

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

**Grades:** 7, 8

**States:** North Dakota Content Standards

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

**North Dakota Content Standards**

**Health and PE**

**Grade 7 - Adopted 2008**

<b>CONTENT STANDARD</b>	<b>ND.H.7-8.</b>	Health Education
<b>BENCHMARK</b>	<b>7-8.1.</b>	Growth and Development: Students understand the fundamental concepts of growth and development.
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.1.1.</b>	<p>Human Growth and Development: Describe physical, intellectual, social, and emotional changes that occur throughout the life cycle (e.g., body maturation, brain development, social awareness)</p> <p><b>Multimedia Extensions</b>                      Multimedia Extensions: Confidence                      Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>                      Unit 2: Confidence - Lesson 04: Analyzing Confidence                      Unit 3: Connections - Lesson 05: Making Connections                      Unit 3: Connections - Lesson 06: Analyzing Support                      Unit 4: Stress - Lesson 07: Handling Pressure                      Unit 4: Stress - Lesson 08: Analyzing Stress                      Unit 5: Well-Being - Lesson 09: Finding Balance                      Unit 5: Well-Being - Lesson 10: Analyzing Well-Being                      Unit 6: Motivation - Lesson 11: Showing Motivation                      Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>                      Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence                      Unit 3: Highway Connections - Lesson 07: Social Support                      Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection                      Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress                      Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being                      Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being                      Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.1.2.</b>	<p>Human Growth and Development: Describe the interrelationship of intellectual, emotional, social, and physical health during adolescence (e.g., the effect of stress on mental performance, the effect of self-image on relationships)</p> <p><b>Multimedia Extensions</b>                      Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b></p>

		<p>Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD</b>	<b>ND.H.7-8.</b>	Health Education
<b>BENCHMARK</b>	<b>7-8.2.</b>	Personal Health: Students understand concepts related to the promotion of health and the prevention of disease.
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.2.1.</b>	<p>Personal Health: Develop strategies for managing stress in their own lives (e.g., breathing and relaxation techniques, avoiding personal stressors, time management, physical activity)</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.2.2.</b>	<p>Personal Health: Describe ways (e.g., personal achievement, community involvement, physical activity) to improve self-esteem</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 2: Confidence - Lesson 04: Analyzing Confidence</p>

		<p>Unit 3: Connections - Lesson 05: Making Connections  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.2.8.</b>	<p>Disease and Illness: Explain the benefits of nutrition and physical activity as they relate to the overall well-being of individuals (e.g., obesity)</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p>
<b>CONTENT STANDARD</b>	<b>ND.H.7-8.</b>	Health Education
<b>BENCHMARK</b>	<b>7-8.3.</b>	External Health Factors: Students understand the effect of external factors on the health of individuals, families, communities, and the environment.
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.3.1.</b>	<p>External Influences on Health: Analyze how external factors (e.g., family, peers, culture, media, technology) affect physical, mental, and social health in positive and negative ways (e.g., the effect of advertising on food choices, peer influences on internet usage)</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>CONTENT STANDARD</b>	<b>ND.H.7-8.</b>	Health Education
<b>BENCHMARK</b>	<b>7-8.4.</b>	Communication Skills: Students demonstrate the ability to use communication skills to enhance health.
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.4.1.</b>	<p>Interpersonal Communication: Describe effective verbal and nonverbal communication skills to enhance health (e.g., passive, assertive and aggressive behaviors)</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance</p>

		Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.4.2.</b>	<p>Interpersonal Communication: Apply strategies (e.g., refusal skills, negotiation skills) for coping with peer pressure</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.4.3.</b>	<p>Interpersonal Communication: Describe causes of conflicts (e.g., bullying, power plays or struggles, peer pressure, gangs) in schools, families, and communities and strategies to prevent conflict in such situations</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>CONTENT STANDARD</b>	<b>ND.H.7-8.</b>	Health Education
<b>BENCHMARK</b>	<b>7-8.5.</b>	Decision Making and Goal Setting: Students demonstrate the ability to use decision making and goal setting skills to enhance health.
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.5.1.</b>	<p>Goal Setting: Identify ways in which personal health goals can be influenced by abilities, priorities, and responsibilities (e.g., maturation, peers, values, and family)</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.5.2.</b>	Decision Making: Identify the steps (e.g., clarify, consider, choose) of the decision-making process (e.g., going to a game or doing your homework)  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>CONTENT STANDARD</b>	<b>ND.H.7-8.</b>	Health Education
<b>BENCHMARK</b>	<b>7-8.6.</b>	Consumer Health: Students demonstrate the ability to access, use, and evaluate health-related information, products, and services.
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.6.1.</b>	Access and use of Health Information, Products, and Services: Explain how to use community resources and services (e.g., phone book, hotlines, clinics/hospitals, local clergy, school counselor, trusted adults) that provide valid health information  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>CONTENT STANDARD</b>	<b>ND.P.7.</b>	Physical Education
<b>BENCHMARK</b>	<b>7.3.</b>	Physical Activity: Students participate in regular physical activity.
<b>GRADE LEVEL EXPECTATION</b>	<b>7.3.1.</b>	Benefits of Physical Activity: Identify relationships between physical activity and effects on the body (e.g., reduce stress, social interaction, increased energy)  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>CONTENT STANDARD</b>	<b>ND.P.7.</b>	Physical Education
<b>BENCHMARK</b>	<b>7.5.</b>	Behavior in Physical Activity: Students exhibit responsible personal and social behavior in physical activity settings.
<b>GRADE LEVEL EXPECTATION</b>	<b>7.5.1.</b>	Procedures and Personal Responsibility: Demonstrate self-control (e.g., positive attitude, sportsmanship, etiquette) during physical activities  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>GRADE LEVEL</b>	<b>7.5.2.</b>	Working with Others: Demonstrate appropriate conflict resolution skills (e.g., using "I" messages, allowing the right to agree and disagree)

