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

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

States: Louisiana Content Standards

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

Louisiana Content Standards

Health and PE

Grade 7 - Adopted Health 2011 / PE 2009

CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	1-M.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
GLE / PROFICIENCY	1-M-1.	Describe interrelationships among physical, intellectual, emotional and social health.
GRADE LEVEL EXPECTATION	1-M- 1.1.	Explain how emotional health (stress) impacts other dimensions of health.
		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
		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 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
GRADE LEVEL	1-M-	Describe appropriate ways to express and deal with emotions and how this can impact other areas of
EXPECTATION	1.2.	personal health.
		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
		My Roadmap to the Future
		Unit 3: Connections - Lesson 06: Analyzing Support
		Unit 4: Stress - Lesson 08: Analyzing Stress
		Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap
		Unit 2: Highway to Confidence - Lesson 05: Confidence
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT	LA.HE.	Health Education
STANDARD		
BENCHMARK / GLE	2-M.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

	2-M-1.	Describe the influence of others on health beliefs, practices and behaviors.
GRADE LEVEL EXPECTATION	2-M- 1.1.	Describe how peers influence healthy and unhealthy behaviors.
		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
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support 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
GRADE LEVEL EXPECTATION	2-M- 1.2.	Analyze how the community can affect personal health practices and behaviors.
		Multimedia Extensions Multimedia Extensions: Confidence
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	2-M.	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
GLE / PROFICIENCY	2-M-2.	Analyze how media and technology influence personal and family health behaviors.
GRADE LEVEL EXPECTATION	2-M- 2.1.	Assess ways in which various media influence buying decisions (e.g., health products, medicines, food).
		Multimedia Extensions Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
GRADE LEVEL	2-M-	Discuss the role of the media in supporting gender stereotypes in relationship roles.
EXPECTATION	2.2.	
	2.2.	Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
		Multimedia Extensions: Confidence
CONTENT	LA.HE.	Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	LA.HE.	Multimedia Extensions: Confidence Multimedia Extensions: Motivation Health Education Students will analyze the influence of family, peers, culture, media, technology and other factors on
CONTENT STANDARD BENCHMARK / GLE	LA.HE.	Multimedia Extensions: Confidence Multimedia Extensions: Motivation Health Education Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

		Unit 3: Connections - Lesson 06: Analyzing Support
		Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		onit 3. Thighway to Well-Deling - Lesson 12. Analyzing Well-Deling
GRADE LEVEL	2-M-	Discuss how individual values and beliefs affect personal decisions to engage in healthy and unhealthy
EXPECTATION	3.2.	behaviors (e.g., eating and exercising habits, engaging in sexual risk behaviors and choosing
		abstinence).
		Multimedia Extensions Multimedia Extensions: Confidence
		Multimedia Extensions. Confidence
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Onit 5. Fighway to Well-being - Lesson 11. Fleatin & Well-being
GRADE LEVEL	2-M-	Recognize how external influences can affect an individual's judgment, self-control and behavior (e.g.,
EXPECTATION	3.3.	substance abuse, peer pressure).
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Boodman
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
		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
CONTENT	LA.HE.	Health Education
STANDARD		
BENCHMARK / GLE	3-M.	Students will demonstrate the ability to access valid information, products and services to enhance health.
		neaut.
GLE / PROFICIENCY	3-M-1	Utilize resources at home, school and community to access valid health information and services.
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GRADE LEVEL	3-M-	Engage trusted adults at home, school and community in health issues.
EXPECTATION	1.3.	<i>3.</i> 3
		My Roadmap to the Future
		Unit 3: Connections - Lesson 05: Making Connections
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support
		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
		Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT	I A 115	Florida Education
CONTENT STANDARD	LA.HE.	Health Education
CIANDARD		
BENCHMARK / GLE	4-M	Students will demonstrate the ability to use interpersonal communication skills to enhance health and
DENOMINANT GLE	7 101.	avoid or reduce health risks.
GLE / PROFICIENCY	4-M-1	Demonstrate healthy ways to express needs, wants, feelings and respect of self and others.
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GRADE LEVEL	4-M-	Use effective listening techniques when communicating with others (active listening).
EXPECTATION	1.1.	
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		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support
		Unit 5: Well-Being - Lesson 09: Finding Balance
		Unit 6: Motivation - Lesson 19: Analyzing Motivation
		onit 6. Motivation - Lesson 12. Analyzing Motivation
GRADE LEVEL	4-M-	Describe healthy ways to express affection, love, friendship and concern.
EXPECTATION	1.2.	
		My Roadmap to the Future
		Unit 3: Connections - Lesson 05: Making Connections
		Unit 3: Connections - Lesson 06: Analyzing Support
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		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
		Unit 6: Highway to Motivation - Lesson 13: Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL	4-M-	Explain the characteristics of a healthy and unhealthy social relationship.
EXPECTATION	1.3.	
		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 08: Analyzing Support & Connection
		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
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GRADE LEVEL	4-M-	Analyze the relationship between self-respect and healthy social relationships.
EXPECTATION	1.4.	milaryze the relationship between sen-respect and healthy social relationships.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		My Roadmap to the Future
		Unit 1: Success, Education, & Work - Lesson 01: Defining Success
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
	II	Unit 3: Connections - Lesson 05: Making Connections
		Unit 5: Well Daine Lagger 00: Finding Dalance
		Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence
		My Success Roadmap
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
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		My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress
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STANDARD		My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Health Education Students will demonstrate the ability to use interpersonal communication skills to enhance health and
STANDARD	4-M.	My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Health Education Students will demonstrate the ability to use interpersonal communication skills to enhance health and
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STANDARD BENCHMARK/GLE	4-M.	My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Health Education Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. Demonstrate how to ask for assistance to enhance the health of self and others.
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STANDARD BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	4-M. 4-M-2. 4-M-	My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Health Education Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. Demonstrate how to ask for assistance to enhance the health of self and others. Identify techniques for approaching trusted adults. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
STANDARD BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	4-M. 4-M-2. 4-M-	My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Health Education Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. Demonstrate how to ask for assistance to enhance the health of self and others. Identify techniques for approaching trusted adults. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap
STANDARD BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	4-M. 4-M-2. 4-M-	My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Health Education Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. Demonstrate how to ask for assistance to enhance the health of self and others. Identify techniques for approaching trusted adults. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STANDARD BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	4-M. 4-M-2. 4-M-	My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Health Education Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. Demonstrate how to ask for assistance to enhance the health of self and others. Identify techniques for approaching trusted adults. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap

		Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	5-M.	Students will demonstrate the ability to use decision-making skills to enhance health.
GLE / PROFICIENCY	5-M-1.	Discuss how emotional health affects decision-making.
GRADE LEVEL EXPECTATION	5-M- 1.1.	Analyze the impact of peer pressure on decision-making.
		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
GRADE LEVEL EXPECTATION	5-M- 1.2.	Determine barriers that can hinder healthy decision-making.
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	5-M.	Students will demonstrate the ability to use decision-making skills to enhance health.
GLE / PROFICIENCY	5-M-2.	Determine when health-related situations require the application of a thoughtful decision-making process.
GRADE LEVEL EXPECTATION	5-M- 2.1.	Apply use of a decision-making model in making a healthy decision (e.g., food choices, substance abuse, relationships, violence and abstinence) through role play and skits.
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT	LA.HE.	Health Education
BENCHMARK/GLE	6-M.	Students will demonstrate the ability to use goal-setting skills to enhance health.
GLE / PROFICIENCY	6-M-1.	Identify goals to adopt, maintain or improve a personal health practice.
GRADE LEVEL EXPECTATION	6-M- 1.1.	Identify a health practice to improve.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

		My Deadman to the Future
		My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
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		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
		The first and th
CDADE LEVEL	6-M-	Adopt a goal to improve a health prostice (a.g. increase physical poticity increase time aport with
GRADE LEVEL EXPECTATION	II	Adopt a goal to improve a health practice (e.g., increase physical activity, increase time spent with
EXPECTATION	1.2.	people engaged in positive behaviors, increase healthful eating, practice honest ways to be successful
		in school, practice abstinence).
		Multimedia Extensions
		Multimedia Extensions: Confidence
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		My Roadmap to the Future
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
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		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
		2000011 10 Totaling a Goodoo 1 iigimayo laholary
GRADE LEVEL	6-M-	Create a journal to measure accomplishments toward a selected goal.
EXPECTATION	1.3.	oreate a journal to measure accomplishments toward a selected goal.
EXI EGIXIIGI		
		Multimedia Extensions
		Multimedia Extensions: Importance of School / Goal-Setting
		My Roadmap to the Future
		Unit 1: Success, Education, & Work - Lesson 01: Defining Success
		Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
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CONTENT	LA.HE.	Health Education
CONTENT STANDARD	LA.HE.	Health Education

BENCHMARK / GLE	7-M.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health
		risks.
GLE / PROFICIENCY	7-M-1.	Discuss healthy practices and behaviors that will improve the health of self and others.
GRADE LEVEL EXPECTATION	7-M- 1.1.	Identify common barriers to making healthy choices.
		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
GRADE LEVEL EXPECTATION	7-M- 1.2.	Problem-solve how to overcome obstacles to making healthy choices.
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
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CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	7-M.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
GLE / PROFICIENCY	7-M-2.	Demonstrate behaviors that avoid or reduce health risks to self and others.
GRADE LEVEL EXPECTATION	7-M- 2.1.	Develop strategies to improve personal and family health (e.g., injury prevention, physical activity).
EXPECTATION	2.1.	
		Multimedia Extensions Multimedia Extensions: Stress
		M. C
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL	7-M-	Analyze the risk of impulsive behaviors.
EXPECTATION	2.2.	
		Multimedia Extensions
		Multimedia Extensions: Well-Being
		My Roadmap to the Future
		Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
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CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	8-M.	Students will demonstrate the ability to advocate for personal, family and community health.

GLE / PROFICIENCY	8-M-2.	Demonstrate how to influence and support others to make positive health choices.
GRADE LEVEL EXPECTATION	8-M- 2.1.	Use accurate information to support a health-enhancing position on a topic (e.g., need for personal hygiene, healthful food choices at school, disease, genetic disorder).
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD	LA.PE.	Physical Education
BENCHMARK / GLE	3-M:	Exhibits a physically active lifestyle.
GLE / PROFICIENCY	3-M-1:	Identifies opportunities in the school and community for regular participation in physical activity.
GRADE LEVEL EXPECTATION	3-M-1.1	Develop a resource list related to the five components of health-related fitness within the community.
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION	3-M-1.2	Identify opportunities close to home for participation in different kinds of activities using a participation log.
		Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	LA.PE.	Physical Education
BENCHMARK / GLE	3-M:	Exhibits a physically active lifestyle.
GLE / PROFICIENCY	3-M-2:	Explores a variety of new physical activities for personal interest in and out of physical education class.
GRADE LEVEL EXPECTATION	3-M-2.1	Identify personal interests, capabilities, and resources in regard to one's exercise behavior and attempt one new activity during the school year.
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION	3-M-2.2	Participate in, and log, new physical activities both during and outside of school for the purpose of improving skill and health.
		Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	LA.PE.	Physical Education
BENCHMARK / GLE	3-M:	Exhibits a physically active lifestyle.
GLE / PROFICIENCY	3-M-3:	Establishes and pursues personal physical activity goals through regular physical activity.
GRADE LEVEL EXPECTATION	3-M-3.1	Identify personal factors inhibiting or promoting physical activity.
		Multimedia Extensions Multimedia Extensions: Stress

GRADE LEVEL EXPECTATION	3-M-3.2	Establish short and long-term individual health-related fitness goals.
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION	3-M-3.3	Participate in an individualized physical activity program designed with the help of the teacher.
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION	3-M-3.4	Establish and monitor progress toward appropriate personal fitness goals in each of the components of health-related fitness.
		Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	LA.PE.	Physical Education
BENCHMARK/GLE	3-M:	Exhibits a physically active lifestyle.
GLE / PROFICIENCY	3-M-4:	Describes the elements of a healthy lifestyle.
GRADE LEVEL EXPECTATION	3-M-4.1	Identify and describe the five components of health-related fitness (cardiovascular fitness, muscular strength and endurance, flexibility, and body composition).
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION	3-M-4.2	Identify and describe the skill-related components of fitness (agility, speed, power, balance, reaction time, coordination).
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION	3-M-4.3	Identify the relationships among physical activity frequency, intensity and time.
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION	3-M-4.4	Select and use appropriate technology tools to evaluate, monitor, and improve physical development.
		Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	LA.PE.	Physical Education
BENCHMARK / GLE	4-M:	Achieves and maintains a health-enhancing level of physical fitness.
GLE / PROFICIENCY	4-M-2:	Develops individual goals for each of the health-related fitness components.
GRADE LEVEL EXPECTATION	4-M-2.2	Assess physiological indicators of exercise during and after physical activity using appropriate assessment tools.
		Multimedia Extensions Multimedia Extensions: Confidence

		Multimedia Extensions: Motivation
GRADE LEVEL EXPECTATION	4-M-2.3	Set realistic, measurable, and attainable goals for activities that will improve health-related fitness components.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

Health and PE

Grade 8 - Adopted Health 2011 / PE 2009

CONTENT	LA.HE.	Health Education
BENCHMARK/GLE	1-M.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
GLE / PROFICIENCY	1-M-1.	Describe interrelationships among physical, intellectual, emotional and social health.
GRADE LEVEL EXPECTATION	1-M- 1.3.	Explore the relationship of nutrients to physical, intellectual, emotional, and social health.
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	1-M.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
GLE / PROFICIENCY	1-M-3.	Analyze high risk behaviors to determine their impact on wellness.
GRADE LEVEL EXPECTATION	1-M- 3.1.	Discuss how high risk behavior consequences may extend beyond self to friends, family and community.
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	1-M.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.

