

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

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

States: Kansas Curricular Standards

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

Kansas Curricular Standards

Social Studies

Grade 7 - Adopted 2013

STANDARD	KS.KHGSS.	Kansas History, Government, and Social Studies Standards
BENCHMARK	KHGSS.1.	Choices have consequences.
INDICATOR / PROFICIENCY LEVEL	1.1.	<p>The student will recognize and evaluate significant choices made by individuals, communities, states, and nations that have impacted our lives and futures.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</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 3: Highway Connections - Lesson 07: Social Support</p>
INDICATOR / PROFICIENCY LEVEL	1.2.	<p>The student will analyze the context under which choices are made and draw conclusions about the motivations and goals of the decision-makers.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</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>

		Unit 3: Highway Connections - Lesson 07: Social Support
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Kansas Curricular Standards

Social Studies

Grade 8 - Adopted 2013

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Kansas Curricular Standards

Health and PE

Grade 7 - Adopted Health 2007; PE 2005

STANDARD	KS.HE.	Health Education
BENCHMARK	HE.1:	Health Promotion and Disease Prevention: The student will comprehend concepts related to health promotion and disease prevention as related to: (a) nutrition; (b) prevention and control of disease; (c) injury prevention and safety; (d) personal health; (e) mental and emotional health; (f) substance abuse, misuse, abuse, and addiction; (g) environmental health; (h) family life and sexuality; (i) consumer health; (j) community health
INDICATOR / PROFICIENCY LEVEL	1.1:	The student will explain the relationship between positive health behaviors and wellness.
INDICATOR	1.1:1.	<p>Advanced Indicator: The student will analyze the influence of health behavior or absence of behavior on wellness outcomes.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	1.1:2.	<p>Proficient Indicator: The student will make distinctions about the influences of health behavior or absence of behavior on wellness outcomes.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	1.1:3.	<p>Partially Proficient Indicator: The student will draw limited conclusions about the influences of health behavior or absence of behavior on wellness outcomes.</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>

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INDICATOR / PROFICIENCY LEVEL	1.3:	The student will describe the influence of family, community, and peer on adolescent health decisions.
INDICATOR	1.3:1.	Advanced Indicator: The student will analyze the impact of social group influences on determining health decisions. 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
INDICATOR	1.3:2.	Proficient Indicator: The student will discuss the impact of social group influences on determining health decisions. 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
INDICATOR	1.3:3.	Partially Proficient Indicator: The student will identify family and social group attitudes about health decisions. 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
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.2:	Access Health Information, Products, and Services: The student will demonstrate the ability to access valid health information and health-promoting products and services.

INDICATOR / PROFICIENCY LEVEL	2.3:	The student will describe situations requiring professional health services.
INDICATOR	2.3:1.	<p>Advanced Indicator: The student will independently articulate help-seeking steps with appropriate require students to generate possible steps to take in problem questions for several common health problems.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
INDICATOR	2.3:2.	<p>Proficient Indicator: The student will, with some assistance, articulate help-seeking steps with appropriate questions for several common health problems.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
INDICATOR	2.3:3.	<p>Partially Proficient Indicator: The student will, with limited ability, report help-seeking steps with appropriate questions for common health problems.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.3:	Self-Management: The student will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
INDICATOR / PROFICIENCY LEVEL	3.1:	The student will explain the importance of assuming responsibility for health behaviors.
INDICATOR	3.1:1.	<p>Advanced Indicator: The student will independently design an assessment and intervention plan for their individual health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>

		<p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
INDICATOR	3.1:2.	<p>Proficient Indicator: The student will, with some assistance, design an assessment and intervention plan for their individual health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
INDICATOR	3.1:3.	<p>Partially Proficient Indicator: The student will, with limited ability, design an assessment and intervention plan for their individual health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.3:	Self-Management: The student will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
INDICATOR / PROFICIENCY LEVEL	3.2:	Students recognize strategies to maximize health strengths within their personal health assessment.
INDICATOR	3.2:1.	<p>Advanced Indicator: The student will independently design strategies to improve health-enhancing behaviors and 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>
INDICATOR	3.2:2.	<p>Proficient Indicator: The student will identify and explain strategies to improve health-enhancing behaviors and reduce health risks.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	3.2:3.	Partially Proficient Indicator: The student will, with limited ability, identify strategies to improve health-enhancing behaviors and 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	KS.HE.	Health Education
BENCHMARK	HE.3:	Self-Management: The student will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
INDICATOR / PROFICIENCY LEVEL	3.4:	Students demonstrate strategies to manage stress.
INDICATOR	3.4:1.	Advanced Indicator: The student will develop and implement a stress management plan. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future 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 12: Analyzing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	3.4:2.	Proficient Indicator: The student will, with guidance, implement a stress management plan. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future

		<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 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	3.4:3.	<p>Partially Proficient Indicator: The student will develop a list of stress management techniques.</p> <p>Multimedia Extensions Multimedia Extensions: Stress 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 Unit 5: Well-Being - Lesson 09: Finding Balance 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 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.4:	Influence of Culture, Media and Technology: The student will analyze the influence of culture, media, technology, and other factors on health.
INDICATOR / PROFICIENCY LEVEL	4.2:	The student will analyze how messages from media and other sources influence health behaviors.
INDICATOR	4.2:1.	<p>Advanced Indicator: The student will analyze how media and other sources influence health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATOR	4.2:2.	Proficient Indicator: The student will, with assistance, recognize how media and other sources influence health behaviors.

		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	4.2:3.	Partially Proficient Indicator: The student will identify one media and other source that influence health behavior. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.4:	Influence of Culture, Media and Technology: The student will analyze the influence of culture, media, technology, and other factors on health.
INDICATOR / PROFICIENCY LEVEL	4.3:	The student will analyze the influence of technology on health.
INDICATOR	4.3:1.	Advanced Indicator: The student will explain advances in technology and the influences on health outcomes. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	4.3:2.	Proficient Indicator: The student will interpret some advances in technology and the influences on health outcomes. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	4.3:3.	Partially Proficient Indicator: The student will identify some advances in technology on health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.5:	Interpersonal Communication: The student will demonstrate the ability to use interpersonal communication skills to enhance health.
INDICATOR / PROFICIENCY LEVEL	5.1:	The student will demonstrate effective verbal and non-verbal communication skills in order to express needs, wants, and feelings.

INDICATOR	5.1:1.	<p>Advanced Indicator: The student will consistently use effective communication skills to enhance interactions and strengthen relationships.</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>
INDICATOR	5.1:2.	<p>Proficient Indicator: The student will occasionally use effective communication skills to enhance interactions and strengthen relationships.</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>
INDICATOR	5.1:3.	<p>Partially Proficient Indicator: The student will use limited communication skills to enhance interactions and strengthen relationships.</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>
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.5:	Interpersonal Communication: The student will demonstrate the ability to use interpersonal communication skills to enhance health.
INDICATOR / PROFICIENCY LEVEL	5.2:	Students demonstrate communication skills to build and maintain a variety of healthy relationships.
INDICATOR	5.2:1.	<p>Advanced Indicator: The student will actively demonstrate at least three styles of both verbal and nonverbal communication in a role-play situation.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>
INDICATOR	5.2:2.	<p>Proficient Indicator: The student will actively demonstrate at least two styles of both verbal and nonverbal communication in a role-play situation.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>
INDICATOR	5.2:3.	<p>Partially Proficient Indicator: The student will recognize both verbal and nonverbal styles of communication.</p>

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.6:	Goal-Setting and Decision-Making Skills: The student will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
INDICATOR / PROFICIENCY LEVEL	6.1:	The student will demonstrate the ability to apply a decision-making model to develop a plan of personal strengths, needs, and health risks.
INDICATOR	6.1:1.	<p>Advanced Indicator: The student will independently use a decision-making model to draw conclusions and demonstrate effective goal-setting.</p> <p>Multimedia Extensions 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 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.1:2.	<p>Proficient Indicator: The student will, with assistance, draw conclusions and demonstrate effective goal-setting.</p> <p>Multimedia Extensions 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 08: Analyzing Stress 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 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.1:3.	<p>Partially Proficient Indicator: The student will demonstrate a limited ability to use a decision-making model to draw conclusions and demonstrate effective goal-setting.</p> <p>Multimedia Extensions 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 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.7:	Advocating for Health: The student will demonstrate the ability to advocate for personal, family, and community health.
INDICATOR / PROFICIENCY LEVEL	7.1:	The student will identify various research methods to compare and contrast reliable health resources.
INDICATOR	7.1:1.	<p>Advanced Indicator: The student will independently identify at least four research methods and rank the reliability of those health resources.</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
INDICATOR	7.1:2.	<p>Proficient Indicator: The student will independently identify at least two research methods and rank the reliability of those health resources.</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>

