

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

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

**States:** Wisconsin Model Academic Standards

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

**Wisconsin Model Academic Standards**

**Health and PE**

**Grade 7 - Adopted Health 2011 / PE 2010**

<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>1.3.</b>	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Comprehend and apply concepts related to health promotion and disease prevention.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>1.3.A.</b>	Identify the components of health promotion and disease prevention.
<b>LEARNING CONTINUUM</b>	<b>1:3:A4.</b>	Describe how the physical and social environments can affect personal health.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence  <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 Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>1.3.</b>	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Comprehend and apply concepts related to health promotion and disease prevention.

<b>DESCRIPTOR / FOCUS AREA</b>	<b>1.3.B.</b>	Analyze the benefits of and barriers to practicing healthy behaviors.
<b>LEARNING CONTINUUM</b>	<b>1:3:B1.</b>	Analyze the relationships between healthy behaviors and personal health.  <b>My Roadmap to the Future</b> 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 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>LEARNING CONTINUUM</b>	<b>1:3:B2.</b>	Examine healthy behaviors and consequences related to a health issue.  <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 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>LEARNING CONTINUUM</b>	<b>1:3:B3.</b>	Predict the outcomes of a variety of unhealthy behaviors.  <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 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>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>2.3.</b>	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examines how internal and external influences impact healthy behaviors.

<b>DESCRIPTOR / FOCUS AREA</b>	<b>2.3.A.</b>	Examine impact of influences.
<b>LEARNING CONTINUUM</b>	<b>2:3:A1.</b>	<p>Examine how external and internal factors can influence health behaviors.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> 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 12: Analyzing Motivation</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 Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>LEARNING CONTINUUM</b>	<b>2:3:A2.</b>	<p>Provide examples of how factors can interact to influence health behaviors.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> 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 12: Analyzing Motivation</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 Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>LEARNING CONTINUUM</b>	<b>2:3:A3.</b>	<p>Examine how one's family, culture, and peers influence one's own personal health behaviors.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p>

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<b>LEARNING CONTINUUM</b>	<b>2:3:A4.</b>	<p>Examine how media and technology influence one's own personal health behaviors.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>LEARNING CONTINUUM</b>	<b>2:3:A5.</b>	<p>Examine how one's values and beliefs influence one's own personal health behaviors.</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>4.3.</b>	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examine and demonstrate communication skills that enhance health and avoid health risks.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>4.3.A.</b>	Examine communication strategies in various health-related settings.
<b>LEARNING CONTINUUM</b>	<b>4:3:A1.</b>	<p>Examine appropriate communication strategies.</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>

<b>LEARNING CONTINUUM</b>	<b>4:3:A2.</b>	Examine the outcomes of using effective and ineffective strategies of communication.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>5.3.</b>	Students will demonstrate the ability to use decision-making skills to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply a decision-making process in various health-related situations.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>5.3.A.</b>	Identify situations where effective decision-making skills are implemented.
<b>LEARNING CONTINUUM</b>	<b>5:3:A1.</b>	Demonstrate when individual or collaborative decision-making is appropriate.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>LEARNING CONTINUUM</b>	<b>5:3:A2.</b>	Demonstrate decision-making in a health-related situation.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> 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>LEARNING CONTINUUM</b>	<b>5:3:A3.</b>	Predict the impact of each decision on self and others.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>5.3.</b>	Students will demonstrate the ability to use decision-making skills to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply a decision-making process in various health-related situations.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>5.3.B.</b>	Assess the impact of decision-making making process on health-related situations.
<b>LEARNING CONTINUUM</b>	<b>5:3:B1.</b>	Analyze the outcomes of a health-related decision.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> 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>LEARNING CONTINUUM</b>	<b>5:3:B2.</b>	Demonstrate the ability to reflect on the outcome of a decision.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> 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>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>6.3.</b>	Students will demonstrate the ability to use goal-setting skills to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply goal-setting skills to health situations.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>6.3.A.</b>	Identify appropriate steps to set realistic goals.

LEARNING CONTINUUM	6:3:A1.	<p>Establish a baseline of personal health status.</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>
LEARNING CONTINUUM	6:3:A2.	<p>Develop strategies and skills needed to maintain or improve health status.</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>
DOMAIN	WI.HE.	HEALTH EDUCATION
CONTENT STANDARD	6.3.	Students will demonstrate the ability to use goal-setting skills to enhance health.

<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply goal-setting skills to health situations.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>6.3.B.</b>	Design goal-setting actions for various health-related situations.
<b>LEARNING CONTINUUM</b>	<b>6:3:B1.</b>	<p>Examine how personal health goals can be impacted by various abilities, priorities, and responsibilities that may change throughout the lifespan.</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</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 05: Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>LEARNING CONTINUUM</b>	<b>6:3:B2.</b>	<p>Develop goals to adopt, maintain, or improve personal health status.</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</p> <p><b>My Success Roadmap</b></p>



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<b>LEARNING CONTINUUM</b>	<b>6:3:B3.</b>	<p>Demonstrate the ability to assess the effectiveness of personal goals.</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</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 05: Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>7.3.</b>	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply health-enhancing behaviors that reduce health risks.