GLE / PROFICIENCY	1-M-4.	Use appropriate strategies to prevent/reduce risk and promote well-being.
GRADE LEVEL EXPECTATION	1-M- 4.4.	Log selection of food and beverages low in fat, sugar, and salt and high in nutrients when eating out and preparing meals at home.
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	2-M.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
GLE / PROFICIENCY	2-M-1.	Describe the influence of others on health beliefs, practices and behaviors.
GRADE LEVEL EXPECTATION	2-M- 1.1.	Explain how the perceptions of cultural and peer norms influence healthy and unhealthy behaviors.
		Multimedia Extensions Multimedia Extensions: Confidence
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
GRADE LEVEL EXPECTATION	2-M- 1.3.	Compare the roles of heredity, food selection, and activity level in weight control.
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	2-M.	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
GLE / PROFICIENCY	2-M-2.	Analyze how media and technology influence personal and family health behaviors.
GRADE LEVEL EXPECTATION	2-M- 2.1.	Identify how media influence the selection of health information and products.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
GRADE LEVEL EXPECTATION	2-M- 2.2.	Describe the ways that technology positively affects health (e.g., high-technological medical equipment).
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

CONTENT		Health Education
STANDARD	LA.HE.	Health Education
BENCHMARK/GLE	2-M.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
GLE / PROFICIENCY	2-M-2.	Analyze how media and technology influence personal and family health behaviors.
GRADE LEVEL EXPECTATION	2-M- 2.3.	Analyze ways that music, television and internet influence behaviors; such as risky sexual behavior, use of tobacco and alcohol and drugs.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	2-M.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
GLE / PROFICIENCY	2-M-3.	Explain the influence of personal values and beliefs on individual health practices and behaviors.
GRADE LEVEL EXPECTATION	2-M- 3.1.	Describe factors that influence personal decisions to engage in behaviors which result in intentional or unintentional consequences (e.g., homicide, drinking and driving, wearing seat belt, lack of physical activity). My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap
GRADE LEVEL	2-M-	Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Discuss influence of values and beliefs on healthy relationships (e.g., respecting others, self-respect,
EXPECTATION	3.2.	Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	3-M.	Students will demonstrate the ability to access valid information, products and services to enhance health.
GLE / PROFICIENCY	3-M-1.	Utilize resources at home, school and community to access valid health information and services.
GRADE LEVEL EXPECTATION	3-M- 1.3.	Evaluate the accuracy of claims about dietary supplements and popular diets.

		My Success Roadmap
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT	LA.HE.	Health Education
STANDARD		
BENCHMARK / GLE	4-M.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and
		avoid or reduce health risks.
GLE / PROFICIENCY	4-M-1.	Demonstrate healthy ways to express needs, wants, feelings and respect of self and others.
GRADE LEVEL EXPECTATION	4-M- 1.3.	Describe effective strategies for dealing with difficult relationships with family members, peers and boyfriends or girlfriends.
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support
GRADE LEVEL EXPECTATION	4-M- 1.4.	Identify the warning signs of an abusive relationship.
		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 08: Analyzing Support & Connection
		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
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	4-M.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
GLE /	4-M-2.	Demonstrate how to ask for assistance to enhance the health of self and others.
PROFICIENCY		
GRADE LEVEL EXPECTATION	4-M- 2.1.	Problem-solve situations with help from trusted adults and community professionals.
		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
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	4-M.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
GLE / PROFICIENCY	4-M-3.	Demonstrate effective conflict management or resolution strategies.
GRADE LEVEL	4-M-	Role-play appropriate ways to respond to feedback from others.
EXPECTATION	3.1.	

		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 09: Finding Balance
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	4-M.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
GLE / PROFICIENCY	4-M-4.	Exhibit characteristics needed to be a responsible friend and family member.
GRADE LEVEL EXPECTATION	4-M- 4.1.	Describe possible outcomes of using effective communication skills in maintaining healthy family relationships.
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
		Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK/GLE	5-M.	Students will demonstrate the ability to use decision-making skills to enhance health.
GLE / PROFICIENCY	5-M-1.	Discuss how emotional health affects decision-making.
GRADE LEVEL EXPECTATION	5-M- 1.1.	Discuss the impact of stress and coping skills on decision-making.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions. Connections
		My Roadmap to the Future
		Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXPECTATION	5-M- 1.2.	Demonstrate how to overcome barriers that can hinder healthy decision-making.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections
		My Roadmap to the Future
EXPECTATION GRADE LEVEL	1.1. 5-M-	Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections 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 09: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Demonstrate how to overcome barriers that can hinder healthy decision-making. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections

		Unit 1: Success, Education, & Work - Lesson 01: Defining Success
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 3: Connections - Lesson 06: Analyzing Support
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 4: Stress - Lesson 08: Analyzing Stress
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		My Success Roadmap
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
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CONTENT	LA.HE.	Health Education
STANDARD		
BENCHMARK / GLE	5-M.	Students will demonstrate the ability to use decision-making skills to enhance health.
GLE /	5-M-2.	Determine when health-related situations require the application of a thoughtful decision-making process.
PROFICIENCY	3-IVI-Z.	Determine when health-related situations require the application of a thoughtful decision-making process.
PROFICIENCY		
GRADE LEVEL	5-M-	Analyze the positive and negative consequences of a health-related decision.
EXPECTATION	2.1.	
		My Success Roadmap
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
GRADE LEVEL	5-M-	Droppers a report on the abort, and long term concequences of healthy and unhabitive shellers /
	III"	Prepare a report on the short- and long-term consequences of healthy and unhealthy choices (e.g.,
EXPECTATION	2.2.	abstinence, sexual risk behaviors, alcohol and tobacco use, exercise and healthy eating).
		My Success Roadmap
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
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CONTENT		Hoalth Education
CONTENT	LA.HE.	Health Education
CONTENT STANDARD	LA.HE.	Health Education
STANDARD		
		Health Education Students will demonstrate the ability to use goal-setting skills to enhance health.
STANDARD		
STANDARD		Students will demonstrate the ability to use goal-setting skills to enhance health.
STANDARD BENCHMARK/GLE	6-M.	
STANDARD BENCHMARK / GLE GLE /	6-M.	Students will demonstrate the ability to use goal-setting skills to enhance health.
BENCHMARK / GLE GLE / PROFICIENCY	6-M. 6-M-1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice.
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	6-M. 6-M-1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and
BENCHMARK / GLE GLE / PROFICIENCY	6-M. 6-M-1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice.
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	6-M. 6-M-1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	6-M. 6-M-1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and responsibilities.
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	6-M. 6-M-1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and responsibilities. Multimedia Extensions
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	6-M. 6-M-1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and responsibilities.
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	6-M. 6-M-1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and responsibilities. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	6-M. 6-M-1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and responsibilities. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	6-M. 6-M-1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and responsibilities. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	6-M. 6-M-1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and responsibilities. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	6-M. 6-M-1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and responsibilities. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	6-M. 6-M-1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and responsibilities. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	6-M. 6-M-1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and responsibilities. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	6-M. 6-M-1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and responsibilities. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	6-M. 6-M-1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and responsibilities. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future 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
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	6-M. 6-M-1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and responsibilities. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future 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 My Success Roadmap
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	6-M. 6-M-1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and responsibilities. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future 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 My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	6-M. 6-M-1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and responsibilities. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future 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 My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL EXPECTATION	6-M. 6-M-1. 6-M- 1.1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and responsibilities. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future 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 My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL EXPECTATION	6-M. 6-M-1. 6-M- 1.1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and responsibilities. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future 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 My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL EXPECTATION	6-M. 6-M-1. 6-M- 1.1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and responsibilities. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future 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 My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL EXPECTATION	6-M. 6-M-1. 6-M- 1.1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and responsibilities. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future 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 My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL EXPECTATION	6-M. 6-M-1. 6-M-1.1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and responsibilities. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future 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 My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL EXPECTATION CONTENT STANDARD	6-M. 6-M-1. 6-M-1.1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and responsibilities. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future 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 My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Health Education
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL EXPECTATION CONTENT STANDARD	6-M. 6-M-1. 6-M-1.1.	Students will demonstrate the ability to use goal-setting skills to enhance health. Identify goals to adopt, maintain or improve a personal health practice. Revise personal health goals in response to changing information, abilities, priorities, and responsibilities. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future 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 My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Health Education Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health

GLE / PROFICIENCY	7-M-1.	Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
GRADE LEVEL EXPECTATION	7-M- 1.1.	Formulate a contract for behavior change (e.g., controlling portion sizes, reading labels, implementing a physical activity plan, improving school attendance, breakfast eating, anger management, tobacco reduction or cessation, reduction in texting, and abstinence or return to abstinence).
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
		My Roadmap to the Future
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL EXPECTATION	7-M- 1.2.	Chart progress toward behavior changes.
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
		My Roadmap to the Future
		Unit 1: Success, Education, & Work - Lesson 01: Defining Success
		Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
		Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 1: Destination Success - Lesson 02: 17th Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL EXPECTATION	7-M- 1.3.	Evaluate the results of the behavior changes.
		Multimedia Extensions
		Multimedia Extensions: Importance of School / Goal-Setting
		My Roadmap to the Future
		Unit 1: Success, Education, & Work - Lesson 01: Defining Success
		Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
		Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

	1	Hait 2. Highway to Confidence Leason OC: Anglyzing Cohool Confidence
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
		Onit 7. Creating a Success Fighways timerary - Lesson 15. Action Flaming
CONTENT		Handle Education
STANDARD	LA.HE.	Health Education
BENCHMARK/GLE	7-M.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
GLE / PROFICIENCY	7-M-2.	Demonstrate behaviors that avoid or reduce health risks to self and others.
GRADE LEVEL	7-M-	Identify specific abusive behaviors in social relationships (by discussing the Power and Control Wheel).
EXPECTATION	2.1.	adminy specific abusive behaviors in social relationships (by discussing the Fower and control wheel).
		My Roadmap to the Future
		Unit 4: Stress - Lesson 08: Analyzing Stress
GRADE LEVEL EXPECTATION	7-M- 2.2.	Discuss the Cycle of Abuse (dynamics of an abusive relationship).
		My Roadmap to the Future
		Unit 4: Stress - Lesson 08: Analyzing Stress
GRADE LEVEL EXPECTATION	7-M- 2.3.	Describe impulsive behaviors and strategies for controlling them.
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 10: Analyzing Motivation
	II	
CONTENT STANDARD	LA.HE.	Health Education
		Health Education Students will demonstrate the ability to advocate for personal, family and community health.
STANDARD		
STANDARD BENCHMARK/GLE	8-M.	Students will demonstrate the ability to advocate for personal, family and community health.
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	8-M. 8-M-1.	Students will demonstrate the ability to advocate for personal, family and community health. Analyze various communication methods to accurately express health ideas and opinions. Use effective interpersonal skills to advocate for healthy behaviors with family, friends and others (e.g.,
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	8-M. 8-M-1.	Students will demonstrate the ability to advocate for personal, family and community health. Analyze various communication methods to accurately express health ideas and opinions. Use effective interpersonal skills to advocate for healthy behaviors with family, friends and others (e.g., use of "I" statements, use of active listening). My Roadmap to the Future
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	8-M. 8-M-1.	Students will demonstrate the ability to advocate for personal, family and community health. Analyze various communication methods to accurately express health ideas and opinions. Use effective interpersonal skills to advocate for healthy behaviors with family, friends and others (e.g., use of "I" statements, use of active listening). My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	8-M. 8-M-1.	Students will demonstrate the ability to advocate for personal, family and community health. Analyze various communication methods to accurately express health ideas and opinions. Use effective interpersonal skills to advocate for healthy behaviors with family, friends and others (e.g., use of "I" statements, use of active listening). My Roadmap to the Future
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	8-M. 8-M-1.	Students will demonstrate the ability to advocate for personal, family and community health. Analyze various communication methods to accurately express health ideas and opinions. Use effective interpersonal skills to advocate for healthy behaviors with family, friends and others (e.g., use of "I" statements, use of active listening). 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
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	8-M. 8-M-1.	Students will demonstrate the ability to advocate for personal, family and community health. Analyze various communication methods to accurately express health ideas and opinions. Use effective interpersonal skills to advocate for healthy behaviors with family, friends and others (e.g., use of "I" statements, use of active listening). My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	8-M. 8-M-1. 8-M- 1.2.	Students will demonstrate the ability to advocate for personal, family and community health. Analyze various communication methods to accurately express health ideas and opinions. Use effective interpersonal skills to advocate for healthy behaviors with family, friends and others (e.g., use of "I" statements, use of active listening). 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 My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL EXPECTATION	8-M. 8-M-1. 8-M- 1.2.	Students will demonstrate the ability to advocate for personal, family and community health. Analyze various communication methods to accurately express health ideas and opinions. Use effective interpersonal skills to advocate for healthy behaviors with family, friends and others (e.g., use of "I" statements, use of active listening). 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 My Success Roadmap
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL EXPECTATION	8-M. 8-M-1. 8-M-1.2.	Students will demonstrate the ability to advocate for personal, family and community health. Analyze various communication methods to accurately express health ideas and opinions. Use effective interpersonal skills to advocate for healthy behaviors with family, friends and others (e.g., use of "I" statements, use of active listening). 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 My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL EXPECTATION CONTENT STANDARD	8-M. 8-M-1. 8-M-1.2.	Students will demonstrate the ability to advocate for personal, family and community health. Analyze various communication methods to accurately express health ideas and opinions. Use effective interpersonal skills to advocate for healthy behaviors with family, friends and others (e.g., use of "I" statements, use of active listening). 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 My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Physical Education
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL EXPECTATION CONTENT STANDARD BENCHMARK / GLE	8-M. 8-M-1. 8-M-1. 1.2.	Students will demonstrate the ability to advocate for personal, family and community health. Analyze various communication methods to accurately express health ideas and opinions. Use effective interpersonal skills to advocate for healthy behaviors with family, friends and others (e.g., use of "I" statements, use of active listening). 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 My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Physical Education Exhibits a physically active lifestyle.
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL EXPECTATION CONTENT STANDARD BENCHMARK / GLE GLE / PROFICIENCY	8-M. 8-M-1. 8-M-1. 3-M: 3-M-1:	Students will demonstrate the ability to advocate for personal, family and community health. Analyze various communication methods to accurately express health ideas and opinions. Use effective interpersonal skills to advocate for healthy behaviors with family, friends and others (e.g., use of "I" statements, use of active listening). 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 My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Physical Education Exhibits a physically active lifestyle. Identifies opportunities in the school and community for regular participation in physical activity.

		Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	LA.PE.	Physical Education
BENCHMARK / GLE	3-M:	Exhibits a physically active lifestyle.
GLE / PROFICIENCY	3-M-2:	Explores a variety of physical activities for personal interest in and out of physical education class.
GRADE LEVEL EXPECTATION	3-M- 2.1	Identify, and log, participation in games, sports, dance, and/or outdoor pursuits, in and outside of school, based on individual interests and/or capabilities.
		Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	LA.PE.	Physical Education
BENCHMARK / GLE	3-M:	Exhibits a physically active lifestyle.
GLE / PROFICIENCY	3-M-3:	Establishes and pursues personal physical activity goals through regular physical activity.
GRADE LEVEL EXPECTATION	3-M- 3.1	Participate in an individualized physical activity program designed with the help of the teacher.
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION	3-M- 3.2	Establish and evaluate short and long-term individual health related fitness goals and make appropriate changes for improvement.
		Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	LA.PE.	Physical Education
BENCHMARK/GLE	3-M:	Exhibits a physically active lifestyle.
GLE / PROFICIENCY	3-M-4:	Describes the elements of a healthy lifestyle.
GRADE LEVEL EXPECTATION	3-M- 4.1	Identify and describe the five components of health-related fitness (cardiovascular fitness, muscular strength and endurance, flexibility, and body composition).
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION	3-M- 4.2	Identify and describe the skill-related components of fitness (agility, speed, power, balance, reaction time, coordination).
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL	3-M-	Identify and describe the relationships among physical activity frequency, intensity and time.

EXPECTATION	4.3	Multimedia Extensions
		Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION	3-M- 4.4	Select and use appropriate technology tools to evaluate, monitor, and improve physical development.
		Multimedia Extensions
		Multimedia Extensions: Stress
CONTENT STANDARD	LA.PE.	Physical Education
BENCHMARK / GLE	4-M:	Achieves and maintains a health-enhancing level of physical fitness.
GLE / PROFICIENCY	4-M-2:	Develops individual goals for each of the health-related fitness components.
GRADE LEVEL EXPECTATION	4-M- 2.2	Set realistic goals for improving his/her health-related fitness.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
GRADE LEVEL EXPECTATION	4-M- 2.3	Develop personal fitness goals independently.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation

Social Studies

Grade 8 - Adopted 2011

CONTENT STANDARD	LA.HIS.	History
BENCHMARK / GLE	8.1.	Historical Thinking Skills: Students use information and concepts to analyze, interpret, and draw conclusions from historical events.
GLE / PROFICIENCY	8.1.1.	Produce clear and coherent writing for a range of tasks, purposes, and audiences by:
GRADE LEVEL EXPECTATION	8.1.1.a.	Conducting historical research
		My Success Roadmap
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT STANDARD	LA.ECON.	Economics
BENCHMARK/GLE	8.10.	Interdependence and Decision Making: Students use economic knowledge and skills to make decisions as individuals, families, groups, or businesses in the interdependent and changing state, nation, and world.
GLE / PROFICIENCY	8.10.5.	Use a variety of resources to research and present findings about education and training for jobs and careers

My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas

Health and PE

Grade 9 - Adopted Health 2011 / PE 2009

CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	1-H.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
GLE / PROFICIENCY	1-H-1.	Predict and analyze how healthy behaviors can affect health status, disease prevention, and potential severity of injury.
GRADE LEVEL EXPECTATION	1-H-1.2.	Design a plan for maintaining good personal hygiene, oral hygiene and getting adequate sleep and rest.
		Multimedia Extensions Multimedia Extensions: Well-Being
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	1-H.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
GLE / PROFICIENCY	1-H-3.	Describe the interrelationship(s) of mental, emotional, social, and physical health throughout the life span.
GRADE LEVEL EXPECTATION	1-H-3.1.	Provide examples of how physical, mental, emotional, and social health affect one's overall well-being.
		Multimedia Extensions
		Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being

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		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
GRADE LEVEL EXPECTATION	1-H-3.3.	Keep a journal to illustrate how emotions change over a period of time.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GRADE LEVEL EXPECTATION		Research the resources or services available to assist people with mental, emotional, or social health conditions.
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXPECTATION	II	Summarize healthy and appropriate ways to express feelings.
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	1-H.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
GLE / PROFICIENCY	1-H-4.	Identify the causes, symptoms, treatment and prevention of various diseases and disorders.
GRADE LEVEL EXPECTATION		Compile a list of disorders, their causes and their effects on the body (e.g., eating and genetic disorders).
		My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	2-H.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
GLE / PROFICIENCY	2-H-1.	Analyze how family, peers, and the perception of norms influence healthy and unhealthy behaviors.
GRADE LEVEL EXPECTATION		Describe positive choices involving family members that influence healthy behavior.
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress

	My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
GRADE LEVEL EXPECTATION	Discuss the influences of healthy and unhealthy behavior of family and peers.
	My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress
	My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
GRADE LEVEL EXPECTATION	Summarize a variety of external influences, such as parents, the media, culture, peers and society, on sexual decision-making.
	Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
GRADE LEVEL EXPECTATION	Describe the influences of family, peers, and community on personal health.
	Multimedia Extensions Multimedia Extensions: Confidence
	My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 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 Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
GRADE LEVEL EXPECTATION	Describe the role of family, peers and community on influencing decisions surrounding personal and sexual health.
	Multimedia Extensions Multimedia Extensions: Confidence
	My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 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 Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	2-H.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
GLE / PROFICIENCY	2-H-2.	Investigate how personal values and the economy influence and challenge health behaviors.
GRADE LEVEL EXPECTATION		Report how personal values influence and challenge 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 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	2-H.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
GLE / PROFICIENCY	2-H-4.	Evaluate the impact of technology and media on personal, family, community, and world health.
GRADE LEVEL EXPECTATION	H	Analyze product advertising campaigns that promote good health and disease prevention to determine their validity.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
GRADE LEVEL EXPECTATION		Provide examples of how advanced technology has improved diagnostics and treatment.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

GRADE LEVEL EXPECTATION		Analyze the influence of the Internet and other media on sexual decision-making.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	3-H.	Students will demonstrate the ability to access valid information, products and services to enhance health.
GLE / PROFICIENCY	3-H-1.	Use resources from home, school and community that provide valid health information.
GRADE LEVEL EXPECTATION	3-H-1.3.	Demonstrate the ability to access a trusted adult who can provide accurate information about sexual health (e.g., contraception, dating abuse).
		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 Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT	LA.HE.	Health Education
BENCHMARK / GLE	3-H.	Students will demonstrate the ability to access valid information, products and services to enhance health.
GLE / PROFICIENCY	3-H-2.	Evaluate the validity of health information, products, and services using a variety of resources.
GRADE LEVEL EXPECTATION		Identify criteria for evaluating the validity of health claims of products in advertisements.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
GRADE LEVEL EXPECTATION		Evaluate the validity of health claims in advertisements found in various media (e.g., websites, magazines, television).
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	4-H.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
GLE / PROFICIENCY	4-H-1.	Analyze the short-term and long-term consequences of choices and behaviors throughout the life span.
GRADE LEVEL EXPECTATION		Describe a healthy life-style by comparing and contrasting healthy and unhealthy choices.
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
GRADE LEVEL EXPECTATION	ll .	Explain the relationship between health choices and short- and long-term health goals and outcomes.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
		My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation
		My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	4-H.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
GLE / PROFICIENCY	4-H-2.	Utilize skills for communicating effectively with family, peers, and others to enhance health.
GRADE LEVEL EXPECTATION		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
GRADE LEVEL EXPECTATION		Compose a script for communicating on a health related topic.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GRADE LEVEL EXPECTATION		Demonstrate the communication skills necessary to maintain healthy 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
GRADE LEVEL EXPECTATION		Describe methods to help someone who is in an abusive relationship.
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	4-H.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
GLE / PROFICIENCY	4-H-3.	Demonstrate ways to reduce threatening situations to avoid violence.
GRADE LEVEL EXPECTATION	III I	Present a media presentation on bullying and violence awareness.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	5-H.	Students will demonstrate the ability to use decision-making skills to enhance health.
GLE / PROFICIENCY	5-H-2.	Discuss barriers that can hinder healthy decision-making and how to apply thoughtful decision-making to health-related situations.
GRADE LEVEL EXPECTATION		Identify barriers (e.g., peer pressure, misinformation, desire for acceptance) that hinder health decision-making.
		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
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	5-H.	Students will demonstrate the ability to use decision-making skills to enhance health.
GLE / PROFICIENCY	5-H-3.	Develop the ability to use critical thinking when making decisions related to health needs and risks typical of young adults.
GRADE LEVEL EXPECTATION		Identify effective strategies for decision-making.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 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 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL EXPECTATION		Apply critical decision-making process to a personal health issue or problem.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 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 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK /	6-H.	Students will demonstrate the ability to use goal-setting skills to enhance health.
GLE / PROFICIENCY	6-H-1.	Assess personal health practices and overall health status.
GRADE LEVEL EXPECTATION		Identify goals for attaining lifelong personal health.

		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
		My Roadmap to the Future
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation
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		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT	LA.HE.	Health Education
STANDARD		
BENCHMARK /	6-⊔	Students will demonstrate the ability to use goal-setting skills to enhance health.
GLE	0-п.	Students will demonstrate the ability to use goar-setting skills to enhance health.
GLE /	6-H-2.	Develop a plan to address strengths and needs to attain one or more personal health goals.
PROFICIENCY		
GRADE LEVEL	6-H-2.1.	Identify short- and long-term goals that are measurable.
EXPECTATION		
		Multimedia Extensions
		Multimedia Extensions: Importance of School / Goal-Setting
		My Roadmap to the Future
		Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 6: Highway to Motivation - Lesson 13: Motivation
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
		Describe desirable activities that are related to goal achievement.
EXPECTATION		
		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 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 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning GRADE LEVEL 6-H-2.3. Implement strategies to monitor progress in achieving personal health goals. **EXPECTATION** Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning GRADE LEVEL 6-H-2.4. Formulate a long-term personal health plan based upon current health status. **EXPECTATION** Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation

My Success Roadmap

Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals

		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	7-H.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
GLE / PROFICIENCY	7-H-1.	Identify and describe risk reduction activities.
GRADE LEVEL EXPECTATION		List ways that television and movie advertising influence risk-taking behavior. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	7-H.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
GLE / PROFICIENCY	7-H-2.	Describe the role of individual responsibility for enhancing health.
GRADE LEVEL EXPECTATION		Develop a log or food diary to compare personal diet to the dietary requirements. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
GRADE LEVEL EXPECTATION		Examine the selection of healthcare providers and products such as physicians, hospitals, health and accident insurances, life insurance, day care centers, and nursing homes.
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	7-H.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

GLE / PROFICIENCY	7-H-5.	Examine strategies to manage stress.
GRADE LEVEL EXPECTATION		Identify ways and outlets to deal with stress.
		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
		My Roadmap to the Future
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 09: Finding Balance
		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
GRADE LEVEL EXPECTATION		Develop a plan of action for avoiding or managing the impact of stress.
		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 09: Finding Balance
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		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
GRADE LEVEL EXPECTATION		Identify sources of information that are available for any stress-related problems that are the consequence of mental, emotional, or social problems.
		My Suggess Peadman
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT	LA.HE.	Health Education
STANDARD	LA.IIL.	Floatiff Eddodion
BENCHMARK / GLE	8-H.	Students will demonstrate the ability to advocate for personal, family and community health.
GLE / PROFICIENCY	8-H-1.	Identify effective strategies to overcome barriers or attitudes when communicating about health issues.

GRADE LEVEL EXPECTATION		Demonstrate how effective communications skills strengthen family relationships and friendships.
		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
GRADE LEVEL EXPECTATION	8-H-1.4.	Use a creative medium (e.g., poem, poster, song) to advocate to family and peers about good health choices by identifying positive health behaviors.
		My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence
		My Success Roadmap 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 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress
CONTENT	LA.HE.	Health Education
BENCHMARK / GLE	8-H.	Students will demonstrate the ability to advocate for personal, family and community health.
GLE / PROFICIENCY	8-H-2.	Demonstrate techniques that support others in obtaining quality healthcare.
GRADE LEVEL EXPECTATION		Adopt health messages and communication techniques to support a health cause.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD	LA.PE1.	Physical Education I
BENCHMARK / GLE	3-H:	Exhibits a physically active lifestyle.
GLE / PROFICIENCY	3-H-1:	Utilizes available community resources to promote an active lifestyle.
GRADE LEVEL EXPECTATION	3-H-1.1	Compile a list of available community resources to promote an active lifestyle: bowling, badminton, aerobics, handball, racquetball, Pilates, yoga and martial arts, archery, canoeing/boating, hiking, camping, orienteering, fishing, tennis, golf, soccer and biking.
		Multimedia Extensions

		Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION		Journal activities related to community participation.
		Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	LA.PE1.	Physical Education I
BENCHMARK / GLE	3-H:	Exhibits a physically active lifestyle.
GLE / PROFICIENCY	3-H-2:	Participates in lifetime recreational activities specific to fitness components.
GRADE LEVEL EXPECTATION		Identify recreational activities that they enjoy.
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION		Plan and organize an age-appropriate outdoor activity that promotes the maintenance of wellness.
		Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	LA.PE1.	Physical Education I
BENCHMARK / GLE	3-H:	Exhibits a physically active lifestyle.
GLE / PROFICIENCY	3-H-3:	Participates regularly in physical activities that contribute to improved physical fitness and wellness.
GRADE LEVEL EXPECTATION		Participate in a variety of activities, such as aerobic exercise, that develop cardiovascular endurance, flexibility, muscular endurance, and muscular strength.
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION		Chart participation in a recreational program in the evening and/or weekends.
		Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	LA.PE1.	Physical Education I