INDICATOR	7.1:3.	Partially Proficient Indicator: The student will, with assistance, identify at least one research method. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.7:	Advocating for Health: The student will demonstrate the ability to advocate for personal, family, and community health.
INDICATOR / PROFICIENCY LEVEL	7.3:	The student will demonstrate the ability to work cooperatively with peers when advocating for healthy individuals, families and schools.
INDICATOR	7.3:1.	Advanced Indicator: The student will take initiative and leadership in an advocacy health project and work collaboratively with their peers. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	7.3:2.	Proficient Indicator: The student will, with assistance, participate in an advocacy health project and work collaboratively with their peers. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	7.3:3.	Partially Proficient Indicator: The student will, with specific direction, participate in an advocacy health project and work collaboratively with their peers. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STANDARD	KS.PE.	Physical Education
BENCHMARK	KS.3.	Active Participation: The student participates regularly in physical activity.
INDICATOR / PROFICIENCY LEVEL	3.1.	The student will regularly participate in moderate to vigorous levels of physical activity.
INDICATOR	3.1.b.	The student sets realistic, measurable, and attainable goals for participation in activities of own choosing. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	3.1.d.	The student maintains a physical activity log for a seven-day period, documenting progress toward achievement of personal goals.

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	3.1.e.	<p>The student logs a specified number of steps during the day using pedometers.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STANDARD	KS.PE.	Physical Education
BENCHMARK	KS.4.	Physical Fitness: The student achieves and maintains a health-enhancing level of physical fitness.
INDICATOR / PROFICIENCY LEVEL	4.1.	The student will develop high levels of basic physical fitness.
INDICATOR	4.1.d.	<p>The student demonstrates appropriate training principles and exercise techniques designed to improve physical fitness.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STANDARD	KS.PE.	Physical Education
BENCHMARK	KS.5.	Personal and Social Behavior: The student exhibits responsible personal and social behavior that respects self and others in physical activity settings.
INDICATOR / PROFICIENCY LEVEL	5.1.	The student will exhibit responsible personal and social behavior while working in diverse groups.
INDICATOR	5.1.d.	<p>The student considers the consequences of choices when confronted with negative peer pressures.</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>
INDICATOR	5.1.e.	The student plays within the rules of the game or activity and shows self-control by accepting a controversial decision.

		<p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	5.1.f.	<p>The student resolves conflict with a sensitivity to the rights and feelings of others.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STANDARD	KS.PE.	Physical Education
BENCHMARK	KS.6.	Activity Appreciation: The student values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
INDICATOR / PROFICIENCY LEVEL	6.1.	The student will value physical activity and recognize its impact on skill improvement and health.
INDICATOR	6.1.d.	<p>The student analyzes selected physical experiences for social, emotional, and health benefits.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>

Kansas Curricular Standards

Health and PE

Grade 8 - Adopted Health 2007; PE 2005

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BENCHMARK	HE.1:	Health Promotion and Disease Prevention: The student will comprehend concepts related to health promotion and disease prevention as related to: (a) nutrition; (b) prevention and control of disease; (c) injury prevention and safety; (d) personal health; (e) mental and emotional health; (f) substance abuse, misuse, abuse, and addiction; (g) environmental health; (h) family life and sexuality; (i) consumer health; (j) community health
INDICATOR / PROFICIENCY LEVEL	1.1:	The student will explain the relationship between positive health behaviors and wellness.
INDICATOR	1.1:1.	<p>Advanced Indicator: The student will analyze the influence of health behavior or absence of behavior on wellness outcomes.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	1.1:2.	<p>Proficient Indicator: The student will make distinctions about the influences of health behavior or absence of behavior on wellness outcomes.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	1.1:3.	<p>Partially Proficient Indicator: The student will draw limited conclusions about the influences of health behavior or absence of behavior on wellness outcomes.</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	KS.HE.	Health Education
BENCHMARK	HE.1:	Health Promotion and Disease Prevention: The student will comprehend concepts related to health promotion and disease prevention as related to: (a) nutrition; (b) prevention and control of disease; (c) injury prevention and safety; (d) personal health; (e) mental and emotional health; (f) substance abuse, misuse, abuse, and addiction; (g) environmental health; (h) family life and sexuality; (i) consumer health; (j) community health
INDICATOR / PROFICIENCY LEVEL	1.3:	The student will describe the influence of family, community, and peer on adolescent health decisions.
INDICATOR	1.3:1.	<p>Advanced Indicator: The student will analyze the impact of social group influences on determining health decisions.</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>
INDICATOR	1.3:2.	Proficient Indicator: The student will discuss the impact of social group influences on determining health decisions.

		<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>
INDICATOR	1.3:3.	<p>Partially Proficient Indicator: The student will identify family and social group attitudes about health decisions.</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>
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.2:	Access Health Information, Products, and Services: The student will demonstrate the ability to access valid health information and health-promoting products and services.
INDICATOR / PROFICIENCY LEVEL	2.3:	The student will describe situations requiring professional health services.
INDICATOR	2.3:1.	<p>Advanced Indicator: The student will independently articulate help-seeking steps with appropriate require students to generate possible steps to take in problem questions for several common health problems.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
INDICATOR	2.3:2.	<p>Proficient Indicator: The student will, with some assistance, articulate help-seeking steps with appropriate questions for several common health problems.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>

		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
INDICATOR	2.3:3.	Partially Proficient Indicator: The student will, with limited ability, report help-seeking steps with appropriate questions for common health problems. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.3:	Self-Management: The student will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
INDICATOR / PROFICIENCY LEVEL	3.1:	The student will explain the importance of assuming responsibility for health behaviors.
INDICATOR	3.1:1.	Advanced Indicator: The student will independently design an assessment and intervention plan for their individual health. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
INDICATOR	3.1:2.	Proficient Indicator: The student will, with some assistance, design an assessment and intervention plan for their individual health. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
INDICATOR	3.1:3.	Partially Proficient Indicator: The student will, with limited ability, design an assessment and intervention plan for their individual health. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD	KS.HE.	Health Education

BENCHMARK	HE.3:	Self-Management: The student will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
INDICATOR / PROFICIENCY LEVEL	3.2:	Students recognize strategies to maximize health strengths within their personal health assessment.
INDICATOR	3.2:1.	Advanced Indicator: The student will independently design strategies to improve health-enhancing behaviors and 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
INDICATOR	3.2:2.	Proficient Indicator: The student will identify and explain strategies to improve health-enhancing behaviors and 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
INDICATOR	3.2:3.	Partially Proficient Indicator: The student will, with limited ability, identify strategies to improve health-enhancing behaviors and 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	KS.HE.	Health Education
BENCHMARK	HE.3:	Self-Management: The student will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
INDICATOR / PROFICIENCY LEVEL	3.4:	Students demonstrate strategies to manage stress.

