

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

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

States: South Carolina Academic Standards

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

South Carolina Academic Standards

Social Studies

Grade 7 - Adopted 2011

STANDARD / COURSE	SC.7-SSLS.	Social Studies Literacy Skills for the Twenty-First Century
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	7-SSLS.1.	Literacy Skills for Social Studies
PERFORMANCE DESCRIPTOR / STANDARD	7-SSLS.1.1.	<p>Identify and explain the relationships among multiple causes and multiple effects.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</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 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
PERFORMANCE DESCRIPTOR / STANDARD	7-SSLS.1.3.	<p>Select or design appropriate forms of social studies resources* to organize and evaluate social studies information.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
PERFORMANCE DESCRIPTOR / STANDARD	7-SSLS.1.12.	<p>Analyze evidence, arguments, claims, and beliefs.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
PERFORMANCE DESCRIPTOR / STANDARD	7-SSLS.1.19.	<p>Explain the use of a budget in making personal economic decisions and planning for the future.</p>

		<p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STANDARD / COURSE	SC.7-SSLS.	Social Studies Literacy Skills for the Twenty-First Century
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	7-SSLS.2.	Partnership for the 21st Century Skills
PERFORMANCE DESCRIPTOR / STANDARD	7-SSLS.2.1.	<p>Elaborate and refine ideas in order to improve and maximize creative efforts.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
PERFORMANCE DESCRIPTOR / STANDARD	7-SSLS.2.2.	<p>Articulate his or her own thoughts and ideas and those of others objectively through speaking and writing.</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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 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 03: Career Ideas</p>

		<p>Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p> <p>Unit 2: Highway to Confidence - Lesson 05: Confidence</p> <p>Unit 3: Highway Connections - Lesson 07: Social Support</p> <p>Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
PERFORMANCE DESCRIPTOR / STANDARD	7-SSLS.2.3.	<p>Demonstrate the ability and willingness to make compromises to accomplish a common team goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / COURSE	SC.7-SSLS.	Social Studies Literacy Skills for the Twenty-First Century
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	7-SSLS.3.	Literacy in History/Social Studies, Science, and Other Technical Subjects
PERFORMANCE DESCRIPTOR / STANDARD	7-SSLS.3.1.	<p>Create a thesis supported by research to convince an audience of its validity.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

South Carolina Academic Standards

Social Studies

Grade 8 - Adopted 2011

STANDARD / COURSE	SC.8-SSLS.	Social Studies Literacy Skills for the Twenty-First Century
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	8-SSLS.1.	Literacy Skills for Social Studies
PERFORMANCE DESCRIPTOR / STANDARD	8-SSLS.1.6.	<p>Identify and explain the relationships among multiple causes and multiple effects.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</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 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
PERFORMANCE DESCRIPTOR / STANDARD	8-SSLS.1.7.	<p>Analyze evidence, arguments, claims, and beliefs.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
PERFORMANCE DESCRIPTOR / STANDARD	8-SSLS.1.8.	<p>Select or design appropriate forms of social studies resources* to organize and evaluate social studies information.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
PERFORMANCE DESCRIPTOR / STANDARD	8-SSLS.1.16.	<p>Explain the use of a budget in making personal economic decisions and planning for the future.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STANDARD / COURSE	SC.8-SSLS.	Social Studies Literacy Skills for the Twenty-First Century
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	8-SSLS.2.	Partnership for the 21st Century Skills
PERFORMANCE DESCRIPTOR / STANDARD	8-SSLS.2.1.	Elaborate and refine ideas in order to improve and maximize creative efforts.

		<p>Multimedia Extensions Multimedia Extensions: Confidence</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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>PERFORMANCE DESCRIPTOR / STANDARD</p>	<p>8-SSLs.2.2.</p>	<p>Articulate his or her own thoughts and ideas and those of others objectively through speaking and writing.</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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 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 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 Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>PERFORMANCE DESCRIPTOR / STANDARD</p>	<p>8-SSLs.2.3.</p>	<p>Demonstrate the ability and willingness to make compromises to accomplish a common team goal.</p>

		<p>Multimedia Extensions Multimedia Extensions: Confidence</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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / COURSE	SC.8-SSLS.	Social Studies Literacy Skills for the Twenty-First Century
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	8-SSLS.3.	Literacy in History/Social Studies, Science, and Other Technical Subjects
PERFORMANCE DESCRIPTOR / STANDARD	8-SSLS.3.1.	<p>Create a thesis supported by research to convince an audience of its validity.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

South Carolina Academic Standards

Health and PE

Grade 7 - Adopted 2009

STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.1:	The student will comprehend concepts related to health promotion to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL	M-	Identify situations that may require professional mental, emotional, and social health services.

EXAMPLE / STAGE	7.1.1.	<p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.1:	The student will comprehend concepts related to health promotion to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Alcohol, Tobacco, and Other Drugs: The student will
GRADE LEVEL EXAMPLE / STAGE	D-7.1.3.	<p>Discuss the impact of ATOD use and abuse on the individual, his or her peers, and family members.</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.1:	The student will comprehend concepts related to health promotion to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Nutrition and Physical Activity: The student will
GRADE LEVEL EXAMPLE / STAGE	N-7.1.3.	<p>Identify signs and symptoms of disordered eating.</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
GRADE LEVEL EXAMPLE / STAGE	N-7.1.5.	<p>Explain the benefits of engaging in moderate to vigorous physical activity daily.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>

STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.2:	The student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE DESCRIPTOR / STANDARD		Personal and Community Health: The student will
GRADE LEVEL EXAMPLE / STAGE	P-7.2.1.	<p>Explain ways that personal perceptions of social norms influence healthy and unhealthy behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.3:	The student will demonstrate the ability to access valid information and products and services to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Growth, Development, and Sexual Health and Responsibility: The student will
GRADE LEVEL EXAMPLE / STAGE	G-7.3.2.	<p>Locate valid information and resources related to dating violence, sexual harassment, and sexual abuse.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL	HE.4:	The student will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

QUESTION		
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M-7.4.1.	<p>Explain how talking about feelings and emotions promotes mental health.</p> <p>Multimedia Extensions 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 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 6: Highway to Motivation - Lesson 13: Motivation</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.4:	The student will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
PERFORMANCE DESCRIPTOR / STANDARD		Personal and Community Health: The student will
GRADE LEVEL EXAMPLE / STAGE	P-7.4.1.	<p>Demonstrate how to ask for assistance to enhance the health of self and others.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.6:	The student will demonstrate the ability to use goal-setting skills to enhance health.

PERFORMANCE DESCRIPTOR / STANDARD		Personal and Community Health: The student will
GRADE LEVEL EXAMPLE / STAGE	P-7.6.1.	<p>Analyze ways that health goals can vary with changing abilities, priorities, and responsibilities.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
GRADE LEVEL EXAMPLE / STAGE	P-7.6.2.	<p>Develop a goal to adopt, maintain, or improve a personal health practice (for example, avoid ATOD, promote safety, brush and floss teeth).</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.6:	The student will demonstrate the ability to use goal-setting skills to enhance health.
PERFORMANCE DESCRIPTOR /		Nutrition and Physical Activity: The student will

STANDARD		
GRADE LEVEL EXAMPLE / STAGE	N-7.6.2.	<p>Set a goal to increase his or her physical activity, monitor the progress of that goal, and make the necessary adjustments to reach it.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.7:	The student will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M-7.7.1.	<p>Discuss healthy strategies for managing stress, anger, and other feelings (including depression).</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.8:	The student will demonstrate the ability to advocate for personal, family, and consumer health.
PERFORMANCE DESCRIPTOR /		Personal and Community Health: The student will

STANDARD		
GRADE LEVEL EXAMPLE / STAGE	P- 7.8.1.	Advocate for a healthy school, community, and natural environment. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	8-2.	The student will demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performing of physical activities. (Cognitive Domain): The student should come to understand and be able to apply more advanced movement and game strategies, to understand the critical elements/learning cues of advanced movement skills, and to identify characteristics representative of highly skilled performance. The student should develop the ability to identify and use basic offensive and defensive strategies.
PERFORMANCE DESCRIPTOR / STANDARD	8-2.5	Identify selected physical-activity experiences for social, emotional, and health benefits (for example, jogging to reduce stress, walking with a friend for social interaction). Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	8-3.	The student will participate regularly in physical activity. (Psychomotor Domain): The student should develop an interest in a broad range of physical-activity experiences and increase his or her ability to find opportunities for participating in these activities. The student should learn to set and pursue physical-activity goals for him- or herself, understanding and appreciating the long-term health benefits.
PERFORMANCE DESCRIPTOR / STANDARD	8-3.1	Monitor his or her own participation in physical activity (for example, maintains an activity log for a seven-day period, documenting progress toward achievement of personal goals). Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD /	SC.PE.	Physical Education

COURSE		
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	8-4.	The student will achieve and maintain a health-enhancing level of physical fitness. (Psychomotor Domain): The student should begin to develop knowledge of physical fitness training principles and the ways these principles can be utilized to improve health. The student should develop the ability to interpret the results of physical fitness assessments and, with little assistance from the teacher, to use this information to pursue his or her individual fitness goals.
PERFORMANCE DESCRIPTOR / STANDARD	8-4.2	Implement a plan, with limited teacher assistance, to improve or maintain desired levels of health-related physical fitness (for example, when flexibility criteria is not achieved, select and perform appropriate exercises until the goal is achieved). Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	8-5.	The student will exhibit responsible personal and social behavior that respects self and others in physical-activity settings. (Affective Domain): The student should practice appropriate problem-solving techniques to resolve conflicts. The student should cooperate with others to accomplish group goals in both cooperative and competitive settings. The student should respect the contributions of others, in physical activity settings made by those whose skill levels are dissimilar to their own. The student should understand the concept of physical activity as a microcosm of modern culture and society and should recognize the role of physical activity in understanding the diversity in modern culture.
PERFORMANCE DESCRIPTOR / STANDARD	8-5.2	Recognize and resolve potential conflicts in physical-activity settings (for example, shows self-control by accepting a controversial decision of an official). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	8-6.	The student will demonstrate awareness that physical activity provides the opportunity for health, enjoyment, challenge, self-expression, and social interaction. (Affective Domain): The student should learn that risk-taking, adventure, and competitive physical activities provide the opportunity for challenge, enjoyment, and positive social interaction. The student should gain a greater awareness of the aesthetic values, feelings, and avenues for self-expression that dance, gymnastics, and various sports activities can offer an individual.
PERFORMANCE DESCRIPTOR /	8-6.2	Seek and explore health-enhancing physical activities that provide challenge and offer opportunities for problem solving, decision making, and appropriate

STANDARD		<p>risk-taking (for example, participate in physically challenging team building games).</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
-----------------	--	--

South Carolina Academic Standards

Health and PE

Grade 8 - Adopted 2009

STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.1:	The student will comprehend concepts related to health promotion to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M-8.1.1.	<p>Examine factors that contribute to a positive self-concept.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress 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>
GRADE LEVEL EXAMPLE / STAGE	M-8.1.2.	<p>Discuss the interrelationship among mental, emotional, social, and physical health during adolescence.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance 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 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
GRADE LEVEL EXAMPLE / STAGE	M-8.1.3.	<p>Describe the characteristics of resiliency.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 08: Analyzing Stress Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.1:	The student will comprehend concepts related to health promotion to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Alcohol, Tobacco, and Other Drugs: The student will
GRADE LEVEL EXAMPLE / STAGE	D-8.1.2.	<p>Examine the short- and long-term effects and consequences of ATOD use, including the impact on society.</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.1:	The student will comprehend concepts related to health promotion to enhance health.
PERFORMANCE DESCRIPTOR /		Growth, Development, and Sexual Health and Responsibility: The student will

STANDARD		
GRADE LEVEL EXAMPLE / STAGE	G-8.1.1.	<p>Explain how roles, rules, and responsibilities of the members in a family change over time (for example, parental responsibilities regarding a teenager as opposed to an infant).</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.1:	The student will comprehend concepts related to health promotion to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Personal and Community Health: The student will
GRADE LEVEL EXAMPLE / STAGE	P-8.1.1.	<p>Explain the components of a personal wellness program.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.1:	The student will comprehend concepts related to health promotion to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Nutrition and Physical Activity: The student will

GRADE LEVEL EXAMPLE / STAGE	N-8.1.2.	<p>Discuss ways that disordered eating impacts an individual's health, including his or her oral health.</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
GRADE LEVEL EXAMPLE / STAGE	N-8.1.3.	<p>Compare and contrast the mental, social and physical benefits of moderate to vigorous physical activity.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.2:	The student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M-8.2.1.	<p>Examine how family, peers, and the media influence the mental, emotional, and social health of adolescents.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.2:	The student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE DESCRIPTOR / STANDARD		Personal and Community Health: The student will

GRADE LEVEL EXAMPLE / STAGE	P-8.2.1.	<p>Discuss the ways that social norms influence healthy and unhealthy decisions and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.3:	The student will demonstrate the ability to access valid information and products and services to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Growth, Development, and Sexual Health and Responsibility: The student will
GRADE LEVEL EXAMPLE / STAGE	G-8.3.2.	<p>Access valid information and resources related to dating violence, sexual harassment, and sexual abuse.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.4:	The student will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
PERFORMANCE DESCRIPTOR / STANDARD		Growth, Development, and Sexual Health and Responsibility: The student will
GRADE LEVEL EXAMPLE / STAGE	G-8.4.1.	<p>Discuss effective verbal and nonverbal communication skills for healthy parent, family, and peer relationships.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p>

		Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.5:	The student will demonstrate the ability to use decision-making skills to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Alcohol, Tobacco, and Other Drugs: The student will
GRADE LEVEL EXAMPLE / STAGE	D-8.5.1.	Analyze ways that a person's decisions about ATOD affect his or her family and peers as well as society. My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.6:	The student will demonstrate the ability to use goal-setting skills to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M-8.6.1.	Implement a stress-management plan. 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
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL	HE.6:	The student will demonstrate the ability to use goal-setting skills to enhance

QUESTION		health.
PERFORMANCE DESCRIPTOR / STANDARD		Growth, Development, and Sexual Health and Responsibility: The student will
GRADE LEVEL EXAMPLE / STAGE	G-8.6.1.	<p>Set a personal goal to protect him- or herself from STIs/STDs, HIV, and AIDS.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
GRADE LEVEL EXAMPLE / STAGE	G-8.6.2.	<p>Set a personal goal to prevent pregnancy.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education

KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.7:	The student will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M-8.7.1.	<p>Implement strategies to maintain or improve his or her mental, emotional, and social health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
GRADE LEVEL EXAMPLE / STAGE	M-8.7.2.	<p>Discuss coping strategies to increase his or her resiliency.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 08: Analyzing Stress Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.7:	The student will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.

PERFORMANCE DESCRIPTOR / STANDARD		Nutrition and Physical Activity: The student will
GRADE LEVEL EXAMPLE / STAGE	N-8.7.1.	Discuss the importance of assuming personal responsibility for healthy eating and physical activity. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	8-2.	The student will demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performing of physical activities. (Cognitive Domain): The student should come to understand and be able to apply more advanced movement and game strategies, to understand the critical elements/learning cues of advanced movement skills, and to identify characteristics representative of highly skilled performance. The student should develop the ability to identify and use basic offensive and defensive strategies.
PERFORMANCE DESCRIPTOR / STANDARD	8-2.5	Identify selected physical-activity experiences for social, emotional, and health benefits (for example, jogging to reduce stress, walking with a friend for social interaction). Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	8-3.	The student will participate regularly in physical activity. (Psychomotor Domain): The student should develop an interest in a broad range of physical-activity experiences and increase his or her ability to find opportunities for participating in these activities. The student should learn to set and pursue physical-activity goals for him- or herself, understanding and appreciating the long-term health benefits.
PERFORMANCE DESCRIPTOR / STANDARD	8-3.1	Monitor his or her own participation in physical activity (for example, maintains an activity log for a seven-day period, documenting progress toward achievement of personal goals). Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

		<p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	8-4.	The student will achieve and maintain a health-enhancing level of physical fitness. (Psychomotor Domain): The student should begin to develop knowledge of physical fitness training principles and the ways these principles can be utilized to improve health. The student should develop the ability to interpret the results of physical fitness assessments and, with little assistance from the teacher, to use this information to pursue his or her individual fitness goals.
PERFORMANCE DESCRIPTOR / STANDARD	8-4.2	<p>Implement a plan, with limited teacher assistance, to improve or maintain desired levels of health-related physical fitness (for example, when flexibility criteria is not achieved, select and perform appropriate exercises until the goal is achieved).</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	8-5.	The student will exhibit responsible personal and social behavior that respects self and others in physical-activity settings. (Affective Domain): The student should practice appropriate problem-solving techniques to resolve conflicts. The student should cooperate with others to accomplish group goals in both cooperative and competitive settings. The student should respect the contributions of others, in physical activity settings made by those whose skill levels are dissimilar to their own. The student should understand the concept of physical activity as a microcosm of modern culture and society and should recognize the role of physical activity in understanding the diversity in modern culture.
PERFORMANCE DESCRIPTOR / STANDARD	8-5.2	<p>Recognize and resolve potential conflicts in physical-activity settings (for example, shows self-control by accepting a controversial decision of an official).</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	8-6.	The student will demonstrate awareness that physical activity provides the opportunity for health, enjoyment, challenge, self-expression, and social interaction. (Affective Domain): The student should learn that risk-taking, adventure, and competitive physical activities provide the opportunity for challenge, enjoyment, and positive social interaction. The student should gain a greater awareness of the aesthetic values, feelings, and avenues for self-

		expression that dance, gymnastics, and various sports activities can offer an individual.
PERFORMANCE DESCRIPTOR / STANDARD	8-6.2	Seek and explore health-enhancing physical activities that provide challenge and offer opportunities for problem solving, decision making, and appropriate risk-taking (for example, participate in physically challenging team building games). Multimedia Extensions Multimedia Extensions: Confidence

South Carolina Academic Standards

Social Studies

Grade 9 - Adopted 2011

STANDARD / COURSE	SC.MWH.	World History from 1300: The Making of the Modern World
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	MWH-8:	The student will demonstrate an understanding of the causes and consequences of decolonization in the second half of the twentieth century and the beginning of the twenty-first century.
PERFORMANCE DESCRIPTOR / STANDARD		Newly independent countries sought partners for economic and political alliances as technological developments of the past sixty years made the world more interconnected. To understand the effects of the economic, political, social, and technological changes that shape his or her place in the world, the student will utilize the knowledge and skills set forth in the following indicators:
GRADE LEVEL EXAMPLE / STAGE	MWH-8.4.	Describe the diffusion of aspects of popular cultures, including music, film, art forms, and foodways. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STANDARD / COURSE	SC.USHC.	United States History and the Constitution
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	USHC-8:	The student will demonstrate an understanding of social, economic and political issues in contemporary America.
PERFORMANCE DESCRIPTOR / STANDARD		In the recent past, political views in the United States have embraced both conservative and liberal perspectives. To make informed political decisions about contemporary issues, the student will utilize the knowledge and skills set forth in the following indicators:
GRADE LEVEL EXAMPLE / STAGE	USHC-8.5.	Summarize key political and economic issues of the last twenty-five years, including continuing dependence on foreign oil; trade agreements and globalization; health and education reforms; increases in economic disparity and recession; tax policy; the national surplus, debt, and deficits;

		immigration; presidential resignation/impeachment; and the elections of 2000 and 2008. 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
STANDARD / COURSE	SC.ECON.	Economics
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	ECON-5:	The student will demonstrate an understanding of how personal financial decisions affect an individual's present and future economic status.
PERFORMANCE DESCRIPTOR / STANDARD		Individuals are impacted by the financial choices they make and the careers they choose. Wise and informed personal financial decisions can benefit individuals in both the immediate and the distant future. To understand the impact of personal financial decisions, the student will utilize the knowledge and skills set forth in the following indicators:
GRADE LEVEL EXAMPLE / STAGE	ECON-5.2.	Explain that income for most people is determined by the market value of the productive resources they sell. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
GRADE LEVEL EXAMPLE / STAGE	ECON-5.3.	Explain how wage rates for most workers depend upon the market value of what the workers produce for the marketplace. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STANDARD / COURSE	SC.HS-SSLS.	Social Studies Literacy Skills for the Twenty-First Century
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-SSLS.1.	Literacy Skills for Social Studies
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.1.10.	Assess the relative importance of multiple causes on outcomes. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future

		<p>Unit 2: Confidence - Lesson 03: Facing Challenges</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 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.1.14.	<p>Analyze and evaluate evidence, arguments, claims, and beliefs.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.1.15.	<p>Explain how investment in human capital such as health, education, and training leads to economic growth.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.1.16.	<p>Create a thesis supported by research to convince an audience of its validity.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.1.23.	<p>Explain the use of a budget in making personal economic decisions and planning for the future.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.1.28.	<p>Assess the relationships among multiple causes and multiple effects.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals</p>

		<p>Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
STANDARD / COURSE	SC.HS-SSLS.	Social Studies Literacy Skills for the Twenty-First Century
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-SSLS.2.	Partnership for the 21st Century Skills
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.2.1.	<p>Analyze and evaluate ideas in order to improve and maximize creative efforts.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.2.3.	<p>Assume shared responsibility for collaborative work and value the contributions made by each team member.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p>

		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 Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
--	--	---

South Carolina Academic Standards

Social Studies

Grade 10 - Adopted 2011

STANDARD / COURSE	SC.MWH.	World History from 1300: The Making of the Modern World
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	MWH-8:	The student will demonstrate an understanding of the causes and consequences of decolonization in the second half of the twentieth century and the beginning of the twenty-first century.
PERFORMANCE DESCRIPTOR / STANDARD		Newly independent countries sought partners for economic and political alliances as technological developments of the past sixty years made the world more interconnected. To understand the effects of the economic, political, social, and technological changes that shape his or her place in the world, the student will utilize the knowledge and skills set forth in the following indicators:
GRADE LEVEL EXAMPLE / STAGE	MWH-8.4.	Describe the diffusion of aspects of popular cultures, including music, film, art forms, and foodways. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STANDARD / COURSE	SC.USHC.	United States History and the Constitution
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	USHC-8:	The student will demonstrate an understanding of social, economic and political issues in contemporary America.
PERFORMANCE DESCRIPTOR / STANDARD		In the recent past, political views in the United States have embraced both conservative and liberal perspectives. To make informed political decisions about contemporary issues, the student will utilize the knowledge and skills set forth in the following indicators:
GRADE LEVEL EXAMPLE / STAGE	USHC-8.5.	Summarize key political and economic issues of the last twenty-five years, including continuing dependence on foreign oil; trade agreements and globalization; health and education reforms; increases in economic disparity and recession; tax policy; the national surplus, debt, and deficits; immigration; presidential resignation/impeachment; and the elections of 2000 and 2008. Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STANDARD / COURSE	SC.ECON.	Economics
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	ECON-5:	The student will demonstrate an understanding of how personal financial decisions affect an individual's present and future economic status.
PERFORMANCE DESCRIPTOR / STANDARD		Individuals are impacted by the financial choices they make and the careers they choose. Wise and informed personal financial decisions can benefit individuals in both the immediate and the distant future. To understand the impact of personal financial decisions, the student will utilize the knowledge and skills set forth in the following indicators:
GRADE LEVEL EXAMPLE / STAGE	ECON-5.2.	<p>Explain that income for most people is determined by the market value of the productive resources they sell.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
GRADE LEVEL EXAMPLE / STAGE	ECON-5.3.	<p>Explain how wage rates for most workers depend upon the market value of what the workers produce for the marketplace.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STANDARD / COURSE	SC.HS-SSLS.	Social Studies Literacy Skills for the Twenty-First Century
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-SSLS.1.	Literacy Skills for Social Studies
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.1.10.	<p>Assess the relative importance of multiple causes on outcomes.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</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 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of</p>

		School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.1.14.	Analyze and evaluate evidence, arguments, claims, and beliefs. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.1.15.	Explain how investment in human capital such as health, education, and training leads to economic growth. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.1.16.	Create a thesis supported by research to convince an audience of its validity. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.1.23.	Explain the use of a budget in making personal economic decisions and planning for the future. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.1.28.	Assess the relationships among multiple causes and multiple effects. 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

STANDARD / COURSE	SC.HS-SSLS.	Social Studies Literacy Skills for the Twenty-First Century
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-SSLS.2.	Partnership for the 21st Century Skills
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.2.1.	<p>Analyze and evaluate ideas in order to improve and maximize creative efforts.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.2.3.	<p>Assume shared responsibility for collaborative work and value the contributions made by each team member.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

South Carolina Academic Standards

Social Studies

Grade 11 - Adopted 2011

STANDARD / COURSE	SC.MWH.	World History from 1300: The Making of the Modern World
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	MWH-8:	The student will demonstrate an understanding of the causes and consequences of decolonization in the second half of the twentieth century and the beginning of the twenty-first century.
PERFORMANCE DESCRIPTOR / STANDARD		Newly independent countries sought partners for economic and political alliances as technological developments of the past sixty years made the world more interconnected. To understand the effects of the economic, political, social, and technological changes that shape his or her place in the world, the student will utilize the knowledge and skills set forth in the following indicators:
GRADE LEVEL EXAMPLE / STAGE	MWH-8.4.	Describe the diffusion of aspects of popular cultures, including music, film, art forms, and foodways. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STANDARD / COURSE	SC.USHC.	United States History and the Constitution
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	USHC-8:	The student will demonstrate an understanding of social, economic and political issues in contemporary America.
PERFORMANCE DESCRIPTOR / STANDARD		In the recent past, political views in the United States have embraced both conservative and liberal perspectives. To make informed political decisions about contemporary issues, the student will utilize the knowledge and skills set forth in the following indicators:
GRADE LEVEL EXAMPLE / STAGE	USHC-8.5.	Summarize key political and economic issues of the last twenty-five years, including continuing dependence on foreign oil; trade agreements and globalization; health and education reforms; increases in economic disparity and recession; tax policy; the national surplus, debt, and deficits; immigration; presidential resignation/impeachment; and the elections of 2000 and 2008. 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
STANDARD /	SC.ECON.	Economics

COURSE		
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	ECON-5:	The student will demonstrate an understanding of how personal financial decisions affect an individual's present and future economic status.
PERFORMANCE DESCRIPTOR / STANDARD		Individuals are impacted by the financial choices they make and the careers they choose. Wise and informed personal financial decisions can benefit individuals in both the immediate and the distant future. To understand the impact of personal financial decisions, the student will utilize the knowledge and skills set forth in the following indicators:
GRADE LEVEL EXAMPLE / STAGE	ECON-5.2.	Explain that income for most people is determined by the market value of the productive resources they sell. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
GRADE LEVEL EXAMPLE / STAGE	ECON-5.3.	Explain how wage rates for most workers depend upon the market value of what the workers produce for the marketplace. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STANDARD / COURSE	SC.HS-SSLS.	Social Studies Literacy Skills for the Twenty-First Century
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-SSLS.1.	Literacy Skills for Social Studies
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.1.10.	Assess the relative importance of multiple causes on outcomes. 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
PERFORMANCE DESCRIPTOR /	HS-	Analyze and evaluate evidence, arguments, claims, and beliefs.

STANDARD	SSLS.1.14.	<p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.1.15.	<p>Explain how investment in human capital such as health, education, and training leads to economic growth.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.1.16.	<p>Create a thesis supported by research to convince an audience of its validity.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.1.23.	<p>Explain the use of a budget in making personal economic decisions and planning for the future.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.1.28.	<p>Assess the relationships among multiple causes and multiple effects.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</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 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
STANDARD / COURSE	SC.HS-SSLS.	Social Studies Literacy Skills for the Twenty-First Century
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-SSLS.2.	Partnership for the 21st Century Skills

<p>PERFORMANCE DESCRIPTOR / STANDARD</p>	<p>HS-SSLS.2.1.</p>	<p>Analyze and evaluate ideas in order to improve and maximize creative efforts.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>PERFORMANCE DESCRIPTOR / STANDARD</p>	<p>HS-SSLS.2.3.</p>	<p>Assume shared responsibility for collaborative work and value the contributions made by each team member.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

South Carolina Academic Standards

Social Studies

Grade 12 - Adopted 2011

STANDARD / COURSE	SC.MWH.	World History from 1300: The Making of the Modern World
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	MWH-8:	The student will demonstrate an understanding of the causes and consequences of decolonization in the second half of the twentieth century and the beginning of the twenty-first century.
PERFORMANCE DESCRIPTOR / STANDARD		Newly independent countries sought partners for economic and political alliances as technological developments of the past sixty years made the world more interconnected. To understand the effects of the economic, political, social, and technological changes that shape his or her place in the world, the student will utilize the knowledge and skills set forth in the following indicators:
GRADE LEVEL EXAMPLE / STAGE	MWH-8.4.	Describe the diffusion of aspects of popular cultures, including music, film, art forms, and foodways. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STANDARD / COURSE	SC.USHC.	United States History and the Constitution
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	USHC-8:	The student will demonstrate an understanding of social, economic and political issues in contemporary America.
PERFORMANCE DESCRIPTOR / STANDARD		In the recent past, political views in the United States have embraced both conservative and liberal perspectives. To make informed political decisions about contemporary issues, the student will utilize the knowledge and skills set forth in the following indicators:
GRADE LEVEL EXAMPLE / STAGE	USHC-8.5.	Summarize key political and economic issues of the last twenty-five years, including continuing dependence on foreign oil; trade agreements and globalization; health and education reforms; increases in economic disparity and recession; tax policy; the national surplus, debt, and deficits; immigration; presidential resignation/impeachment; and the elections of 2000 and 2008. 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
STANDARD / COURSE	SC.ECON.	Economics
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	ECON-5:	The student will demonstrate an understanding of how personal financial decisions affect an individual's present and future economic status.
PERFORMANCE		Individuals are impacted by the financial choices they make and the careers they choose. Wise and informed personal financial decisions can benefit individuals in

DESCRIPTOR / STANDARD		both the immediate and the distant future. To understand the impact of personal financial decisions, the student will utilize the knowledge and skills set forth in the following indicators:
GRADE LEVEL EXAMPLE / STAGE	ECON-5.2.	<p>Explain that income for most people is determined by the market value of the productive resources they sell.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
GRADE LEVEL EXAMPLE / STAGE	ECON-5.3.	<p>Explain how wage rates for most workers depend upon the market value of what the workers produce for the marketplace.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STANDARD / COURSE	SC.HS-SSLS.	Social Studies Literacy Skills for the Twenty-First Century
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-SSLS.1.	Literacy Skills for Social Studies
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.1.10.	<p>Assess the relative importance of multiple causes on outcomes.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</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 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.1.14.	<p>Analyze and evaluate evidence, arguments, claims, and beliefs.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
PERFORMANCE DESCRIPTOR /	HS-SSLS.1.15.	Explain how investment in human capital such as health, education, and training leads to economic growth.

STANDARD		<p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.1.16.	<p>Create a thesis supported by research to convince an audience of its validity.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.1.23.	<p>Explain the use of a budget in making personal economic decisions and planning for the future.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.1.28.	<p>Assess the relationships among multiple causes and multiple effects.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</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 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
STANDARD / COURSE	SC.HS-SSLS.	Social Studies Literacy Skills for the Twenty-First Century
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-SSLS.2.	Partnership for the 21st Century Skills
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.2.1.	<p>Analyze and evaluate ideas in order to improve and maximize creative efforts.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future</p>

		<p>Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.2.3.	<p>Assume shared responsibility for collaborative work and value the contributions made by each team member.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

South Carolina Academic Standards

Health and PE

Grade 9 - Adopted 2009

STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.1:	The student will comprehend concepts related to health promotion to enhance health.

PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M- HS.1.1.	Discuss situations that may require professional mental, emotional, and social health services. My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXAMPLE / STAGE	M- HS.1.4.	Analyze the signs of depression and self-destructive behaviors (including potential risks of suicide). My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
GRADE LEVEL EXAMPLE / STAGE	M- HS.1.5.	Identify causes of stress and other common mental health issues. 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
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.1:	The student will comprehend concepts related to health promotion to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Alcohol, Tobacco, and Other Drugs: The student will
GRADE LEVEL	D-	Examine the impact of ATOD use and abuse on the individual, his or her family, and society as a whole.

EXAMPLE / STAGE	HS.1.2.	<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.1:	The student will comprehend concepts related to health promotion to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Growth, Development, and Sexual Health and Responsibility: The student will
GRADE LEVEL EXAMPLE / STAGE	G- HS.1.1.	<p>Describe physical, social, and emotional changes that occur during adolescence.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.1:	The student will comprehend concepts related to health promotion to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Nutrition and Physical Activity: The student will
GRADE LEVEL EXAMPLE / STAGE	N- HS.1.1.	<p>Evaluate the relationship between his or her own nutritional intake and overall physical, social, and mental health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
GRADE LEVEL EXAMPLE / STAGE	N- HS.1.3.	<p>Evaluate the benefits of daily moderate to vigorous physical activity.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
GRADE LEVEL EXAMPLE / STAGE	N- HS.1.4.	Describe the importance of healthy eating and physical activity in maintaining good health, including oral health.

		<p>Multimedia Extensions Multimedia Extensions: Stress</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.2:	The student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M- HS.2.1.	<p>Analyze ways that the family, peers, culture, and the media influence the mental, emotional, and social health of individuals.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</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 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.2:	The student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE DESCRIPTOR / STANDARD		Injury Prevention and Safety: The student will
GRADE LEVEL EXAMPLE / STAGE	I- HS.2.2.	<p>Analyze the influence of peers and the media on the way an individual operates a motor vehicle and observes safety precautions.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL	HE.2:	The student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

QUESTION		
PERFORMANCE DESCRIPTOR / STANDARD		Alcohol, Tobacco, and Other Drugs: The student will
GRADE LEVEL EXAMPLE / STAGE	D- HS.2.3.	Analyze the connection between ATOD use and personal safety (including motor vehicle accidents, violence, and sexual assault). My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.2:	The student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE DESCRIPTOR / STANDARD		Personal and Community Health: The student will
GRADE LEVEL EXAMPLE / STAGE	P- HS.2.1.	Analyze the influence of family, peers, culture, the media, technology, and other factors on health behaviors. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
GRADE LEVEL EXAMPLE / STAGE	P- HS.2.2.	Assess ways that school, community, and culture support and/or challenge health beliefs, practices, and behaviors. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being

STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.2:	The student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE DESCRIPTOR / STANDARD		Nutrition and Physical Activity: The student will
GRADE LEVEL EXAMPLE / STAGE	N- HS.2.4.	Analyze ways that unhealthy eating behaviors and an inactive lifestyle contribute to chronic disease. Multimedia Extensions Multimedia Extensions: Stress
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.3:	The student will demonstrate the ability to access valid information and products and services to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M- HS.3.1.	Access valid mental, emotional, and social health information and services for him- or herself and others. My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.4:	The student will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
PERFORMANCE DESCRIPTOR / STANDARD		Growth, Development, and Sexual Health and Responsibility: The student will
GRADE LEVEL EXAMPLE / STAGE	G- HS.4.1.	Demonstrate effective verbal and nonverbal communication skills in peer and dating relationships. My Roadmap to the Future 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
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.5:	The student will demonstrate the ability to use decision-making skills to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Growth, Development, and Sexual Health and Responsibility: The student will
GRADE LEVEL EXAMPLE / STAGE	G- HS.5.1.	Determine when it is necessary to seek help and/or to leave an unhealthy relationship or situation. My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.5:	The student will demonstrate the ability to use decision-making skills to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Personal and Community Health: The student will
GRADE LEVEL EXAMPLE / STAGE	P- HS.5.1.	Examine barriers to healthy decision making. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL EXAMPLE / STAGE	P- HS.5.2.	Justify when individual or collaborative decision making is appropriate. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL	HE.6:	The student will demonstrate the ability to use goal-setting skills to enhance health.

QUESTION		
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M- HS.6.1.	<p>Develop and implement a personal stress management plan.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.6:	The student will demonstrate the ability to use goal-setting skills to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Growth, Development, and Sexual Health and Responsibility: The student will
GRADE LEVEL EXAMPLE / STAGE	G- HS.6.1.	<p>Set a personal goal to maintain the health of his or her reproductive system.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.6:	The student will demonstrate the ability to use goal-setting skills to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Personal and Community Health: The student will
GRADE LEVEL EXAMPLE / STAGE	P- HS.6.1.	<p>Create a long-term personal health plan that is adaptable to changing health needs based on genetics, family history, and personal health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.6:	The student will demonstrate the ability to use goal-setting skills to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Nutrition and Physical Activity: The student will
GRADE LEVEL EXAMPLE / STAGE	N- HS.6.2.	<p>Set a goal to attain the federally recommended levels of physical activity and physical fitness for Americans.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>

STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.7:	The student will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M- HS.7.1.	<p>Design and implement a plan to increase his or her resiliency.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 08: Analyzing Stress Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
GRADE LEVEL EXAMPLE / STAGE	M- HS.7.2.	<p>Develop strategies for maintaining a positive self-concept.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.7:	The student will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.

PERFORMANCE DESCRIPTOR / STANDARD		Injury Prevention and Safety: The student will
GRADE LEVEL EXAMPLE / STAGE	I- HS.7.2.	Develop injury prevention and treatment strategies for personal and family health. 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
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.7:	The student will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.
PERFORMANCE DESCRIPTOR / STANDARD		Personal and Community Health: The student will
GRADE LEVEL EXAMPLE / STAGE	P- HS.7.1.	Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of him- or herself and others. 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 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.8:	The student will demonstrate the ability to advocate for personal, family, and consumer health.
PERFORMANCE DESCRIPTOR / STANDARD		Injury Prevention and Safety: The student will
GRADE LEVEL EXAMPLE / STAGE	I- HS.8.1.	Advocate for disaster preparedness in the home, school, and community. My Success Roadmap

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-2.	The student will demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performing of physical activities. (Cognitive Domain): The student should learn to analyze motor performance and to use that information to improve his or her own performance. The student should use cognitive information to understand and enhance his or her motor skill acquisition and performance and to design a personal fitness program.
PERFORMANCE DESCRIPTOR / STANDARD	HS-2.2	Design a long-term plan for self-improvement in a movement form to achieve a desired level of skill (for example, develops an appropriate conditioning program for a self-selected movement form to engage in for life). Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE DESCRIPTOR / STANDARD	HS-2.4	Design a long-term personal fitness plan based on FITT (frequency, intensity, type, and time) training principles to improve or maintain health-related physical fitness (plans a summer personal conditioning program). Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-3.	The student will participate regularly in physical activity. (Psychomotor Domain): The student should come to recognize and understand the significance of physical activity with regard to the quality of life and should develop skills, interests, and desires to maintain an active, healthy lifestyle. The student should develop the ability to connect what is done in the physical education class with his or her life outside of that class. The student should come to feel empowered to assume an active role in managing his or her participation in physical activity now and throughout the future years.
PERFORMANCE DESCRIPTOR / STANDARD	HS-3.1	Monitor his or her own participation in physical activity (for example, measures through the use of a pedometer, heart-rate monitor, and physical activity log). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / COURSE	SC.PE.	Physical Education

KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-4.	The student will achieve and maintain a health-enhancing level of physical fitness. (Psychomotor Domain): The student should learn to choose-and, on a regular basis, to participate in-physical activities that enable him or her to achieve and maintain a health-enhancing level of physical fitness.
PERFORMANCE DESCRIPTOR / STANDARD	HS-4.2	Implement a long-term personal fitness plan to improve or maintain health-related physical fitness based on FITT (frequency, intensity, type, and time) training principles. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-5.	The student will exhibit responsible personal and social behavior that respects self and others in physical-activity settings. (Affective Domain): The student should learn to demonstrate leadership by holding him- or herself as well as others responsible for following safe practices, rules, procedures, and etiquette in all physical activity settings. The student should gain the ability to synthesize and evaluate his or her knowledge regarding the role of physical activity in a culturally diverse society.
PERFORMANCE DESCRIPTOR / STANDARD	HS-5.1	Apply leadership skills by holding him- or herself as well as others responsible for resolving conflicts in a positive way; modeling proper etiquette; and following safe practices, rules, and procedures in all physical-activity settings (for example, shows leadership by diffusing conflict during competition). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-6.	The student will demonstrate awareness that physical activity provides the opportunity for health, enjoyment, challenge, self-expression, and social interaction. (Affective Domain): The student should acquire the ability to experience satisfaction and enjoyment while pursuing personal physical activity goals and to recognize that physical activity can provide a positive environment for social interaction.
PERFORMANCE DESCRIPTOR / STANDARD	HS-6.1	Identify the potential benefits of various physical activities (for example, creates a pamphlet on the health benefits of pickleball). Multimedia Extensions Multimedia Extensions: Stress

Health and PE

Grade 10 - Adopted 2009

STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.1:	The student will comprehend concepts related to health promotion to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M- HS.1.1.	Discuss situations that may require professional mental, emotional, and social health services. My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXAMPLE / STAGE	M- HS.1.4.	Analyze the signs of depression and self-destructive behaviors (including potential risks of suicide). My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
GRADE LEVEL EXAMPLE / STAGE	M- HS.1.5.	Identify causes of stress and other common mental health issues. 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
STANDARD /	SC.HE.	Health and Safety Education

COURSE		
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.1:	The student will comprehend concepts related to health promotion to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Alcohol, Tobacco, and Other Drugs: The student will
GRADE LEVEL EXAMPLE / STAGE	D- HS.1.2.	Examine the impact of ATOD use and abuse on the individual, his or her family, and society as a whole. My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.1:	The student will comprehend concepts related to health promotion to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Growth, Development, and Sexual Health and Responsibility: The student will
GRADE LEVEL EXAMPLE / STAGE	G- HS.1.1.	Describe physical, social, and emotional changes that occur during adolescence. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.1:	The student will comprehend concepts related to health promotion to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Nutrition and Physical Activity: The student will
GRADE LEVEL EXAMPLE / STAGE	N- HS.1.1.	Evaluate the relationship between his or her own nutritional intake and overall physical, social, and mental health. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap

		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXAMPLE / STAGE	N- HS.1.3.	Evaluate the benefits of daily moderate to vigorous physical activity. Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXAMPLE / STAGE	N- HS.1.4.	Describe the importance of healthy eating and physical activity in maintaining good health, including oral health. Multimedia Extensions Multimedia Extensions: Stress
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.2:	The student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M- HS.2.1.	Analyze ways that the family, peers, culture, and the media influence the mental, emotional, and social health of individuals. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.2:	The student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE DESCRIPTOR / STANDARD		Injury Prevention and Safety: The student will
GRADE LEVEL	I-	Analyze the influence of peers and the media on the way an individual

EXAMPLE / STAGE	HS.2.2.	operates a motor vehicle and observes safety precautions. My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.2:	The student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE DESCRIPTOR / STANDARD		Alcohol, Tobacco, and Other Drugs: The student will
GRADE LEVEL EXAMPLE / STAGE	D- HS.2.3.	Analyze the connection between ATOD use and personal safety (including motor vehicle accidents, violence, and sexual assault). My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.2:	The student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE DESCRIPTOR / STANDARD		Personal and Community Health: The student will
GRADE LEVEL EXAMPLE / STAGE	P- HS.2.1.	Analyze the influence of family, peers, culture, the media, technology, and other factors on health behaviors. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
GRADE LEVEL EXAMPLE / STAGE	P- HS.2.2.	Assess ways that school, community, and culture support and/or challenge health beliefs, practices, and behaviors.

		<p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.2:	The student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE DESCRIPTOR / STANDARD		Nutrition and Physical Activity: The student will
GRADE LEVEL EXAMPLE / STAGE	N- HS.2.4.	Analyze ways that unhealthy eating behaviors and an inactive lifestyle contribute to chronic disease. Multimedia Extensions Multimedia Extensions: Stress
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.3:	The student will demonstrate the ability to access valid information and products and services to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M- HS.3.1.	Access valid mental, emotional, and social health information and services for him- or herself and others. My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL	HE.4:	The student will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

QUESTION		
PERFORMANCE DESCRIPTOR / STANDARD		Growth, Development, and Sexual Health and Responsibility: The student will
GRADE LEVEL EXAMPLE / STAGE	G- HS.4.1.	Demonstrate effective verbal and nonverbal communication skills in peer and dating relationships. My Roadmap to the Future 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
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.5:	The student will demonstrate the ability to use decision-making skills to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Growth, Development, and Sexual Health and Responsibility: The student will
GRADE LEVEL EXAMPLE / STAGE	G- HS.5.1.	Determine when it is necessary to seek help and/or to leave an unhealthy relationship or situation. My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.5:	The student will demonstrate the ability to use decision-making skills to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Personal and Community Health: The student will
GRADE LEVEL EXAMPLE / STAGE	P- HS.5.1.	Examine barriers to healthy decision making. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL	P-	Justify when individual or collaborative decision making is appropriate.

EXAMPLE / STAGE	HS.5.2.	<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>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.6:	The student will demonstrate the ability to use goal-setting skills to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M- HS.6.1.	<p>Develop and implement a personal stress management plan.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.6:	The student will demonstrate the ability to use goal-setting skills to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Growth, Development, and Sexual Health and Responsibility: The student will
GRADE LEVEL EXAMPLE / STAGE	G- HS.6.1.	<p>Set a personal goal to maintain the health of his or her reproductive system.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

		<p>Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.6:	The student will demonstrate the ability to use goal-setting skills to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Personal and Community Health: The student will
GRADE LEVEL EXAMPLE / STAGE	P- HS.6.1.	<p>Create a long-term personal health plan that is adaptable to changing health needs based on genetics, family history, and personal health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.6:	The student will demonstrate the ability to use goal-setting skills to enhance health.
PERFORMANCE DESCRIPTOR /		Nutrition and Physical Activity: The student will

STANDARD		
GRADE LEVEL EXAMPLE / STAGE	N- HS.6.2.	Set a goal to attain the federally recommended levels of physical activity and physical fitness for Americans. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.7:	The student will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M- HS.7.1.	Design and implement a plan to increase his or her resiliency. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 08: Analyzing Stress Unit 6: Motivation - Lesson 12: Analyzing Motivation 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 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL EXAMPLE / STAGE	M- HS.7.2.	Develop strategies for maintaining a positive self-concept. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.7:	The student will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.
PERFORMANCE DESCRIPTOR / STANDARD		Injury Prevention and Safety: The student will
GRADE LEVEL EXAMPLE / STAGE	I- HS.7.2.	Develop injury prevention and treatment strategies for personal and family health. 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
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.7:	The student will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.
PERFORMANCE DESCRIPTOR / STANDARD		Personal and Community Health: The student will
GRADE LEVEL EXAMPLE / STAGE	P- HS.7.1.	Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of him- or herself and others. 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 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL	HE.8:	The student will demonstrate the ability to advocate for personal, family, and consumer health.

QUESTION		
PERFORMANCE DESCRIPTOR / STANDARD		Injury Prevention and Safety: The student will
GRADE LEVEL EXAMPLE / STAGE	I- HS.8.1.	Advocate for disaster preparedness in the home, school, and community. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-2.	The student will demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performing of physical activities. (Cognitive Domain): The student should learn to analyze motor performance and to use that information to improve his or her own performance. The student should use cognitive information to understand and enhance his or her motor skill acquisition and performance and to design a personal fitness program.
PERFORMANCE DESCRIPTOR / STANDARD	HS-2.2	Design a long-term plan for self-improvement in a movement form to achieve a desired level of skill (for example, develops an appropriate conditioning program for a self-selected movement form to engage in for life). Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE DESCRIPTOR / STANDARD	HS-2.4	Design a long-term personal fitness plan based on FITT (frequency, intensity, type, and time) training principles to improve or maintain health-related physical fitness (plans a summer personal conditioning program). Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-3.	The student will participate regularly in physical activity. (Psychomotor Domain): The student should come to recognize and understand the significance of physical activity with regard to the quality of life and should develop skills, interests, and desires to maintain an active, healthy lifestyle. The student should develop the ability to connect what is done in the physical education class with his or her life outside of that class. The student should come to feel empowered to assume an active role in managing his or her participation in physical activity now and throughout the future years.
PERFORMANCE	HS-3.1	Monitor his or her own participation in physical activity (for example,

DESCRIPTOR / STANDARD		measures through the use of a pedometer, heart-rate monitor, and physical activity log). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-4.	The student will achieve and maintain a health-enhancing level of physical fitness. (Psychomotor Domain): The student should learn to choose-and, on a regular basis, to participate in-physical activities that enable him or her to achieve and maintain a health-enhancing level of physical fitness.
PERFORMANCE DESCRIPTOR / STANDARD	HS-4.2	Implement a long-term personal fitness plan to improve or maintain health-related physical fitness based on FITT (frequency, intensity, type, and time) training principles. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-5.	The student will exhibit responsible personal and social behavior that respects self and others in physical-activity settings. (Affective Domain): The student should learn to demonstrate leadership by holding him- or herself as well as others responsible for following safe practices, rules, procedures, and etiquette in all physical activity settings. The student should gain the ability to synthesize and evaluate his or her knowledge regarding the role of physical activity in a culturally diverse society.
PERFORMANCE DESCRIPTOR / STANDARD	HS-5.1	Apply leadership skills by holding him- or herself as well as others responsible for resolving conflicts in a positive way; modeling proper etiquette; and following safe practices, rules, and procedures in all physical-activity settings (for example, shows leadership by diffusing conflict during competition). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-6.	The student will demonstrate awareness that physical activity provides the opportunity for health, enjoyment, challenge, self-expression, and social interaction. (Affective Domain): The student should acquire the ability to experience satisfaction and enjoyment while pursuing personal physical activity goals and to recognize that physical activity can provide a positive environment for social interaction.

PERFORMANCE DESCRIPTOR / STANDARD	HS-6.1	Identify the potential benefits of various physical activities (for example, creates a pamphlet on the health benefits of pickleball). Multimedia Extensions Multimedia Extensions: Stress
--	---------------	---

South Carolina Academic Standards

Health and PE

Grade 11 - Adopted 2009

STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.1:	The student will comprehend concepts related to health promotion to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M- HS.1.1.	Discuss situations that may require professional mental, emotional, and social health services. My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXAMPLE / STAGE	M- HS.1.4.	Analyze the signs of depression and self-destructive behaviors (including potential risks of suicide). My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
GRADE LEVEL EXAMPLE / STAGE	M- HS.1.5.	Identify causes of stress and other common mental health issues. 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

		<p>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</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.1:	The student will comprehend concepts related to health promotion to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Alcohol, Tobacco, and Other Drugs: The student will
GRADE LEVEL EXAMPLE / STAGE	D- HS.1.2.	<p>Examine the impact of ATOD use and abuse on the individual, his or her family, and society as a whole.</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.1:	The student will comprehend concepts related to health promotion to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Growth, Development, and Sexual Health and Responsibility: The student will
GRADE LEVEL EXAMPLE / STAGE	G- HS.1.1.	<p>Describe physical, social, and emotional changes that occur during adolescence.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.1:	The student will comprehend concepts related to health promotion to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Nutrition and Physical Activity: The student will

GRADE LEVEL EXAMPLE / STAGE	N- HS.1.1.	Evaluate the relationship between his or her own nutritional intake and overall physical, social, and mental health. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXAMPLE / STAGE	N- HS.1.3.	Evaluate the benefits of daily moderate to vigorous physical activity. Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXAMPLE / STAGE	N- HS.1.4.	Describe the importance of healthy eating and physical activity in maintaining good health, including oral health. Multimedia Extensions Multimedia Extensions: Stress
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.2:	The student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M- HS.2.1.	Analyze ways that the family, peers, culture, and the media influence the mental, emotional, and social health of individuals. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL	HE.2:	The student will analyze the influence of family, peers, culture, media,

QUESTION		technology, and other factors on health behaviors.
PERFORMANCE DESCRIPTOR / STANDARD		Injury Prevention and Safety: The student will
GRADE LEVEL EXAMPLE / STAGE	I- HS.2.2.	Analyze the influence of peers and the media on the way an individual operates a motor vehicle and observes safety precautions. My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.2:	The student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE DESCRIPTOR / STANDARD		Alcohol, Tobacco, and Other Drugs: The student will
GRADE LEVEL EXAMPLE / STAGE	D- HS.2.3.	Analyze the connection between ATOD use and personal safety (including motor vehicle accidents, violence, and sexual assault). My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.2:	The student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE DESCRIPTOR / STANDARD		Personal and Community Health: The student will
GRADE LEVEL EXAMPLE / STAGE	P- HS.2.1.	Analyze the influence of family, peers, culture, the media, technology, and other factors on health behaviors. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
GRADE LEVEL EXAMPLE / STAGE	P- HS.2.2.	Assess ways that school, community, and culture support and/or challenge health beliefs, practices, and behaviors. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.2:	The student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE DESCRIPTOR / STANDARD		Nutrition and Physical Activity: The student will
GRADE LEVEL EXAMPLE / STAGE	N- HS.2.4.	Analyze ways that unhealthy eating behaviors and an inactive lifestyle contribute to chronic disease. Multimedia Extensions Multimedia Extensions: Stress
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.3:	The student will demonstrate the ability to access valid information and products and services to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M- HS.3.1.	Access valid mental, emotional, and social health information and services for him- or herself and others. My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation

STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.4:	The student will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
PERFORMANCE DESCRIPTOR / STANDARD		Growth, Development, and Sexual Health and Responsibility: The student will
GRADE LEVEL EXAMPLE / STAGE	G- HS.4.1.	Demonstrate effective verbal and nonverbal communication skills in peer and dating relationships. My Roadmap to the Future 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
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.5:	The student will demonstrate the ability to use decision-making skills to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Growth, Development, and Sexual Health and Responsibility: The student will
GRADE LEVEL EXAMPLE / STAGE	G- HS.5.1.	Determine when it is necessary to seek help and/or to leave an unhealthy relationship or situation. My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.5:	The student will demonstrate the ability to use decision-making skills to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Personal and Community Health: The student will
GRADE LEVEL EXAMPLE / STAGE	P- HS.5.1.	Examine barriers to healthy decision making.

		<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>
GRADE LEVEL EXAMPLE / STAGE	P- HS.5.2.	<p>Justify when individual or collaborative decision making is appropriate.</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>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.6:	The student will demonstrate the ability to use goal-setting skills to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M- HS.6.1.	<p>Develop and implement a personal stress management plan.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.6:	The student will demonstrate the ability to use goal-setting skills to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Growth, Development, and Sexual Health and Responsibility: The student will
GRADE LEVEL EXAMPLE / STAGE	G- HS.6.1.	<p>Set a personal goal to maintain the health of his or her reproductive system.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>

		<p>Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.6:	The student will demonstrate the ability to use goal-setting skills to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Personal and Community Health: The student will
GRADE LEVEL EXAMPLE / STAGE	P- HS.6.1.	<p>Create a long-term personal health plan that is adaptable to changing health needs based on genetics, family history, and personal health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education

KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.6:	The student will demonstrate the ability to use goal-setting skills to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Nutrition and Physical Activity: The student will
GRADE LEVEL EXAMPLE / STAGE	N- HS.6.2.	Set a goal to attain the federally recommended levels of physical activity and physical fitness for Americans. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.7:	The student will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M- HS.7.1.	Design and implement a plan to increase his or her resiliency. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 08: Analyzing Stress Unit 6: Motivation - Lesson 12: Analyzing Motivation 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 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL EXAMPLE / STAGE	M- HS.7.2.	Develop strategies for maintaining a positive self-concept. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.7:	The student will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.
PERFORMANCE DESCRIPTOR / STANDARD		Injury Prevention and Safety: The student will
GRADE LEVEL EXAMPLE / STAGE	I- HS.7.2.	<p>Develop injury prevention and treatment strategies for personal and family health.</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>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.7:	The student will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.
PERFORMANCE DESCRIPTOR / STANDARD		Personal and Community Health: The student will
GRADE LEVEL EXAMPLE / STAGE	P- HS.7.1.	<p>Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of him- or herself and others.</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 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.8:	The student will demonstrate the ability to advocate for personal, family, and consumer health.
PERFORMANCE DESCRIPTOR / STANDARD		Injury Prevention and Safety: The student will
GRADE LEVEL EXAMPLE / STAGE	I- HS.8.1.	Advocate for disaster preparedness in the home, school, and community. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-2.	The student will demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performing of physical activities. (Cognitive Domain): The student should learn to analyze motor performance and to use that information to improve his or her own performance. The student should use cognitive information to understand and enhance his or her motor skill acquisition and performance and to design a personal fitness program.
PERFORMANCE DESCRIPTOR / STANDARD	HS-2.2	Design a long-term plan for self-improvement in a movement form to achieve a desired level of skill (for example, develops an appropriate conditioning program for a self-selected movement form to engage in for life). Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE DESCRIPTOR / STANDARD	HS-2.4	Design a long-term personal fitness plan based on FITT (frequency, intensity, type, and time) training principles to improve or maintain health-related physical fitness (plans a summer personal conditioning program). Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-3.	The student will participate regularly in physical activity. (Psychomotor Domain): The student should come to recognize and understand the significance of physical activity with regard to the quality of life and should develop skills, interests, and desires to maintain an active, healthy lifestyle. The student should develop the ability to connect what is done in the physical

		education class with his or her life outside of that class. The student should come to feel empowered to assume an active role in managing his or her participation in physical activity now and throughout the future years.
PERFORMANCE DESCRIPTOR / STANDARD	HS-3.1	Monitor his or her own participation in physical activity (for example, measures through the use of a pedometer, heart-rate monitor, and physical activity log). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-4.	The student will achieve and maintain a health-enhancing level of physical fitness. (Psychomotor Domain): The student should learn to choose-and, on a regular basis, to participate in-physical activities that enable him or her to achieve and maintain a health-enhancing level of physical fitness.
PERFORMANCE DESCRIPTOR / STANDARD	HS-4.2	Implement a long-term personal fitness plan to improve or maintain health-related physical fitness based on FITT (frequency, intensity, type, and time) training principles. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-5.	The student will exhibit responsible personal and social behavior that respects self and others in physical-activity settings. (Affective Domain): The student should learn to demonstrate leadership by holding him- or herself as well as others responsible for following safe practices, rules, procedures, and etiquette in all physical activity settings. The student should gain the ability to synthesize and evaluate his or her knowledge regarding the role of physical activity in a culturally diverse society.
PERFORMANCE DESCRIPTOR / STANDARD	HS-5.1	Apply leadership skills by holding him- or herself as well as others responsible for resolving conflicts in a positive way; modeling proper etiquette; and following safe practices, rules, and procedures in all physical-activity settings (for example, shows leadership by diffusing conflict during competition). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL	HS-6.	The student will demonstrate awareness that physical activity provides the opportunity for health, enjoyment, challenge, self-expression, and social

QUESTION		interaction. (Affective Domain): The student should acquire the ability to experience satisfaction and enjoyment while pursuing personal physical activity goals and to recognize that physical activity can provide a positive environment for social interaction.
PERFORMANCE DESCRIPTOR / STANDARD	HS-6.1	Identify the potential benefits of various physical activities (for example, creates a pamphlet on the health benefits of pickleball). Multimedia Extensions Multimedia Extensions: Stress

South Carolina Academic Standards

Health and PE

Grade 12 - Adopted 2009

STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.1:	The student will comprehend concepts related to health promotion to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M- HS.1.1.	Discuss situations that may require professional mental, emotional, and social health services. My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXAMPLE / STAGE	M- HS.1.4.	Analyze the signs of depression and self-destructive behaviors (including potential risks of suicide). My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
GRADE LEVEL EXAMPLE / STAGE	M- HS.1.5.	Identify causes of stress and other common mental health issues. Multimedia Extensions

		<p>Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.1:	The student will comprehend concepts related to health promotion to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Alcohol, Tobacco, and Other Drugs: The student will
GRADE LEVEL EXAMPLE / STAGE	D-HS.1.2.	Examine the impact of ATOD use and abuse on the individual, his or her family, and society as a whole.
		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.1:	The student will comprehend concepts related to health promotion to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Growth, Development, and Sexual Health and Responsibility: The student will
GRADE LEVEL EXAMPLE / STAGE	G-HS.1.1.	Describe physical, social, and emotional changes that occur during adolescence.
		<p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL	HE.1:	The student will comprehend concepts related to health promotion to

QUESTION		enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Nutrition and Physical Activity: The student will
GRADE LEVEL EXAMPLE / STAGE	N- HS.1.1.	Evaluate the relationship between his or her own nutritional intake and overall physical, social, and mental health. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXAMPLE / STAGE	N- HS.1.3.	Evaluate the benefits of daily moderate to vigorous physical activity. Multimedia Extensions Multimedia Extensions: Stress
GRADE LEVEL EXAMPLE / STAGE	N- HS.1.4.	Describe the importance of healthy eating and physical activity in maintaining good health, including oral health. Multimedia Extensions Multimedia Extensions: Stress
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.2:	The student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M- HS.2.1.	Analyze ways that the family, peers, culture, and the media influence the mental, emotional, and social health of individuals. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.2:	The student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE DESCRIPTOR / STANDARD		Injury Prevention and Safety: The student will
GRADE LEVEL EXAMPLE / STAGE	I- HS.2.2.	Analyze the influence of peers and the media on the way an individual operates a motor vehicle and observes safety precautions. My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.2:	The student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE DESCRIPTOR / STANDARD		Alcohol, Tobacco, and Other Drugs: The student will
GRADE LEVEL EXAMPLE / STAGE	D- HS.2.3.	Analyze the connection between ATOD use and personal safety (including motor vehicle accidents, violence, and sexual assault). My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.2:	The student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE DESCRIPTOR / STANDARD		Personal and Community Health: The student will
GRADE LEVEL EXAMPLE / STAGE	P- HS.2.1.	Analyze the influence of family, peers, culture, the media, technology, and other factors on health behaviors. Multimedia Extensions Multimedia Extensions: Confidence

		<p>Multimedia Extensions: Motivation</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 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
GRADE LEVEL EXAMPLE / STAGE	P- HS.2.2.	<p>Assess ways that school, community, and culture support and/or challenge health beliefs, practices, and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.2:	The student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE DESCRIPTOR / STANDARD		Nutrition and Physical Activity: The student will
GRADE LEVEL EXAMPLE / STAGE	N- HS.2.4.	<p>Analyze ways that unhealthy eating behaviors and an inactive lifestyle contribute to chronic disease.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.3:	The student will demonstrate the ability to access valid information and products and services to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL	M-	Access valid mental, emotional, and social health information and services

EXAMPLE / STAGE	HS.3.1.	for him- or herself and others. My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.4:	The student will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
PERFORMANCE DESCRIPTOR / STANDARD		Growth, Development, and Sexual Health and Responsibility: The student will
GRADE LEVEL EXAMPLE / STAGE	G- HS.4.1.	Demonstrate effective verbal and nonverbal communication skills in peer and dating relationships. My Roadmap to the Future 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
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.5:	The student will demonstrate the ability to use decision-making skills to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Growth, Development, and Sexual Health and Responsibility: The student will
GRADE LEVEL EXAMPLE / STAGE	G- HS.5.1.	Determine when it is necessary to seek help and/or to leave an unhealthy relationship or situation. My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL	HE.5:	The student will demonstrate the ability to use decision-making skills to enhance health.

QUESTION		
PERFORMANCE DESCRIPTOR / STANDARD		Personal and Community Health: The student will
GRADE LEVEL EXAMPLE / STAGE	P- HS.5.1.	Examine barriers to healthy decision making. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL EXAMPLE / STAGE	P- HS.5.2.	Justify when individual or collaborative decision making is appropriate. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.6:	The student will demonstrate the ability to use goal-setting skills to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M- HS.6.1.	Develop and implement a personal stress management plan. 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
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.6:	The student will demonstrate the ability to use goal-setting skills to enhance health.

PERFORMANCE DESCRIPTOR / STANDARD		Growth, Development, and Sexual Health and Responsibility: The student will
GRADE LEVEL EXAMPLE / STAGE	G- HS.6.1.	<p>Set a personal goal to maintain the health of his or her reproductive system.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.6:	The student will demonstrate the ability to use goal-setting skills to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Personal and Community Health: The student will
GRADE LEVEL EXAMPLE / STAGE	P- HS.6.1.	<p>Create a long-term personal health plan that is adaptable to changing health needs based on genetics, family history, and personal health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.6:	The student will demonstrate the ability to use goal-setting skills to enhance health.
PERFORMANCE DESCRIPTOR / STANDARD		Nutrition and Physical Activity: The student will
GRADE LEVEL EXAMPLE / STAGE	N- HS.6.2.	Set a goal to attain the federally recommended levels of physical activity and physical fitness for Americans. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.7:	The student will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.
PERFORMANCE DESCRIPTOR / STANDARD		Mental, Emotional, and Social Health: The student will
GRADE LEVEL EXAMPLE / STAGE	M- HS.7.1.	Design and implement a plan to increase his or her resiliency. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 08: Analyzing Stress Unit 6: Motivation - Lesson 12: Analyzing Motivation 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 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL EXAMPLE / STAGE	M- HS.7.2.	Develop strategies for maintaining a positive self-concept. Multimedia Extensions

		<p>Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.7:	The student will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.
PERFORMANCE DESCRIPTOR / STANDARD		Injury Prevention and Safety: The student will
GRADE LEVEL EXAMPLE / STAGE	I- HS.7.2.	<p>Develop injury prevention and treatment strategies for personal and family health.</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>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.7:	The student will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.
PERFORMANCE DESCRIPTOR / STANDARD		Personal and Community Health: The student will
GRADE LEVEL EXAMPLE / STAGE	P- HS.7.1.	Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of him- or herself and others.

		<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 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / COURSE	SC.HE.	Health and Safety Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HE.8:	The student will demonstrate the ability to advocate for personal, family, and consumer health.
PERFORMANCE DESCRIPTOR / STANDARD		Injury Prevention and Safety: The student will
GRADE LEVEL EXAMPLE / STAGE	I- HS.8.1.	<p>Advocate for disaster preparedness in the home, school, and community.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-2.	The student will demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performing of physical activities. (Cognitive Domain): The student should learn to analyze motor performance and to use that information to improve his or her own performance. The student should use cognitive information to understand and enhance his or her motor skill acquisition and performance and to design a personal fitness program.
PERFORMANCE DESCRIPTOR / STANDARD	HS-2.2	<p>Design a long-term plan for self-improvement in a movement form to achieve a desired level of skill (for example, develops an appropriate conditioning program for a self-selected movement form to engage in for life).</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
PERFORMANCE DESCRIPTOR / STANDARD	HS-2.4	<p>Design a long-term personal fitness plan based on FITT (frequency, intensity, type, and time) training principles to improve or maintain health-related physical fitness (plans a summer personal conditioning program).</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>

STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-3.	The student will participate regularly in physical activity. (Psychomotor Domain): The student should come to recognize and understand the significance of physical activity with regard to the quality of life and should develop skills, interests, and desires to maintain an active, healthy lifestyle. The student should develop the ability to connect what is done in the physical education class with his or her life outside of that class. The student should come to feel empowered to assume an active role in managing his or her participation in physical activity now and throughout the future years.
PERFORMANCE DESCRIPTOR / STANDARD	HS-3.1	Monitor his or her own participation in physical activity (for example, measures through the use of a pedometer, heart-rate monitor, and physical activity log). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-4.	The student will achieve and maintain a health-enhancing level of physical fitness. (Psychomotor Domain): The student should learn to choose-and, on a regular basis, to participate in-physical activities that enable him or her to achieve and maintain a health-enhancing level of physical fitness.
PERFORMANCE DESCRIPTOR / STANDARD	HS-4.2	Implement a long-term personal fitness plan to improve or maintain health-related physical fitness based on FITT (frequency, intensity, type, and time) training principles. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-5.	The student will exhibit responsible personal and social behavior that respects self and others in physical-activity settings. (Affective Domain): The student should learn to demonstrate leadership by holding him- or herself as well as others responsible for following safe practices, rules, procedures, and etiquette in all physical activity settings. The student should gain the ability to synthesize and evaluate his or her knowledge regarding the role of physical activity in a culturally diverse society.
PERFORMANCE DESCRIPTOR / STANDARD	HS-5.1	Apply leadership skills by holding him- or herself as well as others responsible for resolving conflicts in a positive way; modeling proper etiquette; and following safe practices, rules, and procedures in all physical-activity settings (for example, shows leadership by diffusing conflict during competition). My Success Roadmap

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-6.	The student will demonstrate awareness that physical activity provides the opportunity for health, enjoyment, challenge, self-expression, and social interaction. (Affective Domain): The student should acquire the ability to experience satisfaction and enjoyment while pursuing personal physical activity goals and to recognize that physical activity can provide a positive environment for social interaction.
PERFORMANCE DESCRIPTOR / STANDARD	HS-6.1	Identify the potential benefits of various physical activities (for example, creates a pamphlet on the health benefits of pickleball). Multimedia Extensions Multimedia Extensions: Stress

© 2013, EdGate Correlation Services, LLC. All Rights reserved.