BENCHMARK /	4-H:	Achieves and maintains a health-enhancing level of physical fitness.
GLE		
GLE /	4-H-3:	Designs health-related fitness programs based on accurately assessed fitness profiles.
PROFICIENCY	- -11-3.	program bases from the program based on accuracy assessed miless profiles.
. Ito ioiLitoi		
GRADE LEVEL	4-H-3.1	Plan and organize a personal fitness program that will enable one to achieve the
EXPECTATION		specified goals previously set.
		Maritime alle Fateuraleure
		Multimedia Extensions Multimedia Extensions: Confidence
		Multimedia Extensions: Collidence Multimedia Extensions: Motivation
		The state of the s
CONTENT	LA.PE2.	Physical Education II
STANDARD		
BENCHMARK /	3-H:	Exhibits a physically active lifestyle.
GLE		
GLE /	3-H-1:	Utilizes available community resources to promote an active lifestyle.
PROFICIENCY	3 11 1.	
GRADE LEVEL	3-H-1.1	Participate in a variety of physical activities appropriate for maintaining or enhancing
EXPECTATION		a healthy and active lifestyle.
		Multimedia Extensions
		Multimedia Extensions: Stress
GRADE LEVEL	3-H-1.2	Record physical activity participation in a log or journal.
EXPECTATION		
		Maritime alle Fateureiene
		Multimedia Extensions Multimedia Extensions: Stress
		Widitiffodia Exteriororio. Otress
GRADE LEVEL	3-H-1.3	Record inventory of personal behavior that supports a healthy lifestyle.
EXPECTATION		
		Multimedia Extensions
		Multimedia Extensions: Stress
CONTENT	LA.PE2	Physical Education II
STANDARD		
BENCHMARK /	3-H:	Exhibits a physically active lifestyle.
GLE		
0.57		
GLE / PROFICIENCY	3-H-2:	Participates in lifetime recreational activities specific to fitness components.
PROFICIENCY		
GRADE LEVEL	3-H-2.1	Record the benefits of participation in recreational activities.
EXPECTATION	T -	The second of participation in regional delivings.
		Multimedia Extensions

		Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION	-	Log/journal of personal lifetime/recreational health activities and include the benefits of participation (heart health, eating habits, nutrition).
		Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	LA.PE2.	Physical Education II
BENCHMARK / GLE	3-H:	Exhibits a physically active lifestyle.
GLE / PROFICIENCY	3-H-3:	Participates regularly in physical activities that contribute to improved physical fitness and wellness.
GRADE LEVEL EXPECTATION	-	Teach class members a physical activity that contributes to improved physical fitness.
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION		Demonstrate a physical activity skill that contributes to improved physical fitness.
		Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	LA.PE2.	Physical Education II
BENCHMARK / GLE	4-H:	Achieves and maintains a health-enhancing level of physical fitness.
GLE / PROFICIENCY	4-H-1:	Participates in a variety of health-enhancing physical activities in both school and non-school settings.
GRADE LEVEL EXPECTATION	II I	Plan a personal fitness and conditioning program.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT	LA.PE2.	Physical Education II
BENCHMARK / GLE	4-H:	Achieves and maintains a health-enhancing level of physical fitness.
GLE / PROFICIENCY	4-H-2:	Identifies and evaluates personal physiological response to exercise.

GRADE LEVEL EXPECTATION	4-H-2.3	Develop realistic short-term and long-term personal fitness goals. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	LA.PE2.	Physical Education II
BENCHMARK / GLE	4-H:	Achieves and maintains a health-enhancing level of physical fitness.
GLE / PROFICIENCY	4-H-3:	Designs health-related fitness programs based on accurately assessed fitness profiles.
GRADE LEVEL EXPECTATION	4-H-3.1	Implement a personal fitness program that will enable one to achieve the specified goals previously set.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

Health and PE

Grade 10 - Adopted Health 2011 / PE 2009

CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	1-H.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
GLE / PROFICIENCY	1-H-1.	Predict and analyze how healthy behaviors can affect health status, disease prevention, and potential severity of injury.
GRADE LEVEL EXPECTATION	1-H-1.2.	Design a plan for maintaining good personal hygiene, oral hygiene and getting adequate sleep and rest.
		Multimedia Extensions Multimedia Extensions: Well-Being
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	1-H.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.

GLE / PROFICIENCY	1-H-3.	Describe the interrelationship(s) of mental, emotional, social, and physical health throughout the life span.
GRADE LEVEL EXPECTATION	1-H-3.1.	Provide examples of how physical, mental, emotional, and social health affect one's overall well-being.
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
GRADE LEVEL EXPECTATION	1-H-3.3.	Keep a journal to illustrate how emotions change over a period of time.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GRADE LEVEL EXPECTATION	1-H-3.4.	Research the resources or services available to assist people with mental, emotional, or social health conditions.
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXPECTATION	1-H-3.5.	Summarize healthy and appropriate ways to express feelings.
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	1-H.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
GLE / PROFICIENCY	1-H-4.	Identify the causes, symptoms, treatment and prevention of various diseases and disorders.
GRADE LEVEL EXPECTATION	1-H-4.1.	Compile a list of disorders, their causes and their effects on the body (e.g., eating and genetic disorders).
		My Success Roadmap

		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	2-H.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
GLE / PROFICIENCY	2-H-1.	Analyze how family, peers, and the perception of norms influence healthy and unhealthy behaviors.
GRADE LEVEL EXPECTATION	2-H-1.1.	Describe positive choices involving family members that influence healthy behavior.
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
GRADE LEVEL EXPECTATION	2-H-1.2.	Discuss the influences of healthy and unhealthy behavior of family and peers.
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
GRADE LEVEL EXPECTATION	2-H-1.4.	Summarize a variety of external influences, such as parents, the media, culture, peers and society, on sexual decision-making.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
GRADE LEVEL EXPECTATION	2-H-1.5.	Describe the influences of family, peers, and community on personal health.
		Multimedia Extensions Multimedia Extensions: Confidence
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 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
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
GRADE LEVEL	2-H-1.6.	Describe the role of family, peers and community on influencing decisions
EXPECTATION		surrounding personal and sexual health.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		My Roadmap to the Future
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 4: Stress - Lesson 08: Analyzing Stress
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
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		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT	LA.HE.	Health Education
STANDARD		Floatin Eddouton
BENCHMARK /	2-H.	Students will analyze the influence of family, peers, culture, media, technology
GLE		and other factors on health behaviors.
011		and other ractors on mount behaviore.
GLE /	2-H-2.	Investigate how personal values and the economy influence and challenge health
GLE / PROFICIENCY	2-H-2.	Investigate how personal values and the economy influence and challenge health behaviors.
	2-H-2.	
PROFICIENCY		behaviors.
	2-H-2. 2-H-2.1.	behaviors.
PROFICIENCY GRADE LEVEL		behaviors.
PROFICIENCY GRADE LEVEL		behaviors.
PROFICIENCY GRADE LEVEL		Report how personal values influence and challenge health behaviors.
PROFICIENCY GRADE LEVEL		Report how personal values influence and challenge health behaviors. Multimedia Extensions
PROFICIENCY GRADE LEVEL		Report how personal values influence and challenge health behaviors. Multimedia Extensions Multimedia Extensions: Confidence
PROFICIENCY GRADE LEVEL		Report how personal values influence and challenge health behaviors. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future
PROFICIENCY GRADE LEVEL		Report how personal values influence and challenge health behaviors. Multimedia Extensions Multimedia Extensions: Confidence
PROFICIENCY GRADE LEVEL		Report how personal values influence and challenge health behaviors. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
PROFICIENCY GRADE LEVEL		Report how personal values influence and challenge health behaviors. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
PROFICIENCY GRADE LEVEL		Report how personal values influence and challenge 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
PROFICIENCY GRADE LEVEL		Report how personal values influence and challenge 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
PROFICIENCY GRADE LEVEL		Report how personal values influence and challenge 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 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 07: Social Support
PROFICIENCY GRADE LEVEL		Report how personal values influence and challenge 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 1: Destination Success - Lesson 01: Your Future
PROFICIENCY GRADE LEVEL		Report how personal values influence and challenge 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 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
PROFICIENCY GRADE LEVEL		Report how personal values influence and challenge 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 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
PROFICIENCY GRADE LEVEL		Report how personal values influence and challenge 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 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
GRADE LEVEL EXPECTATION	2-H-2.1.	Report how personal values influence and challenge 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 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
GRADE LEVEL EXPECTATION CONTENT	2-H-2.1.	Report how personal values influence and challenge 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 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
GRADE LEVEL EXPECTATION CONTENT	2-H-2.1.	Report how personal values influence and challenge 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 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
GRADE LEVEL EXPECTATION CONTENT STANDARD	2-H-2.1.	Report how personal values influence and challenge 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 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Health Education
GRADE LEVEL EXPECTATION CONTENT STANDARD	2-H-2.1.	Report how personal values influence and challenge 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 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Health Education
GRADE LEVEL EXPECTATION CONTENT STANDARD	2-H-2.1.	Report how personal values influence and challenge 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 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Health Education
GRADE LEVEL EXPECTATION CONTENT STANDARD BENCHMARK / GLE	2-H-2.1. LA.HE.	Report how personal values influence and challenge 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 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Health Education Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

PROFICIENCY		health.
GRADE LEVEL EXPECTATION	2-H-4.1.	Analyze product advertising campaigns that promote good health and disease prevention to determine their validity. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
GRADE LEVEL	2-H-4.4.	Provide examples of how advanced technology has improved diagnostics and
EXPECTATION		treatment. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
GRADE LEVEL EXPECTATION	2-H-4.5.	Analyze the influence of the Internet and other media on sexual decision-making.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	3-H.	Students will demonstrate the ability to access valid information, products and services to enhance health.
GLE / PROFICIENCY	3-H-1.	Use resources from home, school and community that provide valid health information.
GRADE LEVEL EXPECTATION	3-H-1.3.	Demonstrate the ability to access a trusted adult who can provide accurate information about sexual health (e.g., contraception, dating abuse). 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 Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	3-H.	Students will demonstrate the ability to access valid information, products and services to enhance health.
GLE /	3-H-2.	Evaluate the validity of health information, products, and services using a variety of resources.

PROFICIENCY		
GRADE LEVEL EXPECTATION	3-H-2.1.	Identify criteria for evaluating the validity of health claims of products in advertisements.
		Multimedia Extensions Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
GRADE LEVEL EXPECTATION	3-H-2.2.	Evaluate the validity of health claims in advertisements found in various media (e.g., websites, magazines, television).
		Multimedia Extensions Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	4-H.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
GLE / PROFICIENCY	4-H-1.	Analyze the short-term and long-term consequences of choices and behaviors throughout the life span.
GRADE LEVEL EXPECTATION	4-H-1.1.	Describe a healthy life-style by comparing and contrasting healthy and unhealthy choices.
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
GRADE LEVEL EXPECTATION	4-H-1.2.	Explain the relationship between health choices and short- and long-term health goals and outcomes.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
		My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation
		My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	4-H.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
GLE / PROFICIENCY	4-H-2.	Utilize skills for communicating effectively with family, peers, and others to enhance health.
GRADE LEVEL EXPECTATION	4-H-2.1.	Practice effective communication techniques through role playing.
		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
GRADE LEVEL EXPECTATION	4-H-2.2.	Compose a script for communicating on a health related topic.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GRADE LEVEL EXPECTATION	4-H-2.4.	Demonstrate the communication skills necessary to maintain healthy 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
GRADE LEVEL EXPECTATION	4-H-2.5.	Describe methods to help someone who is in an abusive relationship.
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	4-H.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
GLE / PROFICIENCY	4-H-3.	Demonstrate ways to reduce threatening situations to avoid violence.
GRADE LEVEL EXPECTATION	4-H-3.3.	Present a media presentation on bullying and violence awareness.

		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	5-H.	Students will demonstrate the ability to use decision-making skills to enhance health.
GLE / PROFICIENCY	5-H-2.	Discuss barriers that can hinder healthy decision-making and how to apply thoughtful decision-making to health-related situations.
GRADE LEVEL EXPECTATION	5-H-2.2.	Identify barriers (e.g., peer pressure, misinformation, desire for acceptance) that hinder health decision-making.
		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 Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	5-H.	Students will demonstrate the ability to use decision-making skills to enhance health.
GLE / PROFICIENCY	5-H-3.	Develop the ability to use critical thinking when making decisions related to health needs and risks typical of young adults.
GRADE LEVEL EXPECTATION	5-H-3.1.	Identify effective strategies for decision-making.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL EXPECTATION	5-H-3.2.	Apply critical decision-making process to a personal health issue or problem.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

		Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	6-H.	Students will demonstrate the ability to use goal-setting skills to enhance health.
GLE / PROFICIENCY	6-H-1.	Assess personal health practices and overall health status.
GRADE LEVEL EXPECTATION	6-H-1.2.	Identify goals for attaining lifelong personal health.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
		Withinfedia Extensions. Wotivation
		My Roadmap to the Future
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
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		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT	LA.HE.	Health Education
STANDARD		
BENCHMARK/	6-H.	Students will demonstrate the ability to use goal-setting skills to enhance health.
GLE		
GLE /	6-H-2.	Develop a plan to address strengths and needs to attain one or more personal health goals.
PROFICIENCY	0-11-2.	23.3.5. a planto addices energine and needs to addin one of more personal nearly goals.
. NOI IOIEIIOI		
GRADE LEVEL	6-H-2.1.	Identify short- and long-term goals that are measurable.
EXPECTATION	0-11-2.1.	adminy short and long term goals that are incasulable.
LAFLUIATION		
		Multimodia Extensions
		Multimedia Extensions
		Multimedia Extensions: Importance of School / Goal-Setting
		Mu Deadwar to the Future
		My Roadmap to the Future
		Unit 1: Success, Education, & Work - Lesson 01: Defining Success

	Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
	Unit 2: Confidence - Lesson 04: Analyzing Confidence
	Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
	Unit 6: Motivation - Lesson 11: Showing Motivation
	Unit 6: Motivation - Lesson 12: Analyzing Motivation
	Onit 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 6: Highway to Motivation - Lesson 13: Motivation
	Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
	Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL 6-I EXPECTATION	H-2.2. Describe desirable activities that are related to goal achievement.
	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 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
	Onit o. Motivation Lesson 12.7 Mary 2mg Wotivation
	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 6: Highway to Motivation - Lesson 14: Analyzing Motivation
	Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL 6-I	H-2.3. Implement strategies to monitor progress in achieving personal health goals.
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	Multimedia Extensions
	Multimedia Extensions: Importance of School / Goal-Setting
	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
1	Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
The state of the s	Unit 6: Motivation - Lesson 11: Showing Motivation
	Unit 6: Motivation - Lesson 12: Analyzing Motivation
	My Success Roadmap
	My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future
	My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals
	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
	My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL EXPECTATION	6-H-2.4.	Formulate a long-term personal health plan based upon current health status.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
		My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation
		My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	7-H.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
GLE / PROFICIENCY	7-H-1.	Identify and describe risk reduction activities.
GRADE LEVEL EXPECTATION	7-H-1.2.	List ways that television and movie advertising influence risk-taking behavior.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	7-H.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
GLE / PROFICIENCY	7-H-2.	Describe the role of individual responsibility for enhancing health.
GRADE LEVEL EXPECTATION	7-H-2.2.	Develop a log or food diary to compare personal diet to the dietary requirements.
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being

GRADE LEVEL EXPECTATION	7-H-2.3.	Examine the selection of healthcare providers and products such as physicians, hospitals, health and accident insurances, life insurance, day care centers, and nursing homes. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	7-H.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
GLE / PROFICIENCY	7-H-5.	Examine strategies to manage stress.
GRADE LEVEL EXPECTATION	7-H-5.1.	Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXPECTATION	7-H-5.2.	Develop a plan of action for avoiding or managing the impact of stress. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL	7-H-5.3.	Identify sources of information that are available for any stress-related problems that are the consequence of mental, emotional, or social problems.

EXPECTATION		
EXI ESTATION		
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	LA.HE.	Health Education
DENOUMARIA.		
BENCHMARK / GLE	8-H.	Students will demonstrate the ability to advocate for personal, family and community health.
GLE / PROFICIENCY	8-H-1.	Identify effective strategies to overcome barriers or attitudes when communicating about health issues.
GRADE LEVEL EXPECTATION	8-H-1.3.	Demonstrate how effective communications skills strengthen family relationships and friendships.
		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
GRADE LEVEL	8-H-1.4.	Use a creative medium (e.g., poem, poster, song) to advocate to family and
EXPECTATION		peers about good health choices by identifying positive health behaviors.
		My Roadmap to the Future
		Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
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		My Success Roadmap 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 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	8-H.	Students will demonstrate the ability to advocate for personal, family and community health.
GLE / PROFICIENCY	8-H-2.	Demonstrate techniques that support others in obtaining quality healthcare.
GRADE LEVEL	8-H-2.3.	Adopt health messages and communication techniques to support a health
EXPECTATION		cause.
		N. C
		My Success Roadmap
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
		Onit 2. Finghway to Confidence - Lesson ou. Analyzing School Confidence

CONTENT	LA.PE1.	Physical Education I
BENCHMARK / GLE	3-H:	Exhibits a physically active lifestyle.
GLE / PROFICIENCY	3-H-1:	Utilizes available community resources to promote an active lifestyle.
GRADE LEVEL EXPECTATION	3-H-1.1	Compile a list of available community resources to promote an active lifestyle: bowling, badminton, aerobics, handball, racquetball, Pilates, yoga and martial arts, archery, canoeing/boating, hiking, camping, orienteering, fishing, tennis, golf, soccer and biking.
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION	3-H-1.2	Journal activities related to community participation.
		Multimedia Extensions Multimedia Extensions: Stress
CONTENT	LA.PE1.	Physical Education I
BENCHMARK / GLE	3-H:	Exhibits a physically active lifestyle.
GLE / PROFICIENCY	3-H-2:	Participates in lifetime recreational activities specific to fitness components.
GRADE LEVEL EXPECTATION	3-H-2.1	Identify recreational activities that they enjoy.
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION	3-H-2.2	Plan and organize an age-appropriate outdoor activity that promotes the maintenance of wellness.
		Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	LA.PE1.	Physical Education I
BENCHMARK / GLE	3-H:	Exhibits a physically active lifestyle.
GLE / PROFICIENCY	3-H-3:	Participates regularly in physical activities that contribute to improved physical fitness and wellness.

GRADE LEVEL EXPECTATION	3-H-3.1	Participate in a variety of activities, such as aerobic exercise, that develop cardiovascular endurance, flexibility, muscular endurance, and muscular strength.
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION	3-H-3.2	Chart participation in a recreational program in the evening and/or weekends.
		Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	LA.PE1.	Physical Education I
BENCHMARK / GLE	4-H:	Achieves and maintains a health-enhancing level of physical fitness.
GLE / PROFICIENCY	4-H-3:	Designs health-related fitness programs based on accurately assessed fitness profiles.
GRADE LEVEL EXPECTATION	4-H-3.1	Plan and organize a personal fitness program that will enable one to achieve the specified goals previously set.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	LA.PE2.	Physical Education II
BENCHMARK / GLE	3-H:	Exhibits a physically active lifestyle.
GLE / PROFICIENCY	3-H-1:	Utilizes available community resources to promote an active lifestyle.
GRADE LEVEL EXPECTATION	3-H-1.1	Participate in a variety of physical activities appropriate for maintaining or enhancing a healthy and active lifestyle.
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION	3-H-1.2	Record physical activity participation in a log or journal.
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL	3-H-1.3	Record inventory of personal behavior that supports a healthy lifestyle.

EXPECTATION		
LAILOTATION		Multimedia Extensions
		Multimedia Extensions: Stress
CONTENT	LA.PE2.	Physical Education II
STANDARD		
BENCHMARK /	3-H:	Exhibits a physically active lifestyle.
GLE		
01.5 /	0.11.0	Participates in lifetime recreational activities specific to fitness components.
GLE / PROFICIENCY	3-H-2:	Participates in illetime recreational activities specific to fittless components.
1 KOI IOILIOI		
GRADE LEVEL	3-H-2.1	Record the benefits of participation in recreational activities.
EXPECTATION		' '
		Multimedia Extensions
		Multimedia Extensions: Stress
GRADE LEVEL	211.00	Log/journal of paragnal lifetime/regressional health asticities and include the
EXPECTATION	3-H-2.2	Log/journal of personal lifetime/recreational health activities and include the benefits of participation (heart health, eating habits, nutrition).
LAILOTATION		benefits of participation (near nearin, eating habits, nutrition).
		Multimedia Extensions
		Multimedia Extensions: Stress
CONTENT	LA.PE2.	Physical Education II
STANDARD		
BENCHMARK /	3-H:	Exhibits a physically active lifestyle.
GLE	3-11.	Exhibits a physically active illestyle.
GLE /	3-H-3:	Participates regularly in physical activities that contribute to improved physical fitness and
PROFICIENCY		wellness.
GRADE LEVEL	3-H-3.1	Teach class members a physical activity that contributes to improved physical
EXPECTATION		fitness.
		Multimedia Extensions
		Multimedia Extensions: Stress
GRADE LEVEL	3-H-3.2	Demonstrate a physical activity skill that contributes to improved physical fitness.
EXPECTATION		
		Multimedia Extensions
		Multimedia Extensions Multimedia Extensions: Stress
		The state of the s
CONTENT	LA.PE2.	Physical Education II
STANDARD		
BENCHMARK/	4-H:	Achieves and maintains a health-enhancing level of physical fitness.
GLE		

GLE / PROFICIENCY	4-H-1:	Participates in a variety of health-enhancing physical activities in both school and non-school settings.
GRADE LEVEL EXPECTATION	4-H-1.1	Plan a personal fitness and conditioning program.
		Multimedia Extensions
		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
		Multimedia Extensions. Motivation
CONTENT STANDARD	LA.PE2.	Physical Education II
BENCHMARK / GLE	4-H:	Achieves and maintains a health-enhancing level of physical fitness.
GLE / PROFICIENCY	4-H-2:	Identifies and evaluates personal physiological response to exercise.
GRADE LEVEL EXPECTATION	4-H-2.3	Develop realistic short-term and long-term personal fitness goals.
		Multimedia Extensions
		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
		Withinedia Extensions, Wottvation
CONTENT STANDARD	LA.PE2.	Physical Education II
BENCHMARK/ GLE	4-H:	Achieves and maintains a health-enhancing level of physical fitness.
GLE / PROFICIENCY	4-H-3:	Designs health-related fitness programs based on accurately assessed fitness profiles.
GRADE LEVEL EXPECTATION	4-H-3.1	Implement a personal fitness program that will enable one to achieve the specified goals previously set.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

Louisiana Content Standards

Health and PE

Grade 11 - Adopted Health 2011 / PE 2009

CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE		Students will comprehend concepts related to health promotion and disease prevention to enhance health.

GLE / PROFICIENCY	1-H-1.	Predict and analyze how healthy behaviors can affect health status, disease prevention, and potential severity of injury.
GRADE LEVEL EXPECTATION	1-H-1.2.	Design a plan for maintaining good personal hygiene, oral hygiene and getting adequate sleep and rest. Multimedia Extensions Multimedia Extensions: Well-Being My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	1-H.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
GLE / PROFICIENCY	1-H-3.	Describe the interrelationship(s) of mental, emotional, social, and physical health throughout the life span.
GRADE LEVEL EXPECTATION		Provide examples of how physical, mental, emotional, and social health affect one's overall well-being. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
GRADE LEVEL EXPECTATION	1-H-3.3.	Keep a journal to illustrate how emotions change over a period of time. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GRADE LEVEL EXPECTATION	1-H-3.4.	Research the resources or services available to assist people with mental, emotional, or social health conditions. My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL	1-H-3.5.	Summarize healthy and appropriate ways to express feelings.

EXPECTATION		
		My Roadmap to the Future
		Unit 3: Connections - Lesson 06: Analyzing Support
CONTENT	LA.HE.	Health Education
STANDARD		
BENCHMARK / GLE	1-H.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
GLE / PROFICIENCY	1-H-4.	Identify the causes, symptoms, treatment and prevention of various diseases and disorders.
GRADE LEVEL EXPECTATION	1-H-4.1.	Compile a list of disorders, their causes and their effects on the body (e.g., eating and genetic disorders).
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	2-H.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
GLE / PROFICIENCY	2-H-1.	Analyze how family, peers, and the perception of norms influence healthy and unhealthy behaviors.
GRADE LEVEL EXPECTATION	2-H-1.1.	Describe positive choices involving family members that influence healthy behavior.
		My Roadmap to the Future
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 4: Stress - Lesson 08: Analyzing Stress
		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
GRADE LEVEL EXPECTATION	2-H-1.2.	Discuss the influences of healthy and unhealthy behavior of family and peers.
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
GRADE LEVEL	2-H-1.4.	Summarize a variety of external influences, such as parents, the media, culture, peers and society, on sexual decision-making.

EXPECTATION		
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
GRADE LEVEL EXPECTATION	2-H-1.5.	Describe the influences of family, peers, and community on personal health.
		Multimedia Extensions Multimedia Extensions: Confidence
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 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 Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
GRADE LEVEL EXPECTATION	2-H-1.6.	Describe the role of family, peers and community on influencing decisions surrounding personal and sexual health.
		Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 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 Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	2-H.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
GLE / PROFICIENCY	2-H-2.	Investigate how personal values and the economy influence and challenge health behaviors.
GRADE LEVEL EXPECTATION	2-H-2.1.	Report how personal values influence and challenge 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 1: Destination Success - Lesson 01: Your Future
		Unit 3: Highway Connections - Lesson 07: Social Support
		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
		Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
CONTENT	LA.HE.	Health Education
STANDARD		
BENCHMARK /	2-H.	Students will analyze the influence of family, peers, culture, media, technology
GLE	2-11.	and other factors on health behaviors.
GLE		and other factors on fleatin behaviors.
GLE /	2-H-4.	Evaluate the impact of technology and media on personal, family, community, and world
PROFICIENCY		health.
GRADE LEVEL	2-H-4.1.	Analyze product advertising campaigns that promote good health and disease
EXPECTATION		prevention to determine their validity.
		,
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
GRADE LEVEL	2-H-4.4.	Provide examples of how advanced technology has improved diagnostics and
EXPECTATION		treatment.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
		Waterriodia Exteriororio: Wottvation
CDADE LEVEL	21145	Analyza the influence of the Internet and other modic on covad decision making
GRADE LEVEL	∠-H-4.5.	Analyze the influence of the Internet and other media on sexual decision-making.
EXPECTATION		
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
CONTENT	LA.HE.	Health Education
STANDARD		
BENCHMARK /	2 Ц	Students will demonstrate the ability to access valid information, products and
	3-H.	Students will demonstrate the ability to access valid information, products and
GLE		services to enhance health.
GLE /	3-H-1.	Use resources from home, school and community that provide valid health information.
PROFICIENCY		
GRADE LEVEL	3-H-1 3	Demonstrate the ability to access a trusted adult who can provide accurate
EXPECTATION	11-1.3.	information about sexual health (e.g., contraception, dating abuse).
LAFLOTATION		information about sexual health (e.g., contraception, dating abuse).
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		My Roadmap to the Future
		Unit 3: Connections - Lesson 05: Making Connections
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		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support
		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
		Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
		Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT	LA.HE.	Health Education
STANDARD		
BENCHMARK /	3-H.	Students will demonstrate the ability to access valid information, products and
GLE		services to enhance health.
GLE /	3-H-2.	Evaluate the validity of health information, products, and services using a variety of
PROFICIENCY		resources.
	0.11.5.	
GRADE LEVEL	3-H-2.1.	Identify criteria for evaluating the validity of health claims of products in
EXPECTATION		advertisements.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
		Traditional Extendione: Motivation
GRADE LEVEL	3-H-2.2.	Evaluate the validity of health claims in advertisements found in various media
EXPECTATION		(e.g., websites, magazines, television).
		, , , ,
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
CONTENT		Harlth Education
CONTENT STANDARD	LA.HE.	Health Education
STANDARD		
BENCHMARK /	4-H.	Students will demonstrate the ability to use interpersonal communication skills to
GLE		enhance health and avoid or reduce health risks.
GLE /	4-H-1.	Analyze the short-term and long-term consequences of choices and behaviors throughout
PROFICIENCY		the life span.
GRADE LEVEL	4-H-1.1.	Describe a healthy life-style by comparing and contrasting healthy and unhealthy
EXPECTATION		choices.
		My Success Roadmap
		Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
004051575	4.11.5.5	
GRADE LEVEL	4-H-1.2.	Explain the relationship between health choices and short- and long-term health
EXPECTATION		goals and outcomes.

		Multimedia Extensions
		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
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		My Roadmap to the Future
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		· ·
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT	LA.HE.	Health Education
BENCHMARK /	4-H.	Students will demonstrate the ability to use interpersonal communication skills to
GLE		enhance health and avoid or reduce health risks.
GLE /	4-H-2.	Utilize skills for communicating effectively with family, peers, and others to enhance health.
PROFICIENCY		
GRADE LEVEL	4-H-2.1.	Practice effective communication techniques through role playing.
EXPECTATION		
		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
GRADE LEVEL	4-H-2.2.	Compose a script for communicating on a health related topic.
EXPECTATION		
		My Success Roadmap
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GRADE LEVEL	4-H-2.4.	
EXPECTATION		relationships.
		Mu Des draws to the Future
		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
		Other of information - Lesson 12. Analyzing Motivation
GRADE LEVEL	41105	Describe methods to help company who is in an abyeive relationship
EXPECTATION	4-H-2.5.	Describe methods to help someone who is in an abusive relationship.
EXPECTATION		
T. Control of the Con	II .	II I

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		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT	LA.HE.	Health Education
STANDARD		
BENCHMARK /	4-H.	Students will demonstrate the ability to use interpersonal communication skills to
GLE		enhance health and avoid or reduce health risks.
GLE /	4-H-3.	Demonstrate ways to reduce threatening situations to avoid violence.
PROFICIENCY		
GRADE LEVEL	4-H-3.3.	Present a media presentation on bullying and violence awareness.
EXPECTATION		, , ,
		My Success Roadmap
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
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CONTENT	LA.HE.	Health Education
STANDARD		
BENCHMARK /	5-H.	Students will demonstrate the ability to use decision-making skills to enhance
GLE		health.
GLE /	5-H-2.	Discuss barriers that can hinder healthy decision-making and how to apply thoughtful
PROFICIENCY		decision-making to health-related situations.
GRADE LEVEL	5-H-2.2.	Identify barriers (e.g., peer pressure, misinformation, desire for acceptance) that
EXPECTATION	0 11 2.2.	hinder health decision-making.
		The same according to
		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 Strees - Lesson 10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT	LA.HE.	Health Education
STANDARD		
BENCHMARK /	5-H.	Students will demonstrate the ability to use decision-making skills to enhance
GLE		health.
GLE /	5-H-3.	Develop the ability to use critical thinking when making decisions related to health needs
PROFICIENCY		and risks typical of young adults.
GRADE LEVEL	5-H-3.1.	Identify effective strategies for decision-making.
EXPECTATION		,
		My Success Roadmap
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		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL	5-H-3.2.	Apply critical decision-making process to a personal health issue or problem.
EXPECTATION		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	6-H.	Students will demonstrate the ability to use goal-setting skills to enhance health.
GLE / PROFICIENCY	6-H-1.	Assess personal health practices and overall health status.
GRADE LEVEL EXPECTATION	6-H-1.2.	Identify goals for attaining lifelong personal health.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
		My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation
		My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	6-H.	Students will demonstrate the ability to use goal-setting skills to enhance health.
GLE / PROFICIENCY	6-H-2.	Develop a plan to address strengths and needs to attain one or more personal health goals.
GRADE LEVEL EXPECTATION	6-H-2.1.	Identify short- and long-term goals that are measurable.
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
		My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL EXPECTATION	6-H-2.2.	Describe desirable activities that are related to goal achievement.
		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 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 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL	6-H-2.3.	Implement strategies to monitor progress in achieving personal health goals.

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EXPECTATION		Multimedia Extensions
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
		Multimedia Extensions. Importance of School / Goal-Setting
		My Roadmap to the Future
		Unit 1: Success, Education, & Work - Lesson 01: Defining Success
		Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL	6-H-2 4	Formulate a long-term personal health plan based upon current health status.
EXPECTATION	0-Π-2.4.	ormulate a long-term personal nealth plan based upon current nealth status.
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		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
		My Roadmap to the Future
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
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		My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 01: Your Goals
		Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
		, , ,
CONTENT	LA.HE.	Health Education
STANDARD		
BENCHMARK/	7-H.	Students will demonstrate the ability to practice health-enhancing behaviors and
GLE		avoid or reduce health risks.
GLE /	7-H-1.	Identify and describe risk reduction activities.
PROFICIENCY		
CDADE LEVEL	71140	List ways that talevision and was in a heating influence in the list of the li
GRADE LEVEL	7-H-1.2.	List ways that television and movie advertising influence risk-taking behavior.
EXPECTATION		
		Multimedia Extensions
		MURINIGUIA LACCIISIUIIS

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		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
CONTENT	LA.HE.	Health Education
STANDARD		
BENCHMARK /	7-H.	Students will demonstrate the ability to practice health-enhancing behaviors and
GLE		avoid or reduce health risks.
GLE /	7-H-2.	Describe the role of individual responsibility for enhancing health.
PROFICIENCY		
GRADE LEVEL	7-H-2.2.	Develop a log or food diary to compare personal diet to the dietary requirements.
EXPECTATION		
		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		- · · · · · · · · · · · · · · · · · · ·
GRADE LEVEL	7-H-2.3.	Examine the selection of healthcare providers and products such as physicians,
EXPECTATION		hospitals, health and accident insurances, life insurance, day care centers, and
		nursing homes.
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		and the second s
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support
CONTENT	LA.HE.	Health Education
STANDARD	LA.HE.	Health Education
OTANDAND		
BENCHMARK/	7-H.	Students will demonstrate the ability to practice health-enhancing behaviors and
GLE		avoid or reduce health risks.
GLE		avoid or reduce nealth risks.
GLE /	7-H-5.	Examine strategies to manage stress.
	7-H-5.	
GLE / PROFICIENCY		Examine strategies to manage stress.
GLE / PROFICIENCY		
GLE / PROFICIENCY		Examine strategies to manage stress.
GLE / PROFICIENCY		Examine strategies to manage stress.
GLE / PROFICIENCY		Examine strategies to manage stress. Identify ways and outlets to deal with stress.
GLE / PROFICIENCY		Examine strategies to manage stress. Identify ways and outlets to deal with stress. Multimedia Extensions
GLE / PROFICIENCY		Examine strategies to manage stress. Identify ways and outlets to deal with stress. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
GLE / PROFICIENCY		Examine strategies to manage stress. Identify ways and outlets to deal with stress. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future
GLE / PROFICIENCY		Examine strategies to manage stress. Identify ways and outlets to deal with stress. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure
GLE / PROFICIENCY		Examine strategies to manage stress. Identify ways and outlets to deal with stress. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future
GLE / PROFICIENCY		Examine strategies to manage stress. Identify ways and outlets to deal with stress. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure
GLE / PROFICIENCY		Examine strategies to manage stress. Identify ways and outlets to deal with stress. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
GLE / PROFICIENCY		Examine strategies to manage stress. Identify ways and outlets to deal with stress. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
GLE / PROFICIENCY		Examine strategies to manage stress. Identify ways and outlets to deal with stress. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
GLE / PROFICIENCY		Examine strategies to manage stress. Identify ways and outlets to deal with stress. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress

GRADE LEVEL EXPECTATION	7-H-5.2.	Develop a plan of action for avoiding or managing the impact of stress.
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXPECTATION	7-H-5.3.	Identify sources of information that are available for any stress-related problems that are the consequence of mental, emotional, or social problems.
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	8-H.	Students will demonstrate the ability to advocate for personal, family and community health.
GLE / PROFICIENCY	8-H-1.	Identify effective strategies to overcome barriers or attitudes when communicating about health issues.
GRADE LEVEL EXPECTATION	8-H-1.3.	Demonstrate how effective communications skills strengthen family relationships and friendships.
		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
GRADE LEVEL EXPECTATION	8-H-1.4.	Use a creative medium (e.g., poem, poster, song) to advocate to family and peers about good health choices by identifying positive health behaviors.
		My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence
		My Success Roadmap 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 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress	
CONTENT STANDARD	LA.HE.	Health Education	
BENCHMARK / GLE	8-H.	Students will demonstrate the ability to advocate for personal, family and community health.	
GLE / PROFICIENCY	8-H-2.	Demonstrate techniques that support others in obtaining quality healthcare.	
GRADE LEVEL EXPECTATION	8-H-2.3.	Adopt health messages and communication techniques to support a health cause. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence	
CONTENT STANDARD	LA.PE1.	Physical Education I	
BENCHMARK / GLE	3-H:	Exhibits a physically active lifestyle.	
GLE / PROFICIENCY	3-H-1:	Utilizes available community resources to promote an active lifestyle.	
GRADE LEVEL EXPECTATION	3-H-1.1	Compile a list of available community resources to promote an active lifestyle: bowling, badminton, aerobics, handball, racquetball, Pilates, yoga and martial arts, archery, canoeing/boating, hiking, camping, orienteering, fishing, tennis, golf, soccer and biking. Multimedia Extensions Multimedia Extensions: Stress	
GRADE LEVEL EXPECTATION	3-H-1.2	Journal activities related to community participation. Multimedia Extensions Multimedia Extensions: Stress	
CONTENT STANDARD	LA.PE1.	Physical Education I	
BENCHMARK / GLE	3-H:	Exhibits a physically active lifestyle.	
GLE / PROFICIENCY	3-H-2:	Participates in lifetime recreational activities specific to fitness components.	
GRADE LEVEL EXPECTATION	3-H-2.1	Identify recreational activities that they enjoy.	

		Multimedia Extensions
		Multimedia Extensions: Multimedia Extensions: Stress
		INIGITITEGIA L'ALEITSIOTIS. STESS
GRADE LEVEL	2 11 2 2	Dian and arganiza an ago appropriate outdoor activity that promotes the
EXPECTATION	3-H-2.2	Plan and organize an age-appropriate outdoor activity that promotes the maintenance of wellness.
EXPECTATION		maintenance of weiliness.
		Multimedia Extensions
		Multimedia Extensions: Stress
		Withinedia Extensions. Stress
CONTENT	I A DF1	Physical Education I
STANDARD	LA.I L I.	i flysical Education i
OTANDAND		
BENCHMARK /	3-H:	Exhibits a physically active lifestyle.
GLE	3-11.	Exhibits a physically active illestyle.
OLL		
GLE /	3-H-3:	Participates regularly in physical activities that contribute to improved physical fitness and
PROFICIENCY	J-11-J.	wellness.
. NOI IOILIAOT		
GRADE LEVEL	3_∐_3_1	Participate in a variety of activities, such as aerobic exercise, that develop
EXPECTATION	3 11-3.1	cardiovascular endurance, flexibility, muscular endurance, and muscular
ZAI ZOTATION		strength.
		on or ignin
		Multimedia Extensions
		Multimedia Extensions: Stress
GRADE LEVEL	3-H-3.2	Chart participation in a recreational program in the evening and/or weekends.
EXPECTATION		
		Multimedia Extensions
		Multimedia Extensions: Stress
CONTENT	LA.PE1.	Physical Education I
STANDARD		
BENCHMARK /	4-H:	Achieves and maintains a health-enhancing level of physical fitness.
GLE		
GLE /	4-H-3:	Designs health-related fitness programs based on accurately assessed fitness profiles.
PROFICIENCY		
GRADE LEVEL	4-H-3.1	Plan and organize a personal fitness program that will enable one to achieve the
EXPECTATION		specified goals previously set.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
00177		
CONTENT	LA.PE2.	Physical Education II
STANDARD		
BENCHMARK/	3-H:	Exhibits a physically active lifestyle.

GLE		
GLE / PROFICIENCY	3-H-1:	Utilizes available community resources to promote an active lifestyle.
GRADE LEVEL EXPECTATION	3-H-1.1	Participate in a variety of physical activities appropriate for maintaining or enhancing a healthy and active lifestyle. Multimedia Extensions
		Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION	3-H-1.2	Record physical activity participation in a log or journal.
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION	3-H-1.3	Record inventory of personal behavior that supports a healthy lifestyle.
		Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	LA.PE2.	Physical Education II
BENCHMARK / GLE	3-H:	Exhibits a physically active lifestyle.
GLE / PROFICIENCY	3-H-2:	Participates in lifetime recreational activities specific to fitness components.
GRADE LEVEL EXPECTATION	3-H-2.1	Record the benefits of participation in recreational activities.
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION	3-H-2.2	Log/journal of personal lifetime/recreational health activities and include the benefits of participation (heart health, eating habits, nutrition).
		Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	LA.PE2.	Physical Education II
BENCHMARK / GLE	3-H:	Exhibits a physically active lifestyle.
GLE / PROFICIENCY	3-H-3:	Participates regularly in physical activities that contribute to improved physical fitness and wellness.

GRADE LEVEL EXPECTATION	3-H-3.1	Teach class members a physical activity that contributes to improved physical fitness.
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION	3-H-3.2	Demonstrate a physical activity skill that contributes to improved physical fitness.
		Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	LA.PE2.	Physical Education II
BENCHMARK / GLE	4-H:	Achieves and maintains a health-enhancing level of physical fitness.
GLE / PROFICIENCY	4-H-1:	Participates in a variety of health-enhancing physical activities in both school and non- school settings.
GRADE LEVEL EXPECTATION	4-H-1.1	Plan a personal fitness and conditioning program.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT	LA.PE2.	Physical Education II
BENCHMARK / GLE	4-H:	Achieves and maintains a health-enhancing level of physical fitness.
GLE / PROFICIENCY	4-H-2:	Identifies and evaluates personal physiological response to exercise.
GRADE LEVEL EXPECTATION	4-H-2.3	Develop realistic short-term and long-term personal fitness goals.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	LA.PE2.	Physical Education II
BENCHMARK / GLE	4-H:	Achieves and maintains a health-enhancing level of physical fitness.
GLE / PROFICIENCY	4-H-3:	Designs health-related fitness programs based on accurately assessed fitness profiles.

GRADE LEVEL EXPECTATION	Implement a personal fitness program that will enable one to achieve the specified goals previously set.	
	Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation	

Louisiana Content Standards

Health and PE

Grade 12 - Adopted Health 2011 / PE 2009

CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	1-H.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
GLE / PROFICIENCY	1-H-1.	Predict and analyze how healthy behaviors can affect health status, disease prevention, and potential severity of injury.
GRADE LEVEL EXPECTATION	1-H-1.2.	Design a plan for maintaining good personal hygiene, oral hygiene and getting adequate sleep and rest.
		Multimedia Extensions Multimedia Extensions: Well-Being
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	1-H.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
GLE / PROFICIENCY	1-H-3.	Describe the interrelationship(s) of mental, emotional, social, and physical health throughout the life span.
GRADE LEVEL EXPECTATION	1-H-3.1.	Provide examples of how physical, mental, emotional, and social health affect one's overall well-being.
		Multimedia Extensions
		Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		Translate Extensions. Well being
		My Roadmap to the Future
		Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap

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		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
GRADE LEVEL EXPECTATION	1-H-3.3.	Keep a journal to illustrate how emotions change over a period of time.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
		Office 2. Flighway to Confidence - Lesson oo. Analyzing School Confidence
GRADE LEVEL EXPECTATION	1-H-3.4.	Research the resources or services available to assist people with mental, emotional, or social health conditions.
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXPECTATION	1-H-3.5.	Summarize healthy and appropriate ways to express feelings.
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	1-H.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
GLE / PROFICIENCY	1-H-4.	Identify the causes, symptoms, treatment and prevention of various diseases and disorders.
GRADE LEVEL EXPECTATION	1-H-4.1.	Compile a list of disorders, their causes and their effects on the body (e.g., eating and genetic disorders).
		My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
CONTENT	LA.HE.	Health Education
BENCHMARK / GLE	2-H.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
GLE / PROFICIENCY	2-H-1.	Analyze how family, peers, and the perception of norms influence healthy and unhealthy behaviors.
GRADE LEVEL EXPECTATION	2-H-1.1.	Describe positive choices involving family members that influence healthy behavior.

My Roadmap to the Future	
Unit 4: Stress - Lesson 07: Handling Pressure	
Unit 4: Stress - Lesson 08: Analyzing Stress	
My Success Roadmap	
Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Bei	2 4
Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Be	ing
GRADE LEVEL 2-H-1.2. Discuss the influences of healthy and unhealthy behavior of fa	mily and
EXPECTATION peers.	,
My Roadmap to the Future	
Unit 4: Stress - Lesson 07: Handling Pressure	
Unit 4: Stress - Lesson 08: Analyzing Stress	
My Success Roadmap	
Unit 3: Highway Connections - Lesson 07: Social Support	
Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Bei	-
Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Be	ing
GRADE LEVEL 2-H-1.4. Summarize a variety of external influences, such as parents, t	he media
EXPECTATION culture, peers and society, on sexual decision-making.	no modia,
culture, peers and society, on sexual decision-making.	
Multimedia Extensions	
Multimedia Extensions: Confidence	
Multimedia Extensions: Motivation	
Institution 2 Transfer in the state of the s	
GRADE LEVEL 2-H-1.5. Describe the influences of family, peers, and community on pe	ersonal
EXPECTATION health.	
Multimedia Extensions	
Multimedia Extensions: Confidence	
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Mr. Boodman to the Februar	
My Roadmap to the Future	
Unit 4: Stress - Lesson 07: Handling Pressure	
Unit 4: Stress - Lesson 08: Analyzing Stress	
Unit 5: Well-Being - Lesson 10: Analyzing Well-Being	
Unit 6: Motivation - Lesson 12: Analyzing Motivation	
My Success Roadmap	
Unit 3: Highway Connections - Lesson 07: Social Support	
Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Bei	-
Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Be	ing
GRADE LEVEL 2-H-1.6. Describe the role of family, peers and community on influencing	na decisions
EXPECTATION surrounding personal and sexual health.	ig accidions
Surrounding personal and sexual ficallit.	
Multimedia Extensions	
Multimedia Extensions Multimedia Extensions: Confidence	
Multimedia Extensions: Confidence	

CONTENT STANDARD	LA.HE.	Unit 4: Stress - Lesson 08: Analyzing Stress 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 Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Health Education
STANDARD		
BENCHMARK / GLE	2-H.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
GLE / PROFICIENCY	2-H-2.	Investigate how personal values and the economy influence and challenge health behaviors.
GRADE LEVEL EXPECTATION	2-H-2.1.	Report how personal values influence and challenge 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 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
CONTENT	LA.HE.	Health Education
BENCHMARK / GLE	2-H.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
GLE / PROFICIENCY	2-H-4.	Evaluate the impact of technology and media on personal, family, community, and world health.
GRADE LEVEL EXPECTATION	2-H-4.1.	Analyze product advertising campaigns that promote good health and disease prevention to determine their validity. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
GRADE LEVEL EXPECTATION	2-H-4.4.	Provide examples of how advanced technology has improved diagnostics and treatment.

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GRADE LEVEL EXPECTATION	2-H-4.5.	Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Analyze the influence of the Internet and other media on sexual decision-making.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	3-H.	Students will demonstrate the ability to access valid information, products and services to enhance health.
GLE / PROFICIENCY	3-H-1.	Use resources from home, school and community that provide valid health information.
GRADE LEVEL EXPECTATION	3-H-1.3.	Demonstrate the ability to access a trusted adult who can provide accurate information about sexual health (e.g., contraception, dating abuse). 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 Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	3-Н.	Students will demonstrate the ability to access valid information, products and services to enhance health.
GLE / PROFICIENCY	3-H-2.	Evaluate the validity of health information, products, and services using a variety of resources.
GRADE LEVEL EXPECTATION	3-H-2.1.	Identify criteria for evaluating the validity of health claims of products in advertisements. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

GRADE LEVEL EXPECTATION	3-H-2.2.	Evaluate the validity of health claims in advertisements found in various media (e.g., websites, magazines, television).
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	4-H.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
GLE / PROFICIENCY	4-H-1.	Analyze the short-term and long-term consequences of choices and behaviors throughout the life span.
GRADE LEVEL EXPECTATION	4-H-1.1.	Describe a healthy life-style by comparing and contrasting healthy and unhealthy choices.
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
GRADE LEVEL EXPECTATION	4-H-1.2.	Explain the relationship between health choices and short- and long-term health goals and outcomes.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
		My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation
		My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	4-H.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

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GLE / PROFICIENCY	4-H-2.	Utilize skills for communicating effectively with family, peers, and others to enhance health.
GRADE LEVEL EXPECTATION	4-H-2.1.	Practice effective communication techniques through role playing.
		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
GRADE LEVEL EXPECTATION	4-H-2.2.	Compose a script for communicating on a health related topic.
		My Success Roadmap
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of
		School
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GRADE LEVEL EXPECTATION	4-H-2.4.	Demonstrate the communication skills necessary to maintain healthy 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
GRADE LEVEL	4-H-2.5.	Describe methods to help someone who is in an abusive relationship.
EXPECTATION		·
		M. O But I was
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT	LA.HE.	Health Education
STANDARD		
BENCHMARK / GLE	4-H.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
GLE / PROFICIENCY	4-H-3.	Demonstrate ways to reduce threatening situations to avoid violence.
GRADE LEVEL EXPECTATION	4-H-3.3.	Present a media presentation on bullying and violence awareness.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of
		School
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT	LA.HE.	Health Education
STANDARD		

BENCHMARK / GLE	5-H.	Students will demonstrate the ability to use decision-making skills to enhance health.
GLE / PROFICIENCY	5-H-2.	Discuss barriers that can hinder healthy decision-making and how to apply thoughtful decision-making to health-related situations.
GRADE LEVEL EXPECTATION	5-H-2.2.	Identify barriers (e.g., peer pressure, misinformation, desire for acceptance) that hinder health decision-making.
		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 Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT	LA.HE.	Health Education
STANDARD	LA.IIL.	
BENCHMARK / GLE	5-H.	Students will demonstrate the ability to use decision-making skills to enhance health.
GLE / PROFICIENCY	5-H-3.	Develop the ability to use critical thinking when making decisions related to health needs and risks typical of young adults.
GRADE LEVEL EXPECTATION	5-H-3.1.	Identify effective strategies for decision-making.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
		Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing
		Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL	5-H-3.2.	Apply critical decision-making process to a personal health issue or
EXPECTATION		problem.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
		Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	6-H.	Students will demonstrate the ability to use goal-setting skills to enhance health.
GLE / PROFICIENCY	6-H-1.	Assess personal health practices and overall health status.
GRADE LEVEL EXPECTATION	6-H-1.2.	Identify goals for attaining lifelong personal health.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
		My Roadmap to the Future
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing
		Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT	LA.HE.	Health Education
BENCHMARK / GLE	6-H.	Students will demonstrate the ability to use goal-setting skills to enhance health.
GLE /	6-H-2.	Develop a plan to address strengths and needs to attain one or more personal health
PROFICIENCY	0112.	goals.
GRADE LEVEL EXPECTATION	6-H-2.1.	Identify short- and long-term goals that are measurable.
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
		My Roadmap to the Future
		Unit 1: Success, Education, & Work - Lesson 01: Defining Success
		Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
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		Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 6: Highway to Motivation - Lesson 13: Motivation
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL EXPECTATION	6-H-2.2.	Describe desirable activities that are related to goal achievement.
		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 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 01: Your Goals
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of
		School
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
		Offic 7. Creating a Success riighways filinerary - Lesson 15. Action Frankling
GRADE LEVEL	6-H-2.3.	Implement strategies to monitor progress in achieving personal health
EXPECTATION		goals.
		Multimedia Extensions
		Multimedia Extensions: Importance of School / Goal-Setting
		My Roadmap to the Future
		Unit 1: Success, Education, & Work - Lesson 01: Defining Success
		Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of
		School
I		

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL	0.11.0.4	Correculate a large town paragraph hoolth plan based upon accreast books
0.0.0	6-H-2.4.	Formulate a long-term personal health plan based upon current health
EXPECTATION		status.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
		N. B Iven to the Foton
		My Roadmap to the Future
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		M. C Bas Invest
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing
		Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
	II.	
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT		
CONTENT	LA.HE.	Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning Health Education
CONTENT STANDARD	LA.HE.	
STANDARD		Health Education
STANDARD BENCHMARK /	LA.HE.	Health Education Students will demonstrate the ability to practice health-enhancing behaviors
STANDARD		Health Education
STANDARD BENCHMARK / GLE	7-Н.	Health Education Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
STANDARD BENCHMARK / GLE GLE /		Health Education Students will demonstrate the ability to practice health-enhancing behaviors
STANDARD BENCHMARK / GLE	7-Н.	Health Education Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
BENCHMARK / GLE GLE / PROFICIENCY	7-H. 7-H-1.	Health Education Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Identify and describe risk reduction activities.
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	7-Н.	Health Education Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Identify and describe risk reduction activities. List ways that television and movie advertising influence risk-taking
BENCHMARK / GLE GLE / PROFICIENCY	7-H. 7-H-1.	Health Education Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Identify and describe risk reduction activities.
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	7-H. 7-H-1.	Health Education Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Identify and describe risk reduction activities. List ways that television and movie advertising influence risk-taking
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	7-H. 7-H-1.	Health Education Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Identify and describe risk reduction activities. List ways that television and movie advertising influence risk-taking behavior.
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	7-H. 7-H-1.	Health Education Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Identify and describe risk reduction activities. List ways that television and movie advertising influence risk-taking behavior. Multimedia Extensions
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	7-H. 7-H-1.	Health Education Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Identify and describe risk reduction activities. List ways that television and movie advertising influence risk-taking behavior. Multimedia Extensions Multimedia Extensions: Confidence
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL	7-H. 7-H-1.	Health Education Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Identify and describe risk reduction activities. List ways that television and movie advertising influence risk-taking behavior. Multimedia Extensions
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL EXPECTATION	7-H. 7-H-1. 7-H-1.2.	Health Education Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Identify and describe risk reduction activities. List ways that television and movie advertising influence risk-taking behavior. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL EXPECTATION	7-H. 7-H-1.	Health Education Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Identify and describe risk reduction activities. List ways that television and movie advertising influence risk-taking behavior. Multimedia Extensions Multimedia Extensions: Confidence
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL EXPECTATION	7-H. 7-H-1. 7-H-1.2.	Health Education Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Identify and describe risk reduction activities. List ways that television and movie advertising influence risk-taking behavior. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL EXPECTATION CONTENT STANDARD	7-H-1. 7-H-1.2.	Health Education Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Identify and describe risk reduction activities. List ways that television and movie advertising influence risk-taking behavior. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Health Education
BENCHMARK / GLE / PROFICIENCY GRADE LEVEL EXPECTATION CONTENT STANDARD BENCHMARK /	7-H. 7-H-1. 7-H-1.2.	Health Education Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Identify and describe risk reduction activities. List ways that television and movie advertising influence risk-taking behavior. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Health Education Students will demonstrate the ability to practice health-enhancing behaviors
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL EXPECTATION CONTENT STANDARD	7-H-1. 7-H-1.2.	Health Education Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Identify and describe risk reduction activities. List ways that television and movie advertising influence risk-taking behavior. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Health Education
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL EXPECTATION CONTENT STANDARD BENCHMARK / GLE	7-H-1. 7-H-1.2. LA.HE.	Health Education Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Identify and describe risk reduction activities. List ways that television and movie advertising influence risk-taking behavior. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Health Education Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
BENCHMARK / GLE / PROFICIENCY GRADE LEVEL EXPECTATION CONTENT STANDARD BENCHMARK /	7-H-1. 7-H-1.2.	Health Education Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Identify and describe risk reduction activities. List ways that television and movie advertising influence risk-taking behavior. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Health Education Students will demonstrate the ability to practice health-enhancing behaviors
BENCHMARK / GLE GLE / PROFICIENCY GRADE LEVEL EXPECTATION CONTENT STANDARD BENCHMARK / GLE	7-H-1. 7-H-1.2. LA.HE.	Health Education Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Identify and describe risk reduction activities. List ways that television and movie advertising influence risk-taking behavior. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Health Education Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

GRADE LEVEL EXPECTATION	7-H-2.2.	Develop a log or food diary to compare personal diet to the dietary requirements.
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
GRADE LEVEL EXPECTATION	7-H-2.3.	Examine the selection of healthcare providers and products such as physicians, hospitals, health and accident insurances, life insurance, day care centers, and nursing homes.
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
CONTENT STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	7-H.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
GLE / PROFICIENCY	7-H-5.	Examine strategies to manage stress.
GRADE LEVEL EXPECTATION	7-H-5.1.	Identify ways and outlets to deal with stress.
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXPECTATION	7-H-5.2.	Develop a plan of action for avoiding or managing the impact of stress.
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance

		My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXPECTATION	7-H-5.3.	Identify sources of information that are available for any stress-related problems that are the consequence of mental, emotional, or social problems.
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT	LA.HE.	Health Education
BENCHMARK / GLE	8-H.	Students will demonstrate the ability to advocate for personal, family and community health.
GLE / PROFICIENCY	8-H-1.	Identify effective strategies to overcome barriers or attitudes when communicating about health issues.
GRADE LEVEL EXPECTATION	8-H-1.3.	Demonstrate how effective communications skills strengthen family relationships and friendships. 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
GRADE LEVEL EXPECTATION	8-H-1.4.	Use a creative medium (e.g., poem, poster, song) to advocate to family and peers about good health choices by identifying positive health behaviors. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence My Success Roadmap 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 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
STANDARD	LA.HE.	Health Education
BENCHMARK / GLE	8-H.	Students will demonstrate the ability to advocate for personal, family and community health.

GLE /	8-H-2.	Demonstrate techniques that support others in obtaining quality healthcare.
PROFICIENCY	0 11 2.	
GRADE LEVEL	8-H-2.3.	Adopt health messages and communication techniques to support a health
EXPECTATION		cause.
		My Success Roadmap
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of
		School
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT	LA.PE1.	Physical Education I
STANDARD		
BENCHMARK /	3-H:	Exhibits a physically active lifestyle.
GLE		
GLE /	3-H-1:	Utilizes available community resources to promote an active lifestyle.
PROFICIENCY		,,
GRADE LEVEL	3-H-1.1	Compile a list of available community resources to promote an active
EXPECTATION		lifestyle: bowling, badminton, aerobics, handball, racquetball, Pilates, yoga
		and martial arts, archery, canoeing/boating, hiking, camping, orienteering, fishing, tennis, golf, soccer and biking.
		instilling, territis, gott, soccer and biking.
		Multimedia Extensions
		Multimedia Extensions: Stress
GRADE LEVEL	3-H-1.2	Journal activities related to community participation.
EXPECTATION	011112	bournal activities rotated to community participation.
		Multimedia Extensions
		Multimedia Extensions: Stress
CONTENT	LA.PE1.	Physical Education I
STANDARD		
BENCHMARK /	3-H:	Exhibits a physically active lifestyle.
GLE		
GLE /	3-H-2:	Participates in lifetime recreational activities specific to fitness components.
PROFICIENCY	J 11 2.	
GRADE LEVEL	3-H-2.1	Identify recreational activities that they enjoy.
EXPECTATION		
		Multimedia Extensions
		Multimedia Extensions: Stress
GRADE LEVEL	3-H-2.2	Plan and organize an age-appropriate outdoor activity that promotes the
EXPECTATION		maintenance of wellness.

	1	
		Multimedia Extensions
		Multimedia Extensions: Stress
CONTENT	LA.PE1.	Physical Education I
STANDARD	LA.PE1.	Physical Education I
STANDARD		
BENCHMARK /	3-H:	Exhibits a physically active lifestyle.
GLE	J-11.	Exhibits a physically active illestyle.
OLL		
GLE /	3-H-3:	Participates regularly in physical activities that contribute to improved physical fitness
PROFICIENCY		and wellness.
GRADE LEVEL	3-H-3.1	Participate in a variety of activities, such as aerobic exercise, that develop
EXPECTATION		cardiovascular endurance, flexibility, muscular endurance, and muscular
		strength.
		Multimedia Extensions
		Multimedia Extensions: Stress
GRADE LEVEL	3-H-3.2	Chart participation in a recreational program in the evening and/or
EXPECTATION		weekends.
		Multimedia Extensions
		Multimedia Extensions: Stress
CONTENT	LA DE4	Dhusiaal Education I
CONTENT	LA.PE1.	Physical Education I
STANDARD		
BENCHMARK /	4-H:	Achieves and maintains a health-enhancing level of physical fitness.
GLE	711.	Action of the maintains a meaning of the first of physical infiess.
GLE /	4-H-3:	Designs health-related fitness programs based on accurately assessed fitness
PROFICIENCY	•.	profiles.
GRADE LEVEL	4-H-3.1	Plan and organize a personal fitness program that will enable one to
EXPECTATION		achieve the specified goals previously set.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
CONTENT	LA.PE2.	Physical Education II
STANDARD		
BENCHMARK /	3-H:	Exhibits a physically active lifestyle.
GLE		
0157	0.11.4	
GLE /	3-H-1:	Utilizes available community resources to promote an active lifestyle.
PROFICIENCY		
ODADE : EVE	0.11.4.4	Destruction of the state of the
GRADE LEVEL	3-H-1.1	Participate in a variety of physical activities appropriate for maintaining or
		enhancing a healthy and active lifestyle.

EXPECTATION		
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION	3-H-1.2	Record physical activity participation in a log or journal.
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION	3-H-1.3	Record inventory of personal behavior that supports a healthy lifestyle.
		Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	LA.PE2.	Physical Education II
BENCHMARK / GLE	3-H:	Exhibits a physically active lifestyle.
GLE / PROFICIENCY	3-H-2:	Participates in lifetime recreational activities specific to fitness components.
GRADE LEVEL EXPECTATION	3-H-2.1	Record the benefits of participation in recreational activities.
		Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXPECTATION	3-H-2.2	Log/journal of personal lifetime/recreational health activities and include the benefits of participation (heart health, eating habits, nutrition).
		Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	LA.PE2.	Physical Education II
BENCHMARK / GLE	3-H:	Exhibits a physically active lifestyle.
GLE / PROFICIENCY	3-H-3:	Participates regularly in physical activities that contribute to improved physical fitness and wellness.
GRADE LEVEL EXPECTATION	3-H-3.1	Teach class members a physical activity that contributes to improved physical fitness.
		Multimedia Extensions Multimedia Extensions: Stress

GRADE LEVEL EXPECTATION	3-H-3.2	Demonstrate a physical activity skill that contributes to improved physical fitness.
		Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	LA.PE2.	Physical Education II
BENCHMARK / GLE	4-H:	Achieves and maintains a health-enhancing level of physical fitness.
GLE / PROFICIENCY	4-H-1:	Participates in a variety of health-enhancing physical activities in both school and non-school settings.
GRADE LEVEL EXPECTATION	4-H-1.1	Plan a personal fitness and conditioning program.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	LA.PE2.	Physical Education II
BENCHMARK / GLE	4-H:	Achieves and maintains a health-enhancing level of physical fitness.
GLE / PROFICIENCY	4-H-2:	Identifies and evaluates personal physiological response to exercise.
GRADE LEVEL EXPECTATION	4-H-2.3	Develop realistic short-term and long-term personal fitness goals.
		Multimedia Extensions
		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	LA.PE2.	Physical Education II
BENCHMARK / GLE	4-H:	Achieves and maintains a health-enhancing level of physical fitness.
GLE / PROFICIENCY	4-H-3:	Designs health-related fitness programs based on accurately assessed fitness profiles.
GRADE LEVEL EXPECTATION	4-H-3.1	Implement a personal fitness program that will enable one to achieve the specified goals previously set.
		Multimedia Extensions Multimedia Extensions: Confidence

	Multimedia Extensions: Motivation

Social Studies

Grade 9 - Adopted 2011

CONTENT STANDARD	LA.C.	Civics
BENCHMARK / GLE	C.8.	Financial Literacy: Students apply economic principles to make sound personal financial decisions.
GLE / PROFICIENCY	C.8.1.	Explain the relationship between education, training, and career options to future earning potential
		My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
		My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
GLE / PROFICIENCY	C.8.2.	Create a family budget and explain its importance in achieving personal financial goals and avoiding negative financial consequences
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT STANDARD	LA.WH.	World History
BENCHMARK / GLE	WH.1.	Historical Thinking Skills: Students use information and concepts to solve problems, interpret, analyze, and draw conclusions from historical events.
GLE / PROFICIENCY	WH.1.1.	Produce clear and coherent writing for a range of tasks, purposes, and audiences by:
GRADE LEVEL EXPECTATION	WH.1.1.a.	Conducting historical research
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
GRADE LEVEL EXPECTATION	WH.1.1.c.	Comparing and contrasting varied points of view
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
		My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation

		My Success Roadmap 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 3: Highway Connections - Lesson 08: Analyzing Support & Connection
CONTENT STANDARD	LA.WH.	World History
BENCHMARK / GLE	WH.1.	Historical Thinking Skills: Students use information and concepts to solve problems, interpret, analyze, and draw conclusions from historical events.
GLE / PROFICIENCY	WH.1.4.	Analyze historical events through the use of debates, timelines, cartoons, maps, graphs, and other historical sources
		My Success Roadmap
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection

Social Studies

Grade 10 - Adopted 2011

CONTENT STANDARD	LA.C.	Civics
BENCHMARK / GLE	C.8.	Financial Literacy: Students apply economic principles to make sound personal financial decisions.
GLE / PROFICIENCY	C.8.1.	Explain the relationship between education, training, and career options to future earning potential
		My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
		My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
GLE / PROFICIENCY	C.8.2.	Create a family budget and explain its importance in achieving personal financial goals and avoiding negative financial consequences
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT STANDARD	LA.WH.	World History
BENCHMARK / GLE	WH.1.	Historical Thinking Skills: Students use information and concepts to solve

		problems, interpret, analyze, and draw conclusions from historical events.
GLE / PROFICIENCY	WH.1.1.	Produce clear and coherent writing for a range of tasks, purposes, and audiences by:
GRADE LEVEL EXPECTATION	WH.1.1.a.	Conducting historical research
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
GRADE LEVEL EXPECTATION	WH.1.1.c.	Comparing and contrasting varied points of view
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
		My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap 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 3: Highway Connections - Lesson 08: Analyzing Support & Connection
CONTENT STANDARD	LA.WH.	World History
BENCHMARK / GLE	WH.1.	Historical Thinking Skills: Students use information and concepts to solve problems, interpret, analyze, and draw conclusions from historical events.
GLE / PROFICIENCY	WH.1.4.	Analyze historical events through the use of debates, timelines, cartoons, maps, graphs, and other historical sources My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection

Social Studies

Grade 11 - Adopted 2011

CONTENT STANDARD	LA.C.	Civics
BENCHMARK / GLE	C.8.	Financial Literacy: Students apply economic principles to make sound

		personal financial decisions.
GLE / PROFICIENCY	C.8.1.	Explain the relationship between education, training, and career options to future earning potential
		My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
		My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
GLE / PROFICIENCY	C.8.2.	Create a family budget and explain its importance in achieving personal financial goals and avoiding negative financial consequences
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT STANDARD	LA.WH.	World History
BENCHMARK / GLE	WH.1.	Historical Thinking Skills: Students use information and concepts to solve problems, interpret, analyze, and draw conclusions from historical events.
GLE / PROFICIENCY	WH.1.1.	Produce clear and coherent writing for a range of tasks, purposes, and audiences by:
GRADE LEVEL EXPECTATION	WH.1.1.a.	Conducting historical research
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
GRADE LEVEL EXPECTATION	WH.1.1.c.	Comparing and contrasting varied points of view
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
		My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap 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 3: Highway Connections - Lesson 08: Analyzing Support & Connection
CONTENT STANDARD	LA.WH.	World History

BENCHMARK / GLE	WH.1.	Historical Thinking Skills: Students use information and concepts to solve problems, interpret, analyze, and draw conclusions from historical events.
GLE / PROFICIENCY	WH.1.4.	Analyze historical events through the use of debates, timelines, cartoons, maps, graphs, and other historical sources
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection

Social Studies

Grade 12 - Adopted 2011

CONTENT STANDARD	LA.C.	Civics
BENCHMARK / GLE	C.8.	Financial Literacy: Students apply economic principles to make sound personal financial decisions.
GLE / PROFICIENCY	C.8.1.	Explain the relationship between education, training, and career options to future earning potential
		My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
		My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
GLE / PROFICIENCY	C.8.2.	Create a family budget and explain its importance in achieving personal financial goals and avoiding negative financial consequences
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT STANDARD	LA.WH.	World History
BENCHMARK / GLE	WH.1.	Historical Thinking Skills: Students use information and concepts to solve problems, interpret, analyze, and draw conclusions from historical events.
GLE / PROFICIENCY	WH.1.1.	Produce clear and coherent writing for a range of tasks, purposes, and audiences by:
GRADE LEVEL EXPECTATION	WH.1.1.a.	Conducting historical research
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of
		Office 1. Destination Success - Lesson 04. Analyzing the importance of

		School
GRADE LEVEL EXPECTATION	WH.1.1.c.	Comparing and contrasting varied points of view
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap 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 3: Highway Connections - Lesson 08: Analyzing Support & Connection
CONTENT STANDARD	LA.WH.	World History
BENCHMARK / GLE	WH.1.	Historical Thinking Skills: Students use information and concepts to solve problems, interpret, analyze, and draw conclusions from historical events.
GLE / PROFICIENCY	WH.1.4.	Analyze historical events through the use of debates, timelines, cartoons, maps, graphs, and other historical sources My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection

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