<p>INDICATOR</p>	<p>3.4:1.</p>	<p>Advanced Indicator: The student will develop and implement a stress management plan.</p> <p>Multimedia Extensions Multimedia Extensions: Stress 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 Unit 5: Well-Being - Lesson 09: Finding Balance 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 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>INDICATOR</p>	<p>3.4:2.</p>	<p>Proficient Indicator: The student will, with guidance, implement a stress management plan.</p> <p>Multimedia Extensions Multimedia Extensions: Stress 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 Unit 5: Well-Being - Lesson 09: Finding Balance 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 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>INDICATOR</p>	<p>3.4:3.</p>	<p>Partially Proficient Indicator: The student will develop a list of stress management techniques.</p> <p>Multimedia Extensions Multimedia Extensions: Stress 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 Unit 5: Well-Being - Lesson 09: Finding Balance 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 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 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.4:	Influence of Culture, Media and Technology: The student will analyze the influence of culture, media, technology, and other factors on health.
INDICATOR / PROFICIENCY LEVEL	4.2:	The student will analyze how messages from media and other sources influence health behaviors.
INDICATOR	4.2:1.	<p>Advanced Indicator: The student will analyze how media and other sources influence health behaviors.</p> <p>Multimedia Extensions</p> <p>Multimedia Extensions: Confidence</p> <p>Multimedia Extensions: Motivation</p>
INDICATOR	4.2:2.	<p>Proficient Indicator: The student will, with assistance, recognize how media and other sources influence health behaviors.</p> <p>Multimedia Extensions</p> <p>Multimedia Extensions: Confidence</p> <p>Multimedia Extensions: Motivation</p>
INDICATOR	4.2:3.	<p>Partially Proficient Indicator: The student will identify one media and other source that influence health behavior.</p> <p>Multimedia Extensions</p> <p>Multimedia Extensions: Confidence</p> <p>Multimedia Extensions: Motivation</p>
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.4:	Influence of Culture, Media and Technology: The student will analyze the influence of culture, media, technology, and other factors on health.
INDICATOR / PROFICIENCY LEVEL	4.3:	The student will analyze the influence of technology on health.
INDICATOR	4.3:1.	Advanced Indicator: The student will explain advances in technology and the influences on health outcomes.

		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	4.3:2.	Proficient Indicator: The student will interpret some advances in technology and the influences on health outcomes. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	4.3:3.	Partially Proficient Indicator: The student will identify some advances in technology on health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.5:	Interpersonal Communication: The student will demonstrate the ability to use interpersonal communication skills to enhance health.
INDICATOR / PROFICIENCY LEVEL	5.1:	The student will demonstrate effective verbal and non-verbal communication skills in order to express needs, wants, and feelings.
INDICATOR	5.1:1.	Advanced Indicator: The student will consistently use effective communication skills to enhance interactions and strengthen relationships. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	5.1:2.	Proficient Indicator: The student will occasionally use effective communication skills to enhance interactions and strengthen relationships. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	5.1:3.	Partially Proficient Indicator: The student will use limited communication skills to enhance interactions and strengthen relationships. 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

STANDARD	KS.HE.	Health Education
BENCHMARK	HE.5:	Interpersonal Communication: The student will demonstrate the ability to use interpersonal communication skills to enhance health.
INDICATOR / PROFICIENCY LEVEL	5.2:	Students demonstrate communication skills to build and maintain a variety of healthy relationships.
INDICATOR	5.2:1.	Advanced Indicator: The student will actively demonstrate at least three styles of both verbal and nonverbal communication in a role-play situation. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
INDICATOR	5.2:2.	Proficient Indicator: The student will actively demonstrate at least two styles of both verbal and nonverbal communication in a role-play situation. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
INDICATOR	5.2:3.	Partially Proficient Indicator: The student will recognize both verbal and nonverbal styles of communication. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.6:	Goal-Setting and Decision-Making Skills: The student will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
INDICATOR / PROFICIENCY LEVEL	6.1:	The student will demonstrate the ability to apply a decision-making model to develop a plan of personal strengths, needs, and health risks.
INDICATOR	6.1:1.	Advanced Indicator: The student will independently use a decision-making model to draw conclusions and demonstrate effective goal-setting. Multimedia Extensions 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 08: Analyzing Stress

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.1:2.	<p>Proficient Indicator: The student will, with assistance, draw conclusions and demonstrate effective goal-setting.</p> <p>Multimedia Extensions 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 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.1:3.	<p>Partially Proficient Indicator: The student will demonstrate a limited ability to use a decision-making model to draw conclusions and demonstrate effective goal-setting.</p> <p>Multimedia Extensions 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 08: Analyzing Stress 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</p>

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.7:	Advocating for Health: The student will demonstrate the ability to advocate for personal, family, and community health.
INDICATOR / PROFICIENCY LEVEL	7.1:	The student will identify various research methods to compare and contrast reliable health resources.
INDICATOR	7.1:1.	Advanced Indicator: The student will independently identify at least four research methods and rank the reliability of those health resources. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
INDICATOR	7.1:2.	Proficient Indicator: The student will independently identify at least two research methods and rank the reliability of those health resources. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
INDICATOR	7.1:3.	Partially Proficient Indicator: The student will, with assistance, identify at least one research method. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.7:	Advocating for Health: The student will demonstrate the ability to advocate for personal, family, and community health.
INDICATOR / PROFICIENCY LEVEL	7.3:	The student will demonstrate the ability to work cooperatively with peers when advocating for healthy individuals, families and schools.
INDICATOR	7.3:1.	Advanced Indicator: The student will take initiative and leadership in an advocacy health project and work collaboratively with their peers. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	7.3:2.	Proficient Indicator: The student will, with assistance, participate in an advocacy health project and work collaboratively with their peers.

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	7.3:3.	<p>Partially Proficient Indicator: The student will, with specific direction, participate in an advocacy health project and work collaboratively with their peers.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STANDARD	KS.PE.	Physical Education
BENCHMARK	KS.3.	Active Participation: The student participates regularly in physical activity.
INDICATOR / PROFICIENCY LEVEL	3.1.	The student will regularly participate in moderate to vigorous levels of physical activity.
INDICATOR	3.1.b.	<p>The student sets realistic, measurable, and attainable goals for participation in activities of own choosing.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATOR	3.1.d.	<p>The student maintains a physical activity log for a seven-day period, documenting progress toward achievement of personal goals.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	3.1.e.	<p>The student logs a specified number of steps during the day using pedometers.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STANDARD	KS.PE.	Physical Education
BENCHMARK	KS.4.	Physical Fitness: The student achieves and maintains a health-enhancing level of physical fitness.
INDICATOR / PROFICIENCY LEVEL	4.1.	The student will develop high levels of basic physical fitness.
INDICATOR	4.1.d.	The student demonstrates appropriate training principles and exercise techniques designed to improve physical fitness.

		<p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STANDARD	KS.PE.	Physical Education
BENCHMARK	KS.5.	Personal and Social Behavior: The student exhibits responsible personal and social behavior that respects self and others in physical activity settings.
INDICATOR / PROFICIENCY LEVEL	5.1.	The student will exhibit responsible personal and social behavior while working in diverse groups.
INDICATOR	5.1.d.	<p>The student considers the consequences of choices when confronted with negative peer pressures.</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>
INDICATOR	5.1.e.	<p>The student plays within the rules of the game or activity and shows self-control by accepting a controversial decision.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	5.1.f.	<p>The student resolves conflict with a sensitivity to the rights and feelings of others.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STANDARD	KS.PE.	Physical Education
BENCHMARK	KS.6.	Activity Appreciation: The student values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
INDICATOR / PROFICIENCY LEVEL	6.1.	The student will value physical activity and recognize its impact on skill improvement and health.
INDICATOR	6.1.d.	<p>The student analyzes selected physical experiences for social, emotional, and health benefits.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>

Kansas Curricular Standards

Social Studies

Grade 9 - Adopted 2013

STANDARD	KS.KHGSS.	Kansas History, Government, and Social Studies Standards
BENCHMARK	KHGSS.1.	Choices have consequences.
INDICATOR / PROFICIENCY LEVEL	1.1.	<p>The student will recognize and evaluate significant choices made by individuals, communities, states, and nations that have impacted our lives and futures.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</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 3: Highway Connections - Lesson 07: Social Support</p>
INDICATOR / PROFICIENCY LEVEL	1.2.	<p>The student will analyze the context under which choices are made and draw conclusions about the motivations and goals of the decision-makers.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</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 3: Highway Connections - Lesson 07: Social Support</p>
STANDARD	KS.HS.E.	Economics
BENCHMARK	E.6.	Personal Economics
INDICATOR / PROFICIENCY LEVEL		Sample Compelling Questions
INDICATOR	E.6.1.	<p>What factors should be considered when making choices about personal finance? (Standard 1)</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
INDICATOR	E.6.4.	In what ways do circumstances change personal financial priorities? (Standard 4)

		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STANDARD	KS.HS.P.	Psychology
BENCHMARK	P.5.	Social Interaction
INDICATOR / PROFICIENCY LEVEL		Sample Compelling Questions
INDICATOR	P.5.2.	How much responsibility does an individual have for group behavior and the group for individual behavior? (Standard 2) My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
INDICATOR	P.5.4.	How are individuals affected by groups? (Standard 4) My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
INDICATOR	P.5.5.	In what ways do social relationships and interactions impact individuals and communities? (Standard 5) My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STANDARD	KS.HS.P.	Psychology
BENCHMARK	P.7.	Mental Health and Treatment
INDICATOR / PROFICIENCY LEVEL		Sample Compelling Questions
INDICATOR	P.7.5.	What is the relationship between stress and physical and mental health? (Standard 5) Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being

Kansas Curricular Standards

Social Studies

Grade 10 - Adopted 2013

STANDARD	KS.KHGSS.	Kansas History, Government, and Social Studies Standards
BENCHMARK	KHGSS.1.	Choices have consequences.
INDICATOR / PROFICIENCY LEVEL	1.1.	The student will recognize and evaluate significant choices made by individuals, communities, states, and nations that have impacted our lives and futures.

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</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 3: Highway Connections - Lesson 07: Social Support</p>
INDICATOR / PROFICIENCY LEVEL	1.2.	<p>The student will analyze the context under which choices are made and draw conclusions about the motivations and goals of the decision-makers.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</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 3: Highway Connections - Lesson 07: Social Support</p>
STANDARD	KS.HS.E.	Economics
BENCHMARK	E.6.	Personal Economics
INDICATOR / PROFICIENCY LEVEL		Sample Compelling Questions
INDICATOR	E.6.1.	<p>What factors should be considered when making choices about personal finance? (Standard 1)</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
INDICATOR	E.6.4.	<p>In what ways do circumstances change personal financial priorities? (Standard 4)</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STANDARD	KS.HS.P.	Psychology
BENCHMARK	P.5.	Social Interaction
INDICATOR / PROFICIENCY LEVEL		Sample Compelling Questions
INDICATOR	P.5.2.	<p>How much responsibility does an individual have for group behavior and the group for individual behavior? (Standard 2)</p> <p>My Success Roadmap</p>

		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
INDICATOR	P.5.4.	How are individuals affected by groups? (Standard 4) My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
INDICATOR	P.5.5.	In what ways do social relationships and interactions impact individuals and communities? (Standard 5) My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STANDARD	KS.HS.P.	Psychology
BENCHMARK	P.7.	Mental Health and Treatment
INDICATOR / PROFICIENCY LEVEL		Sample Compelling Questions
INDICATOR	P.7.5.	What is the relationship between stress and physical and mental health? (Standard 5) Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being

Kansas Curricular Standards

Social Studies

Grade 11 - Adopted 2013

STANDARD	KS.KHGSS.	Kansas History, Government, and Social Studies Standards
BENCHMARK	KHGSS.1.	Choices have consequences.
INDICATOR / PROFICIENCY LEVEL	1.1.	The student will recognize and evaluate significant choices made by individuals, communities, states, and nations that have impacted our lives and futures. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges 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 3: Highway Connections - Lesson 07: Social Support
INDICATOR /	1.2.	The student will analyze the context under which choices are made and draw conclusions about the motivations and goals of the decision-makers.

PROFICIENCY LEVEL		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</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 3: Highway Connections - Lesson 07: Social Support</p>
STANDARD	KS.HS.E.	Economics
BENCHMARK	E.6.	Personal Economics
INDICATOR / PROFICIENCY LEVEL		Sample Compelling Questions
INDICATOR	E.6.1.	<p>What factors should be considered when making choices about personal finance? (Standard 1)</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
INDICATOR	E.6.4.	<p>In what ways do circumstances change personal financial priorities? (Standard 4)</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STANDARD	KS.HS.P.	Psychology
BENCHMARK	P.5.	Social Interaction
INDICATOR / PROFICIENCY LEVEL		Sample Compelling Questions
INDICATOR	P.5.2.	<p>How much responsibility does an individual have for group behavior and the group for individual behavior? (Standard 2)</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
INDICATOR	P.5.4.	<p>How are individuals affected by groups? (Standard 4)</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
INDICATOR	P.5.5.	<p>In what ways do social relationships and interactions impact individuals and communities? (Standard 5)</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap</p>

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STANDARD	KS.HS.P.	Psychology
BENCHMARK	P.7.	Mental Health and Treatment
INDICATOR / PROFICIENCY LEVEL		Sample Compelling Questions
INDICATOR	P.7.5.	What is the relationship between stress and physical and mental health? (Standard 5) Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being

Kansas Curricular Standards

Social Studies

Grade 12 - Adopted 2013

STANDARD	KS.KHGSS.	Kansas History, Government, and Social Studies Standards
BENCHMARK	KHGSS.1.	Choices have consequences.
INDICATOR / PROFICIENCY LEVEL	1.1.	The student will recognize and evaluate significant choices made by individuals, communities, states, and nations that have impacted our lives and futures. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges 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 3: Highway Connections - Lesson 07: Social Support
INDICATOR / PROFICIENCY LEVEL	1.2.	The student will analyze the context under which choices are made and draw conclusions about the motivations and goals of the decision-makers. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges 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 3: Highway Connections - Lesson 07: Social Support

STANDARD	KS.HS.E.	Economics
BENCHMARK	E.6.	Personal Economics
INDICATOR / PROFICIENCY LEVEL		Sample Compelling Questions
INDICATOR	E.6.1.	What factors should be considered when making choices about personal finance? (Standard 1) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
INDICATOR	E.6.4.	In what ways do circumstances change personal financial priorities? (Standard 4) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STANDARD	KS.HS.P.	Psychology
BENCHMARK	P.5.	Social Interaction
INDICATOR / PROFICIENCY LEVEL		Sample Compelling Questions
INDICATOR	P.5.2.	How much responsibility does an individual have for group behavior and the group for individual behavior? (Standard 2) My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
INDICATOR	P.5.4.	How are individuals affected by groups? (Standard 4) My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
INDICATOR	P.5.5.	In what ways do social relationships and interactions impact individuals and communities? (Standard 5) My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STANDARD	KS.HS.P.	Psychology
BENCHMARK	P.7.	Mental Health and Treatment
INDICATOR / PROFICIENCY LEVEL		Sample Compelling Questions
INDICATOR	P.7.5.	What is the relationship between stress and physical and mental health? (Standard 5) Multimedia Extensions Multimedia Extensions: Stress

Kansas Curricular Standards

Health and PE

Grade 9 - Adopted Health 2007; PE 2005

STANDARD	KS.HE.	Health Education
BENCHMARK	HE.1:	Health Promotion and Disease Prevention: The student will comprehend concepts related to health promotion and disease prevention as related to the ten content areas of health (the content areas are not listed in any particular order): (a) nutrition; (b) prevention and control of disease; (c) injury prevention and safety; (d) personal health; (e) mental and emotional health; (f) substance use, misuse, abuse and addiction; (g) environmental health; (h) family life and sexuality; (i) consumer health; (j) community health
INDICATOR / PROFICIENCY LEVEL	1.2:	The student will describe the interrelationships of mental, emotional, social, and physical health throughout adulthood.
INDICATOR	1.2.1.	Advanced Indicator: The student will demonstrate an in-depth, extensive knowledge of the six dimensions of health (e.g., physical, mental, emotional, social, spiritual, and environmental) as they relate to one's personal health. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
INDICATOR	1.2.2.	Proficient Indicator: The student will demonstrate a broad-based knowledge of the six dimensions of health (e.g., physical, mental, emotional, social, spiritual, and environmental) as they relate to one's personal health. Multimedia Extensions Multimedia Extensions: Stress
INDICATOR	1.2.3.	Partially Proficient Indicator: The student will demonstrate limited knowledge of the six dimensions of health (e.g., physical, mental, emotional, social, spiritual, and environmental) as they relate to one's personal health. Multimedia Extensions Multimedia Extensions: Stress
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.1:	Health Promotion and Disease Prevention: The student will comprehend concepts related to health promotion and disease prevention as related to the ten content areas of health (the content areas are not listed in any particular order): (a) nutrition; (b) prevention and control of disease; (c) injury prevention and safety; (d) personal health; (e) mental and emotional health; (f) substance use, misuse, abuse and addiction; (g) environmental health; (h) family life and sexuality; (i) consumer health; (j) community health
INDICATOR / PROFICIENCY LEVEL	1.3:	The student will analyze how their family, peers, and community influence the health of individuals.
INDICATOR	1.3.1.	Advanced Indicator: The student will demonstrate an in-depth, extensive knowledge of positive and negative influences of family and peers on unhealthy behaviors (e.g., alcoholism, anorexia, sexual activity, etc.).

