment, challenge, self-

SUBSTRAND		expression, and/or social interaction.
INDICATOR / STANDARD		Students enjoy expressing their emotions through physical activity. Members of teams or activity groups experience positive feelings associated with individual and group successes and learn how to control feelings in competitive emotional situations. Students seek out challenging activities without fear of failing. They recognize and articulate the value of participation in physical activities and the social interaction it provides. The intent of this standard is development of an awareness of the intrinsic values and benefits of participation in physical activity that provides personal meaning.
EXPECTATION / INDICATOR	10.6.1.	Promote positive mental and emotional aspects of participation in a variety of physical activities. Multimedia Extensions Multimedia Extensions: Stress

Indiana Academic Standards

Social Studies

Grade 9 - Adopted 2011

STANDARD / STRAND	IN.E.	Economics
PROFICIENCY STATEMENT / SUBSTRAND	E.2.	Supply and Demand: Students will understand the role that supply and demand, prices, and profits play in determining production and distribution in a market economy.
INDICATOR / STANDARD	E.2.8.	Describe how the earnings of workers are determined by the market value of the product produced and workers' productivity. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Indiana Academic Standards

Social Studies

Grade 10 - Adopted 2011

STANDARD / STRAND	IN.E.	Economics
PROFICIENCY STATEMENT / SUBSTRAND	E.2.	Supply and Demand: Students will understand the role that supply and demand, prices, and profits play in determining production and distribution in a market economy.
INDICATOR / STANDARD	E.2.8.	Describe how the earnings of workers are determined by the market value of the product produced and workers' productivity. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Indiana Academic Standards

Social Studies

Grade 11 - Adopted 2011

STANDARD / STRAND	IN.E.	Economics
PROFICIENCY STATEMENT / SUBSTRAND	E.2.	Supply and Demand: Students will understand the role that supply and demand, prices, and

SUBSTRAND		profits play in determining production and distribution in a market economy.
INDICATOR / STANDARD	E.2.8.	Describe how the earnings of workers are determined by the market value of the product produced and workers' productivity. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Indiana Academic Standards

Social Studies

Grade 12 - Adopted 2011

STANDARD / STRAND	IN.E.	Economics
PROFICIENCY STATEMENT / SUBSTRAND	E.2.	Supply and Demand: Students will understand the role that supply and demand, prices, and profits play in determining production and distribution in a market economy.
INDICATOR / STANDARD	E.2.8.	Describe how the earnings of workers are determined by the market value of the product produced and workers' productivity. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School