

**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**

<b>STRAND / STANDARD / COURSE</b>	<b>TN.7.6.</b>	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.
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>7.6.01.</b>	Understand the impact of individual and group decisions on citizens and communities.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>7.6.01.a.</b>	<p>Recognize that individuals can belong to groups but still retain their own identity.</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>7.6.01.b.</b>	<p>Know how to share and give opinions in a group.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

Tennessee Curriculum Standards

Social Studies

Grade 8 - Adopted 2003

<b>STRAND / STANDARD / COURSE</b>	<b>TN.8.2.</b>	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.
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>8.2.03.</b>	Understand the potential costs and benefits of individual economic choices in the market economy.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>8.2.03.d.</b>	<p>Explain and illustrate how values and beliefs influence different economic decisions related to needs and wants.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting</p>
<b>STRAND / STANDARD / COURSE</b>	<b>TN.8.5.</b>	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.
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>8.5.spi.</b>	Performance Indicators State:
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>8.5.spi.6.</b>	<p>Classify the characteristics of major historic events into causes and effects (i.e., exploration, colonization, revolution, expansion, and Civil War).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>STRAND / STANDARD / COURSE</b>	<b>TN.8.6.</b>	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.
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>8.6.spi.</b>	Performance Indicators State:
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>8.6.spi.1.</b>	<p>Identify the impact of individual and group decisions on historical events.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>8.6.spi.4.</b>	<p>Identify the role of institutions in furthering both continuity and change (i.e., governments, churches, families, schools, communities).</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>8.6.spi.5.</b>	<p>Recognize how groups and institutions work together to meet common needs.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 3: Highway Connections - Lesson 07: Social Support</p>

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

**Tennessee Curriculum Standards**

**Health and PE**

**Grade 7 - Adopted 2008**

<b>STRAND / STANDARD / COURSE</b>	<b>TN.HE.</b>	Health Education
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>HE.1:</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>1.1.</b>	The student will analyze the effectiveness of personal decision-making as it relates to future health and wellness outcomes;  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>1.2.</b>	The student will describe individual goals and aspirations for healthy living;  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & 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
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>1.3.</b>	The student will determine how setting healthy living goals can promote lifetime wellness;  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation

		<p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>1.4.</b>	<p>The student will develop a list of questions that influence the decision-making process;</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>1.5.</b>	<p>The student will identify choices and examine alternatives and consequences of each choice when making decisions as it relates to healthy living;</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>1.6.</b>	<p>The student will evaluate the influence of media on the decision-making process related to healthy living.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STRAND / STANDARD / COURSE</b>	<b>TN.HE.</b>	Health Education
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>HE.4:</b>	Personal Health and Wellness: The student will understand the relationship of physical activity and rest to healthy living.
<b>GUIDING QUESTION / LEARNING</b>	<b>4.1.</b>	The student will explain the importance of participation in the recommended one hour of daily physical activity;

EXPECTATION		<p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
GUIDING QUESTION / LEARNING EXPECTATION	4.2.	<p>The student will identify the components of health-related physical fitness;</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
GUIDING QUESTION / LEARNING EXPECTATION	4.3.	<p>The student will determine the benefits of exercise in relation to improved health during all stages of life;</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
GUIDING QUESTION / LEARNING EXPECTATION	4.4.	<p>The student will assess the relationship of physical activity to other areas of personal health (social, mental, and emotional well-being).</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND / STANDARD / 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.	<p>The student will identify family influences in the development of personal values and beliefs and how they will affect future decisions;</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p>

		<p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>6.2.</b>	<p>The student will analyze changing roles and responsibilities (physically, socially and emotionally) throughout the life cycle as individuals and members of families;</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>6.3.</b>	<p>The student will evaluate the influence of attitudes, emotions, and behaviors on healthy family relationships.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  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</p> <p><b>My Success Roadmap</b>  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</p>
<b>STRAND / STANDARD / COURSE</b>	<b>TN.HE.</b>	Health Education
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>HE.7:</b>	Family Life: The student will understand the stages of human growth and development.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>7.1.</b>	<p>The student will describe and demonstrate understanding of the developmental characteristics of adolescence including physical and emotional changes;</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p>

		Multimedia Extensions: Well-Being
<b>STRAND / STANDARD / COURSE</b>	<b>TN.HE.</b>	Health Education
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>HE.8:</b>	Emotional, Social, and Mental Health: The student will understand the importance of positive self-concept and interpersonal relationships for healthy living.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>8.1.</b>	The student will demonstrate healthy ways to express needs, wants, and feelings;  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>8.3.</b>	The student will understand how mental, emotional, social and physical health dimensions are interrelated and that problems in one dimension can influence another;  <b>My Roadmap to the Future</b> 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  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>8.4.</b>	The student will demonstrate skills to cope with attitudes and behaviors appropriately as related to social health;  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> 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  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning



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

		Multimedia Extensions: Motivation
<b>STRAND / STANDARD / COURSE</b>	<b>TN.HE.</b>	Health Education
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>HE.14:</b>	Environmental and Community Health: The student will recognize environmental practices, products and resources that affect personal and community health and promotes healthy living.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>14.4.</b>	The student will demonstrate understanding of ways to promote a healthful environment;  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>14.6.</b>	The student will analyze the importance of community organizations to healthy living;  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>14.8.</b>	The student will evaluate the effect of media and technology on individual, family, and community health.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STRAND / STANDARD / COURSE</b>	<b>TN.PE.</b>	Physical Education
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>PE.3:</b>	Physical Activity: A physically educated person participates regularly in physical activity.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>3.1.</b>	The student will understand the importance of daily physical activity  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>3.2.</b>	The student will understand the daily requirements for physical activity  <b>Multimedia Extensions</b>

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

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

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

**Tennessee Curriculum Standards**

**Health and PE**

**Grade 8 - Adopted 2008**

<b>STRAND / STANDARD / COURSE</b>	<b>TN.HE.</b>	Health Education
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>HE.1:</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>1.1.</b>	The student will analyze the effectiveness of personal decision-making as it relates to future health and wellness outcomes;  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>1.2.</b>	The student will describe individual goals and aspirations for healthy living;  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future

		<p>Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>1.3.</b>	<p>The student will determine how setting healthy living goals can promote lifetime wellness;</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>1.4.</b>	<p>The student will develop a list of questions that influence the decision-making process;</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>1.5.</b>	<p>The student will identify choices and examine alternatives and consequences of each choice when making decisions as it relates to healthy living;</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>1.6.</b>	<p>The student will evaluate the influence of media on the decision-making process related to healthy living.</p> <p><b>Multimedia Extensions</b></p>

		<p>Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STRAND / STANDARD / COURSE</b>	<b>TN.HE.</b>	Health Education
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>HE.4:</b>	Personal Health and Wellness: The student will understand the relationship of physical activity and rest to healthy living.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>4.1.</b>	<p>The student will explain the importance of participation in the recommended one hour of daily physical activity;</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>4.2.</b>	<p>The student will identify the components of health-related physical fitness;</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>4.3.</b>	<p>The student will determine the benefits of exercise in relation to improved health during all stages of life;</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>4.4.</b>	<p>The student will assess the relationship of physical activity to other areas of personal health (social, mental, and emotional well-being).</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>

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



		<p>Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STRAND / STANDARD / COURSE</b>	<b>TN.HE.</b>	Health Education
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>HE.7:</b>	Family Life: The student will understand the stages of human growth and development.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>7.1.</b>	<p>The student will describe and demonstrate understanding of the developmental characteristics of adolescence including physical and emotional changes;</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p>
<b>STRAND / STANDARD / COURSE</b>	<b>TN.HE.</b>	Health Education
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>HE.8:</b>	Emotional, Social, and Mental Health: The student will understand the importance of positive self-concept and interpersonal relationships for healthy living.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>8.1.</b>	<p>The student will demonstrate healthy ways to express needs, wants, and feelings;</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support</p>
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>8.3.</b>	<p>The student will understand how mental, emotional, social and physical health dimensions are interrelated and that problems in one dimension can influence another;</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>

<p><b>GUIDING QUESTION / LEARNING EXPECTATION</b></p>	<p>8.4.</p>	<p>The student will demonstrate skills to cope with attitudes and behaviors appropriately as related to social health;</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>GUIDING QUESTION / LEARNING EXPECTATION</b></p>	<p>8.5.</p>	<p>The student will evaluate attitudes and behaviors as related to personal and mental health;</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>GUIDING QUESTION / LEARNING EXPECTATION</b></p>	<p>8.6.</p>	<p>The student will recognize stress is a normal part of life and appropriate stress management should be a life-long skill.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance</p>

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

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

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

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

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**Social Studies**

**Grade 9 - Adopted 2003**

<b>STRAND / STANDARD / COURSE</b>	<b>TN.3435.</b>	Contemporary Issues
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>4.0.</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>4.1.</b>	The student will identify types of legal statutes and penal code, and issues relative to their enforcement.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3405.</b>	United States History
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>		Era 10: The Contemporary United States 1968-present
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>5.0.</b>	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.
<b>LEARNING EXPECTATION</b>	<b>5.2.</b>	The student will investigate domestic and foreign policy trends since 1968.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3405.</b>	United States History
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>		Era 10: The Contemporary United States 1968-present
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>6.0.</b>	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.
<b>LEARNING EXPECTATION</b>	<b>6.2.</b>	The student will understand the implications of the changing American society.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / STANDARD /</b>	<b>TN.3401.</b>	World History

<b>COURSE</b>		
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>5.0.</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>5.8.</b>	The student will understand the continuing impact of historical events on the modern world.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges  <b>My Success Roadmap</b> 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
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>5.10.</b>	The student will understand how historical information is collected, recorded, interpreted, transmitted, and disseminated across various historical eras.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3431.</b>	Economics
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>4.0.</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>4.1.</b>	The student will understand the economic roles and responsibilities of citizens living in a democratic society.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3431.</b>	Economics
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>6.0.</b>	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,



<b>QUESTION</b>		and groups work independently and cooperatively.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	6.1.	The student will understand the elements of personal and fiscal responsibility  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / STANDARD / COURSE</b>	TN.3433.	Psychology
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	2.2.	The student will understand how individual values and beliefs influence economic decisions.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / STANDARD / COURSE</b>	TN.3432.	Sociology
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	2.2.	The student will understand how individual values and beliefs influence economic decisions.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / STANDARD / COURSE</b>	TN.3432.	Sociology
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	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.
<b>GUIDING QUESTION /</b>	6.2.	The student will explore the various ways people interact.

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

**Tennessee Curriculum Standards**

**Social Studies**

**Grade 10 - Adopted 2003**

<b>STRAND / STANDARD / COURSE</b>	<b>TN.3435.</b>	Contemporary Issues
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>4.0.</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>4.1.</b>	<p>The student will identify types of legal statutes and penal code, and issues relative to their enforcement.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting</p>
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3405.</b>	United States History
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>		Era 9: Post World War II Era (1945-1970s)
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>6.0.</b>	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.
<b>LEARNING EXPECTATION</b>	<b>6.3.</b>	<p>The student will investigate how technological change transformed American society and created popular culture.</p> <p><b>Multimedia Extensions</b></p>

		Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3405.</b>	United States History
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>		Era 10: The Contemporary United States 1968-present
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>5.0.</b>	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.
<b>LEARNING EXPECTATION</b>	<b>5.2.</b>	The student will investigate domestic and foreign policy trends since 1968.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3405.</b>	United States History
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>		Era 10: The Contemporary United States 1968-present
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>6.0.</b>	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.
<b>LEARNING EXPECTATION</b>	<b>6.2.</b>	The student will understand the implications of the changing American society.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3401.</b>	World History
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>5.0.</b>	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.

<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>5.10.</b>	The student will understand how historical information is collected, recorded, interpreted, transmitted, and disseminated across various historical eras.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3431.</b>	Economics
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>4.0.</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>4.1.</b>	The student will understand the economic roles and responsibilities of citizens living in a democratic society.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3431.</b>	Economics
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>6.0.</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>6.1.</b>	The student will understand the elements of personal and fiscal responsibility  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3433.</b>	Psychology
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>2.0.</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>2.2.</b>	The student will understand how individual values and beliefs influence economic decisions.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting

<b>STRAND / STANDARD / COURSE</b>	<b>TN.3432.</b>	Sociology
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>2.0.</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>2.2.</b>	The student will understand how individual values and beliefs influence economic decisions.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3432.</b>	Sociology
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>6.0.</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>6.2.</b>	The student will explore the various ways people interact.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>6.10.</b>	The student will understand the role of media and social trends in determining the development of society.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting

Tennessee Curriculum Standards

Social Studies

Grade 11 - Adopted 2003

<b>STRAND / STANDARD / COURSE</b>	<b>TN.3435.</b>	Contemporary Issues
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<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>4.0.</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>4.1.</b>	The student will identify types of legal statutes and penal code, and issues relative to their enforcement.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3405.</b>	United States History
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>		Era 9: Post World War II Era (1945-1970s)
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>6.0.</b>	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.
<b>LEARNING EXPECTATION</b>	<b>6.3.</b>	The student will investigate how technological change transformed American society and created popular culture.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3405.</b>	United States History
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>		Era 10: The Contemporary United States 1968-present
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>5.0.</b>	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.
<b>LEARNING EXPECTATION</b>	<b>5.2.</b>	The student will investigate domestic and foreign policy trends since 1968.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

<b>STRAND / STANDARD / COURSE</b>	<b>TN.3405.</b>	United States History
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>		Era 10: The Contemporary United States 1968-present
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>6.0.</b>	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.
<b>LEARNING EXPECTATION</b>	<b>6.2.</b>	The student will understand the implications of the changing American society.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3401.</b>	World History
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>5.0.</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>5.8.</b>	The student will understand the continuing impact of historical events on the modern world.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges  <b>My Success Roadmap</b> 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
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>5.10.</b>	The student will understand how historical information is collected, recorded, interpreted, transmitted, and disseminated across various historical eras.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

<b>STRAND / STANDARD / COURSE</b>	<b>TN.3431.</b>	Economics
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>4.0.</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>4.1.</b>	The student will understand the economic roles and responsibilities of citizens living in a democratic society.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3431.</b>	Economics
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>6.0.</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>6.1.</b>	The student will understand the elements of personal and fiscal responsibility  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3433.</b>	Psychology
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>2.0.</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>2.2.</b>	The student will understand how individual values and beliefs influence economic decisions.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3432.</b>	Sociology
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>2.0.</b>	Economics: Globalization of the economy, the explosion of population growth, technological changes and international competition compel students to



<b>QUESTION</b>		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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>2.2.</b>	The student will understand how individual values and beliefs influence economic decisions.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3432.</b>	Sociology
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>6.0.</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>6.2.</b>	The student will explore the various ways people interact.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>6.10.</b>	The student will understand the role of media and social trends in determining the development of society.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting

**Tennessee Curriculum Standards**

**Social Studies**

**Grade 12 - Adopted 2003**

<b>STRAND / STANDARD / COURSE</b>	<b>TN.3435.</b>	Contemporary Issues
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>4.0.</b>	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.
<b>GUIDING QUESTION /</b>	<b>4.1.</b>	The student will identify types of legal statutes and penal code, and issues relative to their enforcement.

<b>LEARNING EXPECTATION</b>		<p><b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting</p>
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3405.</b>	United States History
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>		Era 9: Post World War II Era (1945-1970s)
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>6.0.</b>	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.
<b>LEARNING EXPECTATION</b>	<b>6.3.</b>	<p>The student will investigate how technological change transformed American society and created popular culture.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting</p>
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3405.</b>	United States History
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>		Era 10: The Contemporary United States 1968-present
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>5.0.</b>	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.
<b>LEARNING EXPECTATION</b>	<b>5.2.</b>	<p>The student will investigate domestic and foreign policy trends since 1968.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3405.</b>	United States History
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>		Era 10: The Contemporary United States 1968-present

<b>QUESTION</b>		
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>6.0.</b>	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.
<b>LEARNING EXPECTATION</b>	<b>6.2.</b>	The student will understand the implications of the changing American society.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3401.</b>	World History
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>5.0.</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>5.8.</b>	The student will understand the continuing impact of historical events on the modern world.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges  <b>My Success Roadmap</b> 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
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>5.10.</b>	The student will understand how historical information is collected, recorded, interpreted, transmitted, and disseminated across various historical eras.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>STRAND / STANDARD /</b>	<b>TN.3431.</b>	Economics

<b>COURSE</b>		
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>4.0.</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>4.1.</b>	The student will understand the economic roles and responsibilities of citizens living in a democratic society.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3431.</b>	Economics
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>6.0.</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>6.1.</b>	The student will understand the elements of personal and fiscal responsibility  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3433.</b>	Psychology
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>2.0.</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>2.2.</b>	The student will understand how individual values and beliefs influence economic decisions.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / STANDARD / COURSE</b>	<b>TN.3432.</b>	Sociology
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>2.0.</b>	Economics: Globalization of the economy, the explosion of population growth, technological changes and international competition compel students to understand, both personally and globally, production,

<b>QUESTION</b>		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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	2.2.	The student will understand how individual values and beliefs influence economic decisions.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>STRAND / STANDARD / COURSE</b>	TN.3432.	Sociology
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	6.2.	The student will explore the various ways people interact.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	6.10.	The student will understand the role of media and social trends in determining the development of society.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting

**Tennessee Curriculum Standards**

**Health and PE**

**Grade 9 - Adopted 2008**

<b>STRAND / STANDARD / COURSE</b>	TN.PE.	Physical Education
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	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

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

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

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



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

**Tennessee Curriculum Standards**

**Health and PE**

**Grade 10 - Adopted 2008**

<b>STRAND / STANDARD / COURSE</b>	<b>TN.PE.</b>	Physical Education
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>PE.1:</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>1.1.</b>	<p>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</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>STRAND / STANDARD / COURSE</b>	<b>TN.PE.</b>	Physical Education
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>PE.2:</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>2.2.</b>	<p>The student will execute procedures, rules and etiquette as they relate to the learning and performance of physical activities</p> <p><b>My Success Roadmap</b>  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

GUIDING QUESTION / LEARNING EXPECTATION	2.3.	<p>The student will utilize content knowledge to achieve and maintain physical fitness</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
GUIDING QUESTION / LEARNING EXPECTATION	2.4.	<p>The student will understand the implications of and the benefits from involvement in physical activities</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
GUIDING QUESTION / LEARNING EXPECTATION	2.6.	<p>The student will understand the principles of exercise physiology and nutrition to avoid injury and enhance physical fitness</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
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.	<p>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</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
GUIDING QUESTION / LEARNING EXPECTATION	3.3.	<p>The student will select and participate in physical activities that provide enjoyment and challenge</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p>
GUIDING QUESTION / LEARNING EXPECTATION	3.4.	<p>The student will regularly assess personal physical activity level</p> <p><b>My Success Roadmap</b></p>

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

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

Tennessee Curriculum Standards

Health and PE

**Grade 11 - Adopted 2008**

<b>STRAND / STANDARD / COURSE</b>	<b>TN.PE.</b>	Physical Education
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>PE.1:</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>1.1.</b>	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  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>STRAND / STANDARD / COURSE</b>	<b>TN.PE.</b>	Physical Education
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>PE.2:</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>2.2.</b>	The student will execute procedures, rules and etiquette as they relate to the learning and performance of physical activities  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>2.3.</b>	The student will utilize content knowledge to achieve and maintain physical fitness  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>2.4.</b>	The student will understand the implications of and the benefits from involvement in physical activities  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	<b>2.6.</b>	The student will understand the principles of exercise physiology and nutrition to avoid injury and enhance physical fitness

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

<b>LEARNING EXPECTATION</b>		<p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	4.6.	<p>The student will develop challenging, yet attainable, personal short-term and long-term fitness goals</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	4.7.	<p>The student will develop, implement and assess a personal fitness plan designed to achieve and maintain a higher level of health-related physical fitness</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	4.8.	<p>The student will practice the basic principles of exercise physiology and proper nutrition to avoid injury and enhance physical fitness</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>STRAND / STANDARD / COURSE</b>	<b>TN.PE.</b>	Physical Education
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>PE.5:</b>	Personal and Social Behavior: The student will exhibit responsible personal and social behavior that respects self and others in physical activity settings.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	5.4.	<p>The student will exhibit conflict resolution skills</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>STRAND / STANDARD / COURSE</b>	<b>TN.PE.</b>	Physical Education
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>PE.6:</b>	Affective Concepts: The student will value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	6.2.	The student will demonstrate a willingness to try new activities for challenge and personal reward

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

**Tennessee Curriculum Standards**

**Health and PE**

**Grade 12 - Adopted 2008**

<b>STRAND / STANDARD / COURSE</b>	<b>TN.PE.</b>	Physical Education
<b>CONCEPTUAL STRAND / GUIDING QUESTION</b>	<b>PE.1:</b>	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.
<b>GUIDING QUESTION / LEARNING EXPECTATION</b>	1.1.	<p>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</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b></p>



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

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

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

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