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
INDICATOR	1.3:2.	<p>Proficient Indicator: The student will demonstrate a broad-based knowledge of positive and negative influences of family and peers on unhealthy behaviors (e.g., alcoholism, anorexia, sexual activity, etc.).</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
INDICATOR	1.3:3.	<p>Partially Proficient Indicator: The student will demonstrate a limited knowledge of positive and negative influences of family and peers on unhealthy behaviors (e.g., alcoholism, anorexia, sexual activity, etc.).</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.3:	Self-Management: The student will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
INDICATOR / PROFICIENCY LEVEL	3.2:	The student will identify and practice strategies to manage stress.
INDICATOR	3.2:1.	<p>Advanced Indicator: The student will independently identify the signs of stress and practice a stress-reducing strategy that will work for them.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	3.2:2.	Proficient Indicator: The student will, with limited assistance, identify the signs of stress and practice a stress-reducing strategy that will work for them.

		<p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	3.2.3.	<p>Partially Proficient Indicator: The student will, with limited ability, identify the signs of stress and practice a stress-reducing strategy that will work for them.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.4:	Influence of Culture, Media, and Technology: The student will analyze the influence of culture, media, technology, and other factors on health.
INDICATOR / PROFICIENCY LEVEL	4.2:	The student will analyze how cultural diversity enriches and challenges health behavior.
INDICATOR	4.2.1.	<p>Advanced Indicator: The student will independently evaluate the effects of diverse cultures on health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
INDICATOR	4.2.2.	Proficient Indicator: The student will, with some assistance, evaluate the effects of diverse cultures on health behaviors.

		<p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
INDICATOR	4.2.3.	<p>Partially Proficient Indicator: The student will, with limited effectiveness, evaluate the effects of diverse cultures on health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.5:	Interpersonal Communication: The student will demonstrate the ability to use interpersonal communication skills to enhance health.
INDICATOR / PROFICIENCY LEVEL	5.1:	The student will demonstrate skills for communicating effectively with family, peers, and others.
INDICATOR	5.1.1.	<p>Advanced Indicator: The student will demonstrate effective communication and empathy skills with family, peers, and dating relationships.</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>
INDICATOR	5.1.2.	<p>Proficient Indicator: The student will demonstrate somewhat effective communication and empathy skills with family, peers, and dating relationships.</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>
INDICATOR	5.1.3.	<p>Partially Proficient Indicator: The student will, with assistance, demonstrate limited communication and empathy skills with family, peers, and dating relationships.</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>
STANDARD	KS.HE.	Health Education

BENCHMARK	HE.5:	Interpersonal Communication: The student will demonstrate the ability to use interpersonal communication skills to enhance health.
INDICATOR / PROFICIENCY LEVEL	5.2:	The student will demonstrate refusal, negotiation, collaboration, mediation, and conflict resolution skills to avoid potentially harmful situations.
INDICATOR	5.2.1.	Advanced Indicator: The student will demonstrate the ability to effectively use health-enhancing and interpersonal communication skills as established in the benchmark. 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 My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence
INDICATOR	5.2.2.	Proficient Indicator: The student will demonstrate the ability to use health-enhancing communication skills as established in the benchmark. 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 My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence
INDICATOR	5.2.3.	Partially Proficient Indicator: The student will demonstrate limited ability to use health-enhancing interpersonal communication skills as established in the benchmark. 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 My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.6:	Goal-Setting and Decision-Making Skills: The student will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
INDICATOR / PROFICIENCY LEVEL	6.1:	The student will demonstrate the ability to utilize various strategies when making decisions related to health needs and risks of young adults.
INDICATOR	6.1:1.	Advanced Indicator: The student will demonstrate complex decision-making skills. My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

INDICATOR	6.1:2.	<p>Proficient Indicator: The student will demonstrate effective decision-making skills.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.1:3.	<p>Partially Proficient Indicator: The student will demonstrate limited decision-making skills.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</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	KS.HE.	Health Education
BENCHMARK	HE.6:	Goal-Setting and Decision-Making Skills: The student will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
INDICATOR / PROFICIENCY LEVEL	6.2:	The student will demonstrate the ability to create short-term and long-term health goals and the ability to predict the immediate and long-term impact of these goals on the individual, family, and community.
INDICATOR	6.2:1.	<p>Advanced Indicator: The student will independently provide evidence of effective goal setting.</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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.2:2.	<p>Proficient Indicator: The student will, with limited assistance, demonstrate effective goal setting.</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</p>

		<p>Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.2.3.	<p>Partially Proficient Indicator: The student will demonstrate a limited understanding of goal setting.</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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD	KS.PE.	Physical Education
BENCHMARK	KS.4.	Physical Fitness: The student achieves and maintains a health-enhancing level of physical fitness.
INDICATOR / PROFICIENCY LEVEL	4.1.	The student will take an active role in developing and maintaining appropriate personal fitness.
INDICATOR	4.1.a.	<p>The student maintains appropriate levels of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility, and body composition necessary for a healthy and productive life.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
INDICATOR	4.1.b.	<p>The student develops realistic short-term and long-term personal fitness goals.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATOR	4.1.c.	The student assesses, interprets, and applies the health-related fitness components to personal physical fitness status.

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATOR	4.1.d.	<p>The student designs and implements a personal fitness program based on information obtained from the fitness assessment and in accordance with appropriate training principles.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	4.1.f.	<p>The student plans a summer personal conditioning program.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STANDARD	KS.PE.	Physical Education
BENCHMARK	KS.5.	Personal and Social Behavior: The student exhibits responsible personal and social behavior that respects self and others in physical activity settings.
INDICATOR / PROFICIENCY LEVEL	5.1.	The student will display independent, responsible behavior during physical activity.
INDICATOR	5.1.b.	<p>The student invites less skilled students to participate in physical activity.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	5.1.c.	<p>The student encourages others to apply appropriate etiquette in all physical activity settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	5.1.d.	<p>The student provides appropriate support for a teammate in a team activity.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STANDARD	KS.PE.	Physical Education
BENCHMARK	KS.6.	Activity Appreciation: The student values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
INDICATOR / PROFICIENCY LEVEL	6.1.	The student will appreciate and actively pursue lifetime physical activities that meet their own needs.
INDICATOR	6.1.a.	<p>The student displays persistence in learning new physical activities.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>

		Multimedia Extensions: Motivation
INDICATOR	6.1.b.	The student differentiates between intrinsic and extrinsic reasons for participating in physical activity. Multimedia Extensions Multimedia Extensions: Stress
INDICATOR	6.1.d.	The student reflects on reasons for choosing to participate in selected physical activities. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

Kansas Curricular Standards

Health and PE

Grade 10 - Adopted Health 2007; PE 2005

STANDARD	KS.HE.	Health Education
BENCHMARK	HE.1:	Health Promotion and Disease Prevention: The student will comprehend concepts related to health promotion and disease prevention as related to the ten content areas of health (the content areas are not listed in any particular order): (a) nutrition; (b) prevention and control of disease; (c) injury prevention and safety; (d) personal health; (e) mental and emotional health; (f) substance use, misuse, abuse and addiction; (g) environmental health; (h) family life and sexuality; (i) consumer health; (j) community health
INDICATOR / PROFICIENCY LEVEL	1.2:	The student will describe the interrelationships of mental, emotional, social, and physical health throughout adulthood.
INDICATOR	1.2.1.	Advanced Indicator: The student will demonstrate an in-depth, extensive knowledge of the six dimensions of health (e.g., physical, mental, emotional, social, spiritual, and environmental) as they relate to one's personal health. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
INDICATOR	1.2.2.	Proficient Indicator: The student will demonstrate a broad-based knowledge of the six dimensions of health (e.g., physical, mental, emotional, social, spiritual, and environmental) as they relate to one's personal health. Multimedia Extensions Multimedia Extensions: Stress
INDICATOR	1.2.3.	Partially Proficient Indicator: The student will demonstrate limited knowledge of the six dimensions of health (e.g., physical, mental, emotional, social, spiritual, and environmental) as they relate to one's personal health. Multimedia Extensions Multimedia Extensions: Stress
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.1:	Health Promotion and Disease Prevention: The student will comprehend concepts related to health promotion and disease prevention as related to the ten content areas of health (the content areas are not

