

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

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

**States:** Washington Essential Academic Learning Requirements (EALR)

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

**Washington Essential Academic Learning Requirements (EALR)**

**Health and PE**

**Grade 7 - Adopted 2008**

<b>EALR</b>	<b>WA.1.</b>	Health and Fitness: The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>BIG IDEA / CORE CONTENT</b>	<b>1.2.</b>	Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>1.2.2.</b>	Applies skills and strategies necessary for effective participation in physical activities.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>1.2.2.a.</b>	Demonstrates sportsmanship and cooperation during a variety of competitive activities.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EALR</b>	<b>WA.1.</b>	Health and Fitness: The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>BIG IDEA / CORE CONTENT</b>	<b>1.3.</b>	Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>1.3.1.</b>	Understands the components of health-related fitness.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>1.3.1.d.</b>	Summarizes realistic personal fitness goals based on current fitness measurement results and minimum health standards for age and gender.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>1.3.1.e.</b>	Understands how to track personal fitness using an activity log.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School

		Confidence
<b>EALR</b>	<b>WA.1.</b>	Health and Fitness: The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>BIG IDEA / CORE CONTENT</b>	<b>1.4.</b>	Understands the components of skill-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>1.4.1.</b>	Understands the components of skill-related fitness to physical activity.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>1.4.1.c.</b>	Participates in skill-related physical fitness assessments for goal setting.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>1.4.1.d.</b>	Interprets self-progress for skill-related physical fitness assessments in a fitness plan.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EALR</b>	<b>WA.1.</b>	Health and Fitness: The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>BIG IDEA / CORE CONTENT</b>	<b>1.4.</b>	Understands the components of skill-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>1.4.2.</b>	Explains how movement skills contribute to active living for lifetime health.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>1.4.2.a.</b>	Describes how physical activity contributes to a healthy lifestyle.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>EALR</b>	<b>WA.1.</b>	Health and Fitness: The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>BIG IDEA / CORE CONTENT</b>	<b>1.5.</b>	Understands relationship of nutrition and food nutrients to body composition and physical performance.
<b>CORE CONTENT /</b>	<b>1.5.4.</b>	Understands healthy and unhealthy eating patterns.

<b>CONTENT STANDARD</b>		
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>1.5.4.b.</b>	Describes healthy ways to lose, gain, or maintain weight.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EALR</b>	<b>WA.2.</b>	Health and Fitness: The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>BIG IDEA / CORE CONTENT</b>	<b>2.1.</b>	Understands foundations of health.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>2.1.1.</b>	Understands the dimensions of health and relates to personal health behaviors.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>2.1.1.a.</b>	Describes a personal balance of each dimension of health.  <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 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>EALR</b>	<b>WA.2.</b>	Health and Fitness: The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>BIG IDEA / CORE CONTENT</b>	<b>2.2.</b>	Understands stages of growth and development.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>2.2.4.</b>	Understands benefits of maintaining a balance of healthy habits (stress, sleep, exercise, nutrition, recreation, and school).
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>2.2.4.a.</b>	Describes warning signs/behavioral patterns, and avenues of support for young people who experience unhealthy habits.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being

EALR	WA.2.	Health and Fitness: The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
BIG IDEA / CORE CONTENT	2.4.	Acquires skills to live safely and reduce health risks.
CORE CONTENT / CONTENT STANDARD	2.4.3.	Understands effects of stress and stress-management techniques.
CONTENT STANDARD / PERFORMANCE EXPECTATION	2.4.3.a.	<p>Describes effects of stress.</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 Strees - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
CONTENT STANDARD / PERFORMANCE EXPECTATION	2.4.3.b.	<p>Describes stress management techniques.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Strees - 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>
EALR	WA.2.	Health and Fitness: The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
BIG IDEA / CORE CONTENT	2.4.	Acquires skills to live safely and reduce health risks.

CORE CONTENT / CONTENT STANDARD	2.4.5.	Understands issues and risks related to drug use and abuse.
CONTENT STANDARD / PERFORMANCE EXPECTATION	2.4.5.a.	Explains short and long-term physical and social effects of alcohol, tobacco, and other drugs.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
EALR	WA.3.	Health and Fitness: The student analyzes and evaluates the impact of real-life influences on health.
BIG IDEA / CORE CONTENT	3.1.	Understands how family, culture, and environmental factors affect personal health.
CORE CONTENT / CONTENT STANDARD	3.1.1.	Understands how family and cultural factors impact health.
CONTENT STANDARD / PERFORMANCE EXPECTATION	3.1.1.a.	Discusses how culture impacts family health.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
EALR	WA.3.	Health and Fitness: The student analyzes and evaluates the impact of real-life influences on health.
BIG IDEA / CORE CONTENT	3.2.	Evaluates health and fitness information.
CORE CONTENT / CONTENT STANDARD	3.2.2.	Analyzes health and fitness messages in media.
CONTENT STANDARD / PERFORMANCE EXPECTATION	3.2.2.a.	Draws conclusions about media techniques in health and fitness messages.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EALR	WA.3.	Health and Fitness: The student analyzes and evaluates the impact of real-life influences on health.
BIG IDEA / CORE CONTENT	3.3.	Evaluates the impact of social skills on health.
CORE CONTENT / CONTENT STANDARD	3.3.1.	Solves conflicts while maintaining safe and respectful relationships.
CONTENT STANDARD / PERFORMANCE EXPECTATION	3.3.1.a.	Demonstrates good communication skills.  <b>My Roadmap to the Future</b>

		Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>3.3.1.b.</b>	Demonstrates how adolescent development might affect family dynamics.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections Multimedia Extensions: Stress Multimedia Extensions: Well-Being
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>3.3.1.c.</b>	Demonstrates roles/qualities of a good friend.  <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 Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>EALR</b>	<b>WA.4.</b>	Health and Fitness: The student effectively analyzes personal information to develop individualized health and fitness plans.
<b>BIG IDEA / CORE CONTENT</b>	<b>4.1.</b>	Analyzes personal health and fitness information.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>4.1.1.</b>	Analyzes daily health and fitness habits.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>4.1.1.a.</b>	Analyzes individual health behaviors (e.g., diet, sleep, activity, fitness, and hydration).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>4.1.1.b.</b>	Sets and charts goals for daily health and fitness behavior changes.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation  <b>My Roadmap to the Future</b>

		<p>Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  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  Unit 6: Motivation - Lesson 12: Analyzing 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 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 4: Highway Roadblocks-Managing Strees - 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>EALR</b>	<b>WA.4.</b>	Health and Fitness: The student effectively analyzes personal information to develop individualized health and fitness plans.
<b>BIG IDEA / CORE CONTENT</b>	<b>4.2.</b>	Develops and monitors a health and fitness plan.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>4.2.1.</b>	Creates personal health and fitness data and sets goals.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>4.2.1.a.</b>	Creates a personal health and fitness plan based on health-related standards.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation

**Washington Essential Academic Learning Requirements (EALR)**

**Health and PE**

**Grade 8 - Adopted 2008**

<b>EALR</b>	<b>WA.1.</b>	Health and Fitness: The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>BIG IDEA / CORE CONTENT</b>	<b>1.2.</b>	Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.

<b>CORE CONTENT / CONTENT STANDARD</b>	<b>1.2.2.</b>	Applies skills and strategies necessary for effective participation in physical activities.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>1.2.2.a.</b>	Demonstrates sportsmanship and cooperation during a variety of competitive activities.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EALR</b>	<b>WA.1.</b>	Health and Fitness: The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>BIG IDEA / CORE CONTENT</b>	<b>1.3.</b>	Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>1.3.1.</b>	Applies the components of health-related fitness.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>1.3.1.c.</b>	Implements, reflects, and adjusts realistic fitness goals based on current fitness measurement results and minimum health standards for age and gender in an activity log.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>1.3.1.e.</b>	Shows personal benefits of making positive health and fitness improvements.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>EALR</b>	<b>WA.1.</b>	Health and Fitness: The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>BIG IDEA / CORE CONTENT</b>	<b>1.4.</b>	Understands the components of skill-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>1.4.1.</b>	Applies the components of skill-related fitness to physical activity.
<b>CONTENT STANDARD / PERFORMANCE</b>	<b>1.4.1.d.</b>	Participates in skill-related fitness assessments for goal setting.

<b>EXPECTATION</b>		<b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	1.4.1.e.	Shows progress in a personal health and fitness plan.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EALR</b>	<b>WA.1.</b>	Health and Fitness: The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>BIG IDEA / CORE CONTENT</b>	1.4.	Understands the components of skill-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CORE CONTENT / CONTENT STANDARD</b>	1.4.2.	Explains how movement skills contribute to active living for lifetime health.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	1.4.2.a.	Describes how physical activity contributes to a healthy lifestyle.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>EALR</b>	<b>WA.1.</b>	Health and Fitness: The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>BIG IDEA / CORE CONTENT</b>	1.5.	Understands relationship of nutrition and food nutrients to body composition and physical performance.
<b>CORE CONTENT / CONTENT STANDARD</b>	1.5.2.	Creates a plan to improve performance based on nutritional practices.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	1.5.2.b.	Develops a personal/individual caloric needs assessment based on activity levels, age, and specific health requirements in a balanced health and fitness plan, including diet, sleep, and nutritional habits.  <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</p> <p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>EALR</b>	<b>WA.2.</b>	Health and Fitness: The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>BIG IDEA / CORE CONTENT</b>	<b>2.1.</b>	Understands foundations of health.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>2.1.1.</b>	Analyzes the dimensions of health and relates to personal health behaviors.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>2.1.1.a.</b>	<p>Points out how the dimensions of health create a balance of personal health.</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 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>2.1.1.b.</b>	<p>Analyzes personal health in relation to the dimensions of health.</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 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>EALR</b>	<b>WA.2.</b>	Health and Fitness: The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health,

		recognizes stages of growth and development, reduces health risks, and lives safely.
<b>BIG IDEA / CORE CONTENT</b>	<b>2.2.</b>	Understands stages of growth and development.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>2.2.4.</b>	Analyzes benefits of maintaining a balance of healthy habits (stress, sleep, exercise, nutrition, recreation, and school).
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>2.2.4.a.</b>	Compares negative vs. positive health habits.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>EALR</b>	<b>WA.2.</b>	Health and Fitness: The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>BIG IDEA / CORE CONTENT</b>	<b>2.4.</b>	Acquires skills to live safely and reduce health risks.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>2.4.1.</b>	Understands abusive and risky situations and demonstrates safe behaviors to prevent injury to self and others at home, school, and in the community.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>2.4.1.a.</b>	Describes types of abuse, recognizes risky situations, and identifies sources to help in home, school, and community.  <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 Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>2.4.1.b.</b>	Describes the potential impacts of harassment, bullying, and intimidation (sexual, sexual orientation, gender, religion, disability, ethnic, race, age) on individuals.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School

		Confidence
<b>EALR</b>	<b>WA.2.</b>	Health and Fitness: The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>BIG IDEA / CORE CONTENT</b>	<b>2.4.</b>	Acquires skills to live safely and reduce health risks.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>2.4.3.</b>	Understands positive and negative effects of stress and stress-management techniques.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>2.4.3.a.</b>	Describes personal stressors and coping skills for stress management.  <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 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>EALR</b>	<b>WA.2.</b>	Health and Fitness: The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>BIG IDEA / CORE CONTENT</b>	<b>2.4.</b>	Acquires skills to live safely and reduce health risks.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>2.4.5.</b>	Understands issues and risks related to drug use and abuse.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>2.4.5.a.</b>	Discusses community resource agencies.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>2.4.5.b.</b>	Describes how drug abuse affects the person, community, and family.

		<b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
EALR	WA.3.	Health and Fitness: The student analyzes and evaluates the impact of real-life influences on health.
BIG IDEA / CORE CONTENT	3.1.	Understands how family, culture, and environmental factors affect personal health.
CORE CONTENT / CONTENT STANDARD	3.1.1.	Analyzes how family and cultural factors impact health.
CONTENT STANDARD / PERFORMANCE EXPECTATION	3.1.1.a.	Compares different cultures in the community and compares how cultures impact family health.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
EALR	WA.3.	Health and Fitness: The student analyzes and evaluates the impact of real-life influences on health.
BIG IDEA / CORE CONTENT	3.2.	Evaluates health and fitness information.
CORE CONTENT / CONTENT STANDARD	3.2.2.	Creates health and fitness messages in media.
CONTENT STANDARD / PERFORMANCE EXPECTATION	3.2.2.a.	Selects a positive media campaign to promote healthy decisions.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EALR	WA.3.	Health and Fitness: The student analyzes and evaluates the impact of real-life influences on health.
BIG IDEA / CORE CONTENT	3.3.	Evaluates the impact of social skills on health.
CORE CONTENT / CONTENT STANDARD	3.3.1.	Solves conflicts while maintaining safe and respectful relationships.
CONTENT STANDARD / PERFORMANCE EXPECTATION	3.3.1.c.	Predicts how changes in self and others impact peer relationships.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence  <b>My Roadmap to the Future</b> Unit 6: Motivation - Lesson 12: Analyzing Motivation  <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 & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
<b>EALR</b>	<b>WA.4.</b>	Health and Fitness: The student effectively analyzes personal information to develop individualized health and fitness plans.
<b>BIG IDEA / CORE CONTENT</b>	<b>4.1.</b>	Analyzes personal health and fitness information.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>4.1.1.</b>	Analyzes daily health and fitness habits.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>4.1.1.a.</b>	Draws conclusions from a fitness and health plan.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>4.1.1.b.</b>	Sets goals for healthy behavior change.  <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 Strees - 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>EALR</b>	<b>WA.4.</b>	Health and Fitness: The student effectively analyzes personal information to develop individualized health and fitness plans.
<b>BIG IDEA / CORE CONTENT</b>	<b>4.2.</b>	Develops and monitors a health and fitness plan.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>4.2.1.</b>	Creates personal health and fitness data and sets goals.

<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>4.2.1.a.</b>	Develops personal health and fitness plan based on health-related standards.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
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**Washington Essential Academic Learning Requirements (EALR)**

**Social Studies**

**Grade 7 - Adopted 2008**

<b>EALR</b>	<b>WA.2.</b>	<b>ECONOMICS</b> - The student applies understanding of economic concepts and systems to analyze decision-making and the interactions between individuals, households, businesses, governments, and societies.
<b>BIG IDEA / CORE CONTENT</b>	<b>2.1.</b>	Understands that people have to make choices between wants and needs and evaluate the outcomes of those choices.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>2.1.1.</b>	<b>ECONOMIC CHOICES:</b> Analyzes the importance of financial literacy in making economic choices related to spending, saving, and investing.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>EALR</b>	<b>WA.4.</b>	<b>HISTORY</b> - The student understands and applies knowledge of historical thinking, chronology, eras, turning points, major ideas, individuals, and themes in local, Washington State, tribal, United States, and world history in order to evaluate how history shapes the present and future.
<b>BIG IDEA / CORE CONTENT</b>	<b>4.3.</b>	Understands that there are multiple perspectives and interpretations of historical events.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>4.3.2.</b>	<b>MULTIPLE CAUSATION:</b> Analyzes multiple causal factors that shape major events in Washington State or world history.  <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>EALR</b>	<b>WA.5.</b>	<b>SOCIAL STUDIES SKILLS</b> - The student understands and applies reasoning skills to conduct research, deliberate, form, and evaluate positions through the processes of reading, writing, and communicating.
<b>BIG IDEA / CORE CONTENT</b>	<b>5.2.</b>	Uses inquiry-based research.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>5.2.1.</b>	<b>FORMS QUESTIONS:</b> Creates and uses research questions to guide inquiry on an issue or event.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>5.2.2.</b>	<b>ANALYZES SOURCES:</b> Evaluates the breadth of primary and secondary sources and analyzes notes to determine the need for additional information while researching an issue or event.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

**Washington Essential Academic Learning Requirements (EALR)**

**Social Studies**

**Grade 8 - Adopted 2008**

<b>EALR</b>	<b>WA.5.</b>	<b>SOCIAL STUDIES SKILLS</b> - The student understands and applies reasoning skills to conduct research, deliberate, form, and evaluate positions through the processes of reading, writing, and communicating.
<b>BIG IDEA / CORE CONTENT</b>	<b>5.2.</b>	Uses inquiry-based research.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>5.2.1.</b>	<b>FORMS QUESTIONS:</b> Creates and uses research questions that are tied to an essential question to focus inquiry on an issue.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

**Washington Essential Academic Learning Requirements (EALR)**

**Health and PE**

**Grade 9 - Adopted 2008**

<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
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<b>BIG IDEA / CORE CONTENT</b>	<b>F1.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.1.2.</b>	Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.1.2.2.</b>	Applies skills and strategies necessary for effective participation in physical activities.
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.2.2.a.</b>	Uses teamwork, tactical strategies, social interactions, sportsmanship, and fair play.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.1.3.</b>	Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.1.3.1.</b>	Analyzes the components of health-related fitness.
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.3.1.a.</b>	Draws conclusions from the components of health-related fitness in setting individual fitness goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.1.3.</b>	Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.1.3.2.</b>	Analyzes the progress of a personal fitness plan.
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.3.2.a.</b>	Compares and contrasts personal progress in relationship to national physical fitness standards.  <b>My Success Roadmap</b>

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.3.2.b.</b>	Integrates various personal monitoring systems that assess the components of health-related fitness in relation to the FITT principle.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.3.2.c.</b>	Integrates training principles and phases of a workout to a personal health and fitness plan.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.3.2.d.</b>	Draws conclusions of the effectiveness of the personal health and fitness plan and realigns goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.1.4.</b>	Understands the components of skill-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.1.4.1.</b>	Applies the components of skill-related fitness to physical activity.
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.4.1.b.</b>	Applies components of skill-related fitness in a fitness plan.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.

<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.1.5.</b>	Understands relationship of nutrition and food nutrients to body composition and physical performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.1.5.4.</b>	Evaluates how healthy and unhealthy eating patterns impact the function of the body.
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.5.4.c.</b>	Gives examples of health agencies available in the community.  <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>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.4.</b>	The student effectively analyzes personal information to develop individualized health and fitness plans.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.4.1.</b>	Analyzes personal health and fitness information.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.4.1.1.</b>	Analyzes daily health and fitness habits.
<b>PERFORMANCE EXPECTATION</b>	<b>F1.4.1.1.a.</b>	Analyzes a personal health and fitness plan, critiquing individual health behaviors (e.g., diet, sleep, activity, fitness, and hydration).  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>PERFORMANCE EXPECTATION</b>	<b>F1.4.1.1.b.</b>	Sets goals for daily health and fitness improvement.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.4.</b>	The student effectively analyzes personal information to develop individualized health and fitness plans.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.4.1.</b>	Analyzes personal health and fitness information.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.4.1.2.</b>	Analyzes career opportunities in health and fitness.

<b>PERFORMANCE EXPECTATION</b>	<b>F1.4.1.2.a.</b>	Compares and contrasts various career opportunities in health and fitness.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 03: Career Ideas
<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.4.</b>	The student effectively analyzes personal information to develop individualized health and fitness plans.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.4.2.</b>	Develops and monitors a health and fitness plan.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.4.2.1.</b>	Evaluates concepts of a health, fitness, and nutrition plan and monitoring system, based on life and employment goals.
<b>PERFORMANCE EXPECTATION</b>	<b>4F1..2.1.a.</b>	Chooses appropriate goal setting strategies in creating a personal health and fitness plan.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation  <b>My Roadmap to the Future</b> Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation  <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 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - 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>PERFORMANCE EXPECTATION</b>	<b>F1.4.2.1.b.</b>	Chooses time-management skills in creating a personal health and fitness plan.

		<p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
PERFORMANCE EXPECTATION	F1.4.2.1.c.	<p>Selects and participates in a variety of physical activities.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
PERFORMANCE EXPECTATION	F1.4.2.1.d.	<p>Selects health, fitness, and nutrition concepts in developing and implementing a personal health and fitness plan, based on personal interests and life goals (fitness, nutrition, stress management, and personal safety).</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 09: Finding Balance 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 Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - 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>
PERFORMANCE EXPECTATION	F1.4.2.1.e.	<p>Chooses a short and long-term monitoring system for a personal health and fitness plan.</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
PERFORMANCE EXPECTATION	F1.4.2.1.f.	<p>Evaluates and adjusts goals to make a new personal health and fitness plan as health/fitness/life changes occur.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting</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 04: Analyzing Confidence  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>EALR</b>	<b>WA.F2.</b>	Fitness - Year Two - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F2.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F2.1.2.</b>	Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F2.1.2.2.</b>	Evaluates skills and strategies necessary for effective participation in physical activities.
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.2.2.b.</b>	Selects coping skills to deal with personal challenges, differences, and setbacks in physical performance.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.2.2.c.</b>	Selects personal goals for improvement.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EALR</b>	<b>WA.F2.</b>	Fitness - Year Two - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F2.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F2.1.3.</b>	Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.

<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F2.1.3.1.</b>	Evaluates the components of health-related fitness.
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.3.1.a.</b>	Sets individual fitness goals using all components of health-related fitness.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EALR</b>	<b>WA.F2.</b>	Fitness - Year Two - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F2.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F2.1.3.</b>	Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F2.1.3.2.</b>	Evaluates the progress of a personal health and fitness plan.
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.3.2.a.</b>	Critiques personal progress in relationship to national physical fitness standards.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.3.2.b.</b>	Selects a personal monitoring system that assesses the components of health-related fitness in relation to the FITT principle.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.3.2.c.</b>	Chooses appropriate phases of a workout and training principles in a personal health and fitness plan.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.3.2.d.</b>	Evaluates the effectiveness of the personal health and fitness plan and realigns goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation

		<p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>EALR</b>	<b>WA.F2.</b>	Fitness - Year Two - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F2.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F2.1.4.</b>	Understands the components of skill-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F2.1.4.1.</b>	Analyzes the components of skill-related fitness to physical activity.
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.4.1.a.</b>	<p>Draws conclusions and sets goals to improve personal components of skill-related fitness.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>EALR</b>	<b>WA.F2.</b>	Fitness - Year Two - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F2.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F2.1.5.</b>	Understands relationship of nutrition and food nutrients to body composition and physical performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F2.1.5.1.</b>	Evaluates the relationship of nutrition planning to physical performance and body composition.
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.5.1.c.</b>	<p>Selects healthy ways to lose, gain, and maintain weight.</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>EALR</b>	<b>WA.F2.</b>	Fitness - Year Two - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F2.4.</b>	The student effectively analyzes personal information to develop individualized health and fitness plans.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F2.4.2.</b>	Develops and monitors a health and fitness plan.
<b>CONTENT STANDARD / PERFORMANCE</b>	<b>F2.4.2.1.</b>	Creates a plan and monitoring system using personal health, fitness, and nutrition, based on life and employment goals.

EXPECTATION		
<p><b>PERFORMANCE EXPECTATION</b></p>	<p><b>F2.4.2.1.a.</b></p>	<p>Generates appropriate goal-setting strategies in creating a personal health and fitness plan.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</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 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  Unit 6: Motivation - Lesson 12: Analyzing 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 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 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>PERFORMANCE EXPECTATION</b></p>	<p><b>F2.4.2.1.b.</b></p>	<p>Uses time-management skills in creating a personal health and fitness plan.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
<p><b>PERFORMANCE EXPECTATION</b></p>	<p><b>F2.4.2.1.c.</b></p>	<p>Designs a personal health and fitness plan based on personal interests and life goals (fitness, nutrition, stress management, and personal safety).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b></p>

		<p>Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 04: Analyzing Confidence  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 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing 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 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 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>PERFORMANCE EXPECTATION</b></p>	<p><b>F2.4.2.1.d.</b></p>	<p>Designs a short and long-term monitoring system for a personal health and fitness plan.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Importance of School / Goal-Setting</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 04: Analyzing Confidence  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>PERFORMANCE EXPECTATION</b></p>	<p><b>F2.4.2.1.e.</b></p>	<p>Develops goals to meet changes in health/fitness/life.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence</p>

		<p>Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</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 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 Unit 6: Motivation - Lesson 12: Analyzing 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 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 4: Highway Roadblocks-Managing Strees - 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>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.1.</b>	Understands dimensions and indicators of health.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.2.1.1.</b>	Evaluates dimensions of health and relates to personal health behaviors.
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.1.1.a.</b>	<p>Concludes how personal wellness is negatively affected when an element(s) of dimensions of health is neglected.</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</p>

		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.2.</b>	Understands stages of growth and development.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.2.2.2.</b>	Understands how to maintain sexual health throughout life.
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.2.2.a.</b>	The Healthy Youth Act (RCW 28A.300.475) provides a framework for schools that choose to offer sexual health education as a component of their broader health curriculum. School districts that provide sexual health education must be in compliance with this GLE and be consistent with the 2005 Guidelines for Sexual Health and Disease Prevention.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.4.</b>	Acquires skills to live safely and reduce health risks.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.2.4.1.</b>	Understands types of abuse and risky situations and how to respond appropriately and safely.
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.1.b.</b>	Understands skills related to anger management, conflict resolution, refusal skills, and situational context clues.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.1.e.</b>	Understands types of abuse and appropriate resources.  <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 &

		<p>Connection</p> <p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>EALR</b>	<b>WA.H.</b>	<b>High School Health</b>
<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.4.</b>	Acquires skills to live safely and reduce health risks.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.2.4.3.</b>	Analyzes stress and how it relates to personal stress-management strategies.
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.3.a.</b>	<p>Compares stages of stress.</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 Strees - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.3.b.</b>	<p>Points out ways to prevent and cope with stress.</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 Strees - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Strees - 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>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.4.</b>	Acquires skills to live safely and reduce health risks.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.2.4.4.</b>	Creates personal stress-management strategies.
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.4.a.</b>	<p>Designs a plan for preventing, reducing, and coping with stress.</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 Strees - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Strees - 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>
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.4.b.</b>	<p>Designs time-management plans, organizational skills, and goal-setting plans to reduce stress.</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</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Strees - 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>EALR</b>	<b>WA.H.</b>	High School Health

<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.4.</b>	Acquires skills to live safely and reduce health risks.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.2.4.6.</b>	Understands legal implications of drug, alcohol, and tobacco use.
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.6.b.</b>	Illustrates the relationship between alcohol and other drug use and the incidence of accidents/crimes.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.3.</b>	The student analyzes and evaluates the impact of real-life influences on health.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.3.1.</b>	Understands how family, culture, and environmental factors affect personal health.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.3.1.1.</b>	Analyzes how family and cultural diversity enriches and affects personal health behaviors.
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.1.1.a.</b>	Points out ways a family might influence the health of its members.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.1.1.b.</b>	Selects appropriate strategies to support healthy family/cultural habits on a personal level.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.3.</b>	The student analyzes and evaluates the impact of real-life influences on health.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.3.1.</b>	Understands how family, culture, and environmental factors affect personal health.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.3.1.3.</b>	Evaluates environmental risks associated with certain occupational, residential, and recreational choices.

<b>PERFORMANCE EXPECTATION</b>	<b>H.3.1.3.b.</b>	Compares and contrasts occupational/career choices and their relationship to health and fitness.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.1.3.c.</b>	Concludes how family and culture impacts choosing healthy places to live, work, and recreate.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.3.</b>	The student analyzes and evaluates the impact of real-life influences on health.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.3.2.</b>	Evaluates health and fitness information.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.3.2.1.</b>	Evaluates health and fitness information, products, and services.
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.2.1.d.</b>	Weighs the effects of media and technology on personal and community health policies, products, and health promotions.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.3.</b>	The student analyzes and evaluates the impact of real-life influences on health.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.3.2.</b>	Evaluates health and fitness information.
<b>CONTENT STANDARD / PERFORMANCE</b>	<b>H.3.2.2.</b>	Creates health and fitness messages in media.

<b>EXPECTATION</b>		
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.2.2.a.</b>	<p>Develops effective health and fitness messages in media.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: 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 06: Analyzing School Confidence</p>
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.3.</b>	The student analyzes and evaluates the impact of real-life influences on health.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.3.3.</b>	Evaluates the impact of social skills on health.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.3.3.1.</b>	Analyzes conflict situations.
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.3.1.a.</b>	<p>Points out effective communication skills.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.3.1.d.</b>	<p>Compares and contrasts appropriate school and community resources to assist in resolving conflict situations.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.3.1.e.</b>	<p>Compares and contrasts the effects of positive and negative peer pressure.</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>

Washington Essential Academic Learning Requirements (EALR)

Health and PE

**Grade 10 - Adopted 2008**

<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.1.2.</b>	Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.1.2.2.</b>	Applies skills and strategies necessary for effective participation in physical activities.
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.2.2.a.</b>	Uses teamwork, tactical strategies, social interactions, sportsmanship, and fair play.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.1.3.</b>	Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.1.3.1.</b>	Analyzes the components of health-related fitness.
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.3.1.a.</b>	Draws conclusions from the components of health-related fitness in setting individual fitness goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.1.3.</b>	Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.1.3.2.</b>	Analyzes the progress of a personal fitness plan.

<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.3.2.a.</b>	Compares and contrasts personal progress in relationship to national physical fitness standards.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.3.2.b.</b>	Integrates various personal monitoring systems that assess the components of health-related fitness in relation to the FITT principle.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.3.2.c.</b>	Integrates training principles and phases of a workout to a personal health and fitness plan.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.3.2.d.</b>	Draws conclusions of the effectiveness of the personal health and fitness plan and realigns goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.1.4.</b>	Understands the components of skill-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.1.4.1.</b>	Applies the components of skill-related fitness to physical activity.
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.4.1.b.</b>	Applies components of skill-related fitness in a fitness plan.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation

EALR	WA.F1.	Fitness - Year One - High School
BIG IDEA / CORE CONTENT	F1.1.	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
CORE CONTENT / CONTENT STANDARD	F1.1.5.	Understands relationship of nutrition and food nutrients to body composition and physical performance.
CONTENT STANDARD / PERFORMANCE EXPECTATION	F1.1.5.4.	Evaluates how healthy and unhealthy eating patterns impact the function of the body.
PERFORMANCE EXPECTATION	F1.1.5.4.c.	Gives examples of health agencies available in the community.  <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
EALR	WA.F1.	Fitness - Year One - High School
BIG IDEA / CORE CONTENT	F1.4.	The student effectively analyzes personal information to develop individualized health and fitness plans.
CORE CONTENT / CONTENT STANDARD	F1.4.1.	Analyzes personal health and fitness information.
CONTENT STANDARD / PERFORMANCE EXPECTATION	F1.4.1.1.	Analyzes daily health and fitness habits.
PERFORMANCE EXPECTATION	F1.4.1.1.a.	Analyzes a personal health and fitness plan, critiquing individual health behaviors (e.g., diet, sleep, activity, fitness, and hydration).  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE EXPECTATION	F1.4.1.1.b.	Sets goals for daily health and fitness improvement.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EALR	WA.F1.	Fitness - Year One - High School
BIG IDEA / CORE CONTENT	F1.4.	The student effectively analyzes personal information to develop individualized health and fitness plans.
CORE CONTENT /	F1.4.1.	Analyzes personal health and fitness information.

<b>CONTENT STANDARD</b>		
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.4.1.2.</b>	Analyzes career opportunities in health and fitness.
<b>PERFORMANCE EXPECTATION</b>	<b>F1.4.1.2.a.</b>	Compares and contrasts various career opportunities in health and fitness.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 03: Career Ideas
<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.4.</b>	The student effectively analyzes personal information to develop individualized health and fitness plans.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.4.2.</b>	Develops and monitors a health and fitness plan.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.4.2.1.</b>	Evaluates concepts of a health, fitness, and nutrition plan and monitoring system, based on life and employment goals.
<b>PERFORMANCE EXPECTATION</b>	<b>4F1..2.1.a.</b>	Chooses appropriate goal setting strategies in creating a personal health and fitness plan.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation  <b>My Roadmap to the Future</b> Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation  <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 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - 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>PERFORMANCE EXPECTATION</b>	<b>F1.4.2.1.b.</b>	Chooses time-management skills in creating a personal health and fitness plan.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
<b>PERFORMANCE EXPECTATION</b>	<b>F1.4.2.1.c.</b>	Selects and participates in a variety of physical activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>PERFORMANCE EXPECTATION</b>	<b>F1.4.2.1.d.</b>	Selects health, fitness, and nutrition concepts in developing and implementing a personal health and fitness plan, based on personal interests and life goals (fitness, nutrition, stress management, and personal safety).  <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 09: Finding Balance 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 Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - 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>PERFORMANCE EXPECTATION</b>	<b>F1.4.2.1.e.</b>	Chooses a short and long-term monitoring system for a personal health and fitness plan.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

<b>PERFORMANCE EXPECTATION</b>	<b>F1.4.2.1.f.</b>	<p>Evaluates and adjusts goals to make a new personal health and fitness plan as health/fitness/life changes occur.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting</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 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>EALR</b>	<b>WA.F2.</b>	Fitness - Year Two - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F2.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F2.1.2.</b>	Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F2.1.2.2.</b>	Evaluates skills and strategies necessary for effective participation in physical activities.
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.2.2.b.</b>	<p>Selects coping skills to deal with personal challenges, differences, and setbacks in physical performance.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.2.2.c.</b>	<p>Selects personal goals for improvement.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>EALR</b>	<b>WA.F2.</b>	Fitness - Year Two - High School

<b>BIG IDEA / CORE CONTENT</b>	<b>F2.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F2.1.3.</b>	Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F2.1.3.1.</b>	Evaluates the components of health-related fitness.
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.3.1.a.</b>	Sets individual fitness goals using all components of health-related fitness.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EALR</b>	<b>WA.F2.</b>	Fitness - Year Two - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F2.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F2.1.3.</b>	Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F2.1.3.2.</b>	Evaluates the progress of a personal health and fitness plan.
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.3.2.a.</b>	Critiques personal progress in relationship to national physical fitness standards.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.3.2.b.</b>	Selects a personal monitoring system that assesses the components of health-related fitness in relation to the FITT principle.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.3.2.c.</b>	Chooses appropriate phases of a workout and training principles in a personal health and fitness plan.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.3.2.d.</b>	Evaluates the effectiveness of the personal health and fitness plan and realigns goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EALR</b>	<b>WA.F2.</b>	Fitness - Year Two - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F2.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F2.1.4.</b>	Understands the components of skill-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F2.1.4.1.</b>	Analyzes the components of skill-related fitness to physical activity.
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.4.1.a.</b>	Draws conclusions and sets goals to improve personal components of skill-related fitness.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EALR</b>	<b>WA.F2.</b>	Fitness - Year Two - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F2.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F2.1.5.</b>	Understands relationship of nutrition and food nutrients to body composition and physical performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F2.1.5.1.</b>	Evaluates the relationship of nutrition planning to physical performance and body composition.
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.5.1.c.</b>	Selects healthy ways to lose, gain, and maintain weight.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EALR</b>	<b>WA.F2.</b>	Fitness - Year Two - High School
<b>BIG IDEA / CORE</b>	<b>F2.4.</b>	The student effectively analyzes personal information to develop

<b>CONTENT</b>		individualized health and fitness plans.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F2.4.2.</b>	Develops and monitors a health and fitness plan.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F2.4.2.1.</b>	Creates a plan and monitoring system using personal health, fitness, and nutrition, based on life and employment goals.
<b>PERFORMANCE EXPECTATION</b>	<b>F2.4.2.1.a.</b>	<p>Generates appropriate goal-setting strategies in creating a personal health and fitness plan.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</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 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  Unit 6: Motivation - Lesson 12: Analyzing 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 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 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 4: Highway Roadblocks-Managing Strees - 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>PERFORMANCE EXPECTATION</b>	<b>F2.4.2.1.b.</b>	<p>Uses time-management skills in creating a personal health and fitness plan.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
<b>PERFORMANCE EXPECTATION</b>	<b>F2.4.2.1.c.</b>	Designs a personal health and fitness plan based on personal interests and life goals (fitness, nutrition, stress management, and personal safety).

		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</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 04: Analyzing Confidence  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 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing 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 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 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>PERFORMANCE EXPECTATION</b></p>	<p><b>F2.4.2.1.d.</b></p>	<p>Designs a short and long-term monitoring system for a personal health and fitness plan.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Importance of School / Goal-Setting</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 04: Analyzing Confidence  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action</p>

		Planning
<b>PERFORMANCE EXPECTATION</b>	<b>F2.4.2.1.e.</b>	<p>Develops goals to meet changes in health/fitness/life.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</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 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  Unit 6: Motivation - Lesson 12: Analyzing 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 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 4: Highway Roadblocks-Managing Strees - 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>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.1.</b>	Understands dimensions and indicators of health.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.2.1.1.</b>	Evaluates dimensions of health and relates to personal health behaviors.
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.1.1.a.</b>	<p>Concludes how personal wellness is negatively affected when an element(s) of dimensions of health is neglected.</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</p>

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><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>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.2.</b>	Understands stages of growth and development.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.2.2.2.</b>	Understands how to maintain sexual health throughout life.
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.2.2.a.</b>	<p>The Healthy Youth Act (RCW 28A.300.475) provides a framework for schools that choose to offer sexual health education as a component of their broader health curriculum. School districts that provide sexual health education must be in compliance with this GLE and be consistent with the 2005 Guidelines for Sexual Health and Disease Prevention.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.4.</b>	Acquires skills to live safely and reduce health risks.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.2.4.1.</b>	Understands types of abuse and risky situations and how to respond appropriately and safely.
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.1.b.</b>	<p>Understands skills related to anger management, conflict resolution, refusal skills, and situational context clues.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure</p>
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.1.e.</b>	Understands types of abuse and appropriate resources.

		<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 Unit 4: Highway Roadblocks-Managing Strees - 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>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.4.</b>	Acquires skills to live safely and reduce health risks.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.2.4.3.</b>	Analyzes stress and how it relates to personal stress-management strategies.
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.3.a.</b>	<p>Compares stages of stress.</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 Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.3.b.</b>	<p>Points out ways to prevent and cope with stress.</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 Strees - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Strees - 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>
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.4.</b>	Acquires skills to live safely and reduce health risks.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.2.4.4.</b>	Creates personal stress-management strategies.
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.4.a.</b>	<p>Designs a plan for preventing, reducing, and coping with stress.</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 Strees - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Strees - 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>
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.4.b.</b>	<p>Designs time-management plans, organizational skills, and goal-setting plans to reduce stress.</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</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing</p>

		Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.4.</b>	Acquires skills to live safely and reduce health risks.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.2.4.6.</b>	Understands legal implications of drug, alcohol, and tobacco use.
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.6.b.</b>	Illustrates the relationship between alcohol and other drug use and the incidence of accidents/crimes.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.3.</b>	The student analyzes and evaluates the impact of real-life influences on health.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.3.1.</b>	Understands how family, culture, and environmental factors affect personal health.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.3.1.1.</b>	Analyzes how family and cultural diversity enriches and affects personal health behaviors.
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.1.1.a.</b>	Points out ways a family might influence the health of its members.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.1.1.b.</b>	Selects appropriate strategies to support healthy family/cultural habits on a personal level.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.3.</b>	The student analyzes and evaluates the impact of real-life influences on health.

<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.3.1.</b>	Understands how family, culture, and environmental factors affect personal health.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.3.1.3.</b>	Evaluates environmental risks associated with certain occupational, residential, and recreational choices.
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.1.3.b.</b>	Compares and contrasts occupational/career choices and their relationship to health and fitness.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.1.3.c.</b>	Concludes how family and culture impacts choosing healthy places to live, work, and recreate.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.3.</b>	The student analyzes and evaluates the impact of real-life influences on health.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.3.2.</b>	Evaluates health and fitness information.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.3.2.1.</b>	Evaluates health and fitness information, products, and services.
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.2.1.d.</b>	Weighs the effects of media and technology on personal and community health policies, products, and health promotions.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EALR</b>	<b>WA.H.</b>	High School Health

<b>BIG IDEA / CORE CONTENT</b>	<b>H.3.</b>	The student analyzes and evaluates the impact of real-life influences on health.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.3.2.</b>	Evaluates health and fitness information.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.3.2.2.</b>	Creates health and fitness messages in media.
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.2.2.a.</b>	Develops effective health and fitness messages in media.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.3.</b>	The student analyzes and evaluates the impact of real-life influences on health.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.3.3.</b>	Evaluates the impact of social skills on health.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.3.3.1.</b>	Analyzes conflict situations.
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.3.1.a.</b>	Points out effective communication skills.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.3.1.d.</b>	Compares and contrasts appropriate school and community resources to assist in resolving conflict situations.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.3.1.e.</b>	Compares and contrasts the effects of positive and negative peer pressure.

		<b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
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**Washington Essential Academic Learning Requirements (EALR)**

**Health and PE**

**Grade 11 - Adopted 2008**

<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.1.2.</b>	Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.1.2.2.</b>	Applies skills and strategies necessary for effective participation in physical activities.
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.2.2.a.</b>	Uses teamwork, tactical strategies, social interactions, sportsmanship, and fair play.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.1.3.</b>	Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.1.3.1.</b>	Analyzes the components of health-related fitness.
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.3.1.a.</b>	Draws conclusions from the components of health-related fitness in setting individual fitness goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.

<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.1.3.</b>	Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.1.3.2.</b>	Analyzes the progress of a personal fitness plan.
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.3.2.a.</b>	Compares and contrasts personal progress in relationship to national physical fitness standards.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.3.2.b.</b>	Integrates various personal monitoring systems that assess the components of health-related fitness in relation to the FITT principle.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.3.2.c.</b>	Integrates training principles and phases of a workout to a personal health and fitness plan.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.3.2.d.</b>	Draws conclusions of the effectiveness of the personal health and fitness plan and realigns goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.1.4.</b>	Understands the components of skill-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.1.4.1.</b>	Applies the components of skill-related fitness to physical activity.

PERFORMANCE EXPECTATION	F1.1.4.1.b.	Applies components of skill-related fitness in a fitness plan.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EALR	WA.F1.	Fitness - Year One - High School
BIG IDEA / CORE CONTENT	F1.1.	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
CORE CONTENT / CONTENT STANDARD	F1.1.5.	Understands relationship of nutrition and food nutrients to body composition and physical performance.
CONTENT STANDARD / PERFORMANCE EXPECTATION	F1.1.5.4.	Evaluates how healthy and unhealthy eating patterns impact the function of the body.
PERFORMANCE EXPECTATION	F1.1.5.4.c.	Gives examples of health agencies available in the community.  <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
EALR	WA.F1.	Fitness - Year One - High School
BIG IDEA / CORE CONTENT	F1.4.	The student effectively analyzes personal information to develop individualized health and fitness plans.
CORE CONTENT / CONTENT STANDARD	F1.4.1.	Analyzes personal health and fitness information.
CONTENT STANDARD / PERFORMANCE EXPECTATION	F1.4.1.1.	Analyzes daily health and fitness habits.
PERFORMANCE EXPECTATION	F1.4.1.1.a.	Analyzes a personal health and fitness plan, critiquing individual health behaviors (e.g., diet, sleep, activity, fitness, and hydration).  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE EXPECTATION	F1.4.1.1.b.	Sets goals for daily health and fitness improvement.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation

<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.4.</b>	The student effectively analyzes personal information to develop individualized health and fitness plans.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.4.1.</b>	Analyzes personal health and fitness information.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.4.1.2.</b>	Analyzes career opportunities in health and fitness.
<b>PERFORMANCE EXPECTATION</b>	<b>F1.4.1.2.a.</b>	Compares and contrasts various career opportunities in health and fitness.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 03: Career Ideas
<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.4.</b>	The student effectively analyzes personal information to develop individualized health and fitness plans.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.4.2.</b>	Develops and monitors a health and fitness plan.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.4.2.1.</b>	Evaluates concepts of a health, fitness, and nutrition plan and monitoring system, based on life and employment goals.
<b>PERFORMANCE EXPECTATION</b>	<b>4F1..2.1.a.</b>	Chooses appropriate goal setting strategies in creating a personal health and fitness plan.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation  <b>My Roadmap to the Future</b> Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation  <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 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School

		<p>Confidence</p> <p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>PERFORMANCE EXPECTATION</b>	<b>F1.4.2.1.b.</b>	<p>Chooses time-management skills in creating a personal health and fitness plan.</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
<b>PERFORMANCE EXPECTATION</b>	<b>F1.4.2.1.c.</b>	<p>Selects and participates in a variety of physical activities.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>PERFORMANCE EXPECTATION</b>	<b>F1.4.2.1.d.</b>	<p>Selects health, fitness, and nutrition concepts in developing and implementing a personal health and fitness plan, based on personal interests and life goals (fitness, nutrition, stress management, and personal safety).</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 09: Finding Balance 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 Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - 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>PERFORMANCE</b>	<b>F1.4.2.1.e.</b>	<p>Chooses a short and long-term monitoring system for a personal health and fitness plan.</p>

<p><b>EXPECTATION</b></p>		<p><b>My Success Roadmap</b>  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<p><b>PERFORMANCE EXPECTATION</b></p>	<p><b>F1.4.2.1.f.</b></p>	<p>Evaluates and adjusts goals to make a new personal health and fitness plan as health/fitness/life changes occur.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Importance of School / Goal-Setting</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 04: Analyzing Confidence  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>EALR</b></p>	<p><b>WA.F2.</b></p>	<p>Fitness - Year Two - High School</p>
<p><b>BIG IDEA / CORE CONTENT</b></p>	<p><b>F2.1.</b></p>	<p>The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.</p>
<p><b>CORE CONTENT / CONTENT STANDARD</b></p>	<p><b>F2.1.2.</b></p>	<p>Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.</p>
<p><b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b></p>	<p><b>F2.1.2.2.</b></p>	<p>Evaluates skills and strategies necessary for effective participation in physical activities.</p>
<p><b>PERFORMANCE EXPECTATION</b></p>	<p><b>F2.1.2.2.b.</b></p>	<p>Selects coping skills to deal with personal challenges, differences, and setbacks in physical performance.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<p><b>PERFORMANCE EXPECTATION</b></p>	<p><b>F2.1.2.2.c.</b></p>	<p>Selects personal goals for improvement.</p> <p><b>Multimedia Extensions</b></p>

		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EALR</b>	<b>WA.F2.</b>	Fitness - Year Two - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F2.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F2.1.3.</b>	Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F2.1.3.1.</b>	Evaluates the components of health-related fitness.
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.3.1.a.</b>	Sets individual fitness goals using all components of health-related fitness.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EALR</b>	<b>WA.F2.</b>	Fitness - Year Two - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F2.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F2.1.3.</b>	Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F2.1.3.2.</b>	Evaluates the progress of a personal health and fitness plan.
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.3.2.a.</b>	Critiques personal progress in relationship to national physical fitness standards.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.3.2.b.</b>	Selects a personal monitoring system that assesses the components of health-related fitness in relation to the FITT principle.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.3.2.c.</b>	Chooses appropriate phases of a workout and training principles in a personal health and fitness plan.

		<p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.3.2.d.</b>	<p>Evaluates the effectiveness of the personal health and fitness plan and realigns goals.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>EALR</b>	<b>WA.F2.</b>	Fitness - Year Two - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F2.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F2.1.4.</b>	Understands the components of skill-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F2.1.4.1.</b>	Analyzes the components of skill-related fitness to physical activity.
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.4.1.a.</b>	<p>Draws conclusions and sets goals to improve personal components of skill-related fitness.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>EALR</b>	<b>WA.F2.</b>	Fitness - Year Two - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F2.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F2.1.5.</b>	Understands relationship of nutrition and food nutrients to body composition and physical performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F2.1.5.1.</b>	Evaluates the relationship of nutrition planning to physical performance and body composition.
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.5.1.c.</b>	<p>Selects healthy ways to lose, gain, and maintain weight.</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

<b>EALR</b>	<b>WA.F2.</b>	Fitness - Year Two - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F2.4.</b>	The student effectively analyzes personal information to develop individualized health and fitness plans.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F2.4.2.</b>	Develops and monitors a health and fitness plan.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F2.4.2.1.</b>	Creates a plan and monitoring system using personal health, fitness, and nutrition, based on life and employment goals.
<b>PERFORMANCE EXPECTATION</b>	<b>F2.4.2.1.a.</b>	<p>Generates appropriate goal-setting strategies in creating a personal health and fitness plan.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</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 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  Unit 6: Motivation - Lesson 12: Analyzing 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 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 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 4: Highway Roadblocks-Managing Strees - 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>PERFORMANCE EXPECTATION</b>	<b>F2.4.2.1.b.</b>	<p>Uses time-management skills in creating a personal health and fitness plan.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

<p><b>PERFORMANCE EXPECTATION</b></p>	<p><b>F2.4.2.1.c.</b></p>	<p>Designs a personal health and fitness plan based on personal interests and life goals (fitness, nutrition, stress management, and personal safety).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</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 04: Analyzing Confidence  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 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing 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 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 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>PERFORMANCE EXPECTATION</b></p>	<p><b>F2.4.2.1.d.</b></p>	<p>Designs a short and long-term monitoring system for a personal health and fitness plan.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Importance of School / Goal-Setting</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 04: Analyzing Confidence  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

		<p>Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>PERFORMANCE EXPECTATION</b>	<b>F2.4.2.1.e.</b>	<p>Develops goals to meet changes in health/fitness/life.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</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 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  Unit 6: Motivation - Lesson 12: Analyzing 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 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 4: Highway Roadblocks-Managing Strees - 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>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.1.</b>	Understands dimensions and indicators of health.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.2.1.1.</b>	Evaluates dimensions of health and relates to personal health behaviors.
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.1.1.a.</b>	Concludes how personal wellness is negatively affected when an element(s) of dimensions of health is neglected.

		<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>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.2.</b>	Understands stages of growth and development.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.2.2.2.</b>	Understands how to maintain sexual health throughout life.
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.2.2.a.</b>	<p>The Healthy Youth Act (RCW 28A.300.475) provides a framework for schools that choose to offer sexual health education as a component of their broader health curriculum. School districts that provide sexual health education must be in compliance with this GLE and be consistent with the 2005 Guidelines for Sexual Health and Disease Prevention.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.4.</b>	Acquires skills to live safely and reduce health risks.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.2.4.1.</b>	Understands types of abuse and risky situations and how to respond appropriately and safely.
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.1.b.</b>	<p>Understands skills related to anger management, conflict resolution, refusal skills, and situational context clues.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support</p>

		Unit 4: Stress - Lesson 07: Handling Pressure
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.1.e.</b>	<p>Understands types of abuse and appropriate resources.</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 Unit 4: Highway Roadblocks-Managing Strees - 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>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.4.</b>	Acquires skills to live safely and reduce health risks.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.2.4.3.</b>	Analyzes stress and how it relates to personal stress-management strategies.
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.3.a.</b>	<p>Compares stages of stress.</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 Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.3.b.</b>	<p>Points out ways to prevent and cope with stress.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b></p>

		<p>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 Strees - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Strees - 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>
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.4.</b>	Acquires skills to live safely and reduce health risks.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.2.4.4.</b>	Creates personal stress-management strategies.
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.4.a.</b>	<p>Designs a plan for preventing, reducing, and coping with stress.</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 Strees - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Strees - 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>
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.4.b.</b>	<p>Designs time-management plans, organizational skills, and goal-setting plans to reduce stress.</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance</p>

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Strees - 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>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.4.</b>	Acquires skills to live safely and reduce health risks.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.2.4.6.</b>	Understands legal implications of drug, alcohol, and tobacco use.
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.6.b.</b>	<p>Illustrates the relationship between alcohol and other drug use and the incidence of accidents/crimes.</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.3.</b>	The student analyzes and evaluates the impact of real-life influences on health.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.3.1.</b>	Understands how family, culture, and environmental factors affect personal health.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.3.1.1.</b>	Analyzes how family and cultural diversity enriches and affects personal health behaviors.
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.1.1.a.</b>	<p>Points out ways a family might influence the health of its members.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p>
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.1.1.b.</b>	<p>Selects appropriate strategies to support healthy family/cultural habits on a personal level.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p>

EALR	WA.H.	High School Health
BIG IDEA / CORE CONTENT	H.3.	The student analyzes and evaluates the impact of real-life influences on health.
CORE CONTENT / CONTENT STANDARD	H.3.1.	Understands how family, culture, and environmental factors affect personal health.
CONTENT STANDARD / PERFORMANCE EXPECTATION	H.3.1.3.	Evaluates environmental risks associated with certain occupational, residential, and recreational choices.
PERFORMANCE EXPECTATION	H.3.1.3.b.	Compares and contrasts occupational/career choices and their relationship to health and fitness.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
PERFORMANCE EXPECTATION	H.3.1.3.c.	Concludes how family and culture impacts choosing healthy places to live, work, and recreate.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
EALR	WA.H.	High School Health
BIG IDEA / CORE CONTENT	H.3.	The student analyzes and evaluates the impact of real-life influences on health.
CORE CONTENT / CONTENT STANDARD	H.3.2.	Evaluates health and fitness information.
CONTENT STANDARD / PERFORMANCE EXPECTATION	H.3.2.1.	Evaluates health and fitness information, products, and services.
PERFORMANCE EXPECTATION	H.3.2.1.d.	Weighs the effects of media and technology on personal and community health policies, products, and health promotions.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence

		Multimedia Extensions: Motivation
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.3.</b>	The student analyzes and evaluates the impact of real-life influences on health.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.3.2.</b>	Evaluates health and fitness information.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.3.2.2.</b>	Creates health and fitness messages in media.
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.2.2.a.</b>	Develops effective health and fitness messages in media.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.3.</b>	The student analyzes and evaluates the impact of real-life influences on health.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.3.3.</b>	Evaluates the impact of social skills on health.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.3.3.1.</b>	Analyzes conflict situations.
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.3.1.a.</b>	Points out effective communication skills.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.3.1.d.</b>	Compares and contrasts appropriate school and community resources to assist in resolving conflict situations.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being

<b>PERFORMANCE EXPECTATION</b>	<b>H.3.3.1.e.</b>	Compares and contrasts the effects of positive and negative peer pressure.  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress
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**Washington Essential Academic Learning Requirements (EALR)**

**Health and PE**

**Grade 12 - Adopted 2008**

<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.1.2.</b>	Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.1.2.2.</b>	Applies skills and strategies necessary for effective participation in physical activities.
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.2.2.a.</b>	Uses teamwork, tactical strategies, social interactions, sportsmanship, and fair play.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.1.3.</b>	Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.1.3.1.</b>	Analyzes the components of health-related fitness.
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.3.1.a.</b>	Draws conclusions from the components of health-related fitness in setting individual fitness goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation

<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.1.3.</b>	Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.1.3.2.</b>	Analyzes the progress of a personal fitness plan.
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.3.2.a.</b>	Compares and contrasts personal progress in relationship to national physical fitness standards.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.3.2.b.</b>	Integrates various personal monitoring systems that assess the components of health-related fitness in relation to the FITT principle.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.3.2.c.</b>	Integrates training principles and phases of a workout to a personal health and fitness plan.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.3.2.d.</b>	Draws conclusions of the effectiveness of the personal health and fitness plan and realigns goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT /</b>	<b>F1.1.4.</b>	Understands the components of skill-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.

<b>CONTENT STANDARD</b>		
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.1.4.1.</b>	Applies the components of skill-related fitness to physical activity.
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.4.1.b.</b>	Applies components of skill-related fitness in a fitness plan.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.1.5.</b>	Understands relationship of nutrition and food nutrients to body composition and physical performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.1.5.4.</b>	Evaluates how healthy and unhealthy eating patterns impact the function of the body.
<b>PERFORMANCE EXPECTATION</b>	<b>F1.1.5.4.c.</b>	Gives examples of health agencies available in the community.  <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>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.4.</b>	The student effectively analyzes personal information to develop individualized health and fitness plans.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.4.1.</b>	Analyzes personal health and fitness information.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.4.1.1.</b>	Analyzes daily health and fitness habits.
<b>PERFORMANCE EXPECTATION</b>	<b>F1.4.1.1.a.</b>	Analyzes a personal health and fitness plan, critiquing individual health behaviors (e.g., diet, sleep, activity, fitness, and hydration).  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation

<b>PERFORMANCE EXPECTATION</b>	<b>F1.4.1.1.b.</b>	Sets goals for daily health and fitness improvement.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.4.</b>	The student effectively analyzes personal information to develop individualized health and fitness plans.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.4.1.</b>	Analyzes personal health and fitness information.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.4.1.2.</b>	Analyzes career opportunities in health and fitness.
<b>PERFORMANCE EXPECTATION</b>	<b>F1.4.1.2.a.</b>	Compares and contrasts various career opportunities in health and fitness.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 03: Career Ideas
<b>EALR</b>	<b>WA.F1.</b>	Fitness - Year One - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F1.4.</b>	The student effectively analyzes personal information to develop individualized health and fitness plans.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F1.4.2.</b>	Develops and monitors a health and fitness plan.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F1.4.2.1.</b>	Evaluates concepts of a health, fitness, and nutrition plan and monitoring system, based on life and employment goals.
<b>PERFORMANCE EXPECTATION</b>	<b>4F1..2.1.a.</b>	Chooses appropriate goal setting strategies in creating a personal health and fitness plan.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation  <b>My Roadmap to the Future</b> Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation

		<p><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 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>PERFORMANCE EXPECTATION</b></p>	<p><b>F1.4.2.1.b.</b></p>	<p>Chooses time-management skills in creating a personal health and fitness plan.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
<p><b>PERFORMANCE EXPECTATION</b></p>	<p><b>F1.4.2.1.c.</b></p>	<p>Selects and participates in a variety of physical activities.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<p><b>PERFORMANCE EXPECTATION</b></p>	<p><b>F1.4.2.1.d.</b></p>	<p>Selects health, fitness, and nutrition concepts in developing and implementing a personal health and fitness plan, based on personal interests and life goals (fitness, nutrition, stress management, and personal safety).</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 09: Finding Balance  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 Strees - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Strees - 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</p>

		<p>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>PERFORMANCE EXPECTATION</b>	<b>F1.4.2.1.e.</b>	<p>Chooses a short and long-term monitoring system for a personal health and fitness plan.</p> <p><b>My Success Roadmap</b>  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>PERFORMANCE EXPECTATION</b>	<b>F1.4.2.1.f.</b>	<p>Evaluates and adjusts goals to make a new personal health and fitness plan as health/fitness/life changes occur.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Importance of School / Goal-Setting</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 04: Analyzing Confidence  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>EALR</b>	<b>WA.F2.</b>	<b>Fitness - Year Two - High School</b>
<b>BIG IDEA / CORE CONTENT</b>	<b>F2.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F2.1.2.</b>	Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F2.1.2.2.</b>	Evaluates skills and strategies necessary for effective participation in physical activities.
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.2.2.b.</b>	<p>Selects coping skills to deal with personal challenges, differences, and setbacks in physical performance.</p> <p><b>Multimedia Extensions</b></p>

		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.2.2.c.</b>	Selects personal goals for improvement.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EALR</b>	<b>WA.F2.</b>	Fitness - Year Two - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F2.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F2.1.3.</b>	Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F2.1.3.1.</b>	Evaluates the components of health-related fitness.
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.3.1.a.</b>	Sets individual fitness goals using all components of health-related fitness.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EALR</b>	<b>WA.F2.</b>	Fitness - Year Two - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F2.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F2.1.3.</b>	Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F2.1.3.2.</b>	Evaluates the progress of a personal health and fitness plan.
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.3.2.a.</b>	Critiques personal progress in relationship to national physical fitness standards.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.3.2.b.</b>	Selects a personal monitoring system that assesses the components of health-related fitness in relation to the FITT principle.  <b>My Success Roadmap</b>

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.3.2.c.</b>	Chooses appropriate phases of a workout and training principles in a personal health and fitness plan.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.3.2.d.</b>	Evaluates the effectiveness of the personal health and fitness plan and realigns goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EALR</b>	<b>WA.F2.</b>	Fitness - Year Two - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F2.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F2.1.4.</b>	Understands the components of skill-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F2.1.4.1.</b>	Analyzes the components of skill-related fitness to physical activity.
<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.4.1.a.</b>	Draws conclusions and sets goals to improve personal components of skill-related fitness.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EALR</b>	<b>WA.F2.</b>	Fitness - Year Two - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F2.1.</b>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F2.1.5.</b>	Understands relationship of nutrition and food nutrients to body composition and physical performance.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F2.1.5.1.</b>	Evaluates the relationship of nutrition planning to physical performance and body composition.

<b>PERFORMANCE EXPECTATION</b>	<b>F2.1.5.1.c.</b>	Selects healthy ways to lose, gain, and maintain weight.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EALR</b>	<b>WA.F2.</b>	Fitness - Year Two - High School
<b>BIG IDEA / CORE CONTENT</b>	<b>F2.4.</b>	The student effectively analyzes personal information to develop individualized health and fitness plans.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>F2.4.2.</b>	Develops and monitors a health and fitness plan.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>F2.4.2.1.</b>	Creates a plan and monitoring system using personal health, fitness, and nutrition, based on life and employment goals.
<b>PERFORMANCE EXPECTATION</b>	<b>F2.4.2.1.a.</b>	Generates appropriate goal-setting strategies in creating a personal health and fitness plan.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation  <b>My Roadmap to the Future</b> Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation  <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 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

<p><b>PERFORMANCE EXPECTATION</b></p>	<p><b>F2.4.2.1.b.</b></p>	<p>Uses time-management skills in creating a personal health and fitness plan.</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
<p><b>PERFORMANCE EXPECTATION</b></p>	<p><b>F2.4.2.1.c.</b></p>	<p>Designs a personal health and fitness plan based on personal interests and life goals (fitness, nutrition, stress management, and personal safety).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</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 04: Analyzing Confidence 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 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing 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 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 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>PERFORMANCE EXPECTATION</b></p>	<p><b>F2.4.2.1.d.</b></p>	<p>Designs a short and long-term monitoring system for a personal health and fitness plan.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting</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 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p>

		<p>Unit 6: Motivation - Lesson 12: Analyzing 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 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>PERFORMANCE EXPECTATION</b>	<b>F2.4.2.1.e.</b>	<p>Develops goals to meet changes in health/fitness/life.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</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 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  Unit 6: Motivation - Lesson 12: Analyzing 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 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 4: Highway Roadblocks-Managing Strees - 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>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.1.</b>	Understands dimensions and indicators of health.

<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.2.1.1.</b>	Evaluates dimensions of health and relates to personal health behaviors.
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.1.1.a.</b>	<p>Concludes how personal wellness is negatively affected when an element(s) of dimensions of health is neglected.</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>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.2.</b>	Understands stages of growth and development.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.2.2.2.</b>	Understands how to maintain sexual health throughout life.
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.2.2.a.</b>	<p>The Healthy Youth Act (RCW 28A.300.475) provides a framework for schools that choose to offer sexual health education as a component of their broader health curriculum. School districts that provide sexual health education must be in compliance with this GLE and be consistent with the 2005 Guidelines for Sexual Health and Disease Prevention.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.4.</b>	Acquires skills to live safely and reduce health risks.
<b>CONTENT STANDARD / PERFORMANCE</b>	<b>H.2.4.1.</b>	Understands types of abuse and risky situations and how to respond appropriately and safely.

<b>EXPECTATION</b>		
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.1.b.</b>	<p>Understands skills related to anger management, conflict resolution, refusal skills, and situational context clues.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure</p>
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.1.e.</b>	<p>Understands types of abuse and appropriate resources.</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  Unit 4: Highway Roadblocks-Managing Strees - 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>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.4.</b>	Acquires skills to live safely and reduce health risks.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.2.4.3.</b>	Analyzes stress and how it relates to personal stress-management strategies.
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.3.a.</b>	<p>Compares stages of stress.</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 Strees - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>

<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.3.b.</b>	<p>Points out ways to prevent and cope with stress.</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 Strees - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Strees - 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>
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.4.</b>	Acquires skills to live safely and reduce health risks.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.2.4.4.</b>	Creates personal stress-management strategies.
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.4.a.</b>	<p>Designs a plan for preventing, reducing, and coping with stress.</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 Strees - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Strees - 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</p>

		Planning
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.4.b.</b>	<p>Designs time-management plans, organizational skills, and goal-setting plans to reduce stress.</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</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Strees - 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>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.2.</b>	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.2.4.</b>	Acquires skills to live safely and reduce health risks.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.2.4.6.</b>	Understands legal implications of drug, alcohol, and tobacco use.
<b>PERFORMANCE EXPECTATION</b>	<b>H.2.4.6.b.</b>	<p>Illustrates the relationship between alcohol and other drug use and the incidence of accidents/crimes.</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.3.</b>	The student analyzes and evaluates the impact of real-life influences on health.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.3.1.</b>	Understands how family, culture, and environmental factors affect personal health.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.3.1.1.</b>	Analyzes how family and cultural diversity enriches and affects personal health behaviors.
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.1.1.a.</b>	<p>Points out ways a family might influence the health of its members.</p> <p><b>Multimedia Extensions</b></p>

		Multimedia Extensions: Connections
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.1.1.b.</b>	Selects appropriate strategies to support healthy family/cultural habits on a personal level.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.3.</b>	The student analyzes and evaluates the impact of real-life influences on health.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.3.1.</b>	Understands how family, culture, and environmental factors affect personal health.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.3.1.3.</b>	Evaluates environmental risks associated with certain occupational, residential, and recreational choices.
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.1.3.b.</b>	Compares and contrasts occupational/career choices and their relationship to health and fitness.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.1.3.c.</b>	Concludes how family and culture impacts choosing healthy places to live, work, and recreate.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.3.</b>	The student analyzes and evaluates the impact of real-life influences on health.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.3.2.</b>	Evaluates health and fitness information.

<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.3.2.1.</b>	Evaluates health and fitness information, products, and services.
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.2.1.d.</b>	Weighs the effects of media and technology on personal and community health policies, products, and health promotions.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.3.</b>	The student analyzes and evaluates the impact of real-life influences on health.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.3.2.</b>	Evaluates health and fitness information.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.3.2.2.</b>	Creates health and fitness messages in media.
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.2.2.a.</b>	Develops effective health and fitness messages in media.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>EALR</b>	<b>WA.H.</b>	High School Health
<b>BIG IDEA / CORE CONTENT</b>	<b>H.3.</b>	The student analyzes and evaluates the impact of real-life influences on health.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>H.3.3.</b>	Evaluates the impact of social skills on health.
<b>CONTENT STANDARD / PERFORMANCE EXPECTATION</b>	<b>H.3.3.1.</b>	Analyzes conflict situations.
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.3.1.a.</b>	Points out effective communication skills.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance

		Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.3.1.d.</b>	Compares and contrasts appropriate school and community resources to assist in resolving conflict situations.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
<b>PERFORMANCE EXPECTATION</b>	<b>H.3.3.1.e.</b>	Compares and contrasts the effects of positive and negative peer pressure.  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress

**Washington Essential Academic Learning Requirements (EALR)**

**Social Studies**

**Grade 9 - Adopted 2008**

<b>EALR</b>	<b>WA.5.</b>	<b>SOCIAL STUDIES SKILLS</b> - The student understands and applies reasoning skills to conduct research, deliberate, form, and evaluate positions through the processes of reading, writing, and communicating.
<b>BIG IDEA / CORE CONTENT</b>	<b>5.2.</b>	Uses inquiry-based research.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>5.2.1.</b>	<b>FORMS QUESTIONS:</b> Creates and uses research questions that are tied to an essential question to focus inquiry on an idea, issue, or event.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

**Washington Essential Academic Learning Requirements (EALR)**

**Social Studies**

**Grade 10 - Adopted 2008**

<b>EALR</b>	<b>WA.5.</b>	<b>SOCIAL STUDIES SKILLS</b> - The student understands and applies reasoning skills to conduct research, deliberate, form, and evaluate positions through the processes of reading, writing, and communicating.
<b>BIG IDEA / CORE CONTENT</b>	<b>5.2.</b>	Uses inquiry-based research.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>5.2.1.</b>	<b>FORMS QUESTIONS:</b> Creates and uses research questions that are tied to an essential question to focus inquiry on an idea, issue, or event.

<b>STANDARD</b>		<b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
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**Washington Essential Academic Learning Requirements (EALR)**

**Social Studies**

**Grade 11 - Adopted 2008**

<b>EALR</b>	<b>WA.5.</b>	<b>SOCIAL STUDIES SKILLS</b> - The student understands and applies reasoning skills to conduct research, deliberate, form, and evaluate positions through the processes of reading, writing, and communicating.
<b>BIG IDEA / CORE CONTENT</b>	<b>5.1.</b>	Uses critical reasoning skills to analyze and evaluate positions.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>5.1.2.</b>	<b>EVALUATES REASONING:</b> Evaluates the depth of a position on an issue or event.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>EALR</b>	<b>WA.5.</b>	<b>SOCIAL STUDIES SKILLS</b> - The student understands and applies reasoning skills to conduct research, deliberate, form, and evaluate positions through the processes of reading, writing, and communicating.
<b>BIG IDEA / CORE CONTENT</b>	<b>5.2.</b>	Uses inquiry-based research.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>5.2.1.</b>	<b>FORMS QUESTIONS:</b> Evaluates and revises research questions to refine inquiry on an issue or event.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>5.2.2.</b>	<b>ANALYZES SOURCES:</b> Evaluates the validity, reliability, and credibility of sources when researching an issue or event.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

**Washington Essential Academic Learning Requirements (EALR)**

**Social Studies**

**Grade 12 - Adopted 2008**

<b>EALR</b>	<b>WA.5.</b>	<b>SOCIAL STUDIES SKILLS</b> - The student understands and applies reasoning skills to conduct research, deliberate, form, and evaluate positions through the processes of reading, writing, and communicating.
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<b>BIG IDEA / CORE CONTENT</b>	<b>5.2.</b>	Uses inquiry-based research.
<b>CORE CONTENT / CONTENT STANDARD</b>	<b>5.2.2.</b>	<p>ANALYZES SOURCES: Evaluates the breadth of research to determine the need for new or additional investigation when researching an issue or event.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

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