

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

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

**States:** Maryland Content Standards

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

**Maryland Content Standards**

**Health and PE**

**Grade 7 - Adopted 2009**

<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>1.0.</b>	Mental and Emotional Health - Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>1.G.</b>	Conflict Resolution
<b>OBJECTIVE</b>	<b>1.G.1.</b>	Recognize the nature of conflict and conflict resolution.
<b>EXPECTATION</b>	<b>1.G.1.d.</b>	<p>Demonstrate conflict resolution strategies, including collaboration, negotiation, and refusal to avoid harmful situations to self and others.</p> <p><b>My Roadmap to the Future</b>                      Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success                      Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs                      Unit 2: Confidence - Lesson 03: Facing Challenges                      Unit 2: Confidence - Lesson 04: Analyzing Confidence                      Unit 3: Connections - Lesson 05: Making Connections                      Unit 3: Connections - Lesson 06: Analyzing Support                      Unit 4: Stress - Lesson 07: Handling Pressure                      Unit 4: Stress - Lesson 08: Analyzing Stress                      Unit 5: Well-Being - Lesson 09: Finding Balance                      Unit 5: Well-Being - Lesson 10: Analyzing Well-Being                      Unit 6: Motivation - Lesson 11: Showing Motivation                      Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>                      Unit 1: Destination Success - Lesson 01: Your Future                      Unit 1: Destination Success - Lesson 02: Your Goals                      Unit 1: Destination Success - Lesson 03: Career Ideas                      Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School                      Unit 2: Highway to Confidence - Lesson 05: Confidence                      Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence                      Unit 3: Highway Connections - Lesson 07: Social Support                      Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection                      Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress                      Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress                      Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being                      Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>

		Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>4.0.</b>	Family Life and Human Sexuality - Students will demonstrate the ability to use human development knowledge, social skills, and health enhancing strategies to promote positive relationships and health growth and development throughout the life cycle.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>4.D.</b>	Healthy Relationships
<b>OBJECTIVE</b>	<b>4.D.1.</b>	Examine the elements that contribute to family structure.
<b>EXPECTATION</b>	<b>4.D.1.b.</b>	Analyze the effect of family values on children.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Safety and Injury Prevention - Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe living in the home, school, and community.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.C.</b>	Harassment
<b>OBJECTIVE</b>	<b>5.C.1.</b>	Recognize contributors to harassment and intimidating behaviors.
<b>EXPECTATION</b>	<b>5.C.1.a.</b>	Identify examples of harassment and intimidating behaviors in media.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>5.C.1.b.</b>	Analyze the impact of media influences on harassing and intimidating behaviors.

		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>EXPECTATION</b>	<b>5.C.1.d.</b>	<p>Examine the influence of peer groups as they relate to harassing and intimidating behaviors.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>6.0.</b>	Nutrition and Fitness - Students will demonstrate the ability to use nutrition and fitness knowledge, skills, and strategies to promote a healthy lifestyle.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.G.</b>	Body Image
<b>OBJECTIVE</b>	<b>6.G.1.</b>	Examine the media for messages that impact body image.
<b>EXPECTATION</b>	<b>6.G.1.a.</b>	<p>Compare how various media messages portray males and females.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>EXPECTATION</b>	<b>6.G.1.b.</b>	<p>Identify and describe the effect of marketing strategies on consumer choice and body image.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>4.0.</b>	Exercise Physiology - Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.
<b>INDICATOR / PROFICIENCY</b>	<b>4.B.</b>	FITT Guidelines

<b>LEVEL</b>		
<b>OBJECTIVE</b>	<b>4.B.1.</b>	Analyze and evaluate components of the FITT guidelines to adjust levels of physical activity.
<b>EXPECTATION</b>	<b>4.B.1.a.</b>	Identify personal fitness goals based on a fitness assessment.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>4.0.</b>	Exercise Physiology - Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>4.D.</b>	Benefits of Physical Activity
<b>OBJECTIVE</b>	<b>4.D.1.</b>	Analyze the benefits of physical activity.
<b>EXPECTATION</b>	<b>4.D.1.a.</b>	Compare personal wellness and identify those components that can benefit from physical activity.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>6.0.</b>	Social Psychological Principles - Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.E.</b>	Time Management
<b>OBJECTIVE</b>	<b>6.E.1.</b>	Apply effective time management strategies.
<b>EXPECTATION</b>	<b>6.E.1.a.</b>	Identify and put into place strategies to overcome personal time barriers for daily physical activity in a personal activity plan.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation

**Maryland Content Standards**

**Health and PE**

**Grade 8 - Adopted 2009**

<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>1.0.</b>	Mental and Emotional Health - Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>1.A.</b>	Communication
<b>OBJECTIVE</b>	<b>1.A.1.</b>	Recognize and apply effective communication skills.
<b>EXPECTATION</b>	<b>1.A.1.a.</b>	Analyze barriers to effective communication.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
<b>EXPECTATION</b>	<b>1.A.1.b.</b>	Utilize/model strategies to overcome barriers when communicating information, ideas, emotions, and opinions.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>EXPECTATION</b>	<b>1.A.1.c.</b>	Evaluate effective communication in everyday situations.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>1.0.</b>	Mental and Emotional Health - Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.
<b>INDICATOR / PROFICIENCY</b>	<b>1.C.</b>	Components of Personal Well-being

<b>LEVEL</b>		
<b>OBJECTIVE</b>	<b>1.C.1.</b>	Apply the components of personal well-being to develop lifelong wellness skills and strategies.
<b>EXPECTATION</b>	<b>1.C.1.a.</b>	<p>Explain the importance of assuming responsibilities of personal health behavior.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  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><b>My Success Roadmap</b>  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 &amp; 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>
<b>EXPECTATION</b>	<b>1.C.1.b.</b>	<p>Compose a personal health goal and measure progress towards its achievement.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  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 &amp; 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>
<b>EXPECTATION</b>	<b>1.C.1.c.</b>	<p>Devise a plan that addresses personal strengths, needs, and health risks.</p> <p><b>Multimedia Extensions</b></p>

		<p>Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b> 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 &amp; 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>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>1.0.</b>	Mental and Emotional Health - Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>1.1.</b>	Personal Goals
<b>OBJECTIVE</b>	<b>1.1.1.</b>	Implement a strategy and evaluate progress toward achieving personal goals.
<b>EXPECTATION</b>	<b>1.1.1.a.</b>	<p>Identify the importance of setting goals.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success Unit 1: Success, Education, &amp; 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</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>EXPECTATION</b>	<b>1.1.1.b.</b>	Explain how changing information, abilities, priorities, and responsibilities influence personal goals.

		<p><b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success Unit 1: Success, Education, &amp; 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</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>EXPECTATION</b>	<b>1.I.1.c.</b>	<p>Evaluate strategies, skills and resources that are used to achieve personal goals.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success Unit 1: Success, Education, &amp; 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</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>EXPECTATION</b>	<b>1.I.1.d.</b>	<p>Develop a goal to adopt, maintain or improve a personal wellness habit.</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>EXPECTATION</b>	<b>1.I.1.e.</b>	<p>Construct a plan to achieve a personal wellness goal.</p>



		<p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>1.0.</b>	Mental and Emotional Health - Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>1.J.</b>	Mental Illness, Depression, Suicide
<b>OBJECTIVE</b>	<b>1.J.1.</b>	Identify potential destructive behaviors.
<b>EXPECTATION</b>	<b>1.J.1.a.</b>	Identify warning signs of depression, suicide and/or other destructive behaviors.  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>EXPECTATION</b>	<b>1.J.1.b.</b>	Identify resources that address depression and suicide.  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>2.0.</b>	Alcohol, Tobacco, and Other Drugs - Students will demonstrate the ability to use drug knowledge, decision-making skills, and health-enhancing strategies to address the non-use, use, and abuse of medications, alcohol, tobacco, and other drugs.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>2.C.</b>	Alcohol
<b>OBJECTIVE</b>	<b>2.C.1.</b>	Describe the impact of addiction on individuals and society and identify resources for rehabilitation.
<b>EXPECTATION</b>	<b>2.C.1.a.</b>	Describe how addiction impacts family and society.  <b>My Success Roadmap</b>

		Unit 3: Highway Connections - Lesson 07: Social Support
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>4.0.</b>	Exercise Physiology - Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>4.B.</b>	FITT Guidelines
<b>OBJECTIVE</b>	<b>4.B.1.</b>	Analyze and evaluate components of the FITT guidelines to adjust levels of physical activity.
<b>EXPECTATION</b>	<b>4.B.1.a.</b>	Revise personal fitness goals based on a fitness assessment.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>4.B.1.b.</b>	Choose, implement, and assess, a personal fitness plan based on the FITT guidelines.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Physical Activity - Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.A.</b>	Aerobic Fitness
<b>OBJECTIVE</b>	<b>5.A.1.</b>	Evaluate individual aerobic capacity/cardiorespiratory fitness.
<b>EXPECTATION</b>	<b>5.A.1.b.</b>	Justify and use aerobic activities to improve personal goals related to aerobic capacity/cardio respiratory fitness.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation

<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Physical Activity - Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.B.</b>	Muscular Strength and Endurance
<b>OBJECTIVE</b>	<b>5.B.1.</b>	Evaluate individual muscular strength and muscular endurance.
<b>EXPECTATION</b>	<b>5.B.1.b.</b>	Justify and use developmentally appropriate activities to improve personal goals related to muscular strength and endurance fitness.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation

### Maryland Content Standards

#### Social Studies

#### Grade 7 - Adopted 2006

<b>STRAND / TOPIC / STANDARD</b>	<b>MD.2.0.</b>	Peoples of the Nation and World: Students will understand the diversity and commonality, human interdependence, and global cooperation of the people of Maryland, the United States and the world through both a multicultural and historic perspective.
<b>TOPIC / INDICATOR</b>	<b>2.A.</b>	Elements of culture
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>2.A.1.</b>	Analyze characteristics that are used to organize people into cultures
<b>OBJECTIVE</b>	<b>2.A.1.a.</b>	Apply understandings of the elements of culture to the studies of modern world regions, such as art, music, religion, government, social structure, education, values, beliefs and customs  <b>Multimedia Extensions</b> Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

<b>STRAND / TOPIC / STANDARD</b>	<b>MD.4.0.</b>	Economics: Students will develop economic reasoning to understand the historical development and current status of economic principles, institutions, and processes needed to be effective citizens, consumers, and workers participating in local communities, the nation, and the world.
<b>TOPIC / INDICATOR</b>	<b>4.A.</b>	Scarcity and economic decision-making
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>4.A.3.</b>	Analyze how technological changes have affected the consumption and production in the contemporary world
<b>OBJECTIVE</b>	<b>4.A.3.b.</b>	Examine why technology has changed job skills and the influenced productivity  <b>My Roadmap to the Future</b> Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 03: Career Ideas
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.A.</b>	Read to learn and construct meaning about social studies
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.A.1.</b>	Use appropriate strategies and opportunities to increase understandings of social studies vocabulary
<b>OBJECTIVE</b>	<b>6.A.1.a.</b>	Acquire and apply new vocabulary through investigating, listening, independent reading and discussing a variety of print and non-print sources  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation  <b>My Roadmap to the Future</b> Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 3: Connections - Lesson 05: Making Connections Unit 6: Motivation - Lesson 11: Showing Motivation  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

		Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.A.</b>	Read to learn and construct meaning about social studies
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.A.2.</b>	Use strategies to prepare for reading (before reading)
<b>OBJECTIVE</b>	<b>6.A.2.a.</b>	Identify the characteristics of informational texts, such as print features, graphic aids, informational aids, organizational aids, and online features  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>OBJECTIVE</b>	<b>6.A.2.b.</b>	Preview the text by examining features, such as the title, pictures, maps, illustrations, photographs, charts, timelines, graphs, and icons  <b>Multimedia Extensions</b> Multimedia Extensions: Connections  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>OBJECTIVE</b>	<b>6.A.2.c.</b>	Set a purpose for reading the text  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>OBJECTIVE</b>	<b>6.A.2.d.</b>	Ask questions and make predictions about the text  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>OBJECTIVE</b>	<b>6.A.2.e.</b>	Make connections to the text using prior knowledge and experiences  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political,

		historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.A.</b>	Read to learn and construct meaning about social studies
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.A.3.</b>	Use strategies to monitor understanding and derive meaning from text and portions of text (during reading)
<b>OBJECTIVE</b>	<b>6.A.3.a.</b>	<p>Identify and use knowledge of organizational structures, such as chronological order, cause/effect, main ideas and details, description, similarities/differences, and problem/solution to gain meaning</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>OBJECTIVE</b>	<b>6.A.3.b.</b>	<p>Reread slowly and carefully, restate, or read on and revisit difficult parts</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p>
<b>OBJECTIVE</b>	<b>6.A.3.d.</b>	<p>Look back through the text to search for connections between and among ideas</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p>
<b>OBJECTIVE</b>	<b>6.A.3.e.</b>	<p>Make, confirm, or adjust predictions about the text</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p>
<b>OBJECTIVE</b>	<b>6.A.3.f.</b>	<p>Periodically summarize or paraphrase important ideas while reading</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p>

<b>OBJECTIVE</b>	<b>6.A.3.g.</b>	Visualize what was read for deeper meaning  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>OBJECTIVE</b>	<b>6.A.3.h.</b>	Explain personal connections to the ideas or information in the text  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.A.</b>	Read to learn and construct meaning about social studies
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.A.4.</b>	Use strategies to demonstrate understanding of the text (after reading)
<b>OBJECTIVE</b>	<b>6.A.4.a.</b>	Identify and explain what is directly stated in the text  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>OBJECTIVE</b>	<b>6.A.4.b.</b>	Identify, paraphrase, or summarize the main idea of the text  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>OBJECTIVE</b>	<b>6.A.4.f.</b>	Explain what is not directly stated in the text by drawing inferences  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>OBJECTIVE</b>	<b>6.A.4.g.</b>	Confirm or refute predictions made about the text to form new ideas  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>OBJECTIVE</b>	<b>6.A.4.h.</b>	Connect the text to prior knowledge or personal experiences  <b>Multimedia Extensions</b> Multimedia Extensions: Connections

<b>OBJECTIVE</b>	<b>6.A.4.i.</b>	Draw conclusions and make generalizations based on the text, multiple texts, and/or prior knowledge  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.B.</b>	Write to learn and communicate social studies understandings
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.B.1.</b>	Select and use informal writing strategies, such as short/response/essay answer/ brief constructed responses, journal writing, note taking, and graphic organizers, to clarify, organize, remember, and/or express new understandings
<b>OBJECTIVE</b>	<b>6.B.1.a.</b>	Identify key ideas  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>OBJECTIVE</b>	<b>6.B.1.b.</b>	Connect key ideas to prior knowledge (personal experience, text and world)  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.B.</b>	Write to learn and communicate social studies understandings
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.B.2.</b>	Use formal writing, such as multi-paragraph essays, historical investigations, research reports, letters, summaries, to inform
<b>OBJECTIVE</b>	<b>6.B.2.a.</b>	Identify form, audience, topic, and purpose before writing  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning



<b>OBJECTIVE</b>	<b>6.B.2.b.</b>	Organize facts and/or data/statistics to support a topic  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>6.B.2.c.</b>	Provide introduction, body, and conclusion  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>6.B.2.d.</b>	Cite sources when paraphrasing, summarizing, and quoting  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>6.B.2.e.</b>	Enhance text with graphics, such as charts, maps, and diagrams  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.B.</b>	Write to learn and communicate social studies understandings
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.B.3.</b>	Use formal writing, such as multi-paragraph essays, historical investigations, editorials, and letters to persuade
<b>OBJECTIVE</b>	<b>6.B.3.a.</b>	Identify form, audience, topic, and purpose  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals

		Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>6.B.3.b.</b>	State a clear opinion or position  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>6.B.3.c.</b>	Modify or refute a position when appropriate  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>6.B.3.d.</b>	Provide reasons and cite reliable supporting evidence  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>6.B.3.e.</b>	Demonstrate understandings of social studies knowledge  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.B.</b>	Write to learn and communicate social studies understandings
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.B.4.</b>	Use timed, on-demand writing to demonstrate understanding on assessments (Constructed Responses)
<b>OBJECTIVE</b>	<b>6.B.4.a.</b>	Address the topic

		<p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	<b>6.B.4.b.</b>	<p>Provide accurate information</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	<b>6.B.4.c.</b>	<p>Support topic with appropriate details</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	<b>6.B.4.d.</b>	<p>Integrate social studies concepts and skills</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	<p>Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.</p>
<b>TOPIC / INDICATOR</b>	<b>6.C.</b>	<p>Ask social studies questions</p>
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.C.1.</b>	<p>Identify a topic that requires further study</p>
<b>OBJECTIVE</b>	<b>6.C.1.c.</b>	<p>Formulate research questions</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>OBJECTIVE</b>	<b>6.C.1.d.</b>	<p>Develop a plan for how to answer questions about the topic</p> <p><b>My Success Roadmap</b></p>

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.C.</b>	Ask social studies questions
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.C.2.</b>	Identify a situation/issue that requires further study
<b>OBJECTIVE</b>	<b>6.C.2.e.</b>	Formulate research questions  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.D.</b>	Acquire social studies information
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.D.1.</b>	Identify primary and secondary sources of information that relate to the topic/situation/problem being studied
<b>OBJECTIVE</b>	<b>6.D.1.a.</b>	Gather and read appropriate print sources, such as journals, periodicals, government documents, timelines, databases, reference works, and web sites  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>OBJECTIVE</b>	<b>6.D.1.c.</b>	Locate and gather data and information from appropriate non-print sources, such as music, artifacts, charts, maps, graphs, photographs, video clips, illustrations, paintings, political cartoons, multimedia, interviews, and oral histories  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection

<b>OBJECTIVE</b>	<b>6.D.1.d.</b>	<p>Access and process information that is factual and reliable from readings, investigations, and/or oral communications</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support</p> <p><b>My Success Roadmap</b> 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>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.D.</b>	Acquire social studies information
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.D.2.</b>	Engage in field work that relates to the topic/ situation/ problem being studied
<b>OBJECTIVE</b>	<b>6.D.2.a.</b>	<p>Gather data</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>OBJECTIVE</b>	<b>6.D.2.c.</b>	<p>Design and conduct surveys and oral histories</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.E.</b>	Organize social studies information
<b>INDICATOR / PROFICIENCY</b>	<b>6.E.1.</b>	Organize information from non-print sources

<b>LEVEL</b>		
<b>OBJECTIVE</b>	<b>6.E.1.a.</b>	<p>Prioritize information gathered according to importance and relevance</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>OBJECTIVE</b>	<b>6.E.1.c.</b>	<p>Find relationships among gathered information</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> 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 &amp; Connection</p>
<b>OBJECTIVE</b>	<b>6.E.1.d.</b>	<p>Display information on various types of graphic organizers, maps, and charts</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.E.</b>	Organize social studies information
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.E.2.</b>	Organize information from print sources
<b>OBJECTIVE</b>	<b>6.E.2.a.</b>	<p>Prioritize information gathered according to importance and relevance</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>OBJECTIVE</b>	<b>6.E.2.c.</b>	<p>Find relationships among gathered information</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting</p>

		<p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  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 &amp; Connection</p>
<b>OBJECTIVE</b>	<b>6.E.2.d.</b>	<p>Construct various types of graphic organizers, maps, and charts to display information</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	<p>Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.</p>
<b>TOPIC / INDICATOR</b>	<b>6.F.</b>	<p>Analyze social studies information</p>
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.F.2.</b>	<p>Evaluate information from a variety of sources</p>
<b>OBJECTIVE</b>	<b>6.F.2.b.</b>	<p>Compare information to prior knowledge</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  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 &amp; Connection</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	<p>Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.</p>

<b>TOPIC / INDICATOR</b>	<b>6.F.</b>	Analyze social studies information
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.F.3.</b>	Synthesize information from a variety of sources
<b>OBJECTIVE</b>	<b>6.F.3.a.</b>	<p>Recognize relationships in and among ideas or events, such as cause and effect, sequential order, main idea, and details</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>OBJECTIVE</b>	<b>6.F.3.b.</b>	<p>Reconstruct the arguments of issues or events</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.G.</b>	Answer social studies questions
<b>INDICATOR / PROFICIENCY</b>	<b>6.G.2.</b>	Use historic contexts to answer questions



<b>LEVEL</b>		
<b>OBJECTIVE</b>	<b>6.G.2.d.</b>	<p>Understand the meaning, implication and impact of historic events and recognize that events could have taken other directions</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 3: Highway Connections - Lesson 07: Social Support</p>

**Maryland Content Standards**

**Social Studies**

**Grade 8 - Adopted 2006**

<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.A.</b>	Read to learn and construct meaning about social studies
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.A.1.</b>	Use appropriate strategies and opportunities to increase understandings of social studies vocabulary
<b>OBJECTIVE</b>	<b>6.A.1.a.</b>	<p>Acquire and apply new vocabulary through investigating, listening, independent reading and discussing a variety of print and non-print sources</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 3: Connections - Lesson 05: Making Connections  Unit 6: Motivation - Lesson 11: Showing Motivation</p>

		<p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.A.</b>	Read to learn and construct meaning about social studies
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.A.2.</b>	Use strategies to prepare for reading (before reading)
<b>OBJECTIVE</b>	<b>6.A.2.a.</b>	<p>Identify the characteristics of informational texts, such as print features, graphic aids, informational aids, organizational aids, and online features</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p>
<b>OBJECTIVE</b>	<b>6.A.2.b.</b>	<p>Preview the text by examining features, such as the title, pictures, maps, illustrations, photographs, charts, timelines, graphs, and icons</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>
<b>OBJECTIVE</b>	<b>6.A.2.c.</b>	<p>Set a purpose for reading the text</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p>
<b>OBJECTIVE</b>	<b>6.A.2.d.</b>	<p>Ask questions and make predictions about the text</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p>
<b>OBJECTIVE</b>	<b>6.A.2.e.</b>	<p>Make connections to the text using prior knowledge and experiences</p>

		<b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.A.</b>	Read to learn and construct meaning about social studies
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.A.3.</b>	Use strategies to monitor understanding and derive meaning from text and portions of text (during reading)
<b>OBJECTIVE</b>	<b>6.A.3.a.</b>	Identify and use knowledge of organizational structures, such as chronological order, cause/effect, main ideas and details, description, similarities/differences, and problem/solution to gain meaning  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support
<b>OBJECTIVE</b>	<b>6.A.3.b.</b>	Reread slowly and carefully, restate, or read on and revisit difficult parts  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>OBJECTIVE</b>	<b>6.A.3.d.</b>	Look back through the text to search for connections between and among ideas  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>OBJECTIVE</b>	<b>6.A.3.e.</b>	Make, confirm, or adjust predictions about the text  <b>Multimedia Extensions</b> Multimedia Extensions: Connections

<b>OBJECTIVE</b>	<b>6.A.3.f.</b>	Periodically summarize or paraphrase important ideas while reading  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>OBJECTIVE</b>	<b>6.A.3.g.</b>	Visualize what was read for deeper meaning  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>OBJECTIVE</b>	<b>6.A.3.h.</b>	Explain personal connections to the ideas or information in the text  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.A.</b>	Read to learn and construct meaning about social studies
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.A.4.</b>	Use strategies to demonstrate understanding of the text (after reading)
<b>OBJECTIVE</b>	<b>6.A.4.a.</b>	Identify and explain what is directly stated in the text  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>OBJECTIVE</b>	<b>6.A.4.b.</b>	Identify, paraphrase, or summarize the main idea of the text  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>OBJECTIVE</b>	<b>6.A.4.f.</b>	Explain what is not directly stated in the text by drawing inferences  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>OBJECTIVE</b>	<b>6.A.4.g.</b>	Confirm or refute predictions made about the text to form new ideas  <b>Multimedia Extensions</b> Multimedia Extensions: Connections

<b>OBJECTIVE</b>	<b>6.A.4.h.</b>	Connect the text to prior knowledge or personal experiences  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>OBJECTIVE</b>	<b>6.A.4.i.</b>	Draw conclusions and make generalizations based on the text, multiple texts, and/or prior knowledge  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.B.</b>	Write to learn and communicate social studies understandings
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.B.1.</b>	Select and use informal writing strategies, such as short/response/essay answer/ brief constructed responses, journal writing, note taking, and graphic organizers, to clarify, organize, remember, and/or express new understandings
<b>OBJECTIVE</b>	<b>6.B.1.a.</b>	Identify key ideas  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>OBJECTIVE</b>	<b>6.B.1.b.</b>	Connect key ideas to prior knowledge (personal experience, text and world)  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.B.</b>	Write to learn and communicate social studies understandings
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.B.2.</b>	Use formal writing, such as multi-paragraph essays, historical investigations, research reports, letters, summaries, to inform
<b>OBJECTIVE</b>	<b>6.B.2.a.</b>	Identify form, audience, topic, and purpose before writing  <b>My Success Roadmap</b>

		Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>6.B.2.b.</b>	Organize facts and/or data/statistics to support a topic  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>6.B.2.c.</b>	Provide introduction, body, and conclusion  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>6.B.2.d.</b>	Cite sources when paraphrasing, summarizing, and quoting  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>6.B.2.e.</b>	Enhance text with graphics, such as charts, maps, and diagrams  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.B.</b>	Write to learn and communicate social studies understandings
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.B.3.</b>	Use formal writing, such as multi-paragraph essays, historical investigations, editorials, and letters to persuade

<b>OBJECTIVE</b>	<b>6.B.3.a.</b>	<p>Identify form, audience, topic, and purpose</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	<b>6.B.3.b.</b>	<p>State a clear opinion or position</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	<b>6.B.3.c.</b>	<p>Modify or refute a position when appropriate</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	<b>6.B.3.d.</b>	<p>Provide reasons and cite reliable supporting evidence</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	<b>6.B.3.e.</b>	<p>Demonstrate understandings of social studies knowledge</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	<p>Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.</p>
<b>TOPIC / INDICATOR</b>	<b>6.B.</b>	<p>Write to learn and communicate social studies understandings</p>
<b>INDICATOR / PROFICIENCY</b>	<b>6.B.4.</b>	<p>Use timed, on-demand writing to demonstrate understanding on assessments (Constructed</p>

<b>LEVEL</b>		Responses)
<b>OBJECTIVE</b>	<b>6.B.4.a.</b>	Address the topic  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>6.B.4.b.</b>	Provide accurate information  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>6.B.4.c.</b>	Support topic with appropriate details  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>6.B.4.d.</b>	Integrate social studies concepts and skills  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.C.</b>	Ask social studies questions
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.C.1.</b>	Identify a topic that requires further study
<b>OBJECTIVE</b>	<b>6.C.1.c.</b>	Formulate research questions  <b>My Success Roadmap</b>



		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>OBJECTIVE</b>	<b>6.C.1.d.</b>	Develop a plan for how to answer questions about the topic  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.C.</b>	Ask social studies questions
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.C.2.</b>	Identify a situation/issue that requires further study
<b>OBJECTIVE</b>	<b>6.C.2.e.</b>	Formulate research questions  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.D.</b>	Acquire social studies information
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.D.1.</b>	Identify primary and secondary sources of information that relate to the topic/situation/problem being studied
<b>OBJECTIVE</b>	<b>6.D.1.a.</b>	Gather and read appropriate print sources, such as journals, periodicals, government documents, timelines, databases, reference works, and web sites  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>OBJECTIVE</b>	<b>6.D.1.c.</b>	Locate and gather data and information from appropriate non-print sources, such as music, artifacts, charts, maps, graphs, photographs, video clips, illustrations, paintings, political cartoons, multimedia, interviews, and oral histories  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support

		<p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>
<b>OBJECTIVE</b>	<b>6.D.1.d.</b>	<p>Access and process information that is factual and reliable from readings, investigations, and/or oral communications</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support</p> <p><b>My Success Roadmap</b>  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>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	<p>Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.</p>
<b>TOPIC / INDICATOR</b>	<b>6.D.</b>	<p>Acquire social studies information</p>
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.D.2.</b>	<p>Engage in field work that relates to the topic/ situation/ problem being studied</p>
<b>OBJECTIVE</b>	<b>6.D.2.a.</b>	<p>Gather data</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>OBJECTIVE</b>	<b>6.D.2.c.</b>	<p>Design and conduct surveys and oral histories</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	<p>Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from</p>

		primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.E.</b>	Organize social studies information
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.E.1.</b>	Organize information from non-print sources
<b>OBJECTIVE</b>	<b>6.E.1.a.</b>	Prioritize information gathered according to importance and relevance  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>OBJECTIVE</b>	<b>6.E.1.c.</b>	Find relationships among gathered information  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> 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
<b>OBJECTIVE</b>	<b>6.E.1.d.</b>	Display information on various types of graphic organizers, maps, and charts  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.E.</b>	Organize social studies information
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.E.2.</b>	Organize information from print sources
<b>OBJECTIVE</b>	<b>6.E.2.a.</b>	Prioritize information gathered according to importance and relevance

		<p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>OBJECTIVE</b>	<b>6.E.2.c.</b>	<p>Find relationships among gathered information</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> 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 &amp; Connection</p>
<b>OBJECTIVE</b>	<b>6.E.2.d.</b>	<p>Construct various types of graphic organizers, maps, and charts to display information</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	<p>Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.</p>
<b>TOPIC / INDICATOR</b>	<b>6.F.</b>	<p>Analyze social studies information</p>
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.F.2.</b>	<p>Evaluate information from a variety of sources</p>
<b>OBJECTIVE</b>	<b>6.F.2.b.</b>	<p>Compare information to prior knowledge</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> 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</p>

		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.F.</b>	Analyze social studies information
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.F.3.</b>	Synthesize information from a variety of sources
<b>OBJECTIVE</b>	<b>6.F.3.a.</b>	<p>Recognize relationships in and among ideas or events, such as cause and effect, sequential order, main idea, and details</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>OBJECTIVE</b>	<b>6.F.3.b.</b>	<p>Reconstruct the arguments of issues or events</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.6.0.</b>	Social Studies Skills and Processes: Students shall use reading, writing, and thinking processes and skills to gain knowledge and understanding of political, historical, and current events using chronological and spatial thinking, economic reasoning, and historical interpretation, by framing and evaluating questions from

		primary and secondary sources.
<b>TOPIC / INDICATOR</b>	<b>6.G.</b>	Answer social studies questions
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.G.2.</b>	Use historic contexts to answer questions
<b>OBJECTIVE</b>	<b>6.G.2.d.</b>	Understand the meaning, implication and impact of historic events and recognize that events could have taken other directions  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support

### Maryland Content Standards

#### Health and PE

#### Grade 9 - Adopted 2009

<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>1.0.</b>	Mental and Emotional Health - Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>1.A.</b>	Communication
<b>OBJECTIVE</b>	<b>1.A.1.</b>	Recognize and apply effective communication skills.
<b>EXPECTATION</b>	<b>1.A.1.a.</b>	Discuss skills for communicating effectively with family, peers, and others.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance

		Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>EXPECTATION</b>	<b>1.A.1.b.</b>	Utilize strategies to overcome barriers when communicating information, ideas, emotions, and opinions about health issues.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>EXPECTATION</b>	<b>1.A.1.c.</b>	Analyze how interpersonal communication affects relationships.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>1.0.</b>	Mental and Emotional Health - Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>1.D.</b>	Decision-making
<b>OBJECTIVE</b>	<b>1.D.1.</b>	Apply the decision-making process to personal issues and problems.
<b>EXPECTATION</b>	<b>1.D.1.a.</b>	Demonstrate the ability to utilize strategies when making decisions related to health needs and risks of young adults.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>EXPECTATION</b>	<b>1.D.1.b.</b>	Analyze health concerns that require collaborative decision-making.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>EXPECTATION</b>	<b>1.D.1.d.</b>	Apply strategies and skills needed to attain personal health goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress

<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>1.0.</b>	Mental and Emotional Health - Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>1.F.</b>	Stress
<b>OBJECTIVE</b>	<b>1.F.1.</b>	Demonstrate, evaluate and analyze strategies to manage stress.
<b>EXPECTATION</b>	<b>1.F.1.a.</b>	<p>Assess situations that are perceived as personal stressors.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  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 &amp; Well-Being</p>
<b>EXPECTATION</b>	<b>1.F.1.b.</b>	<p>Compare stressors across the lifespan.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  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 &amp; Well-Being</p>
<b>EXPECTATION</b>	<b>1.F.1.c.</b>	<p>Formulate positive ways to manage stressful situations.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance</p>



		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  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 &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>1.0.</b>	Mental and Emotional Health - Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>1.J.</b>	Mental Illness, Depression, Suicide
<b>OBJECTIVE</b>	<b>1.J.1.</b>	Recognize and respond to destructive behaviors.
<b>EXPECTATION</b>	<b>1.J.1.a.</b>	<p>Relate mental and emotional health to disease and disorder.</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>EXPECTATION</b>	<b>1.J.1.b.</b>	<p>Investigate the warning signs of depression and suicide.</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Safety and Injury Prevention - Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe living in the home, school, and community.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.C.</b>	Harassment
<b>OBJECTIVE</b>	<b>5.C.1.</b>	Demonstrate appropriate responses to harassment and other violent behaviors.
<b>EXPECTATION</b>	<b>5.C.1.a.</b>	<p>Distinguish between healthy and unhealthy verbal and/or non-verbal interactions.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure</p>

<b>EXPECTATION</b>	5.C.1.d.	<p>Develop a personal plan to resist and prevent gang activity and violence.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  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 &amp; 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>
<b>STRAND / TOPIC / STANDARD</b>	MD.HE.	Health Education
<b>TOPIC / INDICATOR</b>	5.0.	Safety and Injury Prevention - Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe living in the home, school, and community.
<b>INDICATOR / PROFICIENCY LEVEL</b>	5.C.	Harassment
<b>OBJECTIVE</b>	5.C.2.	Recognize contributors to harassment, intimidating behaviors, and violence.
<b>EXPECTATION</b>	5.C.2.b.	<p>Analyze the impact of media influences on harassing and intimidating behaviors.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>EXPECTATION</b>	5.C.2.d.	<p>Examine the influence of peer groups as they relate to harassing and intimidating behaviors</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>

<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>6.0.</b>	Nutrition and Fitness - Students will demonstrate the ability to use nutrition and fitness knowledge, skills, and strategies to promote a healthy lifestyle.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.E.</b>	Food and Health
<b>OBJECTIVE</b>	<b>6.E.3.</b>	Analyze eating and activity behaviors that need improvement.
<b>EXPECTATION</b>	<b>6.E.3.a.</b>	Identify areas of personal eating behaviors that need improvement.  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>EXPECTATION</b>	<b>6.E.3.b.</b>	Assess personal fitness and identify areas of personal physical activity behaviors that need improvement..  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>EXPECTATION</b>	<b>6.E.3.c.</b>	Determine a plan of action to address areas targeted for improvement.  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>4.0.</b>	Exercise Physiology - Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>4.D.</b>	Benefits of Physical Activity
<b>OBJECTIVE</b>	<b>4.D.1.</b>	Justify the benefits of physical activity.
<b>EXPECTATION</b>	<b>4.D.1.a.</b>	Assess the benefits of physical activity as a motivating factor to positively affect exercise adherence.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>EXPECTATION</b>	<b>4.D.1.b.</b>	Evaluate the value of physical activity for lifelong health and wellness.

		<b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>4.0.</b>	Exercise Physiology - Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>4.F.</b>	Exercise Adherence
<b>OBJECTIVE</b>	<b>4.F.1.</b>	Evaluate the factors influencing daily physical activity.
<b>EXPECTATION</b>	<b>4.F.1.a.</b>	Assess the effectiveness of strategies for overcoming personal, environmental, and/or social factors affecting physical activity level and revise those strategies that have been ineffective.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>4.F.1.b.</b>	Rate and prioritize personal motivating factors for adhering to a physically active lifestyle.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Physical Activity - Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.A.</b>	Aerobic Fitness
<b>OBJECTIVE</b>	<b>5.A.1.</b>	Analyze and evaluate individual aerobic capacity/cardiorespiratory fitness.
<b>EXPECTATION</b>	<b>5.A.1.e.</b>	Calculate target heart rate to reflect personal activity goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation

<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Physical Activity - Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.B.</b>	Muscular Strength and Endurance
<b>OBJECTIVE</b>	<b>5.B.1.</b>	Analyze and evaluate individual muscular strength and muscular endurance.
<b>EXPECTATION</b>	<b>5.B.1.c.</b>	Design, execute and revise a personal plan for muscular strength and muscular endurance based on principles of overload, progression, specificity, regularity and individuality.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Physical Activity - Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.C.</b>	Flexibility
<b>OBJECTIVE</b>	<b>5.C.1.</b>	Analyze and evaluate individual flexibility.
<b>EXPECTATION</b>	<b>5.C.1.c.</b>	Design, execute and revise a personal plan for flexibility based on principles of overload, progression, specificity, regularity and individuality.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Physical Activity - Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and

		cognitive/academic benefits.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.D.</b>	Body Composition
<b>OBJECTIVE</b>	<b>5.D.1.</b>	Analyze and evaluate individual body composition.
<b>EXPECTATION</b>	<b>5.D.1.c.</b>	Design, execute, and revise a personal plan for body composition based on principles of overload, progression, specificity, regularity, and individuality.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>6.0.</b>	Social Psychological Principles - Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.B.</b>	Effort and Improvement
<b>OBJECTIVE</b>	<b>6.B.1.</b>	Predict the relationship between effort and improvement.
<b>EXPECTATION</b>	<b>6.B.1.a.</b>	Create challenging, attainable personal physical activity goals and make revisions based on personal values.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>6.B.1.b.</b>	Discuss how effort and motivation in a self-directed activity leads to attainment of a goal.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>6.B.1.c.</b>	Self evaluate, design, and revise a plan for attainment of personal goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education

<b>TOPIC / INDICATOR</b>	<b>6.0.</b>	Social Psychological Principles - Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.E.</b>	Time Management
<b>OBJECTIVE</b>	<b>6.E.1.</b>	Evaluate time management strategies.
<b>EXPECTATION</b>	<b>6.E.1.a.</b>	Assess a daily physical activity plan and use appropriate solutions and strategies to overcome personal time barriers.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being

**Maryland Content Standards**

**Health and PE**

**Grade 10 - Adopted 2009**

<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>1.0.</b>	Mental and Emotional Health - Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>1.A.</b>	Communication
<b>OBJECTIVE</b>	<b>1.A.1.</b>	Recognize and apply effective communication skills.
<b>EXPECTATION</b>	<b>1.A.1.a.</b>	Discuss skills for communicating effectively with family, peers, and others.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>EXPECTATION</b>	<b>1.A.1.b.</b>	Utilize strategies to overcome barriers when communicating information, ideas, emotions, and opinions about health issues.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>EXPECTATION</b>	<b>1.A.1.c.</b>	Analyze how interpersonal communication affects relationships.

		<p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>1.0.</b>	Mental and Emotional Health - Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>1.D.</b>	Decision-making
<b>OBJECTIVE</b>	<b>1.D.1.</b>	Apply the decision-making process to personal issues and problems.
<b>EXPECTATION</b>	<b>1.D.1.a.</b>	<p>Demonstrate the ability to utilize strategies when making decisions related to health needs and risks of young adults.</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>EXPECTATION</b>	<b>1.D.1.b.</b>	<p>Analyze health concerns that require collaborative decision-making.</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>EXPECTATION</b>	<b>1.D.1.d.</b>	<p>Apply strategies and skills needed to attain personal health goals.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>1.0.</b>	Mental and Emotional Health - Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>1.F.</b>	Stress
<b>OBJECTIVE</b>	<b>1.F.1.</b>	Demonstrate, evaluate and analyze strategies to manage stress.
<b>EXPECTATION</b>	<b>1.F.1.a.</b>	Assess situations that are perceived as personal stressors.



		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  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 &amp; Well-Being</p>
<b>EXPECTATION</b>	<b>1.F.1.b.</b>	<p>Compare stressors across the lifespan.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  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 &amp; Well-Being</p>
<b>EXPECTATION</b>	<b>1.F.1.c.</b>	<p>Formulate positive ways to manage stressful situations.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  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 &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC /</b>	<b>1.0.</b>	Mental and Emotional Health - Students will demonstrate the ability to use mental

<b>INDICATOR</b>		and emotional health knowledge, skills, and strategies to enhance wellness.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>1.J.</b>	Mental Illness, Depression, Suicide
<b>OBJECTIVE</b>	<b>1.J.1.</b>	Recognize and respond to destructive behaviors.
<b>EXPECTATION</b>	<b>1.J.1.a.</b>	Relate mental and emotional health to disease and disorder.  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>EXPECTATION</b>	<b>1.J.1.b.</b>	Investigate the warning signs of depression and suicide.  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Safety and Injury Prevention - Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe living in the home, school, and community.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.C.</b>	Harassment
<b>OBJECTIVE</b>	<b>5.C.1.</b>	Demonstrate appropriate responses to harassment and other violent behaviors.
<b>EXPECTATION</b>	<b>5.C.1.a.</b>	Distinguish between healthy and unhealthy verbal and/or non-verbal interactions.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
<b>EXPECTATION</b>	<b>5.C.1.d.</b>	Develop a personal plan to resist and prevent gang activity and violence.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation  <b>My Success Roadmap</b>

		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
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Safety and Injury Prevention - Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe living in the home, school, and community.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.C.</b>	Harassment
<b>OBJECTIVE</b>	<b>5.C.2.</b>	Recognize contributors to harassment, intimidating behaviors, and violence.
<b>EXPECTATION</b>	<b>5.C.2.b.</b>	Analyze the impact of media influences on harassing and intimidating behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>5.C.2.d.</b>	Examine the influence of peer groups as they relate to harassing and intimidating behaviors  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 09: Finding Balance  <b>My Success Roadmap</b> 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
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>6.0.</b>	Nutrition and Fitness - Students will demonstrate the ability to use nutrition and fitness knowledge, skills, and strategies to promote a healthy lifestyle.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.E.</b>	Food and Health
<b>OBJECTIVE</b>	<b>6.E.3.</b>	Analyze eating and activity behaviors that need improvement.
<b>EXPECTATION</b>	<b>6.E.3.a.</b>	Identify areas of personal eating behaviors that need improvement.

		<p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	6.E.3.b.	<p>Assess personal fitness and identify areas of personal physical activity behaviors that need improvement..</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	6.E.3.c.	<p>Determine a plan of action to address areas targeted for improvement.</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND / TOPIC / STANDARD	MD.PE.	Physical Education
TOPIC / INDICATOR	4.0.	Exercise Physiology - Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.
INDICATOR / PROFICIENCY LEVEL	4.D.	Benefits of Physical Activity
OBJECTIVE	4.D.1.	Justify the benefits of physical activity.
EXPECTATION	4.D.1.a.	<p>Assess the benefits of physical activity as a motivating factor to positively affect exercise adherence.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
EXPECTATION	4.D.1.b.	<p>Evaluate the value of physical activity for lifelong health and wellness.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
STRAND / TOPIC / STANDARD	MD.PE.	Physical Education
TOPIC / INDICATOR	4.0.	Exercise Physiology - Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.
INDICATOR / PROFICIENCY	4.F.	Exercise Adherence

<b>LEVEL</b>		
<b>OBJECTIVE</b>	<b>4.F.1.</b>	Evaluate the factors influencing daily physical activity.
<b>EXPECTATION</b>	<b>4.F.1.a.</b>	Assess the effectiveness of strategies for overcoming personal, environmental, and/or social factors affecting physical activity level and revise those strategies that have been ineffective.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>4.F.1.b.</b>	Rate and prioritize personal motivating factors for adhering to a physically active lifestyle.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Physical Activity - Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.A.</b>	Aerobic Fitness
<b>OBJECTIVE</b>	<b>5.A.1.</b>	Analyze and evaluate individual aerobic capacity/cardiorespiratory fitness.
<b>EXPECTATION</b>	<b>5.A.1.e.</b>	Calculate target heart rate to reflect personal activity goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Physical Activity - Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.B.</b>	Muscular Strength and Endurance

<b>OBJECTIVE</b>	<b>5.B.1.</b>	Analyze and evaluate individual muscular strength and muscular endurance.
<b>EXPECTATION</b>	<b>5.B.1.c.</b>	Design, execute and revise a personal plan for muscular strength and muscular endurance based on principles of overload, progression, specificity, regularity and individuality.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Physical Activity - Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.C.</b>	Flexibility
<b>OBJECTIVE</b>	<b>5.C.1.</b>	Analyze and evaluate individual flexibility.
<b>EXPECTATION</b>	<b>5.C.1.c.</b>	Design, execute and revise a personal plan for flexibility based on principles of overload, progression, specificity, regularity and individuality.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Physical Activity - Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.D.</b>	Body Composition
<b>OBJECTIVE</b>	<b>5.D.1.</b>	Analyze and evaluate individual body composition.
<b>EXPECTATION</b>	<b>5.D.1.c.</b>	Design, execute, and revise a personal plan for body composition based on principles of overload, progression, specificity, regularity, and individuality.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence

		Multimedia Extensions: Motivation
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>6.0.</b>	Social Psychological Principles - Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.B.</b>	Effort and Improvement
<b>OBJECTIVE</b>	<b>6.B.1.</b>	Predict the relationship between effort and improvement.
<b>EXPECTATION</b>	<b>6.B.1.a.</b>	Create challenging, attainable personal physical activity goals and make revisions based on personal values.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>6.B.1.b.</b>	Discuss how effort and motivation in a self-directed activity leads to attainment of a goal.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>6.B.1.c.</b>	Self evaluate, design, and revise a plan for attainment of personal goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>6.0.</b>	Social Psychological Principles - Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.E.</b>	Time Management
<b>OBJECTIVE</b>	<b>6.E.1.</b>	Evaluate time management strategies.
<b>EXPECTATION</b>	<b>6.E.1.a.</b>	Assess a daily physical activity plan and use appropriate solutions and strategies to overcome personal time barriers.

		<b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
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**Maryland Content Standards**

**Health and PE**

**Grade 11 - Adopted 2009**

<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>1.0.</b>	Mental and Emotional Health - Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>1.A.</b>	Communication
<b>OBJECTIVE</b>	<b>1.A.1.</b>	Recognize and apply effective communication skills.
<b>EXPECTATION</b>	<b>1.A.1.a.</b>	Discuss skills for communicating effectively with family, peers, and others.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>EXPECTATION</b>	<b>1.A.1.b.</b>	Utilize strategies to overcome barriers when communicating information, ideas, emotions, and opinions about health issues.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>EXPECTATION</b>	<b>1.A.1.c.</b>	Analyze how interpersonal communication affects relationships.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>1.0.</b>	Mental and Emotional Health - Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.



<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>1.D.</b>	Decision-making
<b>OBJECTIVE</b>	<b>1.D.1.</b>	Apply the decision-making process to personal issues and problems.
<b>EXPECTATION</b>	<b>1.D.1.a.</b>	Demonstrate the ability to utilize strategies when making decisions related to health needs and risks of young adults.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>EXPECTATION</b>	<b>1.D.1.b.</b>	Analyze health concerns that require collaborative decision-making.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>EXPECTATION</b>	<b>1.D.1.d.</b>	Apply strategies and skills needed to attain personal health goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>1.0.</b>	Mental and Emotional Health - Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>1.F.</b>	Stress
<b>OBJECTIVE</b>	<b>1.F.1.</b>	Demonstrate, evaluate and analyze strategies to manage stress.
<b>EXPECTATION</b>	<b>1.F.1.a.</b>	Assess situations that are perceived as personal stressors.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance  <b>My Success Roadmap</b> 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

<b>EXPECTATION</b>	1.F.1.b.	<p>Compare stressors across the lifespan.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  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 &amp; Well-Being</p>
<b>EXPECTATION</b>	1.F.1.c.	<p>Formulate positive ways to manage stressful situations.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  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 &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STRAND / TOPIC / STANDARD</b>	MD.HE.	Health Education
<b>TOPIC / INDICATOR</b>	1.0.	Mental and Emotional Health - Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.
<b>INDICATOR / PROFICIENCY LEVEL</b>	1.J.	Mental Illness, Depression, Suicide
<b>OBJECTIVE</b>	1.J.1.	Recognize and respond to destructive behaviors.
<b>EXPECTATION</b>	1.J.1.a.	<p>Relate mental and emotional health to disease and disorder.</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>

<b>EXPECTATION</b>	<b>1.J.1.b.</b>	Investigate the warning signs of depression and suicide.  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Safety and Injury Prevention - Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe living in the home, school, and community.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.C.</b>	Harassment
<b>OBJECTIVE</b>	<b>5.C.1.</b>	Demonstrate appropriate responses to harassment and other violent behaviors.
<b>EXPECTATION</b>	<b>5.C.1.a.</b>	Distinguish between healthy and unhealthy verbal and/or non-verbal interactions.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
<b>EXPECTATION</b>	<b>5.C.1.d.</b>	Develop a personal plan to resist and prevent gang activity and violence.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation  <b>My Success Roadmap</b> 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
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Safety and Injury Prevention - Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe

		living in the home, school, and community.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.C.</b>	Harassment
<b>OBJECTIVE</b>	<b>5.C.2.</b>	Recognize contributors to harassment, intimidating behaviors, and violence.
<b>EXPECTATION</b>	<b>5.C.2.b.</b>	Analyze the impact of media influences on harassing and intimidating behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>5.C.2.d.</b>	Examine the influence of peer groups as they relate to harassing and intimidating behaviors  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 09: Finding Balance  <b>My Success Roadmap</b> 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
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>6.0.</b>	Nutrition and Fitness - Students will demonstrate the ability to use nutrition and fitness knowledge, skills, and strategies to promote a healthy lifestyle.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.E.</b>	Food and Health
<b>OBJECTIVE</b>	<b>6.E.3.</b>	Analyze eating and activity behaviors that need improvement.
<b>EXPECTATION</b>	<b>6.E.3.a.</b>	Identify areas of personal eating behaviors that need improvement.  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>EXPECTATION</b>	<b>6.E.3.b.</b>	Assess personal fitness and identify areas of personal physical activity behaviors that need improvement..  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>EXPECTATION</b>	<b>6.E.3.c.</b>	Determine a plan of action to address areas targeted for improvement.

		<b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>4.0.</b>	Exercise Physiology - Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>4.D.</b>	Benefits of Physical Activity
<b>OBJECTIVE</b>	<b>4.D.1.</b>	Justify the benefits of physical activity.
<b>EXPECTATION</b>	<b>4.D.1.a.</b>	Assess the benefits of physical activity as a motivating factor to positively affect exercise adherence.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>EXPECTATION</b>	<b>4.D.1.b.</b>	Evaluate the value of physical activity for lifelong health and wellness.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>4.0.</b>	Exercise Physiology - Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>4.F.</b>	Exercise Adherence
<b>OBJECTIVE</b>	<b>4.F.1.</b>	Evaluate the factors influencing daily physical activity.
<b>EXPECTATION</b>	<b>4.F.1.a.</b>	Assess the effectiveness of strategies for overcoming personal, environmental, and/or social factors affecting physical activity level and revise those strategies that have been ineffective.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>4.F.1.b.</b>	Rate and prioritize personal motivating factors for adhering to a physically active lifestyle.

		<p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Physical Activity - Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.A.</b>	Aerobic Fitness
<b>OBJECTIVE</b>	<b>5.A.1.</b>	Analyze and evaluate individual aerobic capacity/cardiorespiratory fitness.
<b>EXPECTATION</b>	<b>5.A.1.e.</b>	<p>Calculate target heart rate to reflect personal activity goals.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Physical Activity - Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.B.</b>	Muscular Strength and Endurance
<b>OBJECTIVE</b>	<b>5.B.1.</b>	Analyze and evaluate individual muscular strength and muscular endurance.
<b>EXPECTATION</b>	<b>5.B.1.c.</b>	<p>Design, execute and revise a personal plan for muscular strength and muscular endurance based on principles of overload, progression, specificity, regularity and individuality.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education

<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Physical Activity - Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.C.</b>	Flexibility
<b>OBJECTIVE</b>	<b>5.C.1.</b>	Analyze and evaluate individual flexibility.
<b>EXPECTATION</b>	<b>5.C.1.c.</b>	Design, execute and revise a personal plan for flexibility based on principles of overload, progression, specificity, regularity and individuality.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Physical Activity - Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.D.</b>	Body Composition
<b>OBJECTIVE</b>	<b>5.D.1.</b>	Analyze and evaluate individual body composition.
<b>EXPECTATION</b>	<b>5.D.1.c.</b>	Design, execute, and revise a personal plan for body composition based on principles of overload, progression, specificity, regularity, and individuality.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>6.0.</b>	Social Psychological Principles - Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.B.</b>	Effort and Improvement

<b>OBJECTIVE</b>	<b>6.B.1.</b>	Predict the relationship between effort and improvement.
<b>EXPECTATION</b>	<b>6.B.1.a.</b>	Create challenging, attainable personal physical activity goals and make revisions based on personal values.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>6.B.1.b.</b>	Discuss how effort and motivation in a self-directed activity leads to attainment of a goal.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>6.B.1.c.</b>	Self evaluate, design, and revise a plan for attainment of personal goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>6.0.</b>	Social Psychological Principles - Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.E.</b>	Time Management
<b>OBJECTIVE</b>	<b>6.E.1.</b>	Evaluate time management strategies.
<b>EXPECTATION</b>	<b>6.E.1.a.</b>	Assess a daily physical activity plan and use appropriate solutions and strategies to overcome personal time barriers.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being

**Maryland Content Standards**

**Health and PE**

**Grade 12 - Adopted 2009**

<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
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<b>TOPIC / INDICATOR</b>	<b>1.0.</b>	Mental and Emotional Health - Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>1.A.</b>	Communication
<b>OBJECTIVE</b>	<b>1.A.1.</b>	Recognize and apply effective communication skills.
<b>EXPECTATION</b>	<b>1.A.1.a.</b>	Discuss skills for communicating effectively with family, peers, and others.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>EXPECTATION</b>	<b>1.A.1.b.</b>	Utilize strategies to overcome barriers when communicating information, ideas, emotions, and opinions about health issues.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>EXPECTATION</b>	<b>1.A.1.c.</b>	Analyze how interpersonal communication affects relationships.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>1.0.</b>	Mental and Emotional Health - Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>1.D.</b>	Decision-making
<b>OBJECTIVE</b>	<b>1.D.1.</b>	Apply the decision-making process to personal issues and problems.
<b>EXPECTATION</b>	<b>1.D.1.a.</b>	Demonstrate the ability to utilize strategies when making decisions related to health needs and risks of young adults.  <b>My Success Roadmap</b>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>EXPECTATION</b>	<b>1.D.1.b.</b>	Analyze health concerns that require collaborative decision-making.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>EXPECTATION</b>	<b>1.D.1.d.</b>	Apply strategies and skills needed to attain personal health goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>1.0.</b>	Mental and Emotional Health - Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>1.F.</b>	Stress
<b>OBJECTIVE</b>	<b>1.F.1.</b>	Demonstrate, evaluate and analyze strategies to manage stress.
<b>EXPECTATION</b>	<b>1.F.1.a.</b>	Assess situations that are perceived as personal stressors.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance  <b>My Success Roadmap</b> 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
<b>EXPECTATION</b>	<b>1.F.1.b.</b>	Compare stressors across the lifespan.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress

		<p>Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  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 &amp; Well-Being</p>
<b>EXPECTATION</b>	<b>1.F.1.c.</b>	<p>Formulate positive ways to manage stressful situations.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  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 &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>1.0.</b>	Mental and Emotional Health - Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>1.J.</b>	Mental Illness, Depression, Suicide
<b>OBJECTIVE</b>	<b>1.J.1.</b>	Recognize and respond to destructive behaviors.
<b>EXPECTATION</b>	<b>1.J.1.a.</b>	<p>Relate mental and emotional health to disease and disorder.</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>EXPECTATION</b>	<b>1.J.1.b.</b>	<p>Investigate the warning signs of depression and suicide.</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education

<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Safety and Injury Prevention - Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe living in the home, school, and community.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.C.</b>	Harassment
<b>OBJECTIVE</b>	<b>5.C.1.</b>	Demonstrate appropriate responses to harassment and other violent behaviors.
<b>EXPECTATION</b>	<b>5.C.1.a.</b>	Distinguish between healthy and unhealthy verbal and/or non-verbal interactions.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
<b>EXPECTATION</b>	<b>5.C.1.d.</b>	Develop a personal plan to resist and prevent gang activity and violence.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation  <b>My Success Roadmap</b> 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
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Safety and Injury Prevention - Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe living in the home, school, and community.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.C.</b>	Harassment
<b>OBJECTIVE</b>	<b>5.C.2.</b>	Recognize contributors to harassment, intimidating behaviors, and violence.
<b>EXPECTATION</b>	<b>5.C.2.b.</b>	Analyze the impact of media influences on harassing and intimidating behaviors.

		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>EXPECTATION</b>	<b>5.C.2.d.</b>	<p>Examine the influence of peer groups as they relate to harassing and intimidating behaviors</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.HE.</b>	Health Education
<b>TOPIC / INDICATOR</b>	<b>6.0.</b>	Nutrition and Fitness - Students will demonstrate the ability to use nutrition and fitness knowledge, skills, and strategies to promote a healthy lifestyle.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.E.</b>	Food and Health
<b>OBJECTIVE</b>	<b>6.E.3.</b>	Analyze eating and activity behaviors that need improvement.
<b>EXPECTATION</b>	<b>6.E.3.a.</b>	<p>Identify areas of personal eating behaviors that need improvement.</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>EXPECTATION</b>	<b>6.E.3.b.</b>	<p>Assess personal fitness and identify areas of personal physical activity behaviors that need improvement..</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>EXPECTATION</b>	<b>6.E.3.c.</b>	<p>Determine a plan of action to address areas targeted for improvement.</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>4.0.</b>	Exercise Physiology - Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and

		physical performance on a variety of academic, recreational, and life tasks.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>4.D.</b>	Benefits of Physical Activity
<b>OBJECTIVE</b>	<b>4.D.1.</b>	Justify the benefits of physical activity.
<b>EXPECTATION</b>	<b>4.D.1.a.</b>	Assess the benefits of physical activity as a motivating factor to positively affect exercise adherence.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>EXPECTATION</b>	<b>4.D.1.b.</b>	Evaluate the value of physical activity for lifelong health and wellness.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>4.0.</b>	Exercise Physiology - Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>4.F.</b>	Exercise Adherence
<b>OBJECTIVE</b>	<b>4.F.1.</b>	Evaluate the factors influencing daily physical activity.
<b>EXPECTATION</b>	<b>4.F.1.a.</b>	Assess the effectiveness of strategies for overcoming personal, environmental, and/or social factors affecting physical activity level and revise those strategies that have been ineffective.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>4.F.1.b.</b>	Rate and prioritize personal motivating factors for adhering to a physically active lifestyle.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education

<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Physical Activity - Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.A.</b>	Aerobic Fitness
<b>OBJECTIVE</b>	<b>5.A.1.</b>	Analyze and evaluate individual aerobic capacity/cardiorespiratory fitness.
<b>EXPECTATION</b>	<b>5.A.1.e.</b>	Calculate target heart rate to reflect personal activity goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Physical Activity - Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.B.</b>	Muscular Strength and Endurance
<b>OBJECTIVE</b>	<b>5.B.1.</b>	Analyze and evaluate individual muscular strength and muscular endurance.
<b>EXPECTATION</b>	<b>5.B.1.c.</b>	Design, execute and revise a personal plan for muscular strength and muscular endurance based on principles of overload, progression, specificity, regularity and individuality.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Physical Activity - Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.
<b>INDICATOR / PROFICIENCY</b>	<b>5.C.</b>	Flexibility

<b>LEVEL</b>		
<b>OBJECTIVE</b>	<b>5.C.1.</b>	Analyze and evaluate individual flexibility.
<b>EXPECTATION</b>	<b>5.C.1.c.</b>	Design, execute and revise a personal plan for flexibility based on principles of overload, progression, specificity, regularity and individuality.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>5.0.</b>	Physical Activity - Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>5.D.</b>	Body Composition
<b>OBJECTIVE</b>	<b>5.D.1.</b>	Analyze and evaluate individual body composition.
<b>EXPECTATION</b>	<b>5.D.1.c.</b>	Design, execute, and revise a personal plan for body composition based on principles of overload, progression, specificity, regularity, and individuality.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>6.0.</b>	Social Psychological Principles - Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.B.</b>	Effort and Improvement
<b>OBJECTIVE</b>	<b>6.B.1.</b>	Predict the relationship between effort and improvement.
<b>EXPECTATION</b>	<b>6.B.1.a.</b>	Create challenging, attainable personal physical activity goals and make revisions based on personal values.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence



		Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>6.B.1.b.</b>	Discuss how effort and motivation in a self-directed activity leads to attainment of a goal.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EXPECTATION</b>	<b>6.B.1.c.</b>	Self evaluate, design, and revise a plan for attainment of personal goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.PE.</b>	Physical Education
<b>TOPIC / INDICATOR</b>	<b>6.0.</b>	Social Psychological Principles - Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>6.E.</b>	Time Management
<b>OBJECTIVE</b>	<b>6.E.1.</b>	Evaluate time management strategies.
<b>EXPECTATION</b>	<b>6.E.1.a.</b>	Assess a daily physical activity plan and use appropriate solutions and strategies to overcome personal time barriers.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being

## Maryland Content Standards

### Social Studies

#### Grade 9 - Adopted 2006

<b>STRAND / TOPIC / STANDARD</b>	<b>MD.1.0.</b>	American Government (VSC) Political Science: Students will understand the historical development and current status of the fundamental concepts and processes of authority, power, and influence, with particular emphasis on the democratic skills and attitudes necessary to become responsible citizens.
<b>TOPIC / INDICATOR</b>	<b>1.A.</b>	The Foundations and Function of Government
<b>INDICATOR / PROFICIENCY</b>	<b>1.A.3.</b>	The student will evaluate roles and policies the government has assumed regarding public issues (1.1.3).

<b>LEVEL</b>		
<b>OBJECTIVE</b>	<b>1.A.3.d.</b>	Evaluate the effects of crime and crime prevention as a public policy issue on government spending, quality of life and campaign issues  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.4.0.</b>	American Government (VSC) Economics: Students will develop economic reasoning to understand the historical development and current status of economic principles, institutions, and processes needed to be effective citizens, consumers, and workers participating in local communities, the nation, and the world.
<b>TOPIC / INDICATOR</b>	<b>4.A.</b>	Scarcity and Economic Decision-making
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>4.A.1.</b>	The student will utilize the principles of economic costs and benefits and opportunity cost to analyze the effectiveness of government policy in achieving socio-economic goals (4.1.2).
<b>OBJECTIVE</b>	<b>4.A.1.c.</b>	Evaluate the role of government in providing public goods, such as national defense and public education (Unit 1)  <b>Multimedia Extensions</b> Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

**Maryland Content Standards**

**Social Studies**

**Grade 10 - Adopted 2006**

<b>STRAND / TOPIC / STANDARD</b>	<b>MD.1.0.</b>	American Government (VSC) Political Science: Students will understand the historical development and current status of the fundamental concepts and processes of authority, power, and influence, with particular emphasis on the democratic skills and attitudes necessary to become responsible citizens.
<b>TOPIC / INDICATOR</b>	<b>1.A.</b>	The Foundations and Function of Government
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>1.A.3.</b>	The student will evaluate roles and policies the government has assumed regarding public issues (1.1.3).
<b>OBJECTIVE</b>	<b>1.A.3.d.</b>	Evaluate the effects of crime and crime prevention as a public policy issue on government spending, quality of life and campaign issues

		<b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.4.0.</b>	American Government (VSC) Economics: Students will develop economic reasoning to understand the historical development and current status of economic principles, institutions, and processes needed to be effective citizens, consumers, and workers participating in local communities, the nation, and the world.
<b>TOPIC / INDICATOR</b>	<b>4.A.</b>	Scarcity and Economic Decision-making
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>4.A.1.</b>	The student will utilize the principles of economic costs and benefits and opportunity cost to analyze the effectiveness of government policy in achieving socio-economic goals (4.1.2).
<b>OBJECTIVE</b>	<b>4.A.1.c.</b>	Evaluate the role of government in providing public goods, such as national defense and public education (Unit 1)  <b>Multimedia Extensions</b> Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

**Maryland Content Standards**

**Social Studies**

**Grade 11 - Adopted 2006**

<b>STRAND / TOPIC / STANDARD</b>	<b>MD.1.0.</b>	American Government (VSC) Political Science: Students will understand the historical development and current status of the fundamental concepts and processes of authority, power, and influence, with particular emphasis on the democratic skills and attitudes necessary to become responsible citizens.
<b>TOPIC / INDICATOR</b>	<b>1.A.</b>	The Foundations and Function of Government
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>1.A.3.</b>	The student will evaluate roles and policies the government has assumed regarding public issues (1.1.3).
<b>OBJECTIVE</b>	<b>1.A.3.d.</b>	Evaluate the effects of crime and crime prevention as a public policy issue on government spending, quality of life and campaign issues  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.4.0.</b>	American Government (VSC) Economics: Students will develop economic reasoning to understand the historical development and current status of economic principles, institutions, and processes needed to be effective citizens,

		consumers, and workers participating in local communities, the nation, and the world.
<b>TOPIC / INDICATOR</b>	<b>4.A.</b>	Scarcity and Economic Decision-making
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>4.A.1.</b>	The student will utilize the principles of economic costs and benefits and opportunity cost to analyze the effectiveness of government policy in achieving socio-economic goals (4.1.2).
<b>OBJECTIVE</b>	<b>4.A.1.c.</b>	Evaluate the role of government in providing public goods, such as national defense and public education (Unit 1)  <b>Multimedia Extensions</b> Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

**Maryland Content Standards**

**Social Studies**

**Grade 12 - Adopted 2006**

<b>STRAND / TOPIC / STANDARD</b>	<b>MD.1.0.</b>	American Government (VSC) Political Science: Students will understand the historical development and current status of the fundamental concepts and processes of authority, power, and influence, with particular emphasis on the democratic skills and attitudes necessary to become responsible citizens.
<b>TOPIC / INDICATOR</b>	<b>1.A.</b>	The Foundations and Function of Government
<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>1.A.3.</b>	The student will evaluate roles and policies the government has assumed regarding public issues (1.1.3).
<b>OBJECTIVE</b>	<b>1.A.3.d.</b>	Evaluate the effects of crime and crime prevention as a public policy issue on government spending, quality of life and campaign issues  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / TOPIC / STANDARD</b>	<b>MD.4.0.</b>	American Government (VSC) Economics: Students will develop economic reasoning to understand the historical development and current status of economic principles, institutions, and processes needed to be effective citizens, consumers, and workers participating in local communities, the nation, and the world.
<b>TOPIC / INDICATOR</b>	<b>4.A.</b>	Scarcity and Economic Decision-making

<b>INDICATOR / PROFICIENCY LEVEL</b>	<b>4.A.1.</b>	The student will utilize the principles of economic costs and benefits and opportunity cost to analyze the effectiveness of government policy in achieving socio-economic goals (4.1.2).
<b>OBJECTIVE</b>	<b>4.A.1.c.</b>	<p>Evaluate the role of government in providing public goods, such as national defense and public education (Unit 1)</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

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