		listed in any particular order): (a) nutrition; (b) prevention and control of disease; (c) injury prevention and safety; (d) personal health; (e) mental and emotional health; (f) substance use, misuse, abuse and addiction; (g) environmental health; (h) family life and sexuality; (i) consumer health; (j) community health
INDICATOR / PROFICIENCY LEVEL	1.3:	The student will analyze how their family, peers, and community influence the health of individuals.
INDICATOR	1.3:1.	Advanced Indicator: The student will demonstrate an in-depth, extensive knowledge of positive and negative influences of family and peers on unhealthy behaviors (e.g., alcoholism, anorexia, sexual activity, etc.). 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 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
INDICATOR	1.3:2.	Proficient Indicator: The student will demonstrate a broad-based knowledge of positive and negative influences of family and peers on unhealthy behaviors (e.g., alcoholism, anorexia, sexual activity, etc.). 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 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
INDICATOR	1.3:3.	Partially Proficient Indicator: The student will demonstrate a limited knowledge of positive and negative influences of family and peers on unhealthy behaviors (e.g., alcoholism, anorexia, sexual activity, etc.). 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 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.3:	Self-Management: The student will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
INDICATOR / PROFICIENCY LEVEL	3.2:	The student will identify and practice strategies to manage stress.
INDICATOR	3.2:1.	Advanced Indicator: The student will independently identify the signs of stress and practice a stress-reducing strategy that will work for them. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future

		<p>Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	3.2.2.	<p>Proficient Indicator: The student will, with limited assistance, identify the signs of stress and practice a stress-reducing strategy that will work for them.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	3.2.3.	<p>Partially Proficient Indicator: The student will, with limited ability, identify the signs of stress and practice a stress-reducing strategy that will work for them.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.4:	Influence of Culture, Media, and Technology: The student will analyze the influence of culture, media, technology, and other factors on health.
INDICATOR / PROFICIENCY LEVEL	4.2:	The student will analyze how cultural diversity enriches and challenges health behavior.
INDICATOR	4.2.1.	Advanced Indicator: The student will independently evaluate the effects of diverse cultures on health behaviors.

		<p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
INDICATOR	4.2:2.	<p>Proficient Indicator: The student will, with some assistance, evaluate the effects of diverse cultures on health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
INDICATOR	4.2:3.	<p>Partially Proficient Indicator: The student will, with limited effectiveness, evaluate the effects of diverse cultures on health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.5:	Interpersonal Communication: The student will demonstrate the ability to use interpersonal communication skills to enhance health.
INDICATOR / PROFICIENCY LEVEL	5.1:	The student will demonstrate skills for communicating effectively with family, peers, and others.
INDICATOR	5.1:1.	<p>Advanced Indicator: The student will demonstrate effective communication and empathy skills with family, peers, and dating relationships.</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>
INDICATOR	5.1:2.	<p>Proficient Indicator: The student will demonstrate somewhat effective communication and empathy skills with family, peers, and dating relationships.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p>

		Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	5.1:3.	Partially Proficient Indicator: The student will, with assistance, demonstrate limited communication and empathy skills with family, peers, and dating relationships. 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
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.5:	Interpersonal Communication: The student will demonstrate the ability to use interpersonal communication skills to enhance health.
INDICATOR / PROFICIENCY LEVEL	5.2:	The student will demonstrate refusal, negotiation, collaboration, mediation, and conflict resolution skills to avoid potentially harmful situations.
INDICATOR	5.2:1.	Advanced Indicator: The student will demonstrate the ability to effectively use health-enhancing and interpersonal communication skills as established in the benchmark. 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 My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence
INDICATOR	5.2:2.	Proficient Indicator: The student will demonstrate the ability to use health-enhancing communication skills as established in the benchmark. 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 My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence
INDICATOR	5.2:3.	Partially Proficient Indicator: The student will demonstrate limited ability to use health-enhancing interpersonal communication skills as established in the benchmark. 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 My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.6:	Goal-Setting and Decision-Making Skills: The student will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
INDICATOR / PROFICIENCY	6.1:	The student will demonstrate the ability to utilize various strategies when making decisions related to health needs

LEVEL		and risks of young adults.
INDICATOR	6.1:1.	Advanced Indicator: The student will demonstrate complex decision-making skills. My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	6.1:2.	Proficient Indicator: The student will demonstrate effective decision-making skills. My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	6.1:3.	Partially Proficient Indicator: The student will demonstrate limited decision-making skills. My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.6:	Goal-Setting and Decision-Making Skills: The student will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
INDICATOR / PROFICIENCY LEVEL	6.2:	The student will demonstrate the ability to create short-term and long-term health goals and the ability to predict the immediate and long-term impact of these goals on the individual, family, and community.
INDICATOR	6.2:1.	Advanced Indicator: The student will independently provide evidence of effective goal setting. 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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	6.2:2.	<p>Proficient Indicator: The student will, with limited assistance, demonstrate effective goal setting.</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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.2:3.	<p>Partially Proficient Indicator: The student will demonstrate a limited understanding of goal setting.</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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD	KS.PE.	Physical Education
BENCHMARK	KS.4.	Physical Fitness: The student achieves and maintains a health-enhancing level of physical fitness.
INDICATOR / PROFICIENCY LEVEL	4.1.	The student will take an active role in developing and maintaining appropriate personal fitness.
INDICATOR	4.1.a.	The student maintains appropriate levels of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility, and body composition necessary for a healthy and productive life.

		<p>Multimedia Extensions Multimedia Extensions: Stress</p>
INDICATOR	4.1.b.	<p>The student develops realistic short-term and long-term personal fitness goals.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATOR	4.1.c.	<p>The student assesses, interprets, and applies the health-related fitness components to personal physical fitness status.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATOR	4.1.d.	<p>The student designs and implements a personal fitness program based on information obtained from the fitness assessment and in accordance with appropriate training principles.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	4.1.f.	<p>The student plans a summer personal conditioning program.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STANDARD	KS.PE.	Physical Education
BENCHMARK	KS.5.	Personal and Social Behavior: The student exhibits responsible personal and social behavior that respects self and others in physical activity settings.
INDICATOR / PROFICIENCY LEVEL	5.1.	The student will display independent, responsible behavior during physical activity.
INDICATOR	5.1.b.	<p>The student invites less skilled students to participate in physical activity.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	5.1.c.	<p>The student encourages others to apply appropriate etiquette in all physical activity settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	5.1.d.	<p>The student provides appropriate support for a teammate in a team activity.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

STANDARD	KS.PE.	Physical Education
BENCHMARK	KS.6.	Activity Appreciation: The student values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
INDICATOR / PROFICIENCY LEVEL	6.1.	The student will appreciate and actively pursue lifetime physical activities that meet their own needs.
INDICATOR	6.1.a.	The student displays persistence in learning new physical activities. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	6.1.b.	The student differentiates between intrinsic and extrinsic reasons for participating in physical activity. Multimedia Extensions Multimedia Extensions: Stress
INDICATOR	6.1.d.	The student reflects on reasons for choosing to participate in selected physical activities. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

Kansas Curricular Standards

Health and PE

Grade 11 - Adopted Health 2007; PE 2005

STANDARD	KS.HE.	Health Education
BENCHMARK	HE.1:	Health Promotion and Disease Prevention: The student will comprehend concepts related to health promotion and disease prevention as related to the ten content areas of health (the content areas are not listed in any particular order): (a) nutrition; (b) prevention and control of disease; (c) injury prevention and safety; (d) personal health; (e) mental and emotional health; (f) substance use, misuse, abuse and addiction; (g) environmental health; (h) family life and sexuality; (i) consumer health; (j) community health
INDICATOR / PROFICIENCY LEVEL	1.2:	The student will describe the interrelationships of mental, emotional, social, and physical health throughout adulthood.
INDICATOR	1.2:1.	Advanced Indicator: The student will demonstrate an in-depth, extensive knowledge of the six dimensions of health (e.g., physical, mental, emotional, social, spiritual, and environmental) as they relate to one's personal health. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
INDICATOR	1.2:2.	Proficient Indicator: The student will demonstrate a broad-based knowledge of the six dimensions of health (e.g., physical, mental, emotional, social, spiritual, and environmental) as they relate to one's personal health. Multimedia Extensions

		Multimedia Extensions: Stress
INDICATOR	1.2:3.	Partially Proficient Indicator: The student will demonstrate limited knowledge of the six dimensions of health (e.g., physical, mental, emotional, social, spiritual, and environmental) as they relate to one's personal health. Multimedia Extensions Multimedia Extensions: Stress
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.1:	Health Promotion and Disease Prevention: The student will comprehend concepts related to health promotion and disease prevention as related to the ten content areas of health (the content areas are not listed in any particular order): (a) nutrition; (b) prevention and control of disease; (c) injury prevention and safety; (d) personal health; (e) mental and emotional health; (f) substance use, misuse, abuse and addiction; (g) environmental health; (h) family life and sexuality; (i) consumer health; (j) community health
INDICATOR / PROFICIENCY LEVEL	1.3:	The student will analyze how their family, peers, and community influence the health of individuals.
INDICATOR	1.3:1.	Advanced Indicator: The student will demonstrate an in-depth, extensive knowledge of positive and negative influences of family and peers on unhealthy behaviors (e.g., alcoholism, anorexia, sexual activity, etc.). 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 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
INDICATOR	1.3:2.	Proficient Indicator: The student will demonstrate a broad-based knowledge of positive and negative influences of family and peers on unhealthy behaviors (e.g., alcoholism, anorexia, sexual activity, etc.). 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 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
INDICATOR	1.3:3.	Partially Proficient Indicator: The student will demonstrate a limited knowledge of positive and negative influences of family and peers on unhealthy behaviors (e.g., alcoholism, anorexia, sexual activity, etc.). 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 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.3:	Self-Management: The student will demonstrate the ability to practice health-enhancing behaviors and

		reduce health risks.
INDICATOR / PROFICIENCY LEVEL	3.2:	The student will identify and practice strategies to manage stress.
INDICATOR	3.2:1.	<p>Advanced Indicator: The student will independently identify the signs of stress and practice a stress-reducing strategy that will work for them.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	3.2:2.	<p>Proficient Indicator: The student will, with limited assistance, identify the signs of stress and practice a stress-reducing strategy that will work for them.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	3.2:3.	<p>Partially Proficient Indicator: The student will, with limited ability, identify the signs of stress and practice a stress-reducing strategy that will work for them.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.4:	Influence of Culture, Media, and Technology: The student will analyze the influence of culture, media, technology, and other factors on health.
INDICATOR / PROFICIENCY LEVEL	4.2:	The student will analyze how cultural diversity enriches and challenges health behavior.
INDICATOR	4.2:1.	Advanced Indicator: The student will independently evaluate the effects of diverse cultures 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
INDICATOR	4.2:2.	Proficient Indicator: The student will, with some assistance, evaluate the effects of diverse cultures 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
INDICATOR	4.2:3.	Partially Proficient Indicator: The student will, with limited effectiveness, evaluate the effects of diverse cultures 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
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.5:	Interpersonal Communication: The student will demonstrate the ability to use interpersonal communication skills to enhance health.
INDICATOR / PROFICIENCY LEVEL	5.1:	The student will demonstrate skills for communicating effectively with family, peers, and others.

INDICATOR	5.1:1.	Advanced Indicator: The student will demonstrate effective communication and empathy skills with family, peers, and dating relationships. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	5.1:2.	Proficient Indicator: The student will demonstrate somewhat effective communication and empathy skills with family, peers, and dating relationships. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	5.1:3.	Partially Proficient Indicator: The student will, with assistance, demonstrate limited communication and empathy skills with family, peers, and dating relationships. 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
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.5:	Interpersonal Communication: The student will demonstrate the ability to use interpersonal communication skills to enhance health.
INDICATOR / PROFICIENCY LEVEL	5.2:	The student will demonstrate refusal, negotiation, collaboration, mediation, and conflict resolution skills to avoid potentially harmful situations.
INDICATOR	5.2:1.	Advanced Indicator: The student will demonstrate the ability to effectively use health-enhancing and interpersonal communication skills as established in the benchmark. 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 My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence
INDICATOR	5.2:2.	Proficient Indicator: The student will demonstrate the ability to use health-enhancing communication skills as established in the benchmark. 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 My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence
INDICATOR	5.2:3.	Partially Proficient Indicator: The student will demonstrate limited ability to use health-enhancing interpersonal communication skills as established in the benchmark.

		<p>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</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence</p>
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.6:	Goal-Setting and Decision-Making Skills: The student will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
INDICATOR / PROFICIENCY LEVEL	6.1:	The student will demonstrate the ability to utilize various strategies when making decisions related to health needs and risks of young adults.
INDICATOR	6.1:1.	<p>Advanced Indicator: The student will demonstrate complex decision-making skills.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.1:2.	<p>Proficient Indicator: The student will demonstrate effective decision-making skills.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.1:3.	<p>Partially Proficient Indicator: The student will demonstrate limited decision-making skills.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</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	KS.HE.	Health Education
BENCHMARK	HE.6:	Goal-Setting and Decision-Making Skills: The student will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
INDICATOR / PROFICIENCY LEVEL	6.2:	The student will demonstrate the ability to create short-term and long-term health goals and the ability to predict the immediate and long-term impact of these goals on the individual, family, and community.
INDICATOR	6.2:1.	<p>Advanced Indicator: The student will independently provide evidence of effective goal setting.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future</p>

		<p>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 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.2:2.	<p>Proficient Indicator: The student will, with limited assistance, demonstrate effective goal setting.</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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.2:3.	<p>Partially Proficient Indicator: The student will demonstrate a limited understanding of goal setting.</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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD	KS.PE.	Physical Education
BENCHMARK	KS.4.	Physical Fitness: The student achieves and maintains a health-enhancing level of physical fitness.
INDICATOR / PROFICIENCY LEVEL	4.1.	The student will take an active role in developing and maintaining appropriate personal fitness.
INDICATOR	4.1.a.	The student maintains appropriate levels of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility, and body composition necessary for a healthy and productive life. Multimedia Extensions Multimedia Extensions: Stress
INDICATOR	4.1.b.	The student develops realistic short-term and long-term personal fitness goals. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	4.1.c.	The student assesses, interprets, and applies the health-related fitness components to personal physical fitness status. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	4.1.d.	The student designs and implements a personal fitness program based on information obtained from the fitness assessment and in accordance with appropriate training principles. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	4.1.f.	The student plans a summer personal conditioning program. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STANDARD	KS.PE.	Physical Education
BENCHMARK	KS.5.	Personal and Social Behavior: The student exhibits responsible personal and social behavior that respects self and others in physical activity settings.
INDICATOR / PROFICIENCY LEVEL	5.1.	The student will display independent, responsible behavior during physical activity.
INDICATOR	5.1.b.	The student invites less skilled students to participate in physical activity. My Success Roadmap

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	5.1.c.	The student encourages others to apply appropriate etiquette in all physical activity settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	5.1.d.	The student provides appropriate support for a teammate in a team activity. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD	KS.PE.	Physical Education
BENCHMARK	KS.6.	Activity Appreciation: The student values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
INDICATOR / PROFICIENCY LEVEL	6.1.	The student will appreciate and actively pursue lifetime physical activities that meet their own needs.
INDICATOR	6.1.a.	The student displays persistence in learning new physical activities. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	6.1.b.	The student differentiates between intrinsic and extrinsic reasons for participating in physical activity. Multimedia Extensions Multimedia Extensions: Stress
INDICATOR	6.1.d.	The student reflects on reasons for choosing to participate in selected physical activities. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

