

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

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

States: Michigan Curriculum Standards

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

Michigan Curriculum Standards

Health and PE

Grade 7 - Adopted 2008

STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.CC.	Core Concepts: All students will apply health promotion and disease prevention concepts and principles to personal, family, and community health issues.
EXPECTATION	1.13.	Summarize the characteristics of a healthy body image and factors that determine body weight, including body type. (Recommended) My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.HB.	Health Behaviors: All students will practice health enhancing behaviors and avoid or reduce health risks.
EXPECTATION	1.15.	Evaluate the availability of nutrient-dense foods in the school cafeteria and throughout the school environment. (Recommended) My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.I.	Influences: All students will analyze the influence of family, peers, culture, media, and technology on health.
EXPECTATION	1.9.	Analyze the influence of television, computer, and video games on physical activity.

		<p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.GS.	Goal Setting: All students will use goal setting skills to enhance health.
EXPECTATION	1.10.	<p>Assess personal barriers to healthy eating and being physically active, and develop practical solutions to remove these barriers.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	1.11.	<p>Make a personal plan for improving one's nutrition and incorporating physical activity into daily routines.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.SS.	Social Skills: All students will demonstrate effective interpersonal communication and other social skills which enhance health.

EXPECTATION	1.17.	Demonstrate skills for dealing with pressure to eat in ways that are not healthy. (Recommended) My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
EXPECTATION	1.18.	Demonstrate the ability to persuade peers to eat healthy and be physically active. (Recommended) My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.2.	Alcohol, Tobacco , and Other Drugs
GRADE LEVEL EXPECTATION	2.CC.	Core Concepts: All students will apply health promotion and disease prevention concepts and principles to personal, family, and community health issues.
EXPECTATION	2.1.	Analyze how alcohol, tobacco, and other drug use and exposure negatively impacts the user, as well as friends, family members, and community members. My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.3.	Safety
GRADE LEVEL EXPECTATION	3.A.	Advocacy: All students will demonstrate advocacy skills for enhanced personal, family, and community health.
EXPECTATION	3.19.	Advocate for changes in home, school, or community environments that would increase safety. (Recommended) My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health

GRADE LEVEL EXPECTATION	4.CC.	Core Concepts: All students will apply health promotion and disease prevention concepts and principles to personal, family, and community health issues.
EXPECTATION	4.1.	Distinguish between passive, aggressive, and assertive communication. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
EXPECTATION	4.2.	Describe the warning signs, risk factors, and protective factors for depression and suicide. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
EXPECTATION	4.13.	Describe essential character traits needed for personal success and well being. (Recommended) My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.AI.	Access Information: All students will access valid health information and appropriate health promoting products and services.
EXPECTATION	4.3.	Analyze situations as to whether they call for simple acts of caring among friends, or require getting the help of caring adults. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
EXPECTATION	4.5.	Demonstrate the ability to locate school and community resources to assist with problems related to emotional health concerns, including when someone is in danger of hurting self or others. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support
STRAND / STANDARD CATEGORY	MI.HE.	Health Education

STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.HB.	Health Behaviors: All students will practice health enhancing behaviors and avoid or reduce health risks.
EXPECTATION	4.6.	Describe the signs and symptoms of stress. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
EXPECTATION	4.7.	Demonstrate the ability to use stress management techniques. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
EXPECTATION	4.14.	Apply skills to manage strong feelings. (Recommended) My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress
STRAND / STANDARD CATEGORY	MI.HE.	Health Education

STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.I.	Influences: All students will analyze the influence of family, peers, culture, media, and technology on health.
EXPECTATION	4.9.	Demonstrate using the problem solving steps to solve a problem. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.SS.	Social Skills: All students will demonstrate effective interpersonal communication and other social skills which enhance health.
EXPECTATION	4.16.	Evaluate behaviors, including one's own, to determine if they are examples of essential character traits. (Recommended) My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.5.	Personal Health and Wellness
GRADE LEVEL EXPECTATION	5.CC.	Core Concepts: All students will apply health promotion and disease prevention concepts and principles to personal, family, and community health issues.
EXPECTATION	5.1.	Describe the importance of rest and sleep for personal health. Multimedia Extensions Multimedia Extensions: Well-Being My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.5.	Personal Health and Wellness

GRADE LEVEL EXPECTATION	5.GS.	Goal Setting: All students will use goal setting skills to enhance health.
EXPECTATION	5.9.	Create a plan to incorporate adequate rest and sleep in daily routines. Multimedia Extensions Multimedia Extensions: Well-Being My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.7.	Sexuality Education
GRADE LEVEL EXPECTATION	7.CC.	Core Concepts: All students will apply health promotion and disease prevention concepts and principles to personal, family, and community health issues.
EXPECTATION	7.2.	Compare characteristics of healthy and unhealthy relationships, and describe ways to express caring for a boyfriend or girlfriend while staying abstinent. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.7.	Sexuality Education
GRADE LEVEL EXPECTATION	7.A.	Advocacy: All students will demonstrate advocacy skills for enhanced personal, family, and community health.
EXPECTATION	7.10.	Demonstrate the ability to be positive peer role models in the school and community. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections My Roadmap to the Future

		<p>Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 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 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.K.	Content Knowledge
GRADE LEVEL EXPECTATION	K.HR.	Health-Related Fitness
EXPECTATION	K.HR.07.06.	<p>Students will develop a plan for improving or maintaining health-related fitness status with assistance from the teacher.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.K.	Content Knowledge
GRADE LEVEL EXPECTATION	K.AN.	Physical Activity and Nutrition
EXPECTATION	K.AN.07.01.	<p>Students will evaluate the effects of physical activity and nutrition on the body, with teacher guidance.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education

STANDARD	PE.K.	Content Knowledge
GRADE LEVEL EXPECTATION	K.PS.	Personal/Social Behaviors
EXPECTATION	K.PS.07.01.	Students will compare behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence
EXPECTATION	K.PS.07.02.	Students will compare behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.K.	Content Knowledge
GRADE LEVEL EXPECTATION	K.SB.	Social Benefits
EXPECTATION	K.SB.07.01.	Students will use physical activity as a positive opportunity for social interaction in dynamic settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.A.	Fitness and Physical Activity
GRADE LEVEL EXPECTATION	A.HR.	Health-Related Fitness
EXPECTATION	A.HR.07.06.	Students will develop a plan for improving or maintaining health-related fitness status with assistance from the teacher. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.A.	Fitness and Physical Activity
GRADE LEVEL EXPECTATION	A.AN.	Physical Activity and Nutrition
EXPECTATION	A.AN.07.01.	Students will monitor the effects of physical activity and nutrition on the body, with teacher guidance. Multimedia Extensions Multimedia Extensions: Stress
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.B.	Personal/ Social Behaviors and Values
GRADE LEVEL EXPECTATION	B.SB.	Social Benefits
EXPECTATION	B.SB.07.01.	Students will recognize physical activity as a positive opportunity for social interaction in dynamic settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Michigan Curriculum Standards

Health and PE

Grade 8 - Adopted 2008

STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.CC.	Core Concepts: All students will apply health promotion and disease prevention concepts and principles to personal, family, and community health issues.
EXPECTATION	1.13.	Summarize the characteristics of a healthy body image and factors that determine body weight, including body type. (Recommended) My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.HB.	Health Behaviors: All students will practice health enhancing behaviors and avoid or reduce health risks.
EXPECTATION	1.15.	Evaluate the availability of nutrient-dense foods in the school cafeteria and throughout the school environment. (Recommended) My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.I.	Influences: All students will analyze the influence of family, peers, culture, media, and technology on health.
EXPECTATION	1.9.	Analyze the influence of television, computer, and video games on physical activity. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.GS.	Goal Setting: All students will use goal setting skills to enhance health.
EXPECTATION	1.10.	Assess personal barriers to healthy eating and being physically active, and develop practical solutions to remove these barriers.

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	1.11.	<p>Make a personal plan for improving one's nutrition and incorporating physical activity into daily routines.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.SS.	Social Skills: All students will demonstrate effective interpersonal communication and other social skills which enhance health.
EXPECTATION	1.17.	<p>Demonstrate skills for dealing with pressure to eat in ways that are not healthy. (Recommended)</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	1.18.	<p>Demonstrate the ability to persuade peers to eat healthy and be physically active. (Recommended)</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.2.	Alcohol, Tobacco , and Other Drugs
GRADE LEVEL EXPECTATION	2.CC.	Core Concepts: All students will apply health promotion and disease prevention concepts and principles to personal, family, and community health issues.
EXPECTATION	2.1.	Analyze how alcohol, tobacco, and other drug use and exposure negatively impacts the user, as well as friends, family members, and community members.

		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.3.	Safety
GRADE LEVEL EXPECTATION	3.A.	Advocacy: All students will demonstrate advocacy skills for enhanced personal, family, and community health.
EXPECTATION	3.19.	Advocate for changes in home, school, or community environments that would increase safety. (Recommended) My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.CC.	Core Concepts: All students will apply health promotion and disease prevention concepts and principles to personal, family, and community health issues.
EXPECTATION	4.1.	Distinguish between passive, aggressive, and assertive communication. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
EXPECTATION	4.2.	Describe the warning signs, risk factors, and protective factors for depression and suicide. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
EXPECTATION	4.13.	Describe essential character traits needed for personal success and well being. (Recommended) My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD	MI.HE.	Health Education

CATEGORY		
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.AI.	Access Information: All students will access valid health information and appropriate health promoting products and services.
EXPECTATION	4.3.	Analyze situations as to whether they call for simple acts of caring among friends, or require getting the help of caring adults. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
EXPECTATION	4.5.	Demonstrate the ability to locate school and community resources to assist with problems related to emotional health concerns, including when someone is in danger of hurting self or others. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.HB.	Health Behaviors: All students will practice health enhancing behaviors and avoid or reduce health risks.
EXPECTATION	4.6.	Describe the signs and symptoms of stress. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
EXPECTATION	4.7.	Demonstrate the ability to use stress management techniques.

		<p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
EXPECTATION	4.14.	<p>Apply skills to manage strong feelings. (Recommended)</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.I.	Influences: All students will analyze the influence of family, peers, culture, media, and technology on health.
EXPECTATION	4.9.	<p>Demonstrate using the problem solving steps to solve a problem.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.SS.	Social Skills: All students will demonstrate effective interpersonal communication and other social skills which enhance health.
EXPECTATION	4.16.	Evaluate behaviors, including one's own, to determine if they are examples of essential character traits. (Recommended)

		My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.5.	Personal Health and Wellness
GRADE LEVEL EXPECTATION	5.CC.	Core Concepts: All students will apply health promotion and disease prevention concepts and principles to personal, family, and community health issues.
EXPECTATION	5.1.	Describe the importance of rest and sleep for personal health. Multimedia Extensions Multimedia Extensions: Well-Being My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.5.	Personal Health and Wellness
GRADE LEVEL EXPECTATION	5.GS.	Goal Setting: All students will use goal setting skills to enhance health.
EXPECTATION	5.9.	Create a plan to incorporate adequate rest and sleep in daily routines. Multimedia Extensions Multimedia Extensions: Well-Being My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.7.	Sexuality Education
GRADE LEVEL EXPECTATION	7.CC.	Core Concepts: All students will apply health promotion and disease prevention concepts and principles to personal, family, and community health issues.
EXPECTATION	7.2.	Compare characteristics of healthy and unhealthy relationships, and describe ways to express caring for a boyfriend or girlfriend while staying abstinent.

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.7.	Sexuality Education
GRADE LEVEL EXPECTATION	7.A.	Advocacy: All students will demonstrate advocacy skills for enhanced personal, family, and community health.
EXPECTATION	7.10.	<p>Demonstrate the ability to be positive peer role models in the school and community.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 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 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.K.	Content Knowledge
GRADE LEVEL EXPECTATION	K.PA.	Participation Inside/Outside of Physical Education

EXPECTATION	K.PA.08.01.	Students will set individual physical activity goals and formulate a physical activity program that meets national guidelines. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.K.	Content Knowledge
GRADE LEVEL EXPECTATION	K.HR.	Health-Related Fitness
EXPECTATION	K.HR.08.06.	Students will develop and implement a plan for improving or maintaining health-related fitness status with assistance from the teacher. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.K.	Content Knowledge
GRADE LEVEL EXPECTATION	K.AN.	Physical Activity and Nutrition
EXPECTATION	K.AN.08.01.	Students will evaluate the effects of physical activity and nutrition on the body. Multimedia Extensions Multimedia Extensions: Stress
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.K.	Content Knowledge
GRADE LEVEL EXPECTATION	K.PS.	Personal/Social Behaviors
EXPECTATION	K.PS.08.01.	Students will analyze behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.

		My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence
EXPECTATION	K.PS.08.02.	Students will analyze behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.K.	Content Knowledge
GRADE LEVEL EXPECTATION	K.SB.	Social Benefits
EXPECTATION	K.SB.08.01.	Students will use physical activity as a positive opportunity for social interaction in dynamic settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.A.	Fitness and Physical Activity
GRADE LEVEL EXPECTATION	A.HR.	Health-Related Fitness
EXPECTATION	A.HR.08.06.	Students will develop and implement a plan for improving or maintaining health-related fitness status with assistance from the teacher. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.A.	Fitness and Physical Activity
GRADE LEVEL EXPECTATION	A.AN.	Physical Activity and Nutrition
EXPECTATION	A.AN.08.01.	Students will monitor, independently, the effects of physical activity and nutrition on the body.

		Multimedia Extensions Multimedia Extensions: Stress
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.B.	Personal/ Social Behaviors and Values
GRADE LEVEL EXPECTATION	B.SB.	Social Benefits
EXPECTATION	B.SB.08.01.	Students will recognize physical activity as a positive opportunity for social interaction in dynamic settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Michigan Curriculum Standards

Social Studies

Grade 7 - Adopted 2007

STRAND / STANDARD CATEGORY	MI.H1.	Eastern Hemisphere Studies - History - The World in Temporal Terms: Historical Habits of Mind: Evaluate evidence, compare and contrast information, interpret the historical record, and develop sound historical arguments and perspectives on which informed decisions in contemporary life can be based.
STANDARD	H1.2.	Historical Inquiry and Analysis: Use historical inquiry and analysis to study the past.
GRADE LEVEL EXPECTATION	7- H1.2.5.	Describe how historians use methods of inquiry to identify cause effect relationships in history noting that many have multiple causes. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support

Michigan Curriculum Standards

Health and PE

Grade 9 - Adopted 2008

STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.CC.	Core Concepts: All students will apply health promotion and disease prevention concepts and principles to personal, family, and community health issues.
EXPECTATION	1.1.	Distinguish between unhealthy and healthy ways to manage weight. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.HB.	Health Behaviors: All students will practice health enhancing behaviors and avoid or reduce health risks.
EXPECTATION	1.3.	Demonstrate the ability to use information on food labels to choose nutrient-dense foods and beverages, and to avoid or limit foods and beverages that are low in nutrients or may impact health conditions. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.GS.	Goal Setting: All students will use goal setting skills to enhance health.
EXPECTATION	1.5.	Assess one's personal nutrition needs and level of physical activity according to the federal dietary guidelines. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

		<p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	1.6.	<p>Assess one's personal preferences regarding healthy eating and physical activity.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	1.7.	<p>Assess personal barriers to healthy eating and physical activity, and develop practical solutions to remove these barriers.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	1.8.	<p>Develop a personal plan for improving one's nutrition, incorporating physical activity into daily routines, and maintaining a healthy weight.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.DM.	Decision Making: All students will use decision-making skills to enhance health.
EXPECTATION	1.9.	<p>Predict the health benefits of eating healthy and being physically active; and the potential health consequences of not doing so.</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND / STANDARD CATEGORY	MI.HE.	Health Education

STANDARD	HE.3.	Safety
GRADE LEVEL EXPECTATION	3.I.	Influences: All students will analyze the influence of family, peers, culture, media, and technology on health.
EXPECTATION	3.11.	Analyze social pressures to refrain from telling on others or reporting dangerous situations. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.CC.	Core Concepts: All students will apply health promotion and disease prevention concepts and principles to personal, family, and community health issues.
EXPECTATION	4.1.	Identify the characteristics of positive relationships, and analyze their impact on personal, family, and community health. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
EXPECTATION	4.2.	Describe the warning signs, risk factors, and protective factors for depression and suicide. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL	4.AI.	Access Information: All students will access valid health information and appropriate health promoting products and services.

EXPECTATION		
EXPECTATION	4.3.	<p>Locate resources in one's community and on the Internet for information and services regarding depression and suicide prevention; and analyze the validity of these resources.</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.HB.	Health Behaviors: All students will practice health enhancing behaviors and avoid or reduce health risks.
EXPECTATION	4.12.	<p>Assess one's personal behavior and how one demonstrates character traits. (Recommended)</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.GS.	Goal Setting: All students will use goal setting skills to enhance health.
EXPECTATION	4.6.	<p>Develop short-term and long-term personal goals and aspirations.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

		Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
EXPECTATION	4.13.	Develop a personal plan for maintaining or improving one's demonstration of character traits. (Recommended) My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.DM.	Decision Making: All students will use decision-making skills to enhance health.
EXPECTATION	4.7.	Apply decision-making and problem-solving steps to generate alternative solutions regarding social situations that could place one's health or safety at risk. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
EXPECTATION	4.8.	Predict the potential short- and long-term effects of each alternative on self and others, and defend the healthy choice(s). My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
EXPECTATION	4.14.	Evaluate the effectiveness of health-related decisions. (Recommended) Multimedia Extensions Multimedia Extensions: Stress My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.SS.	Social Skills: All students will demonstrate effective interpersonal communication and other social skills which enhance health.
EXPECTATION	4.9.	Demonstrate the ability to apply listening and assertive communication skills in situations that may involve parents, family members, other trusted adults, peers, boyfriends/ girlfriends, and health professionals. My Roadmap to the Future 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 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
EXPECTATION	4.10.	Demonstrate how to respond constructively to the anger of others. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.5.	Personal Health and Wellness
GRADE LEVEL EXPECTATION	5.CC.	Core Concepts: All students will apply health promotion and disease prevention concepts and principles to personal, family, and community health issues.
EXPECTATION	5.3.	Analyze the importance of rest and sleep for personal health. Multimedia Extensions Multimedia Extensions: Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education

STANDARD	HE.5.	Personal Health and Wellness
GRADE LEVEL EXPECTATION	5.GS.	Goal Setting: All students will use goal setting skills to enhance health.
EXPECTATION	5.10.	Assess personal rest and sleep practices and create a personal plan to incorporate rest and sleep in daily routines. Multimedia Extensions Multimedia Extensions: Well-Being My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.1.	Health-Related Fitness Core Content Expectations
GRADE LEVEL EXPECTATION	1.A.	Fitness and Physical Activity
EXPECTATION	A.4.HR.6.	Health-Related Fitness: Develop and implement a plan for improving or maintaining health-related fitness. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.1.	Health-Related Fitness Core Content Expectations
GRADE LEVEL EXPECTATION	1.K.	Content Knowledge
EXPECTATION	K.2.PA.1.	Participation Outside of Physical Education: Analyze and assess individual physical activity goals formulated for a physical activity program that meets national guidelines. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EXPECTATION	K.2.HR.6.	Health-Related Fitness: Develop and implement a plan for improving or maintaining health-related fitness status. Multimedia Extensions

		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EXPECTATION	K.2.AN.1.	Physical Activity and Nutrition: Analyze and evaluate the effects of physical activity and nutrition on the body. Multimedia Extensions Multimedia Extensions: Stress
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.1.	Health-Related Fitness Core Content Expectations
GRADE LEVEL EXPECTATION	1.B.	Personal/Social Behaviors and Values
EXPECTATION	B.5.FB.1.	Feedback: Apply internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in dynamic settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.3.	Net/Wall Games
GRADE LEVEL EXPECTATION	3.K.	Content Knowledge
EXPECTATION	K.2.PS.1.	Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
EXPECTATION	K.2.PS.2.	Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education

STANDARD	PE.3.	Net/Wall Games
GRADE LEVEL EXPECTATION	3.B.	Personal/Social Behaviors and Values
EXPECTATION	B.6.PS.1.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.PS.2.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.4.	Target Games
GRADE LEVEL EXPECTATION	4.K.	Content Knowledge
EXPECTATION	K.2.PS.1.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
EXPECTATION	K.2.PS.2.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	K.2.RP.1.	<p>Regular Participation: Explain why choosing to participate in activities is personally challenging in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD	MI.PE.	Physical Education

CATEGORY		
STANDARD	PE.4.	Target Games
GRADE LEVEL EXPECTATION	4.A.	Fitness and Physical Activity
EXPECTATION	A.3.PE.1.	<p>Participation During Physical Education: Participate in physical activities that are vigorous in intensity level (i.e., a minimum of 70% of class time maintaining a minimum of 75% of target heart rate) in physical education while exploring a wide variety of target, net/wall, invasion, striking/fielding/running games, rhythmic activities, outdoor pursuits, and fitness-related activities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.4.	Target Games
GRADE LEVEL EXPECTATION	4.B.	Personal/Social Behaviors and Values
EXPECTATION	B.5.FB.1.	<p>Feedback: Apply internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.5.PS.1.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.5.PS.2.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

EXPECTATION	B.6.RP.1.	Regular Participation: Choose to participate in activities that are personally challenging in dynamic settings. Multimedia Extensions Multimedia Extensions: Confidence
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.6.	Striking/Fielding Games
GRADE LEVEL EXPECTATION	6.K.	Content Knowledge
EXPECTATION	K.2.PS.1.	Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings. Multimedia Extensions Multimedia Extensions: Confidence
EXPECTATION	K.2.PS.2.	Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
EXPECTATION	K.2.RP.1.	Regular Participation: Explain why choosing to participate in activities is personally challenging in dynamic settings. Multimedia Extensions Multimedia Extensions: Stress
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.6.	Striking/Fielding Games
GRADE LEVEL EXPECTATION	6.A.	Fitness and Physical Activity
EXPECTATION	A.3.PE.1.	Participation During Physical Education: Participate in physical activities that are vigorous in intensity level (i.e., a minimum of 70% of class time maintaining a minimum of 75% of target heart rate) in physical education while exploring a wide variety of target, net/wall, invasion, striking/fielding/running games, rhythmic activities, outdoor pursuits, and fitness-related activities.

		<p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.6.	Striking/Fielding Games
GRADE LEVEL EXPECTATION	6.B.	Personal/Social Behaviors and Values
EXPECTATION	B.6.FB.1.	<p>Feedback: Apply internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.PS.1.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.PS.2.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.RP.1.	<p>Regular Participation: Choose to participate in activities that are personally challenging in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.7.	Outdoor Pursuits

GRADE LEVEL EXPECTATION	7.K.	Content Knowledge
EXPECTATION	K.2.PS.1.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
EXPECTATION	K.2.PS.2.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	K.2.RP.1.	<p>Regular Participation: Explain why choosing to participate in activities is personally challenging in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.7.	Outdoor Pursuits
GRADE LEVEL EXPECTATION	7.A.	Fitness and Physical Activity
EXPECTATION	A.3.PE.1.	<p>Participation During Physical Education: Participate in physical activities that are vigorous in intensity level (i.e., a minimum of 70% of class time maintaining a minimum of 75% of target heart rate) in physical education while exploring a wide variety of target, net/wall, invasion, striking/fielding/running games, rhythmic activities, outdoor pursuits, and fitness-related activities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.7.	Outdoor Pursuits

GRADE LEVEL EXPECTATION	7.B.	Personal/Social Behaviors and Values
EXPECTATION	B.6.FB.1.	Feedback: Apply internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in dynamic settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
EXPECTATION	B.6.PS.1.	Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings. Multimedia Extensions Multimedia Extensions: Confidence My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
EXPECTATION	B.6.PS.2.	Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
EXPECTATION	B.6.RP.1.	Regular Participation: Choose to participate in activities that are personally challenging in dynamic settings. Multimedia Extensions Multimedia Extensions: Confidence
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.8.	Rhythmic Activities
GRADE LEVEL EXPECTATION	8.K.	Content Knowledge
EXPECTATION	K.2.PS.1.	Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings. Multimedia Extensions Multimedia Extensions: Confidence
EXPECTATION	K.2.PS.2.	Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of constructive competition,

		<p>initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	K.2.RP.1.	<p>Regular Participation: Explain why choosing to participate in activities is personally challenging in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.8.	Rhythmic Activities
GRADE LEVEL EXPECTATION	8.A.	Fitness and Physical Activity
EXPECTATION	A.3.PE.1.	<p>Participation During Physical Education: Participate in physical activities that are vigorous in intensity level (i.e., a minimum of 70% of class time maintaining a minimum of 75% of target heart rate) in physical education while exploring a wide variety of target, net/wall, invasion, striking/fielding/running games, rhythmic activities, outdoor pursuits, and fitness-related activities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.8.	Rhythmic Activities
GRADE LEVEL EXPECTATION	8.B.	Personal/Social Behaviors and Values
EXPECTATION	B.6.FB.1.	<p>Feedback: Apply internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.PS.1.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p>

		<p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.PS.2.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.RP.1.	<p>Regular Participation: Choose to participate in activities that are personally challenging in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>

Michigan Curriculum Standards

Health and PE

Grade 10 - Adopted 2008

STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.CC.	Core Concepts: All students will apply health promotion and disease prevention concepts and principles to personal, family, and community health issues.
EXPECTATION	1.1.	<p>Distinguish between unhealthy and healthy ways to manage weight.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.HB.	Health Behaviors: All students will practice health enhancing behaviors and avoid or reduce health risks.
EXPECTATION	1.3.	Demonstrate the ability to use information on food labels to choose nutrient-dense foods and beverages, and to avoid or limit foods and beverages that are low in nutrients or may impact health conditions.

		<p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.GS.	Goal Setting: All students will use goal setting skills to enhance health.
EXPECTATION	1.5.	<p>Assess one's personal nutrition needs and level of physical activity according to the federal dietary guidelines.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	1.6.	<p>Assess one's personal preferences regarding healthy eating and physical activity.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	1.7.	<p>Assess personal barriers to healthy eating and physical activity, and develop practical solutions to remove these barriers.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	1.8.	<p>Develop a personal plan for improving one's nutrition, incorporating physical activity into daily routines, and maintaining a healthy weight.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap</p>

		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.DM.	Decision Making: All students will use decision-making skills to enhance health.
EXPECTATION	1.9.	Predict the health benefits of eating healthy and being physically active; and the potential health consequences of not doing so. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.3.	Safety
GRADE LEVEL EXPECTATION	3.I.	Influences: All students will analyze the influence of family, peers, culture, media, and technology on health.
EXPECTATION	3.11.	Analyze social pressures to refrain from telling on others or reporting dangerous situations. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.CC.	Core Concepts: All students will apply health promotion and disease prevention concepts and principles to personal, family, and community health issues.
EXPECTATION	4.1.	Identify the characteristics of positive relationships, and analyze their impact on personal, family, and community health. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	4.2.	<p>Describe the warning signs, risk factors, and protective factors for depression and suicide.</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.AI.	Access Information: All students will access valid health information and appropriate health promoting products and services.
EXPECTATION	4.3.	<p>Locate resources in one's community and on the Internet for information and services regarding depression and suicide prevention; and analyze the validity of these resources.</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.HB.	Health Behaviors: All students will practice health enhancing behaviors and avoid or reduce health risks.
EXPECTATION	4.12.	<p>Assess one's personal behavior and how one demonstrates character traits. (Recommended)</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health

GRADE LEVEL EXPECTATION	4.GS.	Goal Setting: All students will use goal setting skills to enhance health.
EXPECTATION	4.6.	<p>Develop short-term and long-term personal goals and aspirations.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	4.13.	<p>Develop a personal plan for maintaining or improving one's demonstration of character traits. (Recommended)</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence</p>
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.DM.	Decision Making: All students will use decision-making skills to enhance health.
EXPECTATION	4.7.	<p>Apply decision-making and problem-solving steps to generate alternative solutions regarding social situations that could place one's health or safety at risk.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	4.8.	Predict the potential short- and long-term effects of each alternative on self and others, and defend the healthy choice(s).

		<p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	4.14.	<p>Evaluate the effectiveness of health-related decisions. (Recommended)</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.SS.	Social Skills: All students will demonstrate effective interpersonal communication and other social skills which enhance health.
EXPECTATION	4.9.	<p>Demonstrate the ability to apply listening and assertive communication skills in situations that may involve parents, family members, other trusted adults, peers, boyfriends/ girlfriends, and health professionals.</p> <p>My Roadmap to the Future 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 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	4.10.	<p>Demonstrate how to respond constructively to the anger of others.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap</p>

		Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.5.	Personal Health and Wellness
GRADE LEVEL EXPECTATION	5.CC.	Core Concepts: All students will apply health promotion and disease prevention concepts and principles to personal, family, and community health issues.
EXPECTATION	5.3.	Analyze the importance of rest and sleep for personal health. Multimedia Extensions Multimedia Extensions: Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.5.	Personal Health and Wellness
GRADE LEVEL EXPECTATION	5.GS.	Goal Setting: All students will use goal setting skills to enhance health.
EXPECTATION	5.10.	Assess personal rest and sleep practices and create a personal plan to incorporate rest and sleep in daily routines. Multimedia Extensions Multimedia Extensions: Well-Being My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.7.	Sexuality Education
GRADE LEVEL EXPECTATION	7.SS.	Social Skills: All students will demonstrate effective interpersonal communication and other social skills which enhance health.
EXPECTATION	7.10.	Demonstrate the ability to establish positive relationships, communicate caring and love without sexual intercourse, and communicate personal, sexual limits and values to a girlfriend or boyfriend. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.1.	Health-Related Fitness Core Content Expectations
GRADE LEVEL EXPECTATION	1.A.	Fitness and Physical Activity
EXPECTATION	A.4.HR.6.	Health-Related Fitness: Develop and implement a plan for improving or maintaining health-related fitness. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.1.	Health-Related Fitness Core Content Expectations
GRADE LEVEL EXPECTATION	1.K.	Content Knowledge
EXPECTATION	K.2.PA.1.	Participation Outside of Physical Education: Analyze and assess individual physical activity goals formulated for a physical activity program that meets national guidelines. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EXPECTATION	K.2.HR.6.	Health-Related Fitness: Develop and implement a plan for improving or maintaining health-related fitness status. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EXPECTATION	K.2.AN.1.	Physical Activity and Nutrition: Analyze and evaluate the effects of physical activity and nutrition on the body. Multimedia Extensions Multimedia Extensions: Stress

STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.1.	Health-Related Fitness Core Content Expectations
GRADE LEVEL EXPECTATION	1.B.	Personal/Social Behaviors and Values
EXPECTATION	B.5.FB.1.	<p>Feedback: Apply internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.3.	Net/Wall Games
GRADE LEVEL EXPECTATION	3.K.	Content Knowledge
EXPECTATION	K.2.PS.1.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	K.2.PS.2.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.3.	Net/Wall Games
GRADE LEVEL EXPECTATION	3.B.	Personal/Social Behaviors and Values
EXPECTATION	B.6.PS.1.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p>

		<p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.PS.2.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.4.	Target Games
GRADE LEVEL EXPECTATION	4.K.	Content Knowledge
EXPECTATION	K.2.PS.1.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
EXPECTATION	K.2.PS.2.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	K.2.RP.1.	<p>Regular Participation: Explain why choosing to participate in activities is personally challenging in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.4.	Target Games
GRADE LEVEL EXPECTATION	4.A.	Fitness and Physical Activity
EXPECTATION	A.3.PE.1.	Participation During Physical Education: Participate in physical activities that are vigorous in intensity level (i.e., a minimum of 70% of class time maintaining a

		<p>minimum of 75% of target heart rate) in physical education while exploring a wide variety of target, net/wall, invasion, striking/fielding/running games, rhythmic activities, outdoor pursuits, and fitness-related activities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.4.	Target Games
GRADE LEVEL EXPECTATION	4.B.	Personal/Social Behaviors and Values
EXPECTATION	B.5.FB.1.	<p>Feedback: Apply internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.5.PS.1.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.5.PS.2.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.RP.1.	<p>Regular Participation: Choose to participate in activities that are personally challenging in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
STRAND / STANDARD	MI.PE.	Physical Education

CATEGORY		
STANDARD	PE.6.	Striking/Fielding Games
GRADE LEVEL EXPECTATION	6.K.	Content Knowledge
EXPECTATION	K.2.PS.1.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
EXPECTATION	K.2.PS.2.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	K.2.RP.1.	<p>Regular Participation: Explain why choosing to participate in activities is personally challenging in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.6.	Striking/Fielding Games
GRADE LEVEL EXPECTATION	6.A.	Fitness and Physical Activity
EXPECTATION	A.3.PE.1.	<p>Participation During Physical Education: Participate in physical activities that are vigorous in intensity level (i.e., a minimum of 70% of class time maintaining a minimum of 75% of target heart rate) in physical education while exploring a wide variety of target, net/wall, invasion, striking/fielding/running games, rhythmic activities, outdoor pursuits, and fitness-related activities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD	MI.PE.	Physical Education

CATEGORY		
STANDARD	PE.6.	Striking/Fielding Games
GRADE LEVEL EXPECTATION	6.B.	Personal/Social Behaviors and Values
EXPECTATION	B.6.FB.1.	<p>Feedback: Apply internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.PS.1.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.PS.2.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.RP.1.	<p>Regular Participation: Choose to participate in activities that are personally challenging in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.7.	Outdoor Pursuits
GRADE LEVEL EXPECTATION	7.K.	Content Knowledge
EXPECTATION	K.2.PS.1.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p>

		Multimedia Extensions Multimedia Extensions: Confidence
EXPECTATION	K.2.PS.2.	Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
EXPECTATION	K.2.RP.1.	Regular Participation: Explain why choosing to participate in activities is personally challenging in dynamic settings. Multimedia Extensions Multimedia Extensions: Stress
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.7.	Outdoor Pursuits
GRADE LEVEL EXPECTATION	7.A.	Fitness and Physical Activity
EXPECTATION	A.3.PE.1.	Participation During Physical Education: Participate in physical activities that are vigorous in intensity level (i.e., a minimum of 70% of class time maintaining a minimum of 75% of target heart rate) in physical education while exploring a wide variety of target, net/wall, invasion, striking/fielding/running games, rhythmic activities, outdoor pursuits, and fitness-related activities. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.7.	Outdoor Pursuits
GRADE LEVEL EXPECTATION	7.B.	Personal/Social Behaviors and Values
EXPECTATION	B.6.FB.1.	Feedback: Apply internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in dynamic settings. My Success Roadmap

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
EXPECTATION	B.6.PS.1.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.PS.2.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.RP.1.	<p>Regular Participation: Choose to participate in activities that are personally challenging in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.8.	Rhythmic Activities
GRADE LEVEL EXPECTATION	8.K.	Content Knowledge
EXPECTATION	K.2.PS.1.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
EXPECTATION	K.2.PS.2.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	K.2.RP.1.	<p>Regular Participation: Explain why choosing to participate in activities is personally challenging in dynamic settings.</p>

		<p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.8.	Rhythmic Activities
GRADE LEVEL EXPECTATION	8.A.	Fitness and Physical Activity
EXPECTATION	A.3.PE.1.	<p>Participation During Physical Education: Participate in physical activities that are vigorous in intensity level (i.e., a minimum of 70% of class time maintaining a minimum of 75% of target heart rate) in physical education while exploring a wide variety of target, net/wall, invasion, striking/fielding/running games, rhythmic activities, outdoor pursuits, and fitness-related activities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.8.	Rhythmic Activities
GRADE LEVEL EXPECTATION	8.B.	Personal/Social Behaviors and Values
EXPECTATION	B.6.FB.1.	<p>Feedback: Apply internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.PS.1.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

EXPECTATION	B.6.PS.2.	Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
EXPECTATION	B.6.RP.1.	Regular Participation: Choose to participate in activities that are personally challenging in dynamic settings. Multimedia Extensions Multimedia Extensions: Confidence

Michigan Curriculum Standards

Health and PE

Grade 11 - Adopted 2008

STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.CC.	Core Concepts: All students will apply health promotion and disease prevention concepts and principles to personal, family, and community health issues.
EXPECTATION	1.1.	Distinguish between unhealthy and healthy ways to manage weight. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.HB.	Health Behaviors: All students will practice health enhancing behaviors and avoid or reduce health risks.
EXPECTATION	1.3.	Demonstrate the ability to use information on food labels to choose nutrient-dense foods and beverages, and to avoid or limit foods and beverages that are low in nutrients or may impact health conditions. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD	MI.HE.	Health Education

CATEGORY		
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.GS.	Goal Setting: All students will use goal setting skills to enhance health.
EXPECTATION	1.5.	<p>Assess one's personal nutrition needs and level of physical activity according to the federal dietary guidelines.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	1.6.	<p>Assess one's personal preferences regarding healthy eating and physical activity.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	1.7.	<p>Assess personal barriers to healthy eating and physical activity, and develop practical solutions to remove these barriers.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	1.8.	<p>Develop a personal plan for improving one's nutrition, incorporating physical activity into daily routines, and maintaining a healthy weight.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND / STANDARD CATEGORY	MI.HE.	Health Education

STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.DM.	Decision Making: All students will use decision-making skills to enhance health.
EXPECTATION	1.9.	Predict the health benefits of eating healthy and being physically active; and the potential health consequences of not doing so. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.3.	Safety
GRADE LEVEL EXPECTATION	3.I.	Influences: All students will analyze the influence of family, peers, culture, media, and technology on health.
EXPECTATION	3.11.	Analyze social pressures to refrain from telling on others or reporting dangerous situations. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.CC.	Core Concepts: All students will apply health promotion and disease prevention concepts and principles to personal, family, and community health issues.
EXPECTATION	4.1.	Identify the characteristics of positive relationships, and analyze their impact on personal, family, and community health. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
EXPECTATION	4.2.	Describe the warning signs, risk factors, and protective factors for depression and suicide. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.AI.	Access Information: All students will access valid health information and appropriate health promoting products and services.
EXPECTATION	4.3.	Locate resources in one's community and on the Internet for information and services regarding depression and suicide prevention; and analyze the validity of these resources. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.HB.	Health Behaviors: All students will practice health enhancing behaviors and avoid or reduce health risks.
EXPECTATION	4.12.	Assess one's personal behavior and how one demonstrates character traits. (Recommended) My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.GS.	Goal Setting: All students will use goal setting skills to enhance health.
EXPECTATION	4.6.	Develop short-term and long-term personal goals and aspirations.

		<p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	4.13.	<p>Develop a personal plan for maintaining or improving one's demonstration of character traits. (Recommended)</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence</p>
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.DM.	Decision Making: All students will use decision-making skills to enhance health.
EXPECTATION	4.7.	<p>Apply decision-making and problem-solving steps to generate alternative solutions regarding social situations that could place one's health or safety at risk.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	4.8.	<p>Predict the potential short- and long-term effects of each alternative on self and others, and defend the healthy choice(s).</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
EXPECTATION	4.14.	Evaluate the effectiveness of health-related decisions. (Recommended) Multimedia Extensions Multimedia Extensions: Stress My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.SS.	Social Skills: All students will demonstrate effective interpersonal communication and other social skills which enhance health.
EXPECTATION	4.9.	Demonstrate the ability to apply listening and assertive communication skills in situations that may involve parents, family members, other trusted adults, peers, boyfriends/ girlfriends, and health professionals. My Roadmap to the Future 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 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
EXPECTATION	4.10.	Demonstrate how to respond constructively to the anger of others. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress
STRAND / STANDARD	MI.HE.	Health Education

CATEGORY		
STANDARD	HE.5.	Personal Health and Wellness
GRADE LEVEL EXPECTATION	5.CC.	Core Concepts: All students will apply health promotion and disease prevention concepts and principles to personal, family, and community health issues.
EXPECTATION	5.3.	Analyze the importance of rest and sleep for personal health. Multimedia Extensions Multimedia Extensions: Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.5.	Personal Health and Wellness
GRADE LEVEL EXPECTATION	5.GS.	Goal Setting: All students will use goal setting skills to enhance health.
EXPECTATION	5.10.	Assess personal rest and sleep practices and create a personal plan to incorporate rest and sleep in daily routines. Multimedia Extensions Multimedia Extensions: Well-Being My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.7.	Sexuality Education
GRADE LEVEL EXPECTATION	7.SS.	Social Skills: All students will demonstrate effective interpersonal communication and other social skills which enhance health.
EXPECTATION	7.10.	Demonstrate the ability to establish positive relationships, communicate caring and love without sexual intercourse, and communicate personal, sexual limits and values to a girlfriend or boyfriend. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.1.	Health-Related Fitness Core Content Expectations
GRADE LEVEL EXPECTATION	1.A.	Fitness and Physical Activity
EXPECTATION	A.4.HR.6.	Health-Related Fitness: Develop and implement a plan for improving or maintaining health-related fitness. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.1.	Health-Related Fitness Core Content Expectations
GRADE LEVEL EXPECTATION	1.K.	Content Knowledge
EXPECTATION	K.2.PA.1.	Participation Outside of Physical Education: Analyze and assess individual physical activity goals formulated for a physical activity program that meets national guidelines. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EXPECTATION	K.2.HR.6.	Health-Related Fitness: Develop and implement a plan for improving or maintaining health-related fitness status. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EXPECTATION	K.2.AN.1.	Physical Activity and Nutrition: Analyze and evaluate the effects of physical activity and nutrition on the body. Multimedia Extensions Multimedia Extensions: Stress
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education

STANDARD	PE.1.	Health-Related Fitness Core Content Expectations
GRADE LEVEL EXPECTATION	1.B.	Personal/Social Behaviors and Values
EXPECTATION	B.5.FB.1.	<p>Feedback: Apply internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.3.	Net/Wall Games
GRADE LEVEL EXPECTATION	3.K.	Content Knowledge
EXPECTATION	K.2.PS.1.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	K.2.PS.2.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.3.	Net/Wall Games
GRADE LEVEL EXPECTATION	3.B.	Personal/Social Behaviors and Values
EXPECTATION	B.6.PS.1.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

EXPECTATION	B.6.PS.2.	Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.4.	Target Games
GRADE LEVEL EXPECTATION	4.K.	Content Knowledge
EXPECTATION	K.2.PS.1.	Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings. Multimedia Extensions Multimedia Extensions: Confidence
EXPECTATION	K.2.PS.2.	Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
EXPECTATION	K.2.RP.1.	Regular Participation: Explain why choosing to participate in activities is personally challenging in dynamic settings. Multimedia Extensions Multimedia Extensions: Stress
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.4.	Target Games
GRADE LEVEL EXPECTATION	4.A.	Fitness and Physical Activity
EXPECTATION	A.3.PE.1.	Participation During Physical Education: Participate in physical activities that are vigorous in intensity level (i.e., a minimum of 70% of class time maintaining a minimum of 75% of target heart rate) in physical education while exploring a wide variety of target, net/wall, invasion, striking/fielding/running games, rhythmic activities, outdoor pursuits, and fitness-related activities.

		<p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.4.	Target Games
GRADE LEVEL EXPECTATION	4.B.	Personal/Social Behaviors and Values
EXPECTATION	B.5.FB.1.	<p>Feedback: Apply internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.5.PS.1.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.5.PS.2.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.RP.1.	<p>Regular Participation: Choose to participate in activities that are personally challenging in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.6.	Striking/Fielding Games

GRADE LEVEL EXPECTATION	6.K.	Content Knowledge
EXPECTATION	K.2.PS.1.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
EXPECTATION	K.2.PS.2.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	K.2.RP.1.	<p>Regular Participation: Explain why choosing to participate in activities is personally challenging in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.6.	Striking/Fielding Games
GRADE LEVEL EXPECTATION	6.A.	Fitness and Physical Activity
EXPECTATION	A.3.PE.1.	<p>Participation During Physical Education: Participate in physical activities that are vigorous in intensity level (i.e., a minimum of 70% of class time maintaining a minimum of 75% of target heart rate) in physical education while exploring a wide variety of target, net/wall, invasion, striking/fielding/running games, rhythmic activities, outdoor pursuits, and fitness-related activities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.6.	Striking/Fielding Games

GRADE LEVEL EXPECTATION	6.B.	Personal/Social Behaviors and Values
EXPECTATION	B.6.FB.1.	<p>Feedback: Apply internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.PS.1.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.PS.2.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.RP.1.	<p>Regular Participation: Choose to participate in activities that are personally challenging in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.7.	Outdoor Pursuits
GRADE LEVEL EXPECTATION	7.K.	Content Knowledge
EXPECTATION	K.2.PS.1.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
EXPECTATION	K.2.PS.2.	Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which

		<p>exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	K.2.RP.1.	<p>Regular Participation: Explain why choosing to participate in activities is personally challenging in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.7.	Outdoor Pursuits
GRADE LEVEL EXPECTATION	7.A.	Fitness and Physical Activity
EXPECTATION	A.3.PE.1.	<p>Participation During Physical Education: Participate in physical activities that are vigorous in intensity level (i.e., a minimum of 70% of class time maintaining a minimum of 75% of target heart rate) in physical education while exploring a wide variety of target, net/wall, invasion, striking/fielding/running games, rhythmic activities, outdoor pursuits, and fitness-related activities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.7.	Outdoor Pursuits
GRADE LEVEL EXPECTATION	7.B.	Personal/Social Behaviors and Values
EXPECTATION	B.6.FB.1.	<p>Feedback: Apply internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.PS.1.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and</p>

		<p>compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.PS.2.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.RP.1.	<p>Regular Participation: Choose to participate in activities that are personally challenging in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.8.	Rhythmic Activities
GRADE LEVEL EXPECTATION	8.K.	Content Knowledge
EXPECTATION	K.2.PS.1.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
EXPECTATION	K.2.PS.2.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	K.2.RP.1.	<p>Regular Participation: Explain why choosing to participate in activities is personally challenging in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>

STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.8.	Rhythmic Activities
GRADE LEVEL EXPECTATION	8.A.	Fitness and Physical Activity
EXPECTATION	A.3.PE.1.	<p>Participation During Physical Education: Participate in physical activities that are vigorous in intensity level (i.e., a minimum of 70% of class time maintaining a minimum of 75% of target heart rate) in physical education while exploring a wide variety of target, net/wall, invasion, striking/fielding/running games, rhythmic activities, outdoor pursuits, and fitness-related activities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.8.	Rhythmic Activities
GRADE LEVEL EXPECTATION	8.B.	Personal/Social Behaviors and Values
EXPECTATION	B.6.FB.1.	<p>Feedback: Apply internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.PS.1.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.PS.2.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p>

		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
EXPECTATION	B.6.RP.1.	Regular Participation: Choose to participate in activities that are personally challenging in dynamic settings. Multimedia Extensions Multimedia Extensions: Confidence

Michigan Curriculum Standards

Health and PE

Grade 12 - Adopted 2008

STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.CC.	Core Concepts: All students will apply health promotion and disease prevention concepts and principles to personal, family, and community health issues.
EXPECTATION	1.1.	Distinguish between unhealthy and healthy ways to manage weight. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.HB.	Health Behaviors: All students will practice health enhancing behaviors and avoid or reduce health risks.
EXPECTATION	1.3.	Demonstrate the ability to use information on food labels to choose nutrient-dense foods and beverages, and to avoid or limit foods and beverages that are low in nutrients or may impact health conditions. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity

GRADE LEVEL EXPECTATION	1.GS.	Goal Setting: All students will use goal setting skills to enhance health.
EXPECTATION	1.5.	Assess one's personal nutrition needs and level of physical activity according to the federal dietary guidelines. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
EXPECTATION	1.6.	Assess one's personal preferences regarding healthy eating and physical activity. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
EXPECTATION	1.7.	Assess personal barriers to healthy eating and physical activity, and develop practical solutions to remove these barriers. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
EXPECTATION	1.8.	Develop a personal plan for improving one's nutrition, incorporating physical activity into daily routines, and maintaining a healthy weight. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.1.	Nutrition and Physical Activity
GRADE LEVEL EXPECTATION	1.DM.	Decision Making: All students will use decision-making skills to enhance health.

EXPECTATION	1.9.	Predict the health benefits of eating healthy and being physically active; and the potential health consequences of not doing so. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.3.	Safety
GRADE LEVEL EXPECTATION	3.1.	Influences: All students will analyze the influence of family, peers, culture, media, and technology on health.
EXPECTATION	3.11.	Analyze social pressures to refrain from telling on others or reporting dangerous situations. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.CC.	Core Concepts: All students will apply health promotion and disease prevention concepts and principles to personal, family, and community health issues.
EXPECTATION	4.1.	Identify the characteristics of positive relationships, and analyze their impact on personal, family, and community health. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
EXPECTATION	4.2.	Describe the warning signs, risk factors, and protective factors for depression and suicide.

		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.AI.	Access Information: All students will access valid health information and appropriate health promoting products and services.
EXPECTATION	4.3.	Locate resources in one's community and on the Internet for information and services regarding depression and suicide prevention; and analyze the validity of these resources. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.HB.	Health Behaviors: All students will practice health enhancing behaviors and avoid or reduce health risks.
EXPECTATION	4.12.	Assess one's personal behavior and how one demonstrates character traits. (Recommended) My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.GS.	Goal Setting: All students will use goal setting skills to enhance health.
EXPECTATION	4.6.	Develop short-term and long-term personal goals and aspirations. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success

		<p>Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 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 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	4.13.	<p>Develop a personal plan for maintaining or improving one's demonstration of character traits. (Recommended)</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence</p>
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.DM.	Decision Making: All students will use decision-making skills to enhance health.
EXPECTATION	4.7.	<p>Apply decision-making and problem-solving steps to generate alternative solutions regarding social situations that could place one's health or safety at risk.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	4.8.	<p>Predict the potential short- and long-term effects of each alternative on self and others, and defend the healthy choice(s).</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	4.14.	Evaluate the effectiveness of health-related decisions. (Recommended)

		<p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.4.	Social and Emotional Health
GRADE LEVEL EXPECTATION	4.SS.	Social Skills: All students will demonstrate effective interpersonal communication and other social skills which enhance health.
EXPECTATION	4.9.	<p>Demonstrate the ability to apply listening and assertive communication skills in situations that may involve parents, family members, other trusted adults, peers, boyfriends/ girlfriends, and health professionals.</p> <p>My Roadmap to the Future 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 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	4.10.	<p>Demonstrate how to respond constructively to the anger of others.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.5.	Personal Health and Wellness
GRADE LEVEL EXPECTATION	5.CC.	Core Concepts: All students will apply health promotion and disease prevention concepts and principles to personal, family, and community health issues.

EXPECTATION	5.3.	Analyze the importance of rest and sleep for personal health. Multimedia Extensions Multimedia Extensions: Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.5.	Personal Health and Wellness
GRADE LEVEL EXPECTATION	5.GS.	Goal Setting: All students will use goal setting skills to enhance health.
EXPECTATION	5.10.	Assess personal rest and sleep practices and create a personal plan to incorporate rest and sleep in daily routines. Multimedia Extensions Multimedia Extensions: Well-Being My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD CATEGORY	MI.HE.	Health Education
STANDARD	HE.7.	Sexuality Education
GRADE LEVEL EXPECTATION	7.SS.	Social Skills: All students will demonstrate effective interpersonal communication and other social skills which enhance health.
EXPECTATION	7.10.	Demonstrate the ability to establish positive relationships, communicate caring and love without sexual intercourse, and communicate personal, sexual limits and values to a girlfriend or boyfriend. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.1.	Health-Related Fitness Core Content Expectations

GRADE LEVEL EXPECTATION	1.A.	Fitness and Physical Activity
EXPECTATION	A.4.HR.6.	Health-Related Fitness: Develop and implement a plan for improving or maintaining health-related fitness. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.1.	Health-Related Fitness Core Content Expectations
GRADE LEVEL EXPECTATION	1.K.	Content Knowledge
EXPECTATION	K.2.PA.1.	Participation Outside of Physical Education: Analyze and assess individual physical activity goals formulated for a physical activity program that meets national guidelines. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EXPECTATION	K.2.HR.6.	Health-Related Fitness: Develop and implement a plan for improving or maintaining health-related fitness status. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EXPECTATION	K.2.AN.1.	Physical Activity and Nutrition: Analyze and evaluate the effects of physical activity and nutrition on the body. Multimedia Extensions Multimedia Extensions: Stress
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.1.	Health-Related Fitness Core Content Expectations
GRADE LEVEL EXPECTATION	1.B.	Personal/Social Behaviors and Values
EXPECTATION	B.5.FB.1.	Feedback: Apply internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in dynamic

		settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.3.	Net/Wall Games
GRADE LEVEL EXPECTATION	3.K.	Content Knowledge
EXPECTATION	K.2.PS.1.	Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
EXPECTATION	K.2.PS.2.	Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.3.	Net/Wall Games
GRADE LEVEL EXPECTATION	3.B.	Personal/Social Behaviors and Values
EXPECTATION	B.6.PS.1.	Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
EXPECTATION	B.6.PS.2.	Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings. My Success Roadmap

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.4.	Target Games
GRADE LEVEL EXPECTATION	4.K.	Content Knowledge
EXPECTATION	K.2.PS.1.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
EXPECTATION	K.2.PS.2.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	K.2.RP.1.	<p>Regular Participation: Explain why choosing to participate in activities is personally challenging in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.4.	Target Games
GRADE LEVEL EXPECTATION	4.A.	Fitness and Physical Activity
EXPECTATION	A.3.PE.1.	<p>Participation During Physical Education: Participate in physical activities that are vigorous in intensity level (i.e., a minimum of 70% of class time maintaining a minimum of 75% of target heart rate) in physical education while exploring a wide variety of target, net/wall, invasion, striking/fielding/running games, rhythmic activities, outdoor pursuits, and fitness-related activities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap</p>

		Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.4.	Target Games
GRADE LEVEL EXPECTATION	4.B.	Personal/Social Behaviors and Values
EXPECTATION	B.5.FB.1.	Feedback: Apply internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in dynamic settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
EXPECTATION	B.5.PS.1.	Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings. Multimedia Extensions Multimedia Extensions: Confidence My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
EXPECTATION	B.5.PS.2.	Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
EXPECTATION	B.6.RP.1.	Regular Participation: Choose to participate in activities that are personally challenging in dynamic settings. Multimedia Extensions Multimedia Extensions: Confidence
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.6.	Striking/Fielding Games
GRADE LEVEL EXPECTATION	6.K.	Content Knowledge

EXPECTATION	K.2.PS.1.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
EXPECTATION	K.2.PS.2.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	K.2.RP.1.	<p>Regular Participation: Explain why choosing to participate in activities is personally challenging in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.6.	Striking/Fielding Games
GRADE LEVEL EXPECTATION	6.A.	Fitness and Physical Activity
EXPECTATION	A.3.PE.1.	<p>Participation During Physical Education: Participate in physical activities that are vigorous in intensity level (i.e., a minimum of 70% of class time maintaining a minimum of 75% of target heart rate) in physical education while exploring a wide variety of target, net/wall, invasion, striking/fielding/running games, rhythmic activities, outdoor pursuits, and fitness-related activities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.6.	Striking/Fielding Games
GRADE LEVEL EXPECTATION	6.B.	Personal/Social Behaviors and Values

EXPECTATION	B.6.FB.1.	<p>Feedback: Apply internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.PS.1.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.PS.2.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.RP.1.	<p>Regular Participation: Choose to participate in activities that are personally challenging in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.7.	Outdoor Pursuits
GRADE LEVEL EXPECTATION	7.K.	Content Knowledge
EXPECTATION	K.2.PS.1.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
EXPECTATION	K.2.PS.2.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p>

		<p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	K.2.RP.1.	<p>Regular Participation: Explain why choosing to participate in activities is personally challenging in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.7.	Outdoor Pursuits
GRADE LEVEL EXPECTATION	7.A.	Fitness and Physical Activity
EXPECTATION	A.3.PE.1.	<p>Participation During Physical Education: Participate in physical activities that are vigorous in intensity level (i.e., a minimum of 70% of class time maintaining a minimum of 75% of target heart rate) in physical education while exploring a wide variety of target, net/wall, invasion, striking/fielding/running games, rhythmic activities, outdoor pursuits, and fitness-related activities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.7.	Outdoor Pursuits
GRADE LEVEL EXPECTATION	7.B.	Personal/Social Behaviors and Values
EXPECTATION	B.6.FB.1.	<p>Feedback: Apply internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.PS.1.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions</p>

		<p>Multimedia Extensions: Confidence</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.PS.2.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.RP.1.	<p>Regular Participation: Choose to participate in activities that are personally challenging in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.8.	Rhythmic Activities
GRADE LEVEL EXPECTATION	8.K.	Content Knowledge
EXPECTATION	K.2.PS.1.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
EXPECTATION	K.2.PS.2.	<p>Personal/ Social Behaviors: Analyze the benefits of exhibiting behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	K.2.RP.1.	<p>Regular Participation: Explain why choosing to participate in activities is personally challenging in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education

STANDARD	PE.8.	Rhythmic Activities
GRADE LEVEL EXPECTATION	8.A.	Fitness and Physical Activity
EXPECTATION	A.3.PE.1.	<p>Participation During Physical Education: Participate in physical activities that are vigorous in intensity level (i.e., a minimum of 70% of class time maintaining a minimum of 75% of target heart rate) in physical education while exploring a wide variety of target, net/wall, invasion, striking/fielding/running games, rhythmic activities, outdoor pursuits, and fitness-related activities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD CATEGORY	MI.PE.	Physical Education
STANDARD	PE.8.	Rhythmic Activities
GRADE LEVEL EXPECTATION	8.B.	Personal/Social Behaviors and Values
EXPECTATION	B.6.FB.1.	<p>Feedback: Apply internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.PS.1.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.PS.2.	<p>Personal/ Social Behaviors: Exhibit behaviors which exemplify each of the personal/social character traits of constructive competition, initiative, and leadership in dynamic settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
EXPECTATION	B.6.RP.1.	Regular Participation: Choose to participate in activities that are personally

		challenging in dynamic settings. Multimedia Extensions Multimedia Extensions: Confidence
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Michigan Curriculum Standards

Social Studies

Grade 9 - Adopted 2007

STRAND / STANDARD CATEGORY	MI.9.	U.S. History and Geography - U.S. History and Geography (USHG) Era 9: America in a New Global Age
STANDARD	9.3.	Policy Debates
GRADE LEVEL EXPECTATION	9.3.1.	Compose a persuasive essay on a public policy issue, and justify the position with a reasoned argument based upon historical antecedents and precedents, and core democratic values or constitutional principles:
EXPECTATION	9.3.1f.	Education Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND / STANDARD CATEGORY	MI.C4.	Civics - The United States of America and World Affairs
STANDARD	4.2.	U.S. Role in International Institutions and Affairs: Identify the roles of the United States of America in international institutions and affairs through the investigation of such questions as: What is the role of the United States in international institutions and affairs?
GRADE LEVEL EXPECTATION	4.2.2.	Analyze the impact of American political, economic, technological, and cultural developments on other parts of the world (e.g., immigration policies, economic, military and humanitarian aid, computer technology research, popular fashion, and film). Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD CATEGORY	MI.E2.	Economics - The National Economy of the United States of America

STANDARD	2.1.	Understanding National Markets: Describe inflation, unemployment, output, and growth, and the factors that cause changes in those conditions, and describe the role of money and interest rates in national markets.
GRADE LEVEL EXPECTATION	2.1.1.	Income - Describe how individuals and businesses earn income by selling productive resources. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND / STANDARD CATEGORY	MI.E4.	Economics - Personal Finance
STANDARD	4.1.	Decision Making: Describe and demonstrate how the economic forces of scarcity and opportunity costs impact individual and household choices.
GRADE LEVEL EXPECTATION	4.1.3.	Personal Finance Strategy - Develop a personal finance strategy for earning, spending, saving and investing resources. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
GRADE LEVEL EXPECTATION	4.1.4.	Key Components of Personal Finance - Evaluate key components of personal finance including, money management, saving and investment, spending and credit, income, mortgages, retirement, investing (e.g., 401K, IRAs), and insurance. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
GRADE LEVEL EXPECTATION	4.1.5.	Personal Decisions - Use a decision-making model (e.g., stating a problem, listing alternatives, establishing criteria, weighing options, making the decision, and evaluating the result) to evaluate the different aspects of personal finance including careers, savings and investing tools, and different forms of income generation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
GRADE LEVEL EXPECTATION	4.1.6.	Risk Management Plan - Develop a risk management plan that uses a combination of avoidance, reduction, retention, and transfer (insurance). Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

Social Studies

Grade 10 - Adopted 2007

STRAND / STANDARD CATEGORY	MI.9.	U.S. History and Geography - U.S. History and Geography (USHG) Era 9: America in a New Global Age
STANDARD	9.3.	Policy Debates
GRADE LEVEL EXPECTATION	9.3.1.	Compose a persuasive essay on a public policy issue, and justify the position with a reasoned argument based upon historical antecedents and precedents, and core democratic values or constitutional principles:
EXPECTATION	9.3.1f.	Education Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND / STANDARD CATEGORY	MI.C4.	Civics - The United States of America and World Affairs
STANDARD	4.2.	U.S. Role in International Institutions and Affairs: Identify the roles of the United States of America in international institutions and affairs through the investigation of such questions as: What is the role of the United States in international institutions and affairs?
GRADE LEVEL EXPECTATION	4.2.2.	Analyze the impact of American political, economic, technological, and cultural developments on other parts of the world (e.g., immigration policies, economic, military and humanitarian aid, computer technology research, popular fashion, and film). Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD CATEGORY	MI.E2.	Economics - The National Economy of the United States of America
STANDARD	2.1.	Understanding National Markets: Describe inflation, unemployment, output, and growth, and the factors that cause changes in those conditions, and describe the role of money and interest rates in national markets.
GRADE LEVEL EXPECTATION	2.1.1.	Income - Describe how individuals and businesses earn income by selling productive resources. My Success Roadmap

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND / STANDARD CATEGORY	MI.E4.	Economics - Personal Finance
STANDARD	4.1.	Decision Making: Describe and demonstrate how the economic forces of scarcity and opportunity costs impact individual and household choices.
GRADE LEVEL EXPECTATION	4.1.3.	Personal Finance Strategy - Develop a personal finance strategy for earning, spending, saving and investing resources. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
GRADE LEVEL EXPECTATION	4.1.4.	Key Components of Personal Finance - Evaluate key components of personal finance including, money management, saving and investment, spending and credit, income, mortgages, retirement, investing (e.g., 401K, IRAs), and insurance. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
GRADE LEVEL EXPECTATION	4.1.5.	Personal Decisions - Use a decision-making model (e.g., stating a problem, listing alternatives, establishing criteria, weighing options, making the decision, and evaluating the result) to evaluate the different aspects of personal finance including careers, savings and investing tools, and different forms of income generation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
GRADE LEVEL EXPECTATION	4.1.6.	Risk Management Plan - Develop a risk management plan that uses a combination of avoidance, reduction, retention, and transfer (insurance). Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

Michigan Curriculum Standards

Social Studies

Grade 11 - Adopted 2007

STRAND / STANDARD CATEGORY	MI.9.	U.S. History and Geography - U.S. History and Geography (USHG) Era 9: America in a New Global Age
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STANDARD	9.3.	Policy Debates
GRADE LEVEL EXPECTATION	9.3.1.	Compose a persuasive essay on a public policy issue, and justify the position with a reasoned argument based upon historical antecedents and precedents, and core democratic values or constitutional principles:
EXPECTATION	9.3.1f.	Education Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND / STANDARD CATEGORY	MI.C4.	Civics - The United States of America and World Affairs
STANDARD	4.2.	U.S. Role in International Institutions and Affairs: Identify the roles of the United States of America in international institutions and affairs through the investigation of such questions as: What is the role of the United States in international institutions and affairs?
GRADE LEVEL EXPECTATION	4.2.2.	Analyze the impact of American political, economic, technological, and cultural developments on other parts of the world (e.g., immigration policies, economic, military and humanitarian aid, computer technology research, popular fashion, and film). Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD CATEGORY	MI.E2.	Economics - The National Economy of the United States of America
STANDARD	2.1.	Understanding National Markets: Describe inflation, unemployment, output, and growth, and the factors that cause changes in those conditions, and describe the role of money and interest rates in national markets.
GRADE LEVEL EXPECTATION	2.1.1.	Income - Describe how individuals and businesses earn income by selling productive resources. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND / STANDARD CATEGORY	MI.E4.	Economics - Personal Finance
STANDARD	4.1.	Decision Making: Describe and demonstrate how the economic forces of scarcity and opportunity costs impact individual and household choices.

GRADE LEVEL EXPECTATION	4.1.3.	<p>Personal Finance Strategy - Develop a personal finance strategy for earning, spending, saving and investing resources.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
GRADE LEVEL EXPECTATION	4.1.4.	<p>Key Components of Personal Finance - Evaluate key components of personal finance including, money management, saving and investment, spending and credit, income, mortgages, retirement, investing (e.g., 401K, IRAs), and insurance.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
GRADE LEVEL EXPECTATION	4.1.5.	<p>Personal Decisions - Use a decision-making model (e.g., stating a problem, listing alternatives, establishing criteria, weighing options, making the decision, and evaluating the result) to evaluate the different aspects of personal finance including careers, savings and investing tools, and different forms of income generation.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
GRADE LEVEL EXPECTATION	4.1.6.	<p>Risk Management Plan - Develop a risk management plan that uses a combination of avoidance, reduction, retention, and transfer (insurance).</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>

Michigan Curriculum Standards

Social Studies

Grade 12 - Adopted 2007

STRAND / STANDARD CATEGORY	MI.9.	U.S. History and Geography - U.S. History and Geography (USHG) Era 9: America in a New Global Age
STANDARD	9.3.	Policy Debates
GRADE LEVEL EXPECTATION	9.3.1.	Compose a persuasive essay on a public policy issue, and justify the position with a reasoned argument based upon historical antecedents and precedents, and core democratic values or constitutional principles:
EXPECTATION	9.3.1f.	<p>Education</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>

		<p>Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND / STANDARD CATEGORY	MI.C4.	Civics - The United States of America and World Affairs
STANDARD	4.2.	U.S. Role in International Institutions and Affairs: Identify the roles of the United States of America in international institutions and affairs through the investigation of such questions as: What is the role of the United States in international institutions and affairs?
GRADE LEVEL EXPECTATION	4.2.2.	<p>Analyze the impact of American political, economic, technological, and cultural developments on other parts of the world (e.g., immigration policies, economic, military and humanitarian aid, computer technology research, popular fashion, and film).</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STRAND / STANDARD CATEGORY	MI.E2.	Economics - The National Economy of the United States of America
STANDARD	2.1.	Understanding National Markets: Describe inflation, unemployment, output, and growth, and the factors that cause changes in those conditions, and describe the role of money and interest rates in national markets.
GRADE LEVEL EXPECTATION	2.1.1.	<p>Income - Describe how individuals and businesses earn income by selling productive resources.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND / STANDARD CATEGORY	MI.E4.	Economics - Personal Finance
STANDARD	4.1.	Decision Making: Describe and demonstrate how the economic forces of scarcity and opportunity costs impact individual and household choices.
GRADE LEVEL EXPECTATION	4.1.3.	<p>Personal Finance Strategy - Develop a personal finance strategy for earning, spending, saving and investing resources.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

GRADE LEVEL EXPECTATION	4.1.4.	<p>Key Components of Personal Finance - Evaluate key components of personal finance including, money management, saving and investment, spending and credit, income, mortgages, retirement, investing (e.g., 401K, IRAs), and insurance.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
GRADE LEVEL EXPECTATION	4.1.5.	<p>Personal Decisions - Use a decision-making model (e.g., stating a problem, listing alternatives, establishing criteria, weighing options, making the decision, and evaluating the result) to evaluate the different aspects of personal finance including careers, savings and investing tools, and different forms of income generation.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
GRADE LEVEL EXPECTATION	4.1.6.	<p>Risk Management Plan - Develop a risk management plan that uses a combination of avoidance, reduction, retention, and transfer (insurance).</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>