

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.	<p>Explain how emotional health (stress) impacts other dimensions of health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
GRADE LEVEL EXPECTATION	1-M-1.2.	<p>Describe appropriate ways to express and deal with emotions and how this can impact other areas of personal health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>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</p>
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.	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
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.	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 EXPECTATION	2-M-2.2.	Discuss the role of the media in supporting gender stereotypes in relationship roles. 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.	Identify the difference between external and internal influences. My Roadmap to the Future

		<p>Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
GRADE LEVEL EXPECTATION	2-M-3.2.	<p>Discuss how individual values and beliefs affect personal decisions to engage in healthy and unhealthy behaviors (e.g., eating and exercising habits, engaging in sexual risk behaviors and choosing abstinence).</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
GRADE LEVEL EXPECTATION	2-M-3.3.	<p>Recognize how external influences can affect an individual's judgment, self-control and behavior (e.g., substance abuse, peer pressure).</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 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</p>
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.	<p>Engage trusted adults at home, school and community in health issues.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>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</p>
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-1.	Demonstrate healthy ways to express needs, wants, feelings and respect of self and others.
GRADE LEVEL EXPECTATION	4-M-1.1.	Use effective listening techniques when communicating with others (active listening).

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
GRADE LEVEL EXPECTATION	4-M-1.2.	<p>Describe healthy ways to express affection, love, friendship and concern.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 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</p>
GRADE LEVEL EXPECTATION	4-M-1.3.	<p>Explain the characteristics of a healthy and unhealthy social relationship.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 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</p>
GRADE LEVEL EXPECTATION	4-M-1.4.	<p>Analyze the relationship between self-respect and healthy social relationships.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>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</p>
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-2.	Demonstrate how to ask for assistance to enhance the health of self and others.
GRADE LEVEL EXPECTATION	4-M-2.1.	<p>Identify techniques for approaching trusted adults.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>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</p>

		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 STANDARD	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

		<p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
GRADE LEVEL EXPECTATION	6-M-1.2.	<p>Adopt a goal to improve a health practice (e.g., increase physical activity, increase time spent with people engaged in positive behaviors, increase healthful eating, practice honest ways to be successful in school, practice abstinence).</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
GRADE LEVEL EXPECTATION	6-M-1.3.	<p>Create a journal to measure accomplishments toward a selected goal.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
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
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). Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXPECTATION	7-M-2.2.	Analyze the risk of impulsive behaviors. 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
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

Louisiana Content Standards

Health and PE

Grade 8 - 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-1.3.	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 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 Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
GRADE LEVEL EXPECTATION	2-M-3.2.	Discuss influence of values and beliefs on healthy relationships (e.g., respecting others, self-respect, positive interactions with others). 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 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-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 / PROFICIENCY	4-M-2.	Demonstrate how to ask for assistance to enhance the health of self and others.
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 EXPECTATION	4-M-3.1.	Role-play appropriate ways to respond to feedback from others.

		<p>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</p>
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.	<p>Describe possible outcomes of using effective communication skills in maintaining healthy family relationships.</p> <p>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</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
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.	<p>Discuss the impact of stress and coping skills on decision-making.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>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 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
GRADE LEVEL EXPECTATION	5-M-1.2.	<p>Demonstrate how to overcome barriers that can hinder healthy decision-making.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future</p>

		<p>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</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
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.	<p>Analyze the positive and negative consequences of a health-related decision.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
GRADE LEVEL EXPECTATION	5-M-2.2.	<p>Prepare a report on the short- and long-term consequences of healthy and unhealthy choices (e.g., abstinence, sexual risk behaviors, alcohol and tobacco use, exercise and healthy eating).</p> <p>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</p>
CONTENT STANDARD	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.	<p>Revise personal health goals in response to changing information, abilities, priorities, and responsibilities.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>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</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
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.	Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
GRADE LEVEL EXPECTATION	7-M-1.1.	<p>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).</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
GRADE LEVEL EXPECTATION	7-M-1.2.	<p>Chart progress toward behavior changes.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
GRADE LEVEL EXPECTATION	7-M-1.3.	<p>Evaluate the results of the behavior changes.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
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.	Identify specific abusive behaviors in social relationships (by discussing the Power 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 12: Analyzing Motivation
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-1.	Analyze various communication methods to accurately express health ideas and opinions.
GRADE LEVEL EXPECTATION	8-M-1.2.	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
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	Identify, and log, participation in physical activities both during and outside of school for the purpose of improving skills and health.