Kansas Curricular Standards

Health and PE

Grade 12 - Adopted Health 2007; PE 2005

STANDARD	KS.HE.	Health Education
BENCHMARK	HE.1:	Health Promotion and Disease Prevention: The student will comprehend concepts related to health promotion and disease prevention as related to the ten content areas of health (the content areas are not listed in any particular order): (a) nutrition; (b) prevention and control of disease; (c) injury prevention and safety; (d) personal health; (e) mental and emotional health; (f) substance use, misuse, abuse and addiction; (g) environmental health; (h) family life and sexuality; (i) consumer health; (j) community health
INDICATOR / PROFICIENCY LEVEL	1.2:	The student will describe the interrelationships of mental, emotional, social, and physical health throughout adulthood.
INDICATOR	1.2.1.	Advanced Indicator: The student will demonstrate an in-depth, extensive knowledge of the six dimensions of health (e.g., physical, mental, emotional, social, spiritual, and environmental) as they relate to one's

		<p>personal health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
INDICATOR	1.2.2.	<p>Proficient Indicator: The student will demonstrate a broad-based knowledge of the six dimensions of health (e.g., physical, mental, emotional, social, spiritual, and environmental) as they relate to one's personal health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
INDICATOR	1.2.3.	<p>Partially Proficient Indicator: The student will demonstrate limited knowledge of the six dimensions of health (e.g., physical, mental, emotional, social, spiritual, and environmental) as they relate to one's personal health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.1:	Health Promotion and Disease Prevention: The student will comprehend concepts related to health promotion and disease prevention as related to the ten content areas of health (the content areas are not listed in any particular order): (a) nutrition; (b) prevention and control of disease; (c) injury prevention and safety; (d) personal health; (e) mental and emotional health; (f) substance use, misuse, abuse and addiction; (g) environmental health; (h) family life and sexuality; (i) consumer health; (j) community health
INDICATOR / PROFICIENCY LEVEL	1.3:	The student will analyze how their family, peers, and community influence the health of individuals.
INDICATOR	1.3.1.	<p>Advanced Indicator: The student will demonstrate an in-depth, extensive knowledge of positive and negative influences of family and peers on unhealthy behaviors (e.g., alcoholism, anorexia, sexual activity, etc.).</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
INDICATOR	1.3.2.	<p>Proficient Indicator: The student will demonstrate a broad-based knowledge of positive and negative influences of family and peers on unhealthy behaviors (e.g., alcoholism, anorexia, sexual activity, etc.).</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
INDICATOR	1.3.3.	Partially Proficient Indicator: The student will demonstrate a limited knowledge of positive and negative influences of family and peers on unhealthy behaviors (e.g., alcoholism, anorexia, sexual activity, etc.).

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.3:	Self-Management: The student will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
INDICATOR / PROFICIENCY LEVEL	3.2:	The student will identify and practice strategies to manage stress.
INDICATOR	3.2.1:	<p>Advanced Indicator: The student will independently identify the signs of stress and practice a stress-reducing strategy that will work for them.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	3.2.2:	<p>Proficient Indicator: The student will, with limited assistance, identify the signs of stress and practice a stress-reducing strategy that will work for them.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	3.2.3:	<p>Partially Proficient Indicator: The student will, with limited ability, identify the signs of stress and practice a stress-reducing strategy that will work for them.</p> <p>Multimedia Extensions</p>

		<p>Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.4:	Influence of Culture, Media, and Technology: The student will analyze the influence of culture, media, technology, and other factors on health.
INDICATOR / PROFICIENCY LEVEL	4.2:	The student will analyze how cultural diversity enriches and challenges health behavior.
INDICATOR	4.2.1.	<p>Advanced Indicator: The student will independently evaluate the effects of diverse cultures on health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
INDICATOR	4.2.2.	<p>Proficient Indicator: The student will, with some assistance, evaluate the effects of diverse cultures on health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
INDICATOR	4.2.3.	<p>Partially Proficient Indicator: The student will, with limited effectiveness, evaluate the effects of diverse cultures on health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p>

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.5:	Interpersonal Communication: The student will demonstrate the ability to use interpersonal communication skills to enhance health.
INDICATOR / PROFICIENCY LEVEL	5.1:	The student will demonstrate skills for communicating effectively with family, peers, and others.
INDICATOR	5.1.1.	Advanced Indicator: The student will demonstrate effective communication and empathy skills with family, peers, and dating relationships. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	5.1.2.	Proficient Indicator: The student will demonstrate somewhat effective communication and empathy skills with family, peers, and dating relationships. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	5.1.3.	Partially Proficient Indicator: The student will, with assistance, demonstrate limited communication and empathy skills with family, peers, and dating relationships. 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
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.5:	Interpersonal Communication: The student will demonstrate the ability to use interpersonal communication skills to enhance health.
INDICATOR / PROFICIENCY LEVEL	5.2:	The student will demonstrate refusal, negotiation, collaboration, mediation, and conflict resolution skills to avoid potentially harmful situations.
INDICATOR	5.2.1.	Advanced Indicator: The student will demonstrate the ability to effectively use health-enhancing and interpersonal communication skills as established in the benchmark. 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 My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence
INDICATOR	5.2.2.	Proficient Indicator: The student will demonstrate the ability to use health-enhancing communication skills as established in the benchmark.

		<p>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</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence</p>
INDICATOR	5.2:3.	<p>Partially Proficient Indicator: The student will demonstrate limited ability to use health-enhancing interpersonal communication skills as established in the benchmark.</p> <p>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</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence</p>
STANDARD	KS.HE.	Health Education
BENCHMARK	HE.6:	Goal-Setting and Decision-Making Skills: The student will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
INDICATOR / PROFICIENCY LEVEL	6.1:	The student will demonstrate the ability to utilize various strategies when making decisions related to health needs and risks of young adults.
INDICATOR	6.1:1.	<p>Advanced Indicator: The student will demonstrate complex decision-making skills.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.1:2.	<p>Proficient Indicator: The student will demonstrate effective decision-making skills.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.1:3.	<p>Partially Proficient Indicator: The student will demonstrate limited decision-making skills.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</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	KS.HE.	Health Education
BENCHMARK	HE.6:	Goal-Setting and Decision-Making Skills: The student will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

INDICATOR / PROFICIENCY LEVEL	6.2:	The student will demonstrate the ability to create short-term and long-term health goals and the ability to predict the immediate and long-term impact of these goals on the individual, family, and community.
INDICATOR	6.2.1:	<p>Advanced Indicator: The student will independently provide evidence of effective goal setting.</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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.2.2:	<p>Proficient Indicator: The student will, with limited assistance, demonstrate effective goal setting.</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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.2.3:	<p>Partially Proficient Indicator: The student will demonstrate a limited understanding of goal setting.</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</p>

		<p>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 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD	KS.PE.	Physical Education
BENCHMARK	KS.4.	Physical Fitness: The student achieves and maintains a health-enhancing level of physical fitness.
INDICATOR / PROFICIENCY LEVEL	4.1.	The student will take an active role in developing and maintaining appropriate personal fitness.
INDICATOR	4.1.a.	<p>The student maintains appropriate levels of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility, and body composition necessary for a healthy and productive life.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
INDICATOR	4.1.b.	<p>The student develops realistic short-term and long-term personal fitness goals.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATOR	4.1.c.	<p>The student assesses, interprets, and applies the health-related fitness components to personal physical fitness status.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATOR	4.1.d.	<p>The student designs and implements a personal fitness program based on information obtained from the fitness assessment and in accordance with appropriate training principles.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	4.1.f.	<p>The student plans a summer personal conditioning program.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>

STANDARD	KS.PE.	Physical Education
BENCHMARK	KS.5.	Personal and Social Behavior: The student exhibits responsible personal and social behavior that respects self and others in physical activity settings.
INDICATOR / PROFICIENCY LEVEL	5.1.	The student will display independent, responsible behavior during physical activity.
INDICATOR	5.1.b.	The student invites less skilled students to participate in physical activity. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	5.1.c.	The student encourages others to apply appropriate etiquette in all physical activity settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	5.1.d.	The student provides appropriate support for a teammate in a team activity. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD	KS.PE.	Physical Education
BENCHMARK	KS.6.	Activity Appreciation: The student values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
INDICATOR / PROFICIENCY LEVEL	6.1.	The student will appreciate and actively pursue lifetime physical activities that meet their own needs.
INDICATOR	6.1.a.	The student displays persistence in learning new physical activities. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	6.1.b.	The student differentiates between intrinsic and extrinsic reasons for participating in physical activity. Multimedia Extensions Multimedia Extensions: Stress
INDICATOR	6.1.d.	The student reflects on reasons for choosing to participate in selected physical activities. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation