

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

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

States: South Dakota Content Standards

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

South Dakota Content Standards

Health and PE

Grade 7 - Adopted Health 2011 / PE 2000

GOAL/STRAND	SD.HE.	Health Education
INDICATOR/BENCHMARK	1.8.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STANDARD		As a result of health instruction in grades 6 through 8, students will:
SUPPORTING SKILLS	1.8.1.	Analyze the relationship between healthy behaviors and personal 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
SUPPORTING SKILLS	1.8.2.	Describe the interrelationships of emotional, mental, physical and social health in adolescence. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being 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 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
SUPPORTING SKILLS	1.8.7.	Describe the benefits of and barriers to practicing healthy behaviors.

		<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>
GOAL/STRAND	SD.HE.	Health Education
INDICATOR/BENCHMARK	2.8.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
STANDARD		As a result of health instruction in grades 6 through 8, students will:
SUPPORTING SKILLS	2.8.1.	<p>Examine how the family influences the health of adolescents.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
SUPPORTING SKILLS	2.8.2.	<p>Describe the influence of culture on 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>
SUPPORTING SKILLS	2.8.3.	<p>Describe how peers influence healthy and unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
SUPPORTING SKILLS	2.8.4.	<p>Analyze how the school and community can influence personal health practices and behaviors.</p> <p>My Roadmap to the Future</p>

		<p>Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
SUPPORTING SKILLS	2.8.5.	<p>Analyze how messages from media influence health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
SUPPORTING SKILLS	2.8.6.	<p>Analyze the influence of technology on personal and family health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
SUPPORTING SKILLS	2.8.7.	<p>Explain how the perceptions of 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>
SUPPORTING SKILLS	2.8.8.	<p>Explain the influence of personal values and beliefs on individual health practices and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
SUPPORTING SKILLS	2.8.10.	<p>Explain how school and public health policies can influence health promotion and disease prevention.</p>

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
GOAL/STRAND	SD.HE.	Health Education
INDICATOR/BENCHMARK	3.8.	Students will demonstrate the ability to access valid information, products and services to enhance health.
STANDARD		As a result of health instruction in grades 6 through 8, students will:
SUPPORTING SKILLS	3.8.3.	<p>Access valid health information from home, school, and community.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
GOAL/STRAND	SD.HE.	Health Education
INDICATOR/BENCHMARK	4.8.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
STANDARD		As a result of health instruction in grades 6 through 8, students will:
SUPPORTING SKILLS	4.8.1.	<p>Apply effective verbal and nonverbal communication skills to enhance health.</p> <p>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</p>
SUPPORTING SKILLS	4.8.4.	<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 Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
GOAL/STRAND	SD.HE.	Health Education
INDICATOR/BENCHMARK	5.8.	Students will demonstrate the ability to use decision-making skills to enhance health.

STANDARD		As a result of health instruction in grades 6 through 8, students will:
SUPPORTING SKILLS	5.8.1.	<p>Identify circumstances that can help or hinder healthy decision making.</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>
SUPPORTING SKILLS	5.8.2.	<p>Determine when health-related situations require the application of a thoughtful decision making process.</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>
SUPPORTING SKILLS	5.8.3.	<p>Distinguish when individual or collaborative decision making is appropriate.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
SUPPORTING SKILLS	5.8.4.	<p>Distinguish between healthy and unhealthy alternatives to health-related issues or problems.</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>
SUPPORTING SKILLS	5.8.5.	<p>Predict the potential short-term impact of each alternative on self and others.</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>
SUPPORTING SKILLS	5.8.6.	<p>Choose healthy alternatives over unhealthy alternatives when making a decision.</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>
SUPPORTING SKILLS	5.8.7.	<p>Analyze the outcomes of a health-related decision.</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>
GOAL/STRAND	SD.HE.	Health Education
INDICATOR/BENCHMARK	6.8.	Students will demonstrate the ability to use goal-setting skills to enhance health.
STANDARD		As a result of health instruction in grades 6 through 8, students will:
SUPPORTING SKILLS	6.8.1.	<p>Assess personal health practices.</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>
SUPPORTING SKILLS	6.8.2.	<p>Develop a goal to adopt, maintain, or improve a personal health practice.</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</p>

		<p>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>
SUPPORTING SKILLS	6.8.3.	<p>Apply strategies and skills needed to attain a personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 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>
SUPPORTING SKILLS	6.8.4.	<p>Describe how personal health goals can vary with changing abilities, priorities, resources and responsibilities.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p>

		<p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support 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 1: Destination Success - Lesson 04: Analyzing the Importance of School 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>
GOAL/STRAND	SD.HE.	Health Education
INDICATOR/BENCHMARK	7.8.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
STANDARD		As a result of health instruction in grades 6 through 8, students will:
SUPPORTING SKILLS	7.8.1.	<p>Explain the importance of assuming responsibility for personal health behaviors.</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>
SUPPORTING SKILLS	7.8.2.	<p>Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p>

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GOAL/STRAND	SD.HE.	Health Education
INDICATOR/BENCHMARK	8.8.	Students will demonstrate the ability to advocate for personal, family and community health.
STANDARD		As a result of health instruction in grades 6 through 8, students will:
SUPPORTING SKILLS	8.8.1.	State a health-enhancing position on a topic and support it with accurate information. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
SUPPORTING SKILLS	8.8.3.	Work cooperatively to advocate for healthy individuals, families, and schools. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
SUPPORTING SKILLS	8.8.4.	Identify ways in which health messages and communication techniques can be altered for different audiences. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GOAL/STRAND	SC.PE.	Physical Education
INDICATOR/BENCHMARK	PE.2.	Students will analyze scientific concepts and principles to understand, evaluate, and enhance movement skill acquisition and performance.
STANDARD	6-8.2.2.	Students will evaluate the influence of physical, emotional, and cognitive factors on improving performance.
SUPPORTING SKILLS	6-8.2.2.a.	Investigate the interrelationships among the physical, emotional, cognitive, and scientific factors affecting performance. My Success Roadmap

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
GOAL/STRAND	SC.PE.	Physical Education
INDICATOR/BENCHMARK	PE.3.	Students will participate in physical activity to achieve and maintain a health enhancing level of physical fitness.
STANDARD	6-8.3.1.	Students will monitor personal fitness level and alter activity to enhance health-related fitness.
SUPPORTING SKILLS	6-8.3.1.a.	Compare personal data with scientifically based data to determine health-related fitness level. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
SUPPORTING SKILLS	6-8.3.1.b.	Maintain personal fitness log to monitor changes in health-related fitness. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GOAL/STRAND	SC.PE.	Physical Education
INDICATOR/BENCHMARK	PE.3.	Students will participate in physical activity to achieve and maintain a health enhancing level of physical fitness.
STANDARD	6-8.3.2.	Students will evaluate the health-related/fitness benefits resulting from participation in different forms of physical activity.
SUPPORTING SKILLS	6-8.3.2.b.	Correlate the practice of a specific physical activity with the resulting benefit to health-related fitness. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
GOAL/STRAND	SC.PE.	Physical Education
INDICATOR/BENCHMARK	PE.3.	Students will participate in physical activity to achieve and maintain a health enhancing level of physical fitness.
STANDARD	6-8.3.3.	Students will participate regularly in physical activities that contribute to attainment of personal health-related fitness.
SUPPORTING SKILLS	6-8.3.3.b.	Analyze and adapt personal fitness activities to meet changing needs. Multimedia Extensions

		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
SUPPORTING SKILLS	6-8.3.3.c.	Model and share the results of a commitment to on-going physical activity. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
GOAL/STRAND	SC.PE.	Physical Education
INDICATOR/BENCHMARK	PE.4.	Students will develop responsible and respectful personal and social behavior in physical activity settings.
STANDARD	6-8.4.1.	Students will model and encourage appropriate personal and social conduct in physical activities.
SUPPORTING SKILLS	6-8.4.1.b.	Demonstrate and encourage proper etiquette and sportsmanship in physical activity settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GOAL/STRAND	SC.PE.	Physical Education
INDICATOR/BENCHMARK	PE.5.	Students will understand that physical activity provides opportunities for enjoyment, challenge, self-expression, social interaction, and employment.
STANDARD	6-8.5.1.	Students will evaluate how physical activity serves as a vehicle to provide opportunities for self-expression and personal growth.
SUPPORTING SKILLS	6-8.5.1.c.	Explain the psychological benefits gained from participation in physical activity. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
GOAL/STRAND	SC.PE.	Physical Education
INDICATOR/BENCHMARK	PE.5.	Students will understand that physical activity provides opportunities for enjoyment, challenge, self-expression, social interaction, and employment.
STANDARD	6-8.5.2.	Students will evaluate the unique benefits of perseverance and pursuance of

		challenging physical activity.
SUPPORTING SKILLS	6-8.5.2.b.	Analyze the mental, physical, and social factors necessary for maintaining a healthy balance in relation to physical activities. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
SUPPORTING SKILLS	6-8.5.2.c.	Seek personally challenging physical activities in pursuance of personal success and satisfaction. Multimedia Extensions Multimedia Extensions: Confidence

South Dakota Content Standards

Health and PE

Grade 8 - Adopted Health 2011 / PE 2000

GOAL/STRAND	SD.HE.	Health Education
INDICATOR/BENCHMARK	1.8.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STANDARD		As a result of health instruction in grades 6 through 8, students will:
SUPPORTING SKILLS	1.8.1.	Analyze the relationship between healthy behaviors and personal 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
SUPPORTING SKILLS	1.8.2.	Describe the interrelationships of emotional, mental, physical and social health in adolescence. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance

		<p>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>
SUPPORTING SKILLS	1.8.7.	<p>Describe the benefits of and barriers to practicing healthy behaviors.</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>
GOAL/STRAND	SD.HE.	Health Education
INDICATOR/BENCHMARK	2.8.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
STANDARD		As a result of health instruction in grades 6 through 8, students will:
SUPPORTING SKILLS	2.8.1.	<p>Examine how the family influences the health of adolescents.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
SUPPORTING SKILLS	2.8.2.	<p>Describe the influence of culture on 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>
SUPPORTING SKILLS	2.8.3.	<p>Describe how peers influence healthy and unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap</p>

		<p>Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p> <p>Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
SUPPORTING SKILLS	2.8.4.	<p>Analyze how the school and community can influence personal health practices and behaviors.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
SUPPORTING SKILLS	2.8.5.	<p>Analyze how messages from media influence health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
SUPPORTING SKILLS	2.8.6.	<p>Analyze the influence of technology on personal and family health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
SUPPORTING SKILLS	2.8.7.	<p>Explain how the perceptions of 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>
SUPPORTING SKILLS	2.8.8.	<p>Explain the influence of personal values and beliefs on individual health practices and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
SUPPORTING SKILLS	2.8.10.	<p>Explain how school and public health policies can influence health promotion and disease prevention.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
GOAL/STRAND	SD.HE.	Health Education
INDICATOR/BENCHMARK	3.8.	Students will demonstrate the ability to access valid information, products and services to enhance health.
STANDARD		As a result of health instruction in grades 6 through 8, students will:
SUPPORTING SKILLS	3.8.3.	<p>Access valid health information from home, school, and community.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
GOAL/STRAND	SD.HE.	Health Education
INDICATOR/BENCHMARK	4.8.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
STANDARD		As a result of health instruction in grades 6 through 8, students will:
SUPPORTING SKILLS	4.8.1.	<p>Apply effective verbal and nonverbal communication skills to enhance health.</p> <p>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</p>
SUPPORTING SKILLS	4.8.4.	<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>Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
GOAL/STRAND	SD.HE.	Health Education
INDICATOR/BENCHMARK	5.8.	Students will demonstrate the ability to use decision-making skills to enhance health.
STANDARD		As a result of health instruction in grades 6 through 8, students will:
SUPPORTING SKILLS	5.8.1.	<p>Identify circumstances that can help or hinder healthy decision making.</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>
SUPPORTING SKILLS	5.8.2.	<p>Determine when health-related situations require the application of a thoughtful decision making process.</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>
SUPPORTING SKILLS	5.8.3.	<p>Distinguish when individual or collaborative decision making is appropriate.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
SUPPORTING SKILLS	5.8.4.	<p>Distinguish between healthy and unhealthy alternatives to health-related issues or problems.</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>
SUPPORTING SKILLS	5.8.5.	<p>Predict the potential short-term impact of each alternative on self and others.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
SUPPORTING SKILLS	5.8.6.	<p>Choose healthy alternatives over unhealthy alternatives when making a decision.</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>
SUPPORTING SKILLS	5.8.7.	<p>Analyze the outcomes of a health-related decision.</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>
GOAL/STRAND	SD.HE.	Health Education
INDICATOR/BENCHMARK	6.8.	Students will demonstrate the ability to use goal-setting skills to enhance health.
STANDARD		As a result of health instruction in grades 6 through 8, students will:
SUPPORTING SKILLS	6.8.1.	<p>Assess personal health practices.</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>

<p>SUPPORTING SKILLS</p>	<p>6.8.2.</p>	<p>Develop a goal to adopt, maintain, or improve a personal health practice.</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>
<p>SUPPORTING SKILLS</p>	<p>6.8.3.</p>	<p>Apply strategies and skills needed to attain a personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 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
SUPPORTING SKILLS	6.8.4.	<p>Describe how personal health goals can vary with changing abilities, priorities, resources and responsibilities.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support 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 1: Destination Success - Lesson 04: Analyzing the Importance of School 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>
GOAL/STRAND	SD.HE.	Health Education
INDICATOR/BENCHMARK	7.8.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
STANDARD		As a result of health instruction in grades 6 through 8, students will:
SUPPORTING SKILLS	7.8.1.	<p>Explain the importance of assuming responsibility for personal health behaviors.</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>

SUPPORTING SKILLS	7.8.2.	<p>Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
GOAL/STRAND	SD.HE.	Health Education
INDICATOR/BENCHMARK	8.8.	Students will demonstrate the ability to advocate for personal, family and community health.
STANDARD		As a result of health instruction in grades 6 through 8, students will:
SUPPORTING SKILLS	8.8.1.	<p>State a health-enhancing position on a topic and support it with accurate information.</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>
SUPPORTING SKILLS	8.8.3.	<p>Work cooperatively to advocate for healthy individuals, families, and schools.</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>
SUPPORTING SKILLS	8.8.4.	<p>Identify ways in which health messages and communication techniques can be altered for different audiences.</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>

GOAL/STRAND	SC.PE.	Physical Education
INDICATOR/BENCHMARK	PE.2.	Students will analyze scientific concepts and principles to understand, evaluate, and enhance movement skill acquisition and performance.
STANDARD	6-8.2.2.	Students will evaluate the influence of physical, emotional, and cognitive factors on improving performance.
SUPPORTING SKILLS	6-8.2.2.a.	Investigate the interrelationships among the physical, emotional, cognitive, and scientific factors affecting performance. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
GOAL/STRAND	SC.PE.	Physical Education
INDICATOR/BENCHMARK	PE.3.	Students will participate in physical activity to achieve and maintain a health enhancing level of physical fitness.
STANDARD	6-8.3.1.	Students will monitor personal fitness level and alter activity to enhance health-related fitness.
SUPPORTING SKILLS	6-8.3.1.a.	Compare personal data with scientifically based data to determine health-related fitness level. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
SUPPORTING SKILLS	6-8.3.1.b.	Maintain personal fitness log to monitor changes in health-related fitness. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GOAL/STRAND	SC.PE.	Physical Education
INDICATOR/BENCHMARK	PE.3.	Students will participate in physical activity to achieve and maintain a health enhancing level of physical fitness.
STANDARD	6-8.3.2.	Students will evaluate the health-related/fitness benefits resulting from participation in different forms of physical activity.
SUPPORTING SKILLS	6-8.3.2.b.	Correlate the practice of a specific physical activity with the resulting benefit to health-related fitness. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
GOAL/STRAND	SC.PE.	Physical Education
INDICATOR/BENCHMARK	PE.3.	Students will participate in physical activity to achieve and maintain a health enhancing level of physical fitness.
STANDARD	6-8.3.3.	Students will participate regularly in physical activities that contribute to attainment of personal health-related fitness.
SUPPORTING SKILLS	6-8.3.3.b.	Analyze and adapt personal fitness activities to meet changing needs. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
SUPPORTING SKILLS	6-8.3.3.c.	Model and share the results of a commitment to on-going physical activity. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
GOAL/STRAND	SC.PE.	Physical Education
INDICATOR/BENCHMARK	PE.4.	Students will develop responsible and respectful personal and social behavior in physical activity settings.
STANDARD	6-8.4.1.	Students will model and encourage appropriate personal and social conduct in physical activities.
SUPPORTING SKILLS	6-8.4.1.b.	Demonstrate and encourage proper etiquette and sportsmanship in physical activity settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GOAL/STRAND	SC.PE.	Physical Education
INDICATOR/BENCHMARK	PE.5.	Students will understand that physical activity provides opportunities for enjoyment, challenge, self-expression, social interaction, and employment.
STANDARD	6-8.5.1.	Students will evaluate how physical activity serves as a vehicle to provide opportunities for self-expression and personal growth.
SUPPORTING SKILLS	6-8.5.1.c.	Explain the psychological benefits gained from participation in physical activity.

		Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
GOAL/STRAND	SC.PE.	Physical Education
INDICATOR/BENCHMARK	PE.5.	Students will understand that physical activity provides opportunities for enjoyment, challenge, self-expression, social interaction, and employment.
STANDARD	6-8.5.2.	Students will evaluate the unique benefits of perseverance and pursuance of challenging physical activity.
SUPPORTING SKILLS	6-8.5.2.b.	Analyze the mental, physical, and social factors necessary for maintaining a healthy balance in relation to physical activities. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
SUPPORTING SKILLS	6-8.5.2.c.	Seek personally challenging physical activities in pursuance of personal success and satisfaction. 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.

		<p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
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.	<p>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.</p> <p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <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</p>

		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.	<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 / 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-	Explain the use of a budget in making personal economic decisions and planning for the future.

STANDARD	SSLS.1.23.	<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 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>
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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.	<p>Describe the diffusion of aspects of popular cultures, including music, film, art forms, and foodways.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STANDARD / COURSE	SC.USHC.	United States History and the Constitution
KNOWLEDGE AND SKILLS / ESSENTIAL	USHC-8:	The student will demonstrate an understanding of social, economic and

QUESTION		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	HS-	Literacy Skills for Social Studies

QUESTION	SSLS.1.	
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 / 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 /	HS-SSLS.1.28.	<p>Assess the relationships among multiple causes and multiple effects.</p>

STANDARD		<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 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</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>
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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 / 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

		<p>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 / 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</p> <p>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 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</p>

		<p>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>
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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.

		<p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <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</p>

		<p>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 Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

		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.	Analyze and evaluate ideas in order to improve and maximize creative efforts. Multimedia Extensions Multimedia Extensions: Confidence 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 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
PERFORMANCE DESCRIPTOR / STANDARD	HS-SSLS.2.3.	Assume shared responsibility for collaborative work and value the contributions made by each team member. Multimedia Extensions Multimedia Extensions: Confidence 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 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
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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

		<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	N-	Evaluate the relationship between his or her own nutritional intake and overall physical, social, and mental health.

EXAMPLE / STAGE	HS.1.1.	<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.	<p>Describe the importance of healthy eating and physical activity in maintaining good health, including oral health.</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- 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.	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. 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.	Set a personal goal to maintain the health of his or her reproductive system. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

		<p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
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	HE.6:	The student will demonstrate the ability to use goal-setting skills to enhance

QUESTION		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 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 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	<p>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).</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	HS-4.	<p>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.</p>
PERFORMANCE DESCRIPTOR / STANDARD	HS-4.2	<p>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.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-5.	<p>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.</p>
PERFORMANCE DESCRIPTOR / STANDARD	HS-5.1	<p>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).</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	HS-6.	<p>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.</p>

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
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South Carolina Academic Standards

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

		<p>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.	<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

STANDARD		
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 Multimedia Extensions: Motivation My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation

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

		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 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.	Set a personal goal to maintain the health of his or her reproductive system.

		<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 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

		<p>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.	<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</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.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	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

QUESTION		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

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	M-	Identify causes of stress and other common mental health issues.

EXAMPLE / STAGE	HS.1.5.	<p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</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 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

		<p>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>
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 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	HE.5:	The student will demonstrate the ability to use decision-making skills to

QUESTION		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 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

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).

		<p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<p>GRADE LEVEL EXAMPLE / STAGE</p>	<p>M- HS.1.5.</p>	<p>Identify causes of stress and other common mental health issues.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
<p>STANDARD / COURSE</p>	<p>SC.HE.</p>	<p>Health and Safety Education</p>
<p>KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION</p>	<p>HE.1:</p>	<p>The student will comprehend concepts related to health promotion to enhance health.</p>
<p>PERFORMANCE DESCRIPTOR / STANDARD</p>		<p>Alcohol, Tobacco, and Other Drugs: The student will</p>
<p>GRADE LEVEL EXAMPLE / STAGE</p>	<p>D- HS.1.2.</p>	<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>
<p>STANDARD / COURSE</p>	<p>SC.HE.</p>	<p>Health and Safety Education</p>
<p>KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION</p>	<p>HE.1:</p>	<p>The student will comprehend concepts related to health promotion to enhance health.</p>
<p>PERFORMANCE DESCRIPTOR / STANDARD</p>		<p>Growth, Development, and Sexual Health and Responsibility: The student will</p>
<p>GRADE LEVEL EXAMPLE / STAGE</p>	<p>G- HS.1.1.</p>	<p>Describe physical, social, and emotional changes that occur during adolescence.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>

		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

		<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.	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

STANDARD		
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	HE.3:	The student will demonstrate the ability to access valid information and

QUESTION		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 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</p>

		<p>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</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
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.	<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. 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	HS-2.4	Design a long-term personal fitness plan based on FITT (frequency, intensity,

DESCRIPTOR / STANDARD		<p>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.	<p>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.</p>
PERFORMANCE DESCRIPTOR / STANDARD	HS-3.1	<p>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).</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	HS-4.	<p>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.</p>
PERFORMANCE DESCRIPTOR / STANDARD	HS-4.2	<p>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.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STANDARD / COURSE	SC.PE.	Physical Education
KNOWLEDGE AND SKILLS / ESSENTIAL QUESTION	HS-5.	<p>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.</p>

PERFORMANCE DESCRIPTOR / STANDARD	HS-5.1	<p>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).</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	HS-6.	<p>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.</p>
PERFORMANCE DESCRIPTOR / STANDARD	HS-6.1	<p>Identify the potential benefits of various physical activities (for example, creates a pamphlet on the health benefits of pickleball).</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>

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