<b>EXPECTATION</b>		<p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
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**North Dakota Content Standards**

**Health and PE**

**Grade 8 - Adopted 2008**

<b>CONTENT STANDARD</b>	<b>ND.H.7-8.</b>	Health Education
<b>BENCHMARK</b>	<b>7-8.1.</b>	Growth and Development: Students understand the fundamental concepts of growth and development.
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.1.1.</b>	<p>Human Growth and Development: Describe physical, intellectual, social, and emotional changes that occur throughout the life cycle (e.g., body maturation, brain development, social awareness)</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.1.2.</b>	<p>Human Growth and Development: Describe the interrelationship of intellectual, emotional, social, and physical health during adolescence (e.g., the effect of stress on mental performance, the effect of self-image on relationships)</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success</p>

		<p>Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD</b>	<b>ND.H.7-8.</b>	Health Education
<b>BENCHMARK</b>	<b>7-8.2.</b>	Personal Health: Students understand concepts related to the promotion of health and the prevention of disease.
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.2.1.</b>	<p>Personal Health: Develop strategies for managing stress in their own lives (e.g., breathing and relaxation techniques, avoiding personal stressors, time management, physical activity)</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.2.2.</b>	<p>Personal Health: Describe ways (e.g., personal achievement, community involvement, physical activity) to improve self-esteem</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 3: Connections - Lesson 05: Making Connections</p>

		<p>Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.2.3.</b>	<p>Personal Health: Explain how personal values and beliefs influence individual health practices (e.g., nutrition, personal hygiene, abstinence) and behaviors</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b>  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.2.8.</b>	<p>Disease and Illness: Explain the benefits of nutrition and physical activity as they relate to the overall well-being of individuals (e.g., obesity)</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p>
<b>CONTENT STANDARD</b>	<b>ND.H.7-8.</b>	Health Education
<b>BENCHMARK</b>	<b>7-8.3.</b>	External Health Factors: Students understand the effect of external factors on the health of individuals, families, communities, and the environment.
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.3.1.</b>	<p>External Influences on Health: Analyze how external factors (e.g., family, peers, culture, media, technology) affect physical, mental, and social health in positive and negative ways (e.g., the effect of advertising on food choices, peer influences on internet usage)</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>CONTENT</b>	<b>ND.H.7-</b>	Health Education



<b>STANDARD</b>	<b>8.</b>	
<b>BENCHMARK</b>	<b>7-8.4.</b>	Communication Skills: Students demonstrate the ability to use communication skills to enhance health.
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.4.1.</b>	<p>Interpersonal Communication: Describe effective verbal and nonverbal communication skills to enhance health (e.g., passive, assertive and aggressive behaviors)</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.4.2.</b>	<p>Interpersonal Communication: Apply strategies (e.g., refusal skills, negotiation skills) for coping with peer pressure</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.4.3.</b>	<p>Interpersonal Communication: Describe causes of conflicts (e.g., bullying, power plays or struggles, peer pressure, gangs) in schools, families, and communities and strategies to prevent conflict in such situations</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>CONTENT STANDARD</b>	<b>ND.H.7-8.</b>	Health Education
<b>BENCHMARK</b>	<b>7-8.5.</b>	Decision Making and Goal Setting: Students demonstrate the ability to use decision making and goal setting skills to enhance health.
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.5.1.</b>	<p>Goal Setting: Identify ways in which personal health goals can be influenced by abilities, priorities, and responsibilities (e.g., maturation, peers, values, and family)</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>

		<p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.5.2.</b>	<p>Decision Making: Identify the steps (e.g., clarify, consider, choose) of the decision-making process (e.g., going to a game or doing your homework)</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD</b>	<b>ND.H.7-8.</b>	Health Education
<b>BENCHMARK</b>	<b>7-8.6.</b>	Consumer Health: Students demonstrate the ability to access, use, and evaluate health-related information, products, and services.
<b>GRADE LEVEL EXPECTATION</b>	<b>7-8.6.1.</b>	<p>Access and use of Health Information, Products, and Services: Explain how to use community resources and services (e.g., phone book, hotlines, clinics/hospitals, local clergy, school counselor, trusted adults) that provide valid health information</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>CONTENT STANDARD</b>	<b>ND.P.8.</b>	Physical Education
<b>BENCHMARK</b>	<b>8.3.</b>	Physical Activity: Students participate in regular physical activity.
<b>GRADE LEVEL EXPECTATION</b>	<b>8.3.1.</b>	<p>Benefits of Physical Activity: Explain the long-term physiological benefits (e.g., increased energy, improved health related fitness, disease prevention) of physical activity</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p>

<b>CONTENT STANDARD</b>	<b>ND.P.8.</b>	Physical Education
<b>BENCHMARK</b>	<b>8.4.</b>	Fitness Concepts: Students understand and apply fitness concepts to achieve and maintain a health-enhancing level of physical fitness.
<b>GRADE LEVEL EXPECTATION</b>	<b>8.4.2.</b>	Fitness-Related Components and Goals: Interpret the results of a physical fitness assessment to establish personal fitness goals  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation

**North Dakota Content Standards**

**Social Studies**

**Grade 7 - Adopted 2007**

<b>CONTENT STANDARD</b>	<b>ND.1.</b>	Skills and Resources: Students apply Social Studies skills and resources.
<b>BENCHMARK</b>	<b>7.1.7.</b>	Resources: Interpret and analyze primary and secondary sources (e.g., artifacts, journals, interviews, books, magazines, photographs) to understand people, places, and environments.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals
<b>BENCHMARK</b>	<b>7.1.8.</b>	Resources: Apply research skills (e.g., ask questions; acquire, organize, and analyze information) to answer questions  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>CONTENT STANDARD</b>	<b>ND.6.</b>	Human Development and Behavior: Students understand the importance of culture, individual identity, and group identity.
<b>BENCHMARK</b>	<b>7.6.1.</b>	Culture: Identify principles governing individual and group behavior (e.g., cooperation, collaboration, power, conflict) within social dynamics (e.g., familial, political, religious)  <b>Multimedia Extensions</b> Multimedia Extensions: Connections

North Dakota Content Standards

Health and PE

Grade 9 - Adopted 2008

<b>CONTENT STANDARD</b>	<b>ND.H.9-12.</b>	Health Education
<b>BENCHMARK</b>	<b>9-12.1.</b>	Growth and Development: Students understand the fundamental concepts of growth and development.
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.1.4.</b>	<p>Body Systems: Explain how personal health behaviors impact the functioning of body systems (e. stress weakens the immune system, lack exercise may lead to obesity, tobacco use may lead to cancer, risky behaviors may lead to HIV/AIDS or STD/STIs)</p> <p><b>My Roadmap to the Future</b>                      Unit 4: Stress - Lesson 07: Handling Pressure                      Unit 5: Well-Being - Lesson 10: Analyzing Well-Being                      Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>                      Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being                      Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being                      Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation                      Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD</b>	<b>ND.H.9-12.</b>	Health Education
<b>BENCHMARK</b>	<b>9-12.2.</b>	Personal Health: Students understand concepts related to the promotion of health and the prevention of disease.
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.2.1.</b>	<p>Personal Health &amp; Wellness: Analyze healthy versus unhealthy behaviors and their relationships to health promotion and disease prevention (e.g., active lifestyle vs. sedentary lifestyle, healthy diet vs. fad diets)</p> <p><b>My Roadmap to the Future</b>                      Unit 5: Well-Being - Lesson 10: Analyzing Well-Being                      Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>                      Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being                      Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation                      Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.2.2.</b>	<p>Personal Health &amp; Wellness: Apply strategies for enhancing personal health (e.g., self-discipline, commitment, perseverance, support)</p> <p><b>My Roadmap to the Future</b>                      Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

		<p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.2.3.</b>	<p>Personal Health &amp; Wellness: Explain ways individuals can take responsibility for enhancing their own health (e.g., personal responsibility for dietary choices and reading labels, participating in physical activities, stress reduction, abstinence)</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.2.6.</b>	<p>Disease and Illness: Describe the social and economic effects of disease on individuals, families, and communities (e.g., absenteeism from work and school, loss of income, epidemics of infectious disease)</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>CONTENT STANDARD</b>	<b>ND.H.9-12.</b>	Health Education
<b>BENCHMARK</b>	<b>9-12.3.</b>	External Health Factors: Students understand the effect of external factors on the health of individuals, families, communities, and the environment.
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.3.1.</b>	<p>External Influences on Health: Explain how the community can influence the health of individuals (e.g., health information offered through community organizations, volunteer work at hospitals, community food banks)</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>CONTENT STANDARD</b>	<b>ND.H.9-12.</b>	Health Education
<b>BENCHMARK</b>	<b>9-12.4.</b>	Communication Skills: Students demonstrate the ability to use communication skills to enhance health.
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.4.1.</b>	Interpersonal Communication: Apply effective verbal and nonverbal communication skills to enhance health (e.g., send clear messages about the effects of tobacco use on health)

		<p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
<b>CONTENT STANDARD</b>	<b>ND.H.9-12.</b>	Health Education
<b>BENCHMARK</b>	<b>9-12.5.</b>	Decision Making and Goal Setting: Students demonstrate the ability to use decision making and goal setting skills to enhance health.
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.5.1.</b>	<p>Goal Setting: Develop a life-long plan to sustain personal health (e.g., remaining drug-free, maintaining safe levels of cholesterol and blood pressure)</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.5.2.</b>	<p>Goal Setting: Assess the personal life-long plan to address individual strengths, needs, and risks and monitor progress toward the goal</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>

		<p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.5.3.</b>	<p>Decision Making: Apply the decision making process (e.g., gathering facts, assessing the alternatives, implementing a decision, evaluating the outcome) as it relates to a healthy lifestyle</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.5.5.</b>	<p>Decision Making: Compare the short and long term impacts of alternative choices (e.g., pop vs. water, smoking vs. nonsmoking, wearing a seatbelt vs. not wearing a seatbelt, abstinence vs. sexual activity) in health-related situations</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.5.6.</b>	<p>Decision Making: Explain consequences regarding the use, misuse, and abuse of alcohol, tobacco, and other drugs (e.g., adverse consequences for individuals, families, and the community)</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>CONTENT STANDARD</b>	<b>ND.H.9-12.</b>	Health Education
<b>BENCHMARK</b>	<b>9-12.7.</b>	Health Advocacy: Students demonstrate the ability to advocate for personal, family, and community health.
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.7.2.</b>	<p>Advocating for Health: Develop strategies to influence and support others in making positive health choices (e.g., working as a peer trainer, counseling others on health issues, gaining support of school administrators and community leaders, service learning and health fair projects)</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.7.3.</b>	<p>Advocating for Health: Apply strategies to influence and support others in making positive health choices (e.g., working as a peer trainer, counseling others on health issues, gaining support of school administrators and community leaders, service learning and health fair projects)</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.7.5.</b>	<p>Communicating Health Information: Apply strategies for adapting health messages and techniques to a specific target audience (e.g., translating information from a health text to language appropriate for peer education)</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.7.6.</b>	<p>Communicating Health Information: Evaluate the effectiveness of a communication method (e.g., public service announcements, television or magazine advertisements, web sites) used to deliver health information</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>CONTENT STANDARD</b>	<b>ND.P.9.</b>	Physical Education
<b>BENCHMARK</b>	<b>9.2.</b>	Movement Concepts: Students understand and apply movement concepts, principles, strategies, and tactics to learn and perform physical activities.
<b>GRADE LEVEL EXPECTATION</b>	<b>9.2.4.</b>	<p>Improving Performance: Explain the psychological principles (e.g., positive self-talk, visualization, relaxation) that govern achievement, maintenance, and improvement of motor skills</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>CONTENT STANDARD</b>	<b>ND.P.9.</b>	Physical Education
<b>BENCHMARK</b>	<b>9.3.</b>	Physical Activity: Students participate in regular physical activity.
<b>GRADE LEVEL EXPECTATION</b>	<b>9.3.1.</b>	<p>Benefits of Physical Activity: Explain the long-term psychological (e.g., healthy self-image, improved confidence, stress reduction) benefits of physical activity</p> <p><b>Multimedia Extensions</b></p>



		Multimedia Extensions: Stress
<b>CONTENT STANDARD</b>	<b>ND.P.9.</b>	Physical Education
<b>BENCHMARK</b>	<b>9.4.</b>	Fitness Concepts: Students understand and apply fitness concepts to achieve and maintain a health-enhancing level of physical fitness.
<b>GRADE LEVEL EXPECTATION</b>	<b>9.4.5.</b>	Maintenance of Physical Fitness: Adjust activity levels to meet personal fitness needs (e.g., monitor target heart rate or rate of perceived exertion and adjust level of intensity as appropriate)  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

**North Dakota Content Standards**

**Health and PE**

**Grade 10 - Adopted 2008**

<b>CONTENT STANDARD</b>	<b>ND.H.9-12.</b>	Health Education
<b>BENCHMARK</b>	<b>9-12.1.</b>	Growth and Development: Students understand the fundamental concepts of growth and development.
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.1.4.</b>	Body Systems: Explain how personal health behaviors impact the functioning of body systems (e. stress weakens the immune system, lack exercise may lead to obesity, tobacco use may lead to cancer, risky behaviors may lead to HIV/AIDS or STD/STIs)  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>CONTENT STANDARD</b>	<b>ND.H.9-12.</b>	Health Education
<b>BENCHMARK</b>	<b>9-12.2.</b>	Personal Health: Students understand concepts related to the promotion of health and the prevention of disease.
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.2.1.</b>	Personal Health & Wellness: Analyze healthy versus unhealthy behaviors and their relationships to health promotion and disease prevention (e.g., active lifestyle vs. sedentary lifestyle, healthy diet vs. fad diets)

		<p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.2.2.</b>	<p>Personal Health &amp; Wellness: Apply strategies for enhancing personal health (e.g., self-discipline, commitment, perseverance, support)</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.2.3.</b>	<p>Personal Health &amp; Wellness: Explain ways individuals can take responsibility for enhancing their own health (e.g., personal responsibility for dietary choices and reading labels, participating in physical activities, stress reduction, abstinence)</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.2.6.</b>	<p>Disease and Illness: Describe the social and economic effects of disease on individuals, families, and communities (e.g., absenteeism from work and school, loss of income, epidemics of infectious disease)</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>CONTENT STANDARD</b>	<b>ND.H.9-12.</b>	Health Education
<b>BENCHMARK</b>	<b>9-12.3.</b>	External Health Factors: Students understand the effect of external factors on the health of individuals, families, communities, and the environment.
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.3.1.</b>	External Influences on Health: Explain how the community can influence the health of individuals (e.g., health information offered through community organizations, volunteer work at hospitals, community food banks)

		<p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>CONTENT STANDARD</b>	<b>ND.H.9-12.</b>	Health Education
<b>BENCHMARK</b>	<b>9-12.4.</b>	Communication Skills: Students demonstrate the ability to use communication skills to enhance health.
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.4.1.</b>	<p>Interpersonal Communication: Apply effective verbal and nonverbal communication skills to enhance health (e.g., send clear messages about the effects of tobacco use on health)</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
<b>CONTENT STANDARD</b>	<b>ND.H.9-12.</b>	Health Education
<b>BENCHMARK</b>	<b>9-12.5.</b>	Decision Making and Goal Setting: Students demonstrate the ability to use decision making and goal setting skills to enhance health.
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.5.1.</b>	<p>Goal Setting: Develop a life-long plan to sustain personal health (e.g., remaining drug-free, maintaining safe levels of cholesterol and blood pressure)</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GRADE LEVEL</b>	<b>9-12.5.2.</b>	Goal Setting: Assess the personal life-long plan to address individual strengths, needs, and risks and monitor progress toward the goal

<p><b>EXPECTATION</b></p>		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>GRADE LEVEL EXPECTATION</b></p>	<p>9-12.5.3.</p>	<p>Decision Making: Apply the decision making process (e.g., gathering facts, assessing the alternatives, implementing a decision, evaluating the outcome) as it relates to a healthy lifestyle</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>GRADE LEVEL EXPECTATION</b></p>	<p>9-12.5.5.</p>	<p>Decision Making: Compare the short and long term impacts of alternative choices (e.g., pop vs. water, smoking vs. nonsmoking, wearing a seatbelt vs. not wearing a seatbelt, abstinence vs. sexual activity) in health-related situations</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>GRADE LEVEL EXPECTATION</b></p>	<p>9-12.5.6.</p>	<p>Decision Making: Explain consequences regarding the use, misuse, and abuse of alcohol, tobacco, and other drugs (e.g., adverse consequences for individuals, families, and the community)</p>

		<b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>CONTENT STANDARD</b>	<b>ND.H.9-12.</b>	Health Education
<b>BENCHMARK</b>	<b>9-12.7.</b>	Health Advocacy: Students demonstrate the ability to advocate for personal, family, and community health.
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.7.2.</b>	Advocating for Health: Develop strategies to influence and support others in making positive health choices (e.g., working as a peer trainer, counseling others on health issues, gaining support of school administrators and community leaders, service learning and health fair projects)  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.7.3.</b>	Advocating for Health: Apply strategies to influence and support others in making positive health choices (e.g., working as a peer trainer, counseling others on health issues, gaining support of school administrators and community leaders, service learning and health fair projects)  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.7.5.</b>	Communicating Health Information: Apply strategies for adapting health messages and techniques to a specific target audience (e.g., translating information from a health text to language appropriate for peer education)  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.7.6.</b>	Communicating Health Information: Evaluate the effectiveness of a communication method (e.g., public service announcements, television or magazine advertisements, web sites) used to deliver health information  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>CONTENT STANDARD</b>	<b>ND.P.10.</b>	Physical Education
<b>BENCHMARK</b>	<b>10.2.</b>	Movement Concepts: Students understand and apply movement concepts, principles, strategies, and tactics to learn and perform physical activities.
<b>GRADE LEVEL EXPECTATION</b>	<b>10.2.5.</b>	Improving Performance: Apply the psychological principles (e.g., positive self-talk, visualization, relaxation) that govern achievement, maintenance, and

		improvement of motor skills  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>CONTENT STANDARD</b>	<b>ND.P.10.</b>	Physical Education
<b>BENCHMARK</b>	<b>10.3.</b>	Physical Activity: Students participate in regular physical activity.
<b>GRADE LEVEL EXPECTATION</b>	<b>10.3.1.</b>	Benefits of Physical Activity: Analyze long-term physiological benefits (e.g., weight management, blood pressure regulation) of regular participation in physical activity  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>CONTENT STANDARD</b>	<b>ND.P.10.</b>	Physical Education
<b>BENCHMARK</b>	<b>10.4.</b>	Fitness Concepts: Students understand and apply fitness concepts to achieve and maintain a health-enhancing level of physical fitness.
<b>GRADE LEVEL EXPECTATION</b>	<b>10.4.4.</b>	Achieving Physical Fitness: Analyze various methods (e.g., personal logs, data collection, self assessments) for monitoring activity levels to meet personal physical fitness needs (e.g., gaining weight, losing weight, increasing flexibility)  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>GRADE LEVEL EXPECTATION</b>	<b>10.4.5.</b>	Maintenance of Physical Fitness: Apply strategies to monitor and adjust activity levels to meet personal fitness needs (e.g., monitor target heart rate or rate of perceived exertion and adjust level of intensity as appropriate)  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

**North Dakota Content Standards**

**Health and PE**

**Grade 11 - Adopted 2008**

<b>CONTENT STANDARD</b>	<b>ND.H.9-12.</b>	Health Education
<b>BENCHMARK</b>	<b>9-12.1.</b>	Growth and Development: Students understand the fundamental concepts of growth and development.

<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.1.4.</b>	<p>Body Systems: Explain how personal health behaviors impact the functioning of body systems (e. stress weakens the immune system, lack exercise may lead to obesity, tobacco use may lead to cancer, risky behaviors may lead to HIV/AIDS or STD/STIs)</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD</b>	<b>ND.H.9-12.</b>	Health Education
<b>BENCHMARK</b>	<b>9-12.2.</b>	Personal Health: Students understand concepts related to the promotion of health and the prevention of disease.
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.2.1.</b>	<p>Personal Health &amp; Wellness: Analyze healthy versus unhealthy behaviors and their relationships to health promotion and disease prevention (e.g., active lifestyle vs. sedentary lifestyle, healthy diet vs. fad diets)</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.2.2.</b>	<p>Personal Health &amp; Wellness: Apply strategies for enhancing personal health (e.g., self-discipline, commitment, perseverance, support)</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.2.3.</b>	<p>Personal Health &amp; Wellness: Explain ways individuals can take responsibility for enhancing their own health (e.g., personal responsibility for dietary choices and reading labels, participating in physical activities, stress reduction, abstinence)</p>

		<p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.2.6.</b>	<p>Disease and Illness: Describe the social and economic effects of disease on individuals, families, and communities (e.g., absenteeism from work and school, loss of income, epidemics of infectious disease)</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>CONTENT STANDARD</b>	<b>ND.H.9-12.</b>	Health Education
<b>BENCHMARK</b>	<b>9-12.3.</b>	External Health Factors: Students understand the effect of external factors on the health of individuals, families, communities, and the environment.
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.3.1.</b>	<p>External Influences on Health: Explain how the community can influence the health of individuals (e.g., health information offered through community organizations, volunteer work at hospitals, community food banks)</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>CONTENT STANDARD</b>	<b>ND.H.9-12.</b>	Health Education
<b>BENCHMARK</b>	<b>9-12.4.</b>	Communication Skills: Students demonstrate the ability to use communication skills to enhance health.
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.4.1.</b>	<p>Interpersonal Communication: Apply effective verbal and nonverbal communication skills to enhance health (e.g., send clear messages about the effects of tobacco use on health)</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
<b>CONTENT STANDARD</b>	<b>ND.H.9-12.</b>	Health Education
<b>BENCHMARK</b>	<b>9-12.5.</b>	Decision Making and Goal Setting: Students demonstrate the ability to use



		decision making and goal setting skills to enhance health.
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.5.1.</b>	<p>Goal Setting: Develop a life-long plan to sustain personal health (e.g., remaining drug-free, maintaining safe levels of cholesterol and blood pressure)</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.5.2.</b>	<p>Goal Setting: Assess the personal life-long plan to address individual strengths, needs, and risks and monitor progress toward the goal</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.5.3.</b>	<p>Decision Making: Apply the decision making process (e.g., gathering facts, assessing the alternatives, implementing a decision, evaluating the outcome) as it relates to a healthy lifestyle</p> <p><b>My Roadmap to the Future</b></p>

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.5.5.</b>	<p>Decision Making: Compare the short and long term impacts of alternative choices (e.g., pop vs. water, smoking vs. nonsmoking, wearing a seatbelt vs. not wearing a seatbelt, abstinence vs. sexual activity) in health-related situations</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.5.6.</b>	<p>Decision Making: Explain consequences regarding the use, misuse, and abuse of alcohol, tobacco, and other drugs (e.g., adverse consequences for individuals, families, and the community)</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>CONTENT STANDARD</b>	<b>ND.H.9-12.</b>	Health Education
<b>BENCHMARK</b>	<b>9-12.7.</b>	Health Advocacy: Students demonstrate the ability to advocate for personal, family, and community health.
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.7.2.</b>	<p>Advocating for Health: Develop strategies to influence and support others in making positive health choices (e.g., working as a peer trainer, counseling others on health issues, gaining support of school administrators and community leaders, service learning and health fair projects)</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.7.3.</b>	<p>Advocating for Health: Apply strategies to influence and support others in making positive health choices (e.g., working as a peer trainer, counseling others on health issues, gaining support of school administrators and community leaders, service learning and health fair projects)</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.7.5.</b>	Communicating Health Information: Apply strategies for adapting health messages and techniques to a specific target audience (e.g., translating information from a health text to language appropriate for peer education)  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.7.6.</b>	Communicating Health Information: Evaluate the effectiveness of a communication method (e.g., public service announcements, television or magazine advertisements, web sites) used to deliver health information  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>CONTENT STANDARD</b>	<b>ND.P.11-12.</b>	Physical Education
<b>BENCHMARK</b>	<b>11-12.3.</b>	Physical Activity: Students participate in regular physical activity.
<b>GRADE LEVEL EXPECTATION</b>	<b>11-12.3.1.</b>	Benefits of Physical Activity: Evaluate lifelong outcomes (e.g., life expectancy, healthcare costs, disease prevention) of regular participation in physical activities  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>CONTENT STANDARD</b>	<b>ND.P.11-12.</b>	Physical Education
<b>BENCHMARK</b>	<b>11-12.5.</b>	Behavior in Physical Activity: Students exhibit responsible personal and social behavior in physical activity settings.
<b>GRADE LEVEL EXPECTATION</b>	<b>11-12.5.2.</b>	Procedures and Personal Responsibility: Explain the impact of unethical decision making in physical activity settings (e.g., altercations, changing rules to level the playing field, suspensions)  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

**North Dakota Content Standards**

**Health and PE**

**Grade 12 - Adopted 2008**

<b>CONTENT</b>	<b>ND.H.9-</b>	Health Education
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<b>STANDARD</b>	12.	
<b>BENCHMARK</b>	9-12.1.	Growth and Development: Students understand the fundamental concepts of growth and development.
<b>GRADE LEVEL EXPECTATION</b>	9-12.1.4.	<p>Body Systems: Explain how personal health behaviors impact the functioning of body systems (e. stress weakens the immune system, lack exercise may lead to obesity, tobacco use may lead to cancer, risky behaviors may lead to HIV/AIDS or STD/STIs)</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD</b>	ND.H.9-12.	Health Education
<b>BENCHMARK</b>	9-12.2.	Personal Health: Students understand concepts related to the promotion of health and the prevention of disease.
<b>GRADE LEVEL EXPECTATION</b>	9-12.2.1.	<p>Personal Health &amp; Wellness: Analyze healthy versus unhealthy behaviors and their relationships to health promotion and disease prevention (e.g., active lifestyle vs. sedentary lifestyle, healthy diet vs. fad diets)</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GRADE LEVEL EXPECTATION</b>	9-12.2.2.	<p>Personal Health &amp; Wellness: Apply strategies for enhancing personal health (e.g., self-discipline, commitment, perseverance, support)</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.2.3.</b>	<p>Personal Health &amp; Wellness: Explain ways individuals can take responsibility for enhancing their own health (e.g., personal responsibility for dietary choices and reading labels, participating in physical activities, stress reduction, abstinence)</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.2.6.</b>	<p>Disease and Illness: Describe the social and economic effects of disease on individuals, families, and communities (e.g., absenteeism from work and school, loss of income, epidemics of infectious disease)</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>CONTENT STANDARD</b>	<b>ND.H.9-12.</b>	Health Education
<b>BENCHMARK</b>	<b>9-12.3.</b>	External Health Factors: Students understand the effect of external factors on the health of individuals, families, communities, and the environment.
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.3.1.</b>	<p>External Influences on Health: Explain how the community can influence the health of individuals (e.g., health information offered through community organizations, volunteer work at hospitals, community food banks)</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>CONTENT STANDARD</b>	<b>ND.H.9-12.</b>	Health Education
<b>BENCHMARK</b>	<b>9-12.4.</b>	Communication Skills: Students demonstrate the ability to use communication skills to enhance health.
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.4.1.</b>	<p>Interpersonal Communication: Apply effective verbal and nonverbal communication skills to enhance health (e.g., send clear messages about the effects of tobacco use on health)</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance</p>

		Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>CONTENT STANDARD</b>	<b>ND.H.9-12.</b>	Health Education
<b>BENCHMARK</b>	<b>9-12.5.</b>	Decision Making and Goal Setting: Students demonstrate the ability to use decision making and goal setting skills to enhance health.
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.5.1.</b>	<p>Goal Setting: Develop a life-long plan to sustain personal health (e.g., remaining drug-free, maintaining safe levels of cholesterol and blood pressure)</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.5.2.</b>	<p>Goal Setting: Assess the personal life-long plan to address individual strengths, needs, and risks and monitor progress toward the goal</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

<p><b>GRADE LEVEL EXPECTATION</b></p>	<p><b>9-12.5.3.</b></p>	<p>Decision Making: Apply the decision making process (e.g., gathering facts, assessing the alternatives, implementing a decision, evaluating the outcome) as it relates to a healthy lifestyle</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>GRADE LEVEL EXPECTATION</b></p>	<p><b>9-12.5.5.</b></p>	<p>Decision Making: Compare the short and long term impacts of alternative choices (e.g., pop vs. water, smoking vs. nonsmoking, wearing a seatbelt vs. not wearing a seatbelt, abstinence vs. sexual activity) in health-related situations</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>GRADE LEVEL EXPECTATION</b></p>	<p><b>9-12.5.6.</b></p>	<p>Decision Making: Explain consequences regarding the use, misuse, and abuse of alcohol, tobacco, and other drugs (e.g., adverse consequences for individuals, families, and the community)</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<p><b>CONTENT STANDARD</b></p>	<p><b>ND.H.9-12.</b></p>	<p>Health Education</p>
<p><b>BENCHMARK</b></p>	<p><b>9-12.7.</b></p>	<p>Health Advocacy: Students demonstrate the ability to advocate for personal, family, and community health.</p>
<p><b>GRADE LEVEL EXPECTATION</b></p>	<p><b>9-12.7.2.</b></p>	<p>Advocating for Health: Develop strategies to influence and support others in making positive health choices (e.g., working as a peer trainer, counseling others on health issues, gaining support of school administrators and community leaders, service learning and health fair projects)</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<p><b>GRADE LEVEL EXPECTATION</b></p>	<p><b>9-12.7.3.</b></p>	<p>Advocating for Health: Apply strategies to influence and support others in making positive health choices (e.g., working as a peer trainer, counseling others on health issues, gaining support of school administrators and</p>

		community leaders, service learning and health fair projects)  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.7.5.</b>	Communicating Health Information: Apply strategies for adapting health messages and techniques to a specific target audience (e.g., translating information from a health text to language appropriate for peer education)  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>GRADE LEVEL EXPECTATION</b>	<b>9-12.7.6.</b>	Communicating Health Information: Evaluate the effectiveness of a communication method (e.g., public service announcements, television or magazine advertisements, web sites) used to deliver health information  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>CONTENT STANDARD</b>	<b>ND.P.11-12.</b>	Physical Education
<b>BENCHMARK</b>	<b>11-12.3.</b>	Physical Activity: Students participate in regular physical activity.
<b>GRADE LEVEL EXPECTATION</b>	<b>11-12.3.1.</b>	Benefits of Physical Activity: Evaluate lifelong outcomes (e.g., life expectancy, healthcare costs, disease prevention) of regular participation in physical activities  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>CONTENT STANDARD</b>	<b>ND.P.11-12.</b>	Physical Education
<b>BENCHMARK</b>	<b>11-12.5.</b>	Behavior in Physical Activity: Students exhibit responsible personal and social behavior in physical activity settings.
<b>GRADE LEVEL EXPECTATION</b>	<b>11-12.5.2.</b>	Procedures and Personal Responsibility: Explain the impact of unethical decision making in physical activity settings (e.g., altercations, changing rules to level the playing field, suspensions)  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence



**Social Studies**

**Grade 9 - Adopted 2007**

<b>CONTENT STANDARD</b>	<b>ND.1.</b>	Skills and Resources: Students apply Social Studies skills and resources.
<b>BENCHMARK</b>	<b>9-12.1.1.</b>	Visual Representations: Interpret and evaluate a variety of visual representations (e.g. charts, graphs, time lines, graphic organizers, maps, flow charts) of data  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>BENCHMARK</b>	<b>9-12.1.3.</b>	Research Processes: Draw conclusions based on the research processes (e.g., collect, organize, evaluate, and synthesize information)  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>CONTENT STANDARD</b>	<b>ND.3.</b>	Economic Concepts: Students understand economic concepts and the characteristics of various economic systems.
<b>BENCHMARK</b>	<b>9-12.3.1.</b>	Concepts: Analyze basic micro and macro economic concepts (e.g., scarcity, opportunity cost, trade offs, markets, business organizations, factors of production, supply and demand, and personal finance)  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>CONTENT STANDARD</b>	<b>ND.6.</b>	Human Development and Behavior: Students understand the importance of culture, individual identity, and group identity.
<b>BENCHMARK</b>	<b>9-12.6.2.</b>	Group Interaction: Explain the various purposes of social groups, general implications of group membership, and different ways that groups function (e.g., minority groups, cliques, counterculture, family relations and political groups)  <b>Multimedia Extensions</b> Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection

**North Dakota Content Standards**

**Social Studies**

**Grade 10 - Adopted 2007**

<b>CONTENT STANDARD</b>	<b>ND.1.</b>	Skills and Resources: Students apply Social Studies skills and resources.
<b>BENCHMARK</b>	<b>9-12.1.1.</b>	Visual Representations: Interpret and evaluate a variety of visual representations (e.g. charts, graphs, time lines, graphic organizers, maps, flow charts) of data  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>BENCHMARK</b>	<b>9-12.1.3.</b>	Research Processes: Draw conclusions based on the research processes (e.g., collect, organize, evaluate, and synthesize information)  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>CONTENT STANDARD</b>	<b>ND.3.</b>	Economic Concepts: Students understand economic concepts and the characteristics of various economic systems.
<b>BENCHMARK</b>	<b>9-12.3.1.</b>	Concepts: Analyze basic micro and macro economic concepts (e.g., scarcity, opportunity cost, trade offs, markets, business organizations, factors of production, supply and demand, and personal finance)  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>CONTENT STANDARD</b>	<b>ND.6.</b>	Human Development and Behavior: Students understand the importance of culture, individual identity, and group identity.
<b>BENCHMARK</b>	<b>9-12.6.2.</b>	Group Interaction: Explain the various purposes of social groups, general implications of group membership, and different ways that groups function (e.g., minority groups, cliques, counterculture, family relations and political groups)  <b>Multimedia Extensions</b> Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection

**North Dakota Content Standards**

**Social Studies**

**Grade 11 - Adopted 2007**

<b>CONTENT STANDARD</b>	<b>ND.1.</b>	Skills and Resources: Students apply Social Studies skills and resources.
<b>BENCHMARK</b>	<b>9-12.1.1.</b>	Visual Representations: Interpret and evaluate a variety of visual representations (e.g. charts, graphs, time lines, graphic organizers, maps, flow charts) of data  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>BENCHMARK</b>	<b>9-12.1.3.</b>	Research Processes: Draw conclusions based on the research processes (e.g., collect, organize, evaluate, and synthesize information)  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>CONTENT STANDARD</b>	<b>ND.3.</b>	Economic Concepts: Students understand economic concepts and the characteristics of various economic systems.
<b>BENCHMARK</b>	<b>9-12.3.1.</b>	Concepts: Analyze basic micro and macro economic concepts (e.g., scarcity, opportunity cost, trade offs, markets, business organizations, factors of production, supply and demand, and personal finance)  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>CONTENT STANDARD</b>	<b>ND.6.</b>	Human Development and Behavior: Students understand the importance of culture, individual identity, and group identity.
<b>BENCHMARK</b>	<b>9-12.6.2.</b>	Group Interaction: Explain the various purposes of social groups, general implications of group membership, and different ways that groups function (e.g., minority groups, cliques, counterculture, family relations and political groups)  <b>Multimedia Extensions</b> Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection

**North Dakota Content Standards**

**Social Studies**

**Grade 12 - Adopted 2007**

<b>CONTENT STANDARD</b>	<b>ND.1.</b>	Skills and Resources: Students apply Social Studies skills and resources.
<b>BENCHMARK</b>	<b>9-12.1.1.</b>	Visual Representations: Interpret and evaluate a variety of visual representations (e.g. charts, graphs, time lines, graphic organizers, maps, flow charts) of data  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>BENCHMARK</b>	<b>9-12.1.3.</b>	Research Processes: Draw conclusions based on the research processes (e.g., collect, organize, evaluate, and synthesize information)  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>CONTENT STANDARD</b>	<b>ND.3.</b>	Economic Concepts: Students understand economic concepts and the characteristics of various economic systems.
<b>BENCHMARK</b>	<b>9-12.3.1.</b>	Concepts: Analyze basic micro and macro economic concepts (e.g., scarcity, opportunity cost, trade offs, markets, business organizations, factors of production, supply and demand, and personal finance)  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>CONTENT STANDARD</b>	<b>ND.6.</b>	Human Development and Behavior: Students understand the importance of culture, individual identity, and group identity.
<b>BENCHMARK</b>	<b>9-12.6.2.</b>	Group Interaction: Explain the various purposes of social groups, general implications of group membership, and different ways that groups function (e.g., minority groups, cliques, counterculture, family relations and political groups)  <b>Multimedia Extensions</b> Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection