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

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

States: Tennessee Curriculum Standards

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

Tennessee Curriculum Standards

Social Studies

Grade 7 - Adopted 2003

STRAND / STANDARD / COURSE	TN.7.6.	Individuals, Groups, and Interactions: Personal development and identity are shaped by factors including culture, groups, and institutions. Central to this development are exploration, identification, and analysis of how individuals, and groups work independently and cooperatively.
CONCEPTUAL STRAND / GUIDING QUESTION	7.6.01.	Understand the impact of individual and group decisions on citizens and communities.
GUIDING QUESTION / LEARNING EXPECTATION	7.6.01.a.	Recognize that individuals can belong to groups but still retain their own identity.
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
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		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
GUIDING QUESTION / LEARNING EXPECTATION	7.6.01.b.	Know how to share and give opinions in a group.
		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

Social Studies

Grade 8 - Adopted 2003

STRAND / STANDARD / COURSE	TN.8.2.	Economics: Globalization of the economy, the explosion of population growth, technological changes and international competition compel students to understand both personally and globally production, distribution, and consumption of goods and services. Students will examine and analyze economic concepts such as basic needs versus wants, using versus saving money, and policy making versus decision making.
CONCEPTUAL STRAND / GUIDING QUESTION	8.2.03.	Understand the potential costs and benefits of individual economic choices in the market economy.
GUIDING QUESTION / LEARNING EXPECTATION	8.2.03.d.	Explain and illustrate how values and beliefs influence different economic decisions related to needs and wants. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD / COURSE	TN.8.5.	History: History involves people, events, and issues. Students will evaluate evidence to develop comparative and casual analyses, and to interpret primary sources. They will construct sound historical arguments and perspectives on which informed decisions in contemporary life can be based.
CONCEPTUAL STRAND / GUIDING QUESTION	8.5.spi.	Performance Indicators State:
GUIDING QUESTION / LEARNING EXPECTATION	8.5.spi.6.	Classify the characteristics of major historic events into causes and effects (i.e., exploration, colonization, revolution, expansion, and Civil War). Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support
STRAND / STANDARD / COURSE	TN.8.6.	Individuals, Groups, and Interactions: Personal development and identity are shaped by factors including culture, groups, and institutions. Central to this development are exploration, identification, and analysis of how individuals,

		and groups work independently and cooperatively.
CONCEPTUAL STRAND / GUIDING QUESTION	8.6.spi.	Performance Indicators State:
GUIDING QUESTION / LEARNING EXPECTATION	8.6.spi.1.	Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support
GUIDING QUESTION / LEARNING EXPECTATION	8.6.spi.4.	Identify the role of institutions in furthering both continuity and change (i.e., governments, churches, families, schools, communities). My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
GUIDING QUESTION / LEARNING EXPECTATION	8.6.spi.5.	Recognize how groups and institutions work together to meet common needs. 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	1

Health and PE

Grade 7 - Adopted 2008

STRAND / STANDARD / COURSE	TN.HE.	Health Education
CONCEPTUAL STRAND / GUIDING QUESTION	HE.1:	Personal Health and Wellness: The student will demonstrate the ability to implement decision making and goal setting skills to promote his/her personal health and wellness, thereby enhancing quality of life for himself/herself and those around him/her.
GUIDING QUESTION / LEARNING EXPECTATION	1.1.	The student will analyze the effectiveness of personal decision-making as it relates to future health and wellness outcomes;
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GUIDING QUESTION / LEARNING EXPECTATION	1.2.	The student will describe individual goals and aspirations for healthy living;
		Multimedia Extensions
		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
		Withtimedia Extensions. Wottvation
		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
		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
GUIDING QUESTION / LEARNING EXPECTATION	1.3.	The student will determine how setting healthy living goals can promote lifetime wellness;
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation

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		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
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		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
GUIDING QUESTION /	1.4.	The student will develop a list of questions that influence the decision-
LEARNING		making process;
EXPECTATION		
		My Syspenso Deadman
		My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CHIDING OUESTION /	4 5	The student will identify shairs and exemine alternatives and
GUIDING QUESTION /	1.5.	The student will identify choices and examine alternatives and
LEARNING		consequences of each choice when making decisions as it relates to
EXPECTATION		healthy living;
		My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
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GUIDING QUESTION /	1.6.	The student will evaluate the influence of media on the decision-making
LEARNING		process related to healthy living.
EXPECTATION		
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
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		My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND / STANDARD /	TN.HF	Health Education
COURSE		
CONCEPTUAL	HE.4:	Personal Health and Wellness: The student will understand the relationship
STRAND / GUIDING		of physical activity and rest to healthy living.
QUESTION		
GUIDING QUESTION /	4.1.	The student will explain the importance of participation in the recommended
LEARNING		one hour of daily physical activity;
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EXPECTATION		Multimodia Extensions
		Multimedia Extensions Multimedia Extensions: Stress
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		My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 13: Motivation
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GUIDING QUESTION /	4.2.	The student will identify the components of health-related physical fitness;
LEARNING		
EXPECTATION		
		Multimedia Extensions
		Multimedia Extensions: Stress
		My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 13: Motivation
GUIDING QUESTION /	4.3.	The student will determine the benefits of exercise in relation to improved
LEARNING EXPECTATION		health during all stages of life;
EXPECTATION		
		Multimedia Extensions
		Multimedia Extensions: Stress
		The state of the s
GUIDING QUESTION /	4.4.	The student will assess the relationship of physical activity to other areas of
LEARNING		personal health (social, mental, and emotional well-being).
EXPECTATION		,
		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 Readman
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Office of Finghtway to vicin-being - Lesson 12. Analyzing vicin-being
STRAND / STANDARD /	TN.HE.	Health Education
COURSE		
CONCEPTUAL	HE.6:	Family Life: The student will understand the contributions of family
STRAND / GUIDING		relationships to healthy living.
QUESTION		
GUIDING QUESTION /	6.1.	The student will identify family influences in the development of personal
LEARNING EXPECTATION		values and beliefs and how they will affect future decisions;
EXPECTATION		
		Multimedia Extensions
		Multimedia Extensions: Connections
		2.00.000.00
		My Roadmap to the Future
		Unit 3: Connections - Lesson 05: Making Connections
		Unit 3: Connections - Lesson 06: Analyzing Support
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		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GUIDING QUESTION / LEARNING EXPECTATION	6.2.	The student will analyze changing roles and responsibilities (physically, socially and emotionally) throughout the life cycle as individuals and members of families;
		Multimedia Extensions Multimedia Extensions: Connections
		My Roadmap to the Future 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 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GUIDING QUESTION / LEARNING EXPECTATION	6.3.	The student will evaluate the influence of attitudes, emotions, and behaviors on healthy family relationships.
		Multimedia Extensions Multimedia Extensions: Connections
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance 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 12: Analyzing Well-Being Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND / STANDARD / COURSE	TN.HE.	Health Education
CONCEPTUAL STRAND / GUIDING QUESTION	HE.7:	Family Life: The student will understand the stages of human growth and development.
GUIDING QUESTION / LEARNING EXPECTATION	7.1.	The student will describe and demonstrate understanding of the developmental characteristics of adolescence including physical and emotional changes;
		Multimedia Extensions Multimedia Extensions: Stress

		Multimedia Extensions: Well-Being
STRAND / STANDARD / COURSE	TN.HE.	Health Education
CONCEPTUAL STRAND / GUIDING QUESTION	HE.8:	Emotional, Social, and Mental Health: The student will understand the importance of positive self-concept and interpersonal relationships for healthy living.
GUIDING QUESTION / LEARNING EXPECTATION	8.1.	The student will demonstrate healthy ways to express needs, wants, and feelings;
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support
GUIDING QUESTION / LEARNING EXPECTATION	8.3.	The student will understand how mental, emotional, social and physical health dimensions are interrelated and that problems in one dimension can influence another;
		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
GUIDING QUESTION / LEARNING EXPECTATION	8.4.	The student will demonstrate skills to cope with attitudes and behaviors appropriately as related to social health;
		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 Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation 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 Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

		Multimedia Extensions Multimedia Extensions: Confidence
GUIDING QUESTION / LEARNING EXPECTATION	10.3.	The student will analyze the influences of media and internet which promote risky behavior;
CONCEPTUAL STRAND / GUIDING QUESTION	HE.10:	Injury Prevention and Safety: The student will understand attitudes and behaviors for preventing injuries and deaths from injury.
STRAND / STANDARD / COURSE	TN.HE.	Health Education
		Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
LEARNING EXPECTATION		stress management should be a life-long skill. Multimedia Extensions
EXPECTATION GUIDING QUESTION /	8.6.	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 Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation 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 Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GUIDING QUESTION / LEARNING EXPECTATION	8.5.	The student will evaluate attitudes and behaviors as related to personal and mental health;

		Multimedia Extensions: Motivation
STRAND / STANDARD / COURSE	TN.HE.	Health Education
CONCEPTUAL STRAND / GUIDING QUESTION		Environmental and Community Health: The student will recognize environmental practices, products and resources that affect personal and community health and promotes healthy living.
GUIDING QUESTION / LEARNING EXPECTATION	14.4.	The student will demonstrate understanding of ways to promote a healthful environment;
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
GUIDING QUESTION / LEARNING EXPECTATION	14.6.	The student will analyze the importance of community organizations to healthy living;
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
GUIDING QUESTION / LEARNING EXPECTATION	14.8.	The student will evaluate the effect of media and technology on individual, family, and community health.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / STANDARD / COURSE	TN.PE.	Physical Education
CONCEPTUAL STRAND / GUIDING QUESTION	PE.3:	Physical Activity: A physically educated person participates regularly in physical activity.
GUIDING QUESTION / LEARNING EXPECTATION	3.1.	The student will understand the importance of daily physical activity
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GUIDING QUESTION / LEARNING EXPECTATION	3.2.	The student will understand the daily requirements for physical activity Multimedia Extensions

		Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GUIDING QUESTION / LEARNING EXPECTATION	3.4.	The student will participate in lifelong physical activities (e.g. outdoor, leisure, fitness)
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / STANDARD / COURSE	TN.PE.	Physical Education
CONCEPTUAL STRAND / GUIDING QUESTION	PE.4:	Physical Fitness: A physically educated person achieves and maintains a health-enhancing level of physical fitness.
GUIDING QUESTION / LEARNING EXPECTATION	4.1.	The student will explore and participate in a variety of health-related fitness activities
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GUIDING QUESTION / LEARNING EXPECTATION	4.2.	The student will understand and apply basic principles of training (frequency, intensity, time and type) to develop personal goals and improve physical fitness
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
GUIDING QUESTION / LEARNING EXPECTATION	4.3.	The student will participate in a personal fitness plan to enhance physical fitness (e.g. fitness logs, online journals)
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GUIDING QUESTION / LEARNING EXPECTATION	4.4.	The student will understand the relationship and long-term benefits of physical fitness to body systems
		Multimedia Extensions Multimedia Extensions: Stress

GUIDING QUESTION / LEARNING EXPECTATION	4.8.	The student will evaluate and measure personal fitness levels (e.g. PRE, fitness testing, heart-rate monitoring)
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD / COURSE	TN.PE.	Physical Education
CONCEPTUAL STRAND / GUIDING QUESTION	PE.5:	Personal and Social Responsibility: A physically educated person exhibits responsible personal and social behavior that respects self and others in physical activity settings.
GUIDING QUESTION / LEARNING EXPECTATION	5.5.	The student will demonstrate the importance of team work, sportsmanship and fair play
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GUIDING QUESTION / LEARNING EXPECTATION	5.7.	The student will make appropriate decisions to resolve conflicts arising from the influence of peers
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD / COURSE	TN.PE.	Physical Education
CONCEPTUAL STRAND / GUIDING QUESTION	PE.6:	Affective Concepts: A physically educated person values physical activity for health, enjoyment, challenge, self-expression and/or social interaction
GUIDING QUESTION / LEARNING EXPECTATION	6.1.	The student will recognize the lifelong health benefits of participation in physical activity
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GUIDING QUESTION / LEARNING EXPECTATION	6.2.	The student will understand the benefits of participating in a variety of activities that provide opportunities for enjoyment, satisfaction and self-expression
		Multimedia Extensions Multimedia Extensions: Confidence
GUIDING QUESTION / LEARNING	6.3.	The student will enjoy learning new and challenging physical activities

EXPECTATION		Multimedia Extensions Multimedia Extensions: Confidence
GUIDING QUESTION / LEARNING EXPECTATION	6.5.	The student will understand how attitudes and values are developed through games and sports
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GUIDING QUESTION / LEARNING EXPECTATION	6.7.	The student will recognize that physical activity provides opportunities for problem solving, decision making, and risk-taking
		Multimedia Extensions Multimedia Extensions: Stress

Health and PE

Grade 8 - Adopted 2008

STRAND / STANDARD / COURSE	TN.HE.	Health Education
CONCEPTUAL STRAND / GUIDING QUESTION	HE.1:	Personal Health and Wellness: The student will demonstrate the ability to implement decision making and goal setting skills to promote his/her personal health and wellness, thereby enhancing quality of life for himself/herself and those around him/her.
GUIDING QUESTION / LEARNING EXPECTATION	1.1.	The student will analyze the effectiveness of personal decision-making as it relates to future health and wellness outcomes;
		My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GUIDING QUESTION / LEARNING EXPECTATION	1.2.	The student will describe individual goals and aspirations for healthy living;
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
		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
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future

		Unit 1. Destination Suppose Legens 02: Vary Cools
		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
GUIDING QUESTION / LEARNING EXPECTATION	1.3.	The student will determine how setting healthy living goals can promote lifetime wellness;
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
		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
		Onit 6. Motivation - Lesson 11. Snowing Motivation
		My Success Roadmap
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		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
GUIDING QUESTION / LEARNING EXPECTATION	1.4.	The student will develop a list of questions that influence the decision-making process;
		My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
		Office 7. Oreating a Success riighways fullerary - Lesson 15. Action Planning
GUIDING QUESTION /	1.5.	The student will identify choices and examine alternatives and
LEARNING		consequences of each choice when making decisions as it relates to
EXPECTATION		healthy living;
		N. O But I was
		My Success Roadmap
	ll .	Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
		Office 7. Oreating a Ouccess riighways funerary - Lesson 15. Action rianning
GUIDING QUESTION /	1.6.	
GUIDING QUESTION / LEARNING	1.6.	The student will evaluate the influence of media on the decision-making process related to healthy living.
	1.6.	The student will evaluate the influence of media on the decision-making
LEARNING	1.6.	The student will evaluate the influence of media on the decision-making

Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Plannir	
My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Plannir	
Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Plannir	
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Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Plannin	
FRAND / STANDARD / TN.HE. Health Education	ND / STANDARD / T
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DNCEPTUAL HE.4: Personal Health and Wellness: The student will understand the relationsh	
of physical activity and rest to healthy living.	
UESTION	TION
	LO OLIFOTION /
UIDING QUESTION / 4.1. The student will explain the importance of participation in the recommende	
EARNING one hour of daily physical activity; KPECTATION	- II
RPECIATION	TATION
Multimedia Extensions	
Multimedia Extensions: Stress	
My Success Roadmap	
Unit 6: Highway to Motivation - Lesson 13: Motivation	
UIDING QUESTION / 4.2. The student will identify the components of health-related physical fitness:	
EARNING	
KPECTATION N. History I'm F. Associates	TATION
Multimedia Extensions Multimedia Extensions: Stress	
INGILITIEGIA EXTENSIONS. STIESS	
My Success Roadmap	
Unit 6: Highway to Motivation - Lesson 13: Motivation	
UIDING QUESTION / 4.3. The student will determine the benefits of exercise in relation to improved	NG QUESTION / 4
health during all stages of life;	NING
KPECTATION	TATION
Multimedia Extensions	
Multimedia Extensions: Stress	
UIDING QUESTION / 4.4. The student will assess the relationship of physical activity to other areas	NG OLIESTION /
EARNING personal health (social, mental, and emotional well-being).	
KPECTATION	
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	
Office of 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	

COURSE	TN.HE.	Health Education
CONCEPTUAL STRAND / GUIDING QUESTION	HE.6:	Family Life: The student will understand the contributions of family relationships to healthy living.
GUIDING QUESTION / LEARNING EXPECTATION	6.1.	The student will identify family influences in the development of personal values and beliefs and how they will affect future decisions;
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Connections
		My Roadmap to the Future
		Unit 3: Connections - Lesson 05: Making Connections
		Unit 3: Connections - Lesson 06: Analyzing Support
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 3: Highway Connections - Lesson 07: Social Support
		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing
		Stress
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GUIDING QUESTION /	6.2.	The student will analyze changing roles and responsibilities (physically,
LEADAUNO		
LEARNING		socially and emotionally) throughout the life cycle as individuals and
EXPECTATION		members of families;
_		
		members of families;
		members of families; Multimedia Extensions
		members of families;
		members of families; Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future
		Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
		Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support
		Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation
		Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support
		Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future 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
_		Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation
		Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future 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
	6.3.	Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future 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 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
EXPECTATION	6.3.	Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future 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 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning The student will evaluate the influence of attitudes, emotions, and behaviors
EXPECTATION GUIDING QUESTION /	6.3.	Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future 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 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GUIDING QUESTION / LEARNING	6.3.	Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future 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 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning The student will evaluate the influence of attitudes, emotions, and behaviors on healthy family relationships.
GUIDING QUESTION / LEARNING	6.3.	Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future 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 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning The student will evaluate the influence of attitudes, emotions, and behaviors on healthy family relationships. Multimedia Extensions
GUIDING QUESTION / LEARNING	6.3.	Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future 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 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning The student will evaluate the influence of attitudes, emotions, and behaviors on healthy family relationships.
GUIDING QUESTION / LEARNING	6.3.	Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future 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 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning The student will evaluate the influence of attitudes, emotions, and behaviors on healthy family relationships. Multimedia Extensions
GUIDING QUESTION /	6.3.	Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future 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 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning The student will evaluate the influence of attitudes, emotions, and behaviors on healthy family relationships. Multimedia Extensions Multimedia Extensions: Connections

		Unit 5: Well-Being - Lesson 09: Finding Balance
		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 12: Analyzing Well-Being
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
		gg
STRAND / STANDARD /	TN HE	Health Education
COURSE	IIV.IIL.	Health Education
COURSE		
CONCEPTUAL	HE.7:	Family Life: The student will understand the stages of human growth and
STRAND / GUIDING		development.
QUESTION		
GUIDING QUESTION /	7.1.	The student will describe and demonstrate understanding of the
LEARNING		developmental characteristics of adolescence including physical and
EXPECTATION		emotional changes;
EXI EGIATION		omotional onangos,
		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Well-Being
STRAND/STANDARD/	TN.HE.	Health Education
COURSE		
CONCEPTUAL	HE.8:	Emotional, Social, and Mental Health: The student will understand the
STRAND / GUIDING		importance of positive self-concept and interpersonal relationships for
QUESTION		healthy living.
QUEUTION		nearity nying.
GUIDING QUESTION /	8.1.	The student will demonstrate healthy ways to express peeds wants and
	0.1.	The student will demonstrate healthy ways to express needs, wants, and
LEARNING		feelings;
EXPECTATION		
		My Roadmap to the Future
		Unit 3: Connections - Lesson 06: Analyzing Support
GUIDING QUESTION /	8.3.	The student will understand how mental, emotional, social and physical
LEARNING		health dimensions are interrelated and that problems in one dimension can
EXPECTATION		influence another;
		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

GUIDING QUESTION / LEARNING EXPECTATION	8.4.	The student will demonstrate skills to cope with attitudes and behaviors appropriately as related to social health;
		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 Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		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 Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GUIDING QUESTION / LEARNING EXPECTATION	8.5.	The student will evaluate attitudes and behaviors as related to personal and mental health;
		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 Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		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 Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GUIDING QUESTION / LEARNING EXPECTATION	8.6.	The student will recognize stress is a normal part of life and appropriate stress management should be a life-long skill.
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance

		My Success Roadmap
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress
		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing
		Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / STANDARD /	TN.HE.	Health Education
COURSE		
CONCEPTUAL	HE.10:	Injury Prevention and Safety: The student will understand attitudes and
STRAND / GUIDING		behaviors for preventing injuries and deaths from injury.
QUESTION		
GUIDING QUESTION /	10.3.	The student will analyze the influences of media and internet which promote
LEARNING		risky behavior;
EXPECTATION		, , , , , , , , , , , , , , , , , , , ,
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
STRAND / STANDARD /	TN.HE.	Health Education
COURSE		
000.102		
CONCEPTUAL	HF.14:	Environmental and Community Health: The student will recognize
STRAND / GUIDING	112.14.	environmental practices, products and resources that affect personal and
QUESTION		community health and promotes healthy living.
QUEUTION		community floating promotes floating living.
GUIDING QUESTION /	14.4.	The student will demonstrate understanding of ways to promote a healthful
LEARNING	14.4.	environment;
EXPECTATION		CHAILOUITICH,
EXI EGIATION		
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
		2.00.00.00.00.00.00.00.00.00.00.00.00.00
GUIDING QUESTION /	14.6.	The student will analyze the importance of community organizations to
LEARNING		healthy living;
EXPECTATION		,g,
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support
		J - ,
GUIDING QUESTION /	14.8.	The student will evaluate the effect of media and technology on individual,
LEARNING		family, and community health.
EXPECTATION		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
		Widilinedia Extensions. Motivation

STRAND / STANDARD / COURSE	TN.PE.	Physical Education
CONCEPTUAL STRAND / GUIDING QUESTION	PE.3:	Physical Activity: A physically educated person participates regularly in physical activity.
GUIDING QUESTION / LEARNING EXPECTATION	3.1.	The student will understand the importance of daily physical activity
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GUIDING QUESTION / LEARNING EXPECTATION	3.2.	The student will understand the daily requirements for physical activity
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GUIDING QUESTION / LEARNING EXPECTATION	3.4.	The student will participate in lifelong physical activities (e.g. outdoor, leisure, fitness)
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / STANDARD / COURSE	TN.PE.	Physical Education
CONCEPTUAL STRAND / GUIDING QUESTION	PE.4:	Physical Fitness: A physically educated person achieves and maintains a health-enhancing level of physical fitness.
GUIDING QUESTION / LEARNING EXPECTATION	4.1.	The student will explore and participate in a variety of health-related fitness activities
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GUIDING QUESTION / LEARNING EXPECTATION	4.2.	The student will understand and apply basic principles of training (frequency, intensity, time and type) to develop personal goals and improve physical fitness

		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
GUIDING QUESTION /	4.3.	The student will participate in a personal fitness plan to enhance physical
LEARNING	1101	fitness (e.g. fitness logs, online journals)
EXPECTATION		
		My Success Roadmap
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
		, ,
GUIDING QUESTION /	4.4.	The student will understand the relationship and long-term benefits of
LEARNING EXPECTATION		physical fitness to body systems
		Multimedia Extensions
		Multimedia Extensions: Stress
GUIDING QUESTION /	4.8.	The student will evaluate and measure personal fitness levels (e.g. PRE,
LEARNING		fitness testing, heart-rate monitoring)
EXPECTATION		
		My Success Roadmap
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD / COURSE	TN.PE.	Physical Education
COURSE		
CONCEPTUAL	PE.5:	Personal and Social Responsibility: A physically educated person exhibits
STRAND / GUIDING		responsible personal and social behavior that respects self and others in
QUESTION		physical activity settings.
GUIDING QUESTION /	5.5.	The student will demonstrate the importance of team work, sportsmanship
LEARNING		and fair play
EXPECTATION		
		My Success Roadmap
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CHIDING CUESTION (E 7	The student will make appropriate decision to make a sufficient to the sufficient to
GUIDING QUESTION / LEARNING	5.7.	The student will make appropriate decisions to resolve conflicts arising from the influence of peers
EXPECTATION		
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
		Office 2. Frightway to Confidence - Lesson ou. Analyzing School Confidence
STRAND / STANDARD /	TN.PE.	Physical Education
COURSE		
CONCEPTUAL	PE.6:	Affective Concepts: A physically educated person values physical activity
STRAND / GUIDING	. 2.0.	for health, enjoyment, challenge, self-expression and/or social interaction
QUESTION		

GUIDING QUESTION / LEARNING EXPECTATION	6.1.	The student will recognize the lifelong health benefits of participation in physical activity
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GUIDING QUESTION / LEARNING EXPECTATION	6.2.	The student will understand the benefits of participating in a variety of activities that provide opportunities for enjoyment, satisfaction and self-expression
		Multimedia Extensions Multimedia Extensions: Confidence
GUIDING QUESTION / LEARNING EXPECTATION	6.3.	The student will enjoy learning new and challenging physical activities
		Multimedia Extensions Multimedia Extensions: Confidence
GUIDING QUESTION / LEARNING EXPECTATION	6.5.	The student will understand how attitudes and values are developed through games and sports
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GUIDING QUESTION / LEARNING EXPECTATION	6.7.	The student will recognize that physical activity provides opportunities for problem solving, decision making, and risk-taking
		Multimedia Extensions Multimedia Extensions: Stress

Social Studies

Grade 9 - Adopted 2003

STRAND / STANDARD / COURSE	TN.3435.	Contemporary Issues
CONCEPTUAL STRAND / GUIDING QUESTION		Governance and Civics: Governance establishes structures of power and authority in order to provide order and stability. Civic efficacy requires understanding rights and responsibilities, ethical behavior, and the role of

		citizens within their community, nation, and world.
GUIDING QUESTION / LEARNING EXPECTATION	4.1.	The student will identify types of legal statutes and penal code, and issues relative to their enforcement. Multimedia Extensions
		Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD / COURSE	TN.3405.	United States History
CONCEPTUAL STRAND / GUIDING QUESTION		Era 10: The Contemporary United States 1968-present
GUIDING QUESTION / LEARNING EXPECTATION	5.0.	History: History involves people, events, and issues. Students will evaluate evidence to develop comparative and causal analyses, and to interpret primary sources. They will construct sound historical arguments and perspectives on which informed decisions in contemporary life can be based.
LEARNING EXPECTATION	5.2.	The student will investigate domestic and foreign policy trends since 1968. Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND / STANDARD / COURSE	TN.3405.	United States History
CONCEPTUAL STRAND / GUIDING QUESTION		Era 10: The Contemporary United States 1968-present
GUIDING QUESTION / LEARNING EXPECTATION	6.0.	Individuals, Groups, and Interactions: Personal development and identity are shaped by factors including culture, groups, and institutions. Central to this development are exploration, identification, and analysis of how individuals and groups work independently and cooperatively.
LEARNING EXPECTATION	6.2.	The student will understand the implications of the changing American society.
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD /	TN.3401.	World History

COURSE		
CONCEDENT	F.0	Water Windows in the control of the
CONCEPTUAL STRAND / GUIDING QUESTION	5.0.	History: History involves people, events, and issues. Students will evaluate evidence to develop comparative and causal analyses, and to interpret primary sources. They will construct sound historical arguments and perspectives on which informed decisions in contemporary life can be based.
GUIDING QUESTION / LEARNING EXPECTATION	5.8.	The student will understand the continuing impact of historical events on the modern world.
		Multimedia Extensions
		Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting
		My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
		Unit 2: Highway to Confidence - Lesson 05: Confidence
		Unit 3: Highway Connections - Lesson 07: Social Support
GUIDING	5.10.	The student will understand how historical information is collected, recorded,
QUESTION / LEARNING EXPECTATION	0.10.	interpreted, transmitted, and disseminated across various historical eras.
EXI EGIATION		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND /	TN.3431.	Economics
STANDARD / COURSE		
CONCEPTUAL	4.0.	Governance and Civics: Governance establishes structures of power and
STRAND / GUIDING		authority in order to provide order and stability. Civic efficacy requires
QUESTION		understanding rights and responsibilities, ethical behavior, and the role of citizens within their community, nation, and world.
GUIDING	4.1.	The student will understand the economic roles and responsibilities of citizens
QUESTION / LEARNING		living in a democratic society.
EXPECTATION		
		Multimedia Extensions
		Multimedia Extensions: Importance of School / Goal-Setting
STRAND /	TN.3431.	Economics
STANDARD / COURSE		
CONCEPTUAL	6.0.	Individuals, Groups, and Interactions: Personal development and identity are
STRAND / GUIDING		shaped by factors including culture, groups, and institutions. Central to this development are exploration, identification, and analysis of how individuals,
		development are exploration, identification, and analysis of now individuals,

QUESTION		and groups work independently and cooperatively.
GUIDING QUESTION / LEARNING EXPECTATION	6.1.	The student will understand the elements of personal and fiscal responsibility Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD / COURSE	TN.3433.	Psychology
CONCEPTUAL STRAND / GUIDING QUESTION	2.0.	Economics: Globalization of the economy, the explosion of population growth, technological changes and international competition compel students to understand, both personally and globally, production, distribution, and consumption of goods and services. Students will examine and analyze economic concepts such as basic needs versus wants, using versus saving money, and policy-making versus decision-making.
GUIDING QUESTION / LEARNING EXPECTATION	2.2.	The student will understand how individual values and beliefs influence economic decisions. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD / COURSE	TN.3432.	Sociology
CONCEPTUAL STRAND / GUIDING QUESTION	2.0.	Economics: Globalization of the economy, the explosion of population growth, technological changes and international competition compel students to understand, both personally and globally, production, distribution, and consumption of goods and services. Students will examine and analyze economic concepts such as basic needs versus wants, using versus saving money, and policy-making versus decision-making.
GUIDING QUESTION / LEARNING EXPECTATION	2.2.	The student will understand how individual values and beliefs influence economic decisions. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD / COURSE	TN.3432.	Sociology
CONCEPTUAL STRAND / GUIDING QUESTION	6.0.	Individuals, Groups, and Interactions: Personal development and identity are shaped by factors including culture, groups, and institutions. Central to this development are exploration, identification, and analysis of how individuals and groups work independently and cooperatively.
GUIDING QUESTION /	6.2.	The student will explore the various ways people interact.

LEARNING EXPECTATION		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
GUIDING QUESTION / LEARNING EXPECTATION	6.10.	The student will understand the role of media and social trends in determining the development of society. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

Social Studies

Grade 10 - Adopted 2003

STRAND / STANDARD / COURSE	TN.3435.	Contemporary Issues
CONCEPTUAL STRAND / GUIDING QUESTION	4.0.	Governance and Civics: Governance establishes structures of power and authority in order to provide order and stability. Civic efficacy requires understanding rights and responsibilities, ethical behavior, and the role of citizens within their community, nation, and world.
GUIDING QUESTION / LEARNING EXPECTATION	4.1.	The student will identify types of legal statutes and penal code, and issues relative to their enforcement. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD / COURSE	TN.3405.	United States History
CONCEPTUAL STRAND / GUIDING QUESTION		Era 9: Post World War II Era (1945-1970s)
GUIDING QUESTION / LEARNING EXPECTATION	6.0.	Individuals, Groups, and Interactions: Personal development and identity are shaped by factors such as culture, groups, and institutions. Central to this development are exploration, identification, and analysis of how individuals and groups work independently and cooperatively.
LEARNING EXPECTATION	6.3.	The student will investigate how technological change transformed American society and created popular culture. Multimedia Extensions

		Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD / COURSE	TN.3405.	United States History
CONCEPTUAL STRAND / GUIDING QUESTION		Era 10: The Contemporary United States 1968-present
GUIDING QUESTION / LEARNING EXPECTATION	5.0.	History: History involves people, events, and issues. Students will evaluate evidence to develop comparative and causal analyses, and to interpret primary sources. They will construct sound historical arguments and perspectives on which informed decisions in contemporary life can be based.
LEARNING EXPECTATION	5.2.	The student will investigate domestic and foreign policy trends since 1968.
		Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND / STANDARD / COURSE	TN.3405.	United States History
CONCEPTUAL STRAND / GUIDING QUESTION		Era 10: The Contemporary United States 1968-present
GUIDING QUESTION / LEARNING EXPECTATION	6.0.	Individuals, Groups, and Interactions: Personal development and identity are shaped by factors including culture, groups, and institutions. Central to this development are exploration, identification, and analysis of how individuals and groups work independently and cooperatively.
LEARNING EXPECTATION	6.2.	The student will understand the implications of the changing American society.
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD / COURSE	TN.3401.	World History
CONCEPTUAL STRAND / GUIDING QUESTION	5.0.	History: History involves people, events, and issues. Students will evaluate evidence to develop comparative and causal analyses, and to interpret primary sources. They will construct sound historical arguments and perspectives on which informed decisions in contemporary life can be based.

GUIDING QUESTION / LEARNING EXPECTATION	5.10.	The student will understand how historical information is collected, recorded, interpreted, transmitted, and disseminated across various historical eras. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND / STANDARD / COURSE	TN.3431.	Economics
CONCEPTUAL STRAND / GUIDING QUESTION	4.0.	Governance and Civics: Governance establishes structures of power and authority in order to provide order and stability. Civic efficacy requires understanding rights and responsibilities, ethical behavior, and the role of citizens within their community, nation, and world.
GUIDING QUESTION / LEARNING EXPECTATION	4.1.	The student will understand the economic roles and responsibilities of citizens living in a democratic society. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD / COURSE	TN.3431.	Economics
CONCEPTUAL STRAND / GUIDING QUESTION	6.0.	Individuals, Groups, and Interactions: Personal development and identity are shaped by factors including culture, groups, and institutions. Central to this development are exploration, identification, and analysis of how individuals, and groups work independently and cooperatively.
GUIDING QUESTION / LEARNING EXPECTATION	6.1.	The student will understand the elements of personal and fiscal responsibility Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD / COURSE	TN.3433.	Psychology
CONCEPTUAL STRAND / GUIDING QUESTION	2.0.	Economics: Globalization of the economy, the explosion of population growth, technological changes and international competition compel students to understand, both personally and globally, production, distribution, and consumption of goods and services. Students will examine and analyze economic concepts such as basic needs versus wants, using versus saving money, and policy-making versus decision-making.
GUIDING QUESTION / LEARNING EXPECTATION	2.2.	The student will understand how individual values and beliefs influence economic decisions. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

STRAND / STANDARD / COURSE	TN.3432.	Sociology
CONCEPTUAL STRAND / GUIDING QUESTION	2.0.	Economics: Globalization of the economy, the explosion of population growth, technological changes and international competition compel students to understand, both personally and globally, production, distribution, and consumption of goods and services. Students will examine and analyze economic concepts such as basic needs versus wants, using versus saving money, and policy-making versus decision-making.
GUIDING QUESTION / LEARNING EXPECTATION	2.2.	The student will understand how individual values and beliefs influence economic decisions. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD / COURSE	TN.3432.	Sociology
CONCEPTUAL STRAND / GUIDING QUESTION	6.0.	Individuals, Groups, and Interactions: Personal development and identity are shaped by factors including culture, groups, and institutions. Central to this development are exploration, identification, and analysis of how individuals and groups work independently and cooperatively.
GUIDING QUESTION / LEARNING EXPECTATION	6.2.	The student will explore the various ways people interact. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
GUIDING QUESTION / LEARNING EXPECTATION	6.10.	The student will understand the role of media and social trends in determining the development of society. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

Social Studies

Grade 11 - Adopted 2003

STRAND/	TN.3435.	Contemporary Issues
STANDARD /		
COURSE		

4.0.	Governance and Civics: Governance establishes structures of power and authority in order to provide order and stability. Civic efficacy requires understanding rights and responsibilities, ethical behavior, and the role of citizens within their community, nation, and world.
4.1.	The student will identify types of legal statutes and penal code, and issues relative to their enforcement. Multimedia Extensions
	Multimedia Extensions: Importance of School / Goal-Setting
TN.3405.	United States History
	Era 9: Post World War II Era (1945-1970s)
6.0.	Individuals, Groups, and Interactions: Personal development and identity are shaped by factors such as culture, groups, and institutions. Central to this development are exploration, identification, and analysis of how individuals and groups work independently and cooperatively.
6.3.	The student will investigate how technological change transformed American society and created popular culture. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
TN.3405.	United States History
	Era 10: The Contemporary United States 1968-present
5.0.	History: History involves people, events, and issues. Students will evaluate evidence to develop comparative and causal analyses, and to interpret primary sources. They will construct sound historical arguments and perspectives on which informed decisions in contemporary life can be based.
5.2.	The student will investigate domestic and foreign policy trends since 1968. 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
	4.1. TN.3405. 6.0. TN.3405.

STRAND / STANDARD / COURSE	TN.3405.	United States History
CONCEPTUAL STRAND / GUIDING QUESTION		Era 10: The Contemporary United States 1968-present
GUIDING QUESTION / LEARNING EXPECTATION	6.0.	Individuals, Groups, and Interactions: Personal development and identity are shaped by factors including culture, groups, and institutions. Central to this development are exploration, identification, and analysis of how individuals and groups work independently and cooperatively.
LEARNING EXPECTATION	6.2.	The student will understand the implications of the changing American society.
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD / COURSE	TN.3401.	World History
CONCEPTUAL STRAND / GUIDING QUESTION	5.0.	History: History involves people, events, and issues. Students will evaluate evidence to develop comparative and causal analyses, and to interpret primary sources. They will construct sound historical arguments and perspectives on which informed decisions in contemporary life can be based.
GUIDING QUESTION / LEARNING EXPECTATION	5.8.	The student will understand the continuing impact of historical events on the modern world.
LATEGRATION		Multimedia Extensions Multimedia Extensions: Confidence
		Multimedia Extensions: Importance of School / Goal-Setting
		My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges
		My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support
GUIDING QUESTION / LEARNING	5.10.	The student will understand how historical information is collected, recorded, interpreted, transmitted, and disseminated across various historical eras.
EXPECTATION		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

STRAND / STANDARD / COURSE	TN.3431.	Economics
CONCEPTUAL STRAND / GUIDING QUESTION	4.0.	Governance and Civics: Governance establishes structures of power and authority in order to provide order and stability. Civic efficacy requires understanding rights and responsibilities, ethical behavior, and the role of citizens within their community, nation, and world.
GUIDING QUESTION / LEARNING EXPECTATION	4.1.	The student will understand the economic roles and responsibilities of citizens living in a democratic society. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD / COURSE	TN.3431.	Economics
CONCEPTUAL STRAND / GUIDING QUESTION	6.0.	Individuals, Groups, and Interactions: Personal development and identity are shaped by factors including culture, groups, and institutions. Central to this development are exploration, identification, and analysis of how individuals, and groups work independently and cooperatively.
GUIDING QUESTION / LEARNING EXPECTATION	6.1.	The student will understand the elements of personal and fiscal responsibility Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD / COURSE	TN.3433.	Psychology
CONCEPTUAL STRAND / GUIDING QUESTION	2.0.	Economics: Globalization of the economy, the explosion of population growth, technological changes and international competition compel students to understand, both personally and globally, production, distribution, and consumption of goods and services. Students will examine and analyze economic concepts such as basic needs versus wants, using versus saving money, and policy-making versus decision-making.
GUIDING QUESTION / LEARNING EXPECTATION	2.2.	The student will understand how individual values and beliefs influence economic decisions. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD / COURSE	TN.3432.	Sociology
CONCEPTUAL STRAND / GUIDING	2.0.	Economics: Globalization of the economy, the explosion of population growth, technological changes and international competition compel students to

QUESTION		understand, both personally and globally, production, distribution, and consumption of goods and services. Students will examine and analyze economic concepts such as basic needs versus wants, using versus saving money, and policy-making versus decision-making.
GUIDING QUESTION / LEARNING EXPECTATION	2.2.	The student will understand how individual values and beliefs influence economic decisions. Multimedia Extensions
		Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD / COURSE	TN.3432.	Sociology
CONCEPTUAL STRAND / GUIDING QUESTION	6.0.	Individuals, Groups, and Interactions: Personal development and identity are shaped by factors including culture, groups, and institutions. Central to this development are exploration, identification, and analysis of how individuals and groups work independently and cooperatively.
GUIDING QUESTION / LEARNING	6.2.	The student will explore the various ways people interact.
EXPECTATION		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
		·
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
GUIDING QUESTION / LEARNING EXPECTATION	6.10.	The student will understand the role of media and social trends in determining the development of society.
LAFLOTATION		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

Social Studies

Grade 12 - Adopted 2003

STRAND / STANDARD / COURSE	TN.3435.	Contemporary Issues
CONCEPTUAL STRAND / GUIDING QUESTION	4.0.	Governance and Civics: Governance establishes structures of power and authority in order to provide order and stability. Civic efficacy requires understanding rights and responsibilities, ethical behavior, and the role of citizens within their community, nation, and world.
GUIDING QUESTION /	4.1.	The student will identify types of legal statutes and penal code, and issues relative to their enforcement.

LEARNING		
EXPECTATION		Multimedia Extensions
		Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD /	TN.3405.	United States History
COURSE		
CONCEPTUAL STRAND / GUIDING QUESTION		Era 9: Post World War II Era (1945-1970s)
GUIDING QUESTION / LEARNING EXPECTATION	6.0.	Individuals, Groups, and Interactions: Personal development and identity are shaped by factors such as culture, groups, and institutions. Central to this development are exploration, identification, and analysis of how individuals and groups work independently and cooperatively.
LEARNING EXPECTATION	6.3.	The student will investigate how technological change transformed American society and created popular culture.
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD / COURSE	TN.3405.	United States History
CONCEPTUAL STRAND / GUIDING QUESTION		Era 10: The Contemporary United States 1968-present
GUIDING QUESTION / LEARNING EXPECTATION	5.0.	History: History involves people, events, and issues. Students will evaluate evidence to develop comparative and causal analyses, and to interpret primary sources. They will construct sound historical arguments and perspectives on which informed decisions in contemporary life can be based.
LEARNING EXPECTATION	5.2.	The student will investigate domestic and foreign policy trends since 1968.
		Multimedia Extensions Multimedia Extensions: Connections
		Multimedia Extensions: Importance of School / Goal-Setting
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of
		School
STRAND / STANDARD / COURSE	TN.3405.	United States History
CONCEPTUAL STRAND / GUIDING		Era 10: The Contemporary United States 1968-present

QUESTION		
GUIDING QUESTION / LEARNING EXPECTATION	6.0.	Individuals, Groups, and Interactions: Personal development and identity are shaped by factors including culture, groups, and institutions. Central to this development are exploration, identification, and analysis of how individuals and groups work independently and cooperatively.
LEARNING EXPECTATION	6.2.	The student will understand the implications of the changing American society.
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD / COURSE	TN.3401.	World History
CONCEPTUAL STRAND / GUIDING QUESTION	5.0.	History: History involves people, events, and issues. Students will evaluate evidence to develop comparative and causal analyses, and to interpret primary sources. They will construct sound historical arguments and perspectives on which informed decisions in contemporary life can be based.
GUIDING QUESTION / LEARNING EXPECTATION	5.8.	The student will understand the continuing impact of historical events on the modern world. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support
GUIDING QUESTION / LEARNING EXPECTATION	5.10.	The student will understand how historical information is collected, recorded, interpreted, transmitted, and disseminated across various historical eras. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND / STANDARD /	TN.3431.	Economics

COURSE		
CONCEPTUAL STRAND / GUIDING QUESTION	4.0.	Governance and Civics: Governance establishes structures of power and authority in order to provide order and stability. Civic efficacy requires understanding rights and responsibilities, ethical behavior, and the role of citizens within their community, nation, and world.
GUIDING QUESTION / LEARNING EXPECTATION	4.1.	The student will understand the economic roles and responsibilities of citizens living in a democratic society. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD / COURSE	TN.3431.	Economics
CONCEPTUAL STRAND / GUIDING QUESTION	6.0.	Individuals, Groups, and Interactions: Personal development and identity are shaped by factors including culture, groups, and institutions. Central to this development are exploration, identification, and analysis of how individuals, and groups work independently and cooperatively.
GUIDING QUESTION / LEARNING EXPECTATION	6.1.	The student will understand the elements of personal and fiscal responsibility Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD / COURSE	TN.3433.	Psychology
CONCEPTUAL STRAND / GUIDING QUESTION	2.0.	Economics: Globalization of the economy, the explosion of population growth, technological changes and international competition compel students to understand, both personally and globally, production, distribution, and consumption of goods and services. Students will examine and analyze economic concepts such as basic needs versus wants, using versus saving money, and policy-making versus decision-making.
GUIDING QUESTION / LEARNING EXPECTATION	2.2.	The student will understand how individual values and beliefs influence economic decisions. Multimedia Extensions
		Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD / COURSE	TN.3432.	Sociology
CONCEPTUAL STRAND / GUIDING	2.0.	Economics: Globalization of the economy, the explosion of population growth, technological changes and international competition compel students to understand, both personally and globally, production,

QUESTION		distribution, and consumption of goods and services. Students will examine and analyze economic concepts such as basic needs versus wants, using versus saving money, and policy-making versus decision-making.
GUIDING QUESTION / LEARNING EXPECTATION	2.2.	The student will understand how individual values and beliefs influence economic decisions. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD / COURSE	TN.3432.	Sociology
CONCEPTUAL STRAND / GUIDING QUESTION	6.0.	Individuals, Groups, and Interactions: Personal development and identity are shaped by factors including culture, groups, and institutions. Central to this development are exploration, identification, and analysis of how individuals and groups work independently and cooperatively.
GUIDING QUESTION / LEARNING EXPECTATION	6.2.	The student will explore the various ways people interact. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
GUIDING QUESTION / LEARNING EXPECTATION	6.10.	The student will understand the role of media and social trends in determining the development of society. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

Health and PE

Grade 9 - Adopted 2008

STRAND / STANDARD / COURSE	TN.PE.	Physical Education
/ GUIDING QUESTION	PE.1:	Motor Skills and Movement Patterns: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
GUIDING QUESTION / LEARNING EXPECTATION	1.1.	The student will demonstrate competency in basic and advanced motor skills and tactics in three or more of the following categories: aquatics, dance, fitness activities, individual/dual sports, outdoor pursuits, leisure pursuits self-defense, team sports and cooperative games/activities

		Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/STANDARD/ COURSE	TN.PE.	Physical Education
CONCEPTUAL STRAND / GUIDING QUESTION	PE.2:	Cognitive Concepts: The student will demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
GUIDING QUESTION / LEARNING EXPECTATION	2.2.	The student will execute procedures, rules and etiquette as they relate to the learning and performance of physical activities
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GUIDING QUESTION / LEARNING EXPECTATION	2.3.	The student will utilize content knowledge to achieve and maintain physical fitness
		Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 13: Motivation
GUIDING QUESTION / LEARNING EXPECTATION	2.4.	The student will understand the implications of and the benefits from involvement in physical activities
		Multimedia Extensions Multimedia Extensions: Stress
GUIDING QUESTION / LEARNING EXPECTATION	2.6.	The student will understand the principles of exercise physiology and nutrition to avoid injury and enhance physical fitness
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / STANDARD / COURSE	TN.PE.	Physical Education
CONCEPTUAL STRAND / GUIDING QUESTION	PE.3:	Active Lifestyle: The student will participate regularly in physical activity.
GUIDING QUESTION /	3.1.	The student will participate daily in physical activities in both school and

LEARNING		non-school settings in order to achieve and maintain a healthy, active
EXPECTATION		lifestyle
		Multimedia Extensions
		Multimedia Extensions: Stress
		My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 13: Motivation
GUIDING QUESTION /	3.3.	The student will select and participate in physical activities that provide
LEARNING		enjoyment and challenge
EXPECTATION		
		Multimedia Extensions
		Multimedia Extensions: Confidence
GUIDING QUESTION /	3.4.	The student will regularly assess personal physical activity level
LEARNING EXPECTATION		
LAFECTATION		My Success Roadmap
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GUIDING QUESTION /	3.5.	The student will apply principles of exercise physiology and nutrition to
LEARNING		avoid injury and enhance physical fitness
EXPECTATION		
		Multimedia Extensions
		Multimedia Extensions: Stress
		My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / STANDARD /	TN.PE.	Physical Education
COURSE		
CONCEPTUAL STRAND	PE.4:	Health Related Physical Fitness: The student will achieve and maintain a
/ GUIDING QUESTION		health-enhancing level of physical fitness.
GUIDING QUESTION /	4.2.	The student will identify and define concepts of physical fitness
LEARNING		The state of the s
EXPECTATION		Multimedia Extensions
		Multimedia Extensions: Stress
OLUDING OLUCATION (4.0	The advalant will develop about a state of a state of a
GUIDING QUESTION / LEARNING	4.6.	The student will develop challenging, yet attainable, personal short-term and long-term fitness goals
EXPECTATION		
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
GUIDING QUESTION /	4.7.	The student will develop, implement and assess a personal fitness plan
LEARNING		designed to achieve and maintain a higher level of health-related physical
		fitness

EXPECTATION		
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GUIDING QUESTION / LEARNING EXPECTATION	4.8.	The student will practice the basic principles of exercise physiology and proper nutrition to avoid injury and enhance physical fitness
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / STANDARD / COURSE	TN.PE.	Physical Education
CONCEPTUAL STRAND / GUIDING QUESTION	PE.5:	Personal and Social Behavior: The student will exhibit responsible personal and social behavior that respects self and others in physical activity settings.
GUIDING QUESTION / LEARNING EXPECTATION	5.4.	The student will exhibit conflict resolution skills
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD / COURSE	TN.PE.	Physical Education
CONCEPTUAL STRAND / GUIDING QUESTION	PE.6:	Affective Concepts: The student will value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
GUIDING QUESTION / LEARNING EXPECTATION	6.2.	The student will demonstrate a willingness to try new activities for challenge and personal reward
		Multimedia Extensions Multimedia Extensions: Confidence
GUIDING QUESTION / LEARNING EXPECTATION	6.4.	The student will value the importance of participating in physical activity
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GUIDING QUESTION / LEARNING EXPECTATION	6.5.	The student will make a commitment to include physical activity as an essential part of a healthy lifestyle
		Multimedia Extensions

		Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GUIDING QUESTION / LEARNING EXPECTATION	6.6.	The student will differentiate realistic and idealized body image and performance as portrayed by the media
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

Health and PE

Grade 10 - Adopted 2008

STRAND / STANDARD / COURSE	TN.PE.	Physical Education
CONCEPTUAL STRAND / GUIDING QUESTION	PE.1:	Motor Skills and Movement Patterns: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
GUIDING QUESTION / LEARNING EXPECTATION	1.1.	The student will demonstrate competency in basic and advanced motor skills and tactics in three or more of the following categories: aquatics, dance, fitness activities, individual/dual sports, outdoor pursuits, leisure pursuits self-defense, team sports and cooperative games/activities
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / STANDARD / COURSE	TN.PE.	Physical Education
CONCEPTUAL STRAND / GUIDING QUESTION	PE.2:	Cognitive Concepts: The student will demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
GUIDING QUESTION / LEARNING EXPECTATION	2.2.	The student will execute procedures, rules and etiquette as they relate to the learning and performance of physical activities
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

GUIDING QUESTION / LEARNING EXPECTATION	2.3.	The student will utilize content knowledge to achieve and maintain physical fitness
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GUIDING QUESTION / LEARNING EXPECTATION	2.4.	The student will understand the implications of and the benefits from involvement in physical activities
		Multimedia Extensions Multimedia Extensions: Stress
GUIDING QUESTION / LEARNING EXPECTATION	2.6.	The student will understand the principles of exercise physiology and nutrition to avoid injury and enhance physical fitness
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / STANDARD / COURSE	TN.PE.	Physical Education
CONCEPTUAL STRAND / GUIDING QUESTION	PE.3:	Active Lifestyle: The student will participate regularly in physical activity.
GUIDING QUESTION / LEARNING EXPECTATION	3.1.	The student will participate daily in physical activities in both school and non- school settings in order to achieve and maintain a healthy, active lifestyle
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GUIDING QUESTION / LEARNING EXPECTATION	3.3.	The student will select and participate in physical activities that provide enjoyment and challenge
		Multimedia Extensions Multimedia Extensions: Confidence
GUIDING QUESTION / LEARNING EXPECTATION	3.4.	The student will regularly assess personal physical activity level
		My Success Roadmap

CONCEPTUAL	PE.5:	Personal and Social Behavior: The student will exhibit responsible personal
STRAND / STANDARD / COURSE	TN.PE.	Physical Education
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
		Multimedia Extensions Multimedia Extensions: Stress
EXPECTATION		proper nutrition to avoid injury and enhance physical fitness
GUIDING QUESTION /	4.8.	The student will practice the basic principles of exercise physiology and
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GUIDING QUESTION / LEARNING EXPECTATION	4.7.	The student will develop, implement and assess a personal fitness plan designed to achieve and maintain a higher level of health-related physical fitness
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
GUIDING QUESTION / LEARNING EXPECTATION	4.6.	The student will develop challenging, yet attainable, personal short-term and long-term fitness goals
		Multimedia Extensions Multimedia Extensions: Stress
GUIDING QUESTION / LEARNING EXPECTATION	4.2.	The student will identify and define concepts of physical fitness
CONCEPTUAL STRAND / GUIDING QUESTION	PE.4:	Health Related Physical Fitness: The student will achieve and maintain a health-enhancing level of physical fitness.
STRAND / STANDARD / COURSE		
		Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
EXPECTATION		Multimedia Extensions
LEARNING	3.5.	The student will apply principles of exercise physiology and nutrition to avoid injury and enhance physical fitness
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

STRAND / GUIDING QUESTION		and social behavior that respects self and others in physical activity settings.
GUIDING QUESTION / LEARNING EXPECTATION	5.4.	The student will exhibit conflict resolution skills My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD / COURSE	TN.PE.	Physical Education
CONCEPTUAL STRAND / GUIDING QUESTION	PE.6:	Affective Concepts: The student will value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
GUIDING QUESTION / LEARNING EXPECTATION	6.2.	The student will demonstrate a willingness to try new activities for challenge and personal reward
		Multimedia Extensions Multimedia Extensions: Confidence
GUIDING QUESTION / LEARNING EXPECTATION	6.4.	The student will value the importance of participating in physical activity
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GUIDING QUESTION / LEARNING EXPECTATION	6.5.	The student will make a commitment to include physical activity as an essential part of a healthy lifestyle
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GUIDING QUESTION / LEARNING EXPECTATION	6.6.	The student will differentiate realistic and idealized body image and performance as portrayed by the media
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

Grade 11 - Adopted 2008

STRAND / STANDARD / COURSE	TN.PE.	Physical Education
CONCEPTUAL STRAND / GUIDING QUESTION	PE.1:	Motor Skills and Movement Patterns: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
GUIDING QUESTION / LEARNING EXPECTATION	1.1.	The student will demonstrate competency in basic and advanced motor skills and tactics in three or more of the following categories: aquatics, dance, fitness activities, individual/dual sports, outdoor pursuits, leisure pursuits self-defense, team sports and cooperative games/activities Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / STANDARD / COURSE	TN.PE.	Physical Education
CONCEPTUAL STRAND / GUIDING QUESTION	PE.2:	Cognitive Concepts: The student will demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
GUIDING QUESTION / LEARNING EXPECTATION	2.2.	The student will execute procedures, rules and etiquette as they relate to the learning and performance of physical activities
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GUIDING QUESTION / LEARNING EXPECTATION	2.3.	The student will utilize content knowledge to achieve and maintain physical fitness
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GUIDING QUESTION / LEARNING EXPECTATION	2.4.	The student will understand the implications of and the benefits from involvement in physical activities
		Multimedia Extensions Multimedia Extensions: Stress
GUIDING QUESTION / LEARNING EXPECTATION	2.6.	The student will understand the principles of exercise physiology and nutrition to avoid injury and enhance physical fitness

		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / STANDARD / COURSE	TN.PE.	Physical Education
CONCEPTUAL STRAND / GUIDING QUESTION	PE.3:	Active Lifestyle: The student will participate regularly in physical activity.
GUIDING QUESTION / LEARNING EXPECTATION	3.1.	The student will participate daily in physical activities in both school and non- school settings in order to achieve and maintain a healthy, active lifestyle
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GUIDING QUESTION / LEARNING EXPECTATION	3.3.	The student will select and participate in physical activities that provide enjoyment and challenge
		Multimedia Extensions Multimedia Extensions: Confidence
GUIDING QUESTION / LEARNING EXPECTATION	3.4.	The student will regularly assess personal physical activity level
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GUIDING QUESTION / LEARNING EXPECTATION	3.5.	The student will apply principles of exercise physiology and nutrition to avoid injury and enhance physical fitness
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / STANDARD / COURSE	TN.PE.	Physical Education
CONCEPTUAL STRAND / GUIDING QUESTION	PE.4:	Health Related Physical Fitness: The student will achieve and maintain a health-enhancing level of physical fitness.
GUIDING QUESTION /	4.2.	The student will identify and define concepts of physical fitness

LEARNING		
EXPECTATION		
		Multimedia Extensions
		Multimedia Extensions: Stress
GUIDING QUESTION /	4.6.	The student will develop challenging, yet attainable, personal short-term and
LEARNING		long-term fitness goals
EXPECTATION		
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
GUIDING QUESTION /	4.7.	The student will develop, implement and assess a personal fitness plan
LEARNING		designed to achieve and maintain a higher level of health-related physical
EXPECTATION		fitness
		My Success Roadmap
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
		22g
GUIDING QUESTION /	4.8.	The student will practice the basic principles of exercise physiology and
LEARNING		proper nutrition to avoid injury and enhance physical fitness
EXPECTATION		
		Multimedia Futanciana
		Multimedia Extensions Multimedia Extensions: Stress
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		My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / STANDARD	TN.PE.	Physical Education
/ COURSE		
CONCEPTUAL	PE.5:	Personal and Social Behavior: The student will exhibit responsible personal
STRAND / GUIDING	FL.J.	and social behavior that respects self and others in physical activity settings.
QUESTION		and obtain boriavior that reoperite our and entere in physical detriny countries.
GUIDING QUESTION /	5.4.	The student will exhibit conflict resolution skills
LEARNING		
EXPECTATION		My Success Readman
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
		Office 2. Finginivaly to Confidence - Lesson Go. Analyzing School Confidence
STRAND / STANDARD	TN.PE.	Physical Education
/ COURSE		
CONCEPTUAL	PE.6:	Affective Concepts: The student will value physical activity for health,
STRAND / GUIDING		enjoyment, challenge, self-expression and/or social interaction.
QUESTION		
CHIDING OUTSTION (6.2	The student will demonstrate a williamous to try your seticities for shall are
GUIDING QUESTION / LEARNING	0.∠.	The student will demonstrate a willingness to try new activities for challenge and personal reward
EXPECTATION		and personal reward

		Multimedia Extensions
		Multimedia Extensions: Confidence
GUIDING QUESTION /	6.4.	The student will value the importance of participating in physical activity
LEARNING		
EXPECTATION		
		Multimedia Extensions
		Multimedia Extensions: Stress
		My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 13: Motivation
GUIDING QUESTION /	6.5.	The student will make a commitment to include physical activity as an
LEARNING		essential part of a healthy lifestyle
EXPECTATION		
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation Multimedia Extensions: Stress
		Multimedia Extensions: Stress
		My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 13: Motivation
GUIDING QUESTION /	6.6.	The student will differentiate realistic and idealized body image and
LEARNING		performance as portrayed by the media
EXPECTATION		
		Multimadia Futanciana
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
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Health and PE

Grade 12 - Adopted 2008

STRAND / STANDARD / COURSE	TN.PE.	Physical Education
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GUIDING QUESTION / LEARNING EXPECTATION		The student will demonstrate competency in basic and advanced motor skills and tactics in three or more of the following categories: aquatics, dance, fitness activities, individual/dual sports, outdoor pursuits, leisure pursuits self-defense, team sports and cooperative games/activities
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		My Success Roadmap

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STRAND / STANDARD / COURSE	TN.PE.	Physical Education
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		Multimedia Extensions: Stress
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GUIDING QUESTION / LEARNING EXPECTATION	3.3.	The student will select and participate in physical activities that provide enjoyment and challenge
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		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / STANDARD / COURSE	TN.PE.	Physical Education
CONCEPTUAL STRAND / GUIDING QUESTION	PE.4:	Health Related Physical Fitness: The student will achieve and maintain a health-enhancing level of physical fitness.
GUIDING QUESTION / LEARNING EXPECTATION	4.2.	The student will identify and define concepts of physical fitness
EXPECTATION		Multimedia Extensions Multimedia Extensions: Stress
GUIDING QUESTION / LEARNING EXPECTATION	4.6.	The student will develop challenging, yet attainable, personal short-term and long-term fitness goals
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
GUIDING QUESTION / LEARNING EXPECTATION	4.7.	The student will develop, implement and assess a personal fitness plan designed to achieve and maintain a higher level of health-related physical fitness
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		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
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GUIDING QUESTION / LEARNING EXPECTATION	4.8.	The student will practice the basic principles of exercise physiology and proper nutrition to avoid injury and enhance physical fitness
		Multimedia Extensions Multimedia Extensions: Stress
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STRAND / STANDARD / COURSE	TN.PE.	Physical Education
CONCEPTUAL STRAND / GUIDING QUESTION	PE.5:	Personal and Social Behavior: The student will exhibit responsible personal and social behavior that respects self and others in physical activity settings.
GUIDING QUESTION / LEARNING EXPECTATION	5.4.	The student will exhibit conflict resolution skills
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD / COURSE	TN.PE.	Physical Education
CONCEPTUAL STRAND / GUIDING QUESTION	PE.6:	Affective Concepts: The student will value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
GUIDING QUESTION / LEARNING EXPECTATION	6.2.	The student will demonstrate a willingness to try new activities for challenge and personal reward
		Multimedia Extensions Multimedia Extensions: Confidence
GUIDING QUESTION / LEARNING EXPECTATION	6.4.	The student will value the importance of participating in physical activity
EXI ZOTATION		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GUIDING QUESTION / LEARNING EXPECTATION	6.5.	The student will make a commitment to include physical activity as an essential part of a healthy lifestyle
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

		Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GUIDING QUESTION / LEARNING EXPECTATION	6.6.	The student will differentiate realistic and idealized body image and performance as portrayed by the media
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

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