		<p>Multimedia Extensions Multimedia Extensions: Stress</p>
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	<p>Identify, and log, participation in games, sports, dance, and/or outdoor pursuits, in and outside of school, based on individual interests and/or capabilities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
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	<p>Participate in an individualized physical activity program designed with the help of the teacher.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
GRADE LEVEL EXPECTATION	3-M-3.2	<p>Establish and evaluate short and long-term individual health related fitness goals and make appropriate changes for improvement.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
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	<p>Identify and describe the five components of health-related fitness (cardiovascular fitness, muscular strength and endurance, flexibility, and body composition).</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
GRADE LEVEL EXPECTATION	3-M-4.2	<p>Identify and describe the skill-related components of fitness (agility, speed, power, balance, reaction time, coordination).</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
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

Louisiana Content Standards

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

		<p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
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Louisiana Content Standards

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.	<p>Design a plan for maintaining good personal hygiene, oral hygiene and getting adequate sleep and rest.</p> <p>Multimedia Extensions Multimedia Extensions: Well-Being</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
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.	<p>Provide examples of how physical, mental, emotional, and social health affect one's overall well-being.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>

		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

		<p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
GRADE LEVEL EXPECTATION	2-H-1.2.	<p>Discuss the influences of healthy and unhealthy behavior of family and peers.</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>My Success Roadmap Unit 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</p>
GRADE LEVEL EXPECTATION	2-H-1.4.	<p>Summarize a variety of external influences, such as parents, the media, culture, peers and society, on sexual decision-making.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
GRADE LEVEL EXPECTATION	2-H-1.5.	<p>Describe the influences of family, peers, and community on personal health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
GRADE LEVEL EXPECTATION	2-H-1.6.	<p>Describe the role of family, peers and community on influencing decisions surrounding personal and sexual health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p>

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being 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 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	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. 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 / 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 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.	<p>Compose a script for communicating on a health related topic.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	4-H-2.4.	<p>Demonstrate the communication skills necessary to maintain healthy relationships.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
GRADE LEVEL EXPECTATION	4-H-2.5.	<p>Describe methods to help someone who is in an abusive relationship.</p> <p>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</p>
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.	<p>Present a media presentation on bullying and violence awareness.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
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.	<p>Identify barriers (e.g., peer pressure, misinformation, desire for acceptance) that hinder health decision-making.</p> <p>My Roadmap to the Future</p>

		<p>Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
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.	<p>Identify effective strategies for decision-making.</p> <p>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</p>
GRADE LEVEL EXPECTATION	5-H-3.2.	<p>Apply critical decision-making process to a personal health issue or problem.</p> <p>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</p>
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.

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
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.	<p>Identify short- and long-term goals that are measurable.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
GRADE LEVEL EXPECTATION	6-H-2.2.	<p>Describe desirable activities that are related to goal achievement.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>

		<p>Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>GRADE LEVEL EXPECTATION</p>	<p>6-H-2.3.</p>	<p>Implement strategies to monitor progress in achieving personal health goals.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>GRADE LEVEL EXPECTATION</p>	<p>6-H-2.4.</p>	<p>Formulate a long-term personal health plan based upon current health status.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals</p>

		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	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.	<p>Identify ways and outlets to deal with stress.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
GRADE LEVEL EXPECTATION	7-H-5.2.	<p>Develop a plan of action for avoiding or managing the impact of stress.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
GRADE LEVEL EXPECTATION	7-H-5.3.	<p>Identify sources of information that are available for any stress-related problems that are the consequence of mental, emotional, or social problems.</p> <p>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</p>
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 Stress - 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: 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 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

Louisiana Content Standards

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 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 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 /	2-H-4.	Evaluate the impact of technology and media on personal, family, community, and world

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 EXPECTATION	2-H-4.4.	Provide examples of how advanced technology has improved diagnostics and 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.

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
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.	<p>Identify barriers (e.g., peer pressure, misinformation, desire for acceptance) that hinder health decision-making.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
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.	<p>Identify effective strategies for decision-making.</p> <p>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 Streets - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Streets - 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</p>
GRADE LEVEL EXPECTATION	5-H-3.2.	<p>Apply critical decision-making process to a personal health issue or problem.</p> <p>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</p>

		<p>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</p>
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.	<p>Identify goals for attaining lifelong personal health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing 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</p>
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.	<p>Identify short- and long-term goals that are measurable.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success</p>

		<p>Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
<p>GRADE LEVEL EXPECTATION</p>	<p>6-H-2.2.</p>	<p>Describe desirable activities that are related to goal achievement.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>GRADE LEVEL EXPECTATION</p>	<p>6-H-2.3.</p>	<p>Implement strategies to monitor progress in achieving personal health goals.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL EXPECTATION	6-H-2.4.	<p>Formulate a long-term personal health plan based upon current health status.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing 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</p>
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.	<p>List ways that television and movie advertising influence risk-taking behavior.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
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.	<p>Develop a log or food diary to compare personal diet to the dietary requirements.</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>

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	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		<p>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</p>
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.	<p>Demonstrate how effective communications skills strengthen family relationships and friendships.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
GRADE LEVEL EXPECTATION	8-H-1.4.	<p>Use a creative medium (e.g., poem, poster, song) to advocate to family and peers about good health choices by identifying positive health behaviors.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence</p> <p>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</p>
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.	<p>Adopt health messages and communication techniques to support a health cause.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

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: 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		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

Louisiana Content Standards

Health and PE

Grade 11 - 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	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 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	2-H-1.4.	Summarize a variety of external influences, such as parents, the media, culture, peers and society, on sexual decision-making.

EXPECTATION		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
GRADE LEVEL EXPECTATION	2-H-1.5.	<p>Describe the influences of family, peers, and community on personal health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
GRADE LEVEL EXPECTATION	2-H-1.6.	<p>Describe the role of family, peers and community on influencing decisions surrounding personal and sexual health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
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.	<p>Report how personal values influence and challenge health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>

		<p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 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 Streets - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
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	2-H-4.1.	Analyze product advertising campaigns that promote good health and disease prevention to determine their validity. <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
GRADE LEVEL EXPECTATION	2-H-4.4.	Provide examples of how advanced technology has improved diagnostics and treatment. <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
GRADE LEVEL EXPECTATION	2-H-4.5.	Analyze the influence of the Internet and other media on sexual decision-making. <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
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).

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>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 Streets - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
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-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 Streets - 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.

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing 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</p>
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. <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
GRADE LEVEL EXPECTATION	4-H-2.2.	Compose a script for communicating on a health related topic. <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	4-H-2.4.	Demonstrate the communication skills necessary to maintain healthy relationships. <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
GRADE LEVEL EXPECTATION	4-H-2.5.	Describe methods to help someone who is in an abusive relationship.

		<p>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</p>
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. <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
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. <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
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. <p>My Success Roadmap</p>

		<p>Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p> <p>Unit 2: Highway to Confidence - Lesson 05: Confidence</p> <p>Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p> <p>Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress</p> <p>Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
GRADE LEVEL EXPECTATION	5-H-3.2.	<p>Apply critical decision-making process to a personal health issue or problem.</p> <p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p> <p>Unit 2: Highway to Confidence - Lesson 05: Confidence</p> <p>Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p> <p>Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress</p> <p>Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
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.	<p>Identify goals for attaining lifelong personal health.</p> <p>Multimedia Extensions</p> <p>Multimedia Extensions: Confidence</p> <p>Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future</p> <p>Unit 2: Confidence - Lesson 04: Analyzing Confidence</p> <p>Unit 4: Stress - Lesson 07: Handling Pressure</p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 01: Your Future</p> <p>Unit 1: Destination Success - Lesson 02: Your Goals</p> <p>Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

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.	<p>Identify short- and long-term goals that are measurable.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
GRADE LEVEL EXPECTATION	6-H-2.2.	<p>Describe desirable activities that are related to goal achievement.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
GRADE LEVEL	6-H-2.3.	Implement strategies to monitor progress in achieving personal health goals.

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

		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.	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.	<p>Develop a plan of action for avoiding or managing the impact of stress.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>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</p>
GRADE LEVEL EXPECTATION	7-H-5.3.	<p>Identify sources of information that are available for any stress-related problems that are the consequence of mental, emotional, or social problems.</p> <p>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</p>
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.	<p>Demonstrate how effective communications skills strengthen family relationships and friendships.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
GRADE LEVEL EXPECTATION	8-H-1.4.	<p>Use a creative medium (e.g., poem, poster, song) to advocate to family and peers about good health choices by identifying positive health behaviors.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence</p> <p>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</p>

		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: 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 /	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 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
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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 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.

		<p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
GRADE LEVEL EXPECTATION	2-H-1.2.	<p>Discuss the influences of healthy and unhealthy behavior of family and peers.</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>My Success Roadmap Unit 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</p>
GRADE LEVEL EXPECTATION	2-H-1.4.	<p>Summarize a variety of external influences, such as parents, the media, culture, peers and society, on sexual decision-making.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
GRADE LEVEL EXPECTATION	2-H-1.5.	<p>Describe the influences of family, peers, and community on personal health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
GRADE LEVEL EXPECTATION	2-H-1.6.	<p>Describe the role of family, peers and community on influencing decisions surrounding personal and sexual health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure</p>

		<p>Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
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.	<p>Report how personal values influence and challenge health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 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</p>
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	2-H-4.1.	<p>Analyze product advertising campaigns that promote good health and disease prevention to determine their validity.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
GRADE LEVEL EXPECTATION	2-H-4.4.	Provide examples of how advanced technology has improved diagnostics and treatment.

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
GRADE LEVEL EXPECTATION	2-H-4.5.	<p>Analyze the influence of the Internet and other media on sexual decision-making.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
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.	<p>Demonstrate the ability to access a trusted adult who can provide accurate information about sexual health (e.g., contraception, dating abuse).</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>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</p>
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-2.	Evaluate the validity of health information, products, and services using a variety of resources.
GRADE LEVEL EXPECTATION	3-H-2.1.	<p>Identify criteria for evaluating the validity of health claims of products in advertisements.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>

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.

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 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

		<p>Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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</p>
<p>GRADE LEVEL EXPECTATION</p>	<p>6-H-2.2.</p>	<p>Describe desirable activities that are related to goal achievement.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>GRADE LEVEL EXPECTATION</p>	<p>6-H-2.3.</p>	<p>Implement strategies to monitor progress in achieving personal health goals.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
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.	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

		<p>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</p>
GRADE LEVEL EXPECTATION	7-H-5.3.	<p>Identify sources of information that are available for any stress-related problems that are the consequence of mental, emotional, or social problems.</p> <p>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</p>
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.	<p>Demonstrate how effective communications skills strengthen family relationships and friendships.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
GRADE LEVEL EXPECTATION	8-H-1.4.	<p>Use a creative medium (e.g., poem, poster, song) to advocate to family and peers about good health choices by identifying positive health behaviors.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence</p> <p>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</p>
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: 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	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
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Louisiana Content Standards

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

Louisiana Content Standards

Social Studies

Grade 10 - Adopted 2011

CONTENT STANDARD	L.A.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

Louisiana Content Standards

Social Studies

Grade 11 - Adopted 2011

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

		personal financial decisions.
GLE / PROFICIENCY	C.8.1.	<p>Explain the relationship between education, training, and career options to future earning potential</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
GLE / PROFICIENCY	C.8.2.	<p>Create a family budget and explain its importance in achieving personal financial goals and avoiding negative financial consequences</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
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.	<p>Conducting historical research</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
GRADE LEVEL EXPECTATION	WH.1.1.c.	<p>Comparing and contrasting varied points of view</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>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</p> <p>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</p>
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

Louisiana Content Standards

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

		School
GRADE LEVEL EXPECTATION	WH.1.1.c.	<p>Comparing and contrasting varied points of view</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>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</p> <p>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</p>
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.	<p>Analyze historical events through the use of debates, timelines, cartoons, maps, graphs, and other historical sources</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>