<b>DESCRIPTOR / FOCUS AREA</b>	<b>7.3.A.</b>	Identify health-enhancing behaviors.
<b>LEARNING CONTINUUM</b>	<b>7:3:A1.</b>	Describe the relationship of personal responsibility to personal health.  <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  <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 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>LEARNING CONTINUUM</b>	<b>7:3:A2.</b>	Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>7.3.</b>	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply health-enhancing behaviors that reduce health risks.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>7.3.B.</b>	Apply knowledge of health-enhancing behaviors.
<b>LEARNING CONTINUUM</b>	<b>7:3:B1.</b>	Evaluate behaviors that reduce health risks. These may include but are not limited to: refraining from alcohol, tobacco, and other drug use; engaging in physical activity; demonstrating healthy eating; sexual

		<p>behaviors; applying social behaviors to prevent or reduce violence; safety and related behaviors.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>3.3.</b>	Participates regularly in physical activity.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Develops and implements an individual physical activity plan.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>3.3.A.</b>	Plans for physical activity based on personal goals and interests.
<b>LEARNING CONTINUUM</b>	<b>3.3.A2.</b>	<p>Sets realistic activity goals of his or her choosing based on interests as well as fitness assessment results.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>LEARNING CONTINUUM</b>	<b>3.3.A3.</b>	<p>Develops a physical activity plan using practice procedures and training principles appropriate to their personal goals, as well as the physical activity pyramid guidelines.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>3.3.</b>	Participates regularly in physical activity.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Develops and implements an individual physical activity plan.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>3.3.B.</b>	Participates regularly in moderate to vigorous physical activity in and out of school.
<b>LEARNING CONTINUUM</b>	<b>3.3.B1.</b>	Maintains a pedometer log for a minimum of two weekdays and one weekend day.

		<b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>LEARNING CONTINUUM</b>	<b>3.3.B2.</b>	Maintains a physical activity log documenting progress toward attaining their personal goals.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>LEARNING CONTINUUM</b>	<b>3.3.B3.</b>	Documents practice time as specified by their physical education teacher.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>DOMAIN</b>	<b>WI.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT STANDARD</b>	<b>4.3.</b>	Achieves and maintains a health enhancing level of physical fitness.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Acquires and applies knowledge of the fitness components for overall fitness.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>4.3.A.</b>	Acquires and applies fitness knowledge.
<b>LEARNING CONTINUUM</b>	<b>4.3.A5.</b>	Formulates meaningful personal fitness goals based on fitness test results.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>LEARNING CONTINUUM</b>	<b>4.3.A6.</b>	Develops, with teacher assistance, an individual plan for improving fitness levels.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>DOMAIN</b>	<b>WI.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT STANDARD</b>	<b>4.3.</b>	Achieves and maintains a health enhancing level of physical fitness.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Acquires and applies knowledge of the fitness components for overall fitness.

<b>DESCRIPTOR / FOCUS AREA</b>	<b>4.3.B.</b>	Develops fitness as it relates to aerobic fitness/body composition, muscular fitness, and flexibility.
<b>LEARNING CONTINUUM</b>	<b>4.3.B2.</b>	Documents individual physical activity in relation to all the health-related components of fitness.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>DOMAIN</b>	<b>WI.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT STANDARD</b>	<b>5.3.</b>	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates safe practices, follows rules, etiquette, cooperation and teamwork, ethical behavior, and positive social interaction.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>5.3.A.</b>	Develops personal responsibility.
<b>LEARNING CONTINUUM</b>	<b>5.3.A6.</b>	Demonstrates self-control during conflict (e.g., peer conflicts or an official's decision).  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>DOMAIN</b>	<b>WI.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT STANDARD</b>	<b>5.3.</b>	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates safe practices, follows rules, etiquette, cooperation and teamwork, ethical behavior, and positive social interaction.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>5.3.B.</b>	Develops social responsibility.
<b>LEARNING CONTINUUM</b>	<b>5.3.B1.</b>	Handles situations in an appropriate manner (e.g., calls by officials, boundary lines, etc.) when participating in team sports.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>LEARNING CONTINUUM</b>	<b>5.3.B4.</b>	Demonstrates positive social interaction while in a physical activity setting (e.g., the student gives another student a high five after making a great shot in basketball).

		<b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>DOMAIN</b>	<b>WI.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT STANDARD</b>	<b>6.3.</b>	Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates an awareness of the intrinsic values and benefits of participation in physical activity that provides personal meaning.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>6.3.A.</b>	Values the benefits of physical activity physically, mentally, emotionally, and socially.
<b>LEARNING CONTINUUM</b>	<b>6.3.A1.</b>	Recognizes that regular physical activity improves the student's fitness level in both skill-related and health-related fitness components.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>LEARNING CONTINUUM</b>	<b>6.3.A2.</b>	Analyzes selected physical experiences for social, emotional, mental, and physical health benefits.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>LEARNING CONTINUUM</b>	<b>6.3.A3.</b>	Recognizes that participation in regular physical activity reduces the risk of disease (e.g., heart disease, osteoporosis, diabetes, etc.) and injury.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>LEARNING CONTINUUM</b>	<b>6.3.A4.</b>	Recognizes the value of physical activity to reduce stress and improve mood.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>LEARNING CONTINUUM</b>	<b>6.3.A5.</b>	Recognizes the importance of physical activity to keep body systems working together efficiently.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>LEARNING CONTINUUM</b>	<b>6.3.A6.</b>	Seeks personally-challenging experiences in physical activity settings.

		<b>Multimedia Extensions</b> Multimedia Extensions: Confidence
<b>LEARNING CONTINUUM</b>	<b>6.3.A9.</b>	Describes the mental benefits of physical activity (e.g., improved concentration, creativity, alertness, etc.).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>LEARNING CONTINUUM</b>	<b>6.3.A11.</b>	Describes the impact of physical activity and the result of improved fitness and performance on self-confidence and self esteem.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress

**Wisconsin Model Academic Standards**

**Health and PE**

**Grade 8 - Adopted Health 2011 / PE 2010**

<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>1.3.</b>	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Comprehend and apply concepts related to health promotion and disease prevention.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>1.3.A.</b>	Identify the components of health promotion and disease prevention.
<b>LEARNING CONTINUUM</b>	<b>1:3:A4.</b>	Describe how the physical and social environments can affect personal health.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence  <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 Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>1.3.</b>	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Comprehend and apply concepts related to health promotion and disease prevention.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>1.3.B.</b>	Analyze the benefits of and barriers to practicing healthy behaviors.
<b>LEARNING CONTINUUM</b>	<b>1:3:B1.</b>	Analyze the relationships between healthy behaviors and personal health.  <b>My Roadmap to the Future</b> 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 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>LEARNING CONTINUUM</b>	<b>1:3:B2.</b>	Examine healthy behaviors and consequences related to a health issue.  <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 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>LEARNING CONTINUUM</b>	<b>1:3:B3.</b>	Predict the outcomes of a variety of unhealthy behaviors.  <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 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>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>2.3.</b>	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examines how internal and external influences impact healthy behaviors.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>2.3.A.</b>	Examine impact of influences.
<b>LEARNING CONTINUUM</b>	<b>2:3:A1.</b>	Examine how external and internal factors can influence health behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> 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 12: Analyzing Motivation  <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 Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>LEARNING CONTINUUM</b>	<b>2:3:A2.</b>	Provide examples of how factors can interact to influence health behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> 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 12: Analyzing Motivation  <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 Stress - Lesson 10: Analyzing Stress

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>LEARNING CONTINUUM</b>	<b>2:3:A3.</b>	Examine how one's family, culture, and peers influence one's own personal health behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> 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 12: Analyzing Motivation  <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 Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>LEARNING CONTINUUM</b>	<b>2:3:A4.</b>	Examine how media and technology influence one's own personal health behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>LEARNING CONTINUUM</b>	<b>2:3:A5.</b>	Examine how one's values and beliefs influence one's own personal health behaviors.  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 08: Analyzing Stress  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>4.3.</b>	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examine and demonstrate communication skills that enhance health and avoid health risks.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>4.3.A.</b>	Examine communication strategies in various health-related settings.

<b>LEARNING CONTINUUM</b>	<b>4:3:A1.</b>	Examine appropriate communication strategies.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>LEARNING CONTINUUM</b>	<b>4:3:A2.</b>	Examine the outcomes of using effective and ineffective strategies of communication.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>5.3.</b>	Students will demonstrate the ability to use decision-making skills to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply a decision-making process in various health-related situations.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>5.3.A.</b>	Identify situations where effective decision-making skills are implemented.
<b>LEARNING CONTINUUM</b>	<b>5:3:A1.</b>	Demonstrate when individual or collaborative decision-making is appropriate.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>LEARNING CONTINUUM</b>	<b>5:3:A2.</b>	Demonstrate decision-making in a health-related situation.  <b>Multimedia Extensions</b>

		<p>Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b>  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>LEARNING CONTINUUM</b>	<b>5:3:A3.</b>	<p>Predict the impact of each decision on self and others.</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>5.3.</b>	Students will demonstrate the ability to use decision-making skills to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply a decision-making process in various health-related situations.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>5.3.B.</b>	Assess the impact of decision-making making process on health-related situations.
<b>LEARNING CONTINUUM</b>	<b>5:3:B1.</b>	<p>Analyze the outcomes of a health-related decision.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b>  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>LEARNING CONTINUUM</b>	<b>5:3:B2.</b>	<p>Demonstrate the ability to reflect on the outcome of a decision.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b>  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>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>6.3.</b>	Students will demonstrate the ability to use goal-setting skills to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply goal-setting skills to health situations.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>6.3.A.</b>	Identify appropriate steps to set realistic goals.
<b>LEARNING CONTINUUM</b>	<b>6:3:A1.</b>	<p>Establish a baseline of personal health status.</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>LEARNING CONTINUUM</b>	<b>6:3:A2.</b>	<p>Develop strategies and skills needed to maintain or improve health status.</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</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>6.3.</b>	Students will demonstrate the ability to use goal-setting skills to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply goal-setting skills to health situations.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>6.3.B.</b>	Design goal-setting actions for various health-related situations.
<b>LEARNING CONTINUUM</b>	<b>6:3:B1.</b>	Examine how personal health goals can be impacted by various abilities, priorities, and responsibilities that may change throughout the lifespan.  <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  <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 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>LEARNING CONTINUUM</b>	<b>6:3:B2.</b>	Develop goals to adopt, maintain, or improve personal health status.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation

		<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</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 05: Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>LEARNING CONTINUUM</b></p>	<p><b>6:3:B3.</b></p>	<p>Demonstrate the ability to assess the effectiveness of personal goals.</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</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 05: Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>DOMAIN</b></p>	<p><b>WI.HE.</b></p>	<p>HEALTH EDUCATION</p>

<b>CONTENT STANDARD</b>	<b>7.3.</b>	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply health-enhancing behaviors that reduce health risks.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>7.3.A.</b>	Identify health-enhancing behaviors.
<b>LEARNING CONTINUUM</b>	<b>7:3:A1.</b>	<p>Describe the relationship of personal responsibility to personal health.</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</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 05: Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>LEARNING CONTINUUM</b>	<b>7:3:A2.</b>	<p>Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>7.3.</b>	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.



<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply health-enhancing behaviors that reduce health risks.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>7.3.B.</b>	Apply knowledge of health-enhancing behaviors.
<b>LEARNING CONTINUUM</b>	<b>7:3:B1.</b>	Evaluate behaviors that reduce health risks. These may include but are not limited to: refraining from alcohol, tobacco, and other drug use; engaging in physical activity; demonstrating healthy eating; sexual behaviors; applying social behaviors to prevent or reduce violence; safety and related behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>3.3.</b>	Participates regularly in physical activity.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Develops and implements an individual physical activity plan.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>3.3.A.</b>	Plans for physical activity based on personal goals and interests.
<b>LEARNING CONTINUUM</b>	<b>3.3.A2.</b>	Sets realistic activity goals of his or her choosing based on interests as well as fitness assessment results.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>LEARNING CONTINUUM</b>	<b>3.3.A3.</b>	Develops a physical activity plan using practice procedures and training principles appropriate to their personal goals, as well as the physical activity pyramid guidelines.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>3.3.</b>	Participates regularly in physical activity.

<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Develops and implements an individual physical activity plan.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>3.3.B.</b>	Participates regularly in moderate to vigorous physical activity in and out of school.
<b>LEARNING CONTINUUM</b>	<b>3.3.B1.</b>	Maintains a pedometer log for a minimum of two weekdays and one weekend day.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>LEARNING CONTINUUM</b>	<b>3.3.B2.</b>	Maintains a physical activity log documenting progress toward attaining their personal goals.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>LEARNING CONTINUUM</b>	<b>3.3.B3.</b>	Documents practice time as specified by their physical education teacher.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>4.3.</b>	Achieves and maintains a health enhancing level of physical fitness.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Acquires and applies knowledge of the fitness components for overall fitness.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>4.3.A.</b>	Acquires and applies fitness knowledge.
<b>LEARNING CONTINUUM</b>	<b>4.3.A5.</b>	Formulates meaningful personal fitness goals based on fitness test results.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>LEARNING CONTINUUM</b>	<b>4.3.A6.</b>	Develops, with teacher assistance, an individual plan for improving fitness levels.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress

		<b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>DOMAIN</b>	<b>WI.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT STANDARD</b>	<b>4.3.</b>	Achieves and maintains a health enhancing level of physical fitness.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Acquires and applies knowledge of the fitness components for overall fitness.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>4.3.B.</b>	Develops fitness as it relates to aerobic fitness/body composition, muscular fitness, and flexibility.
<b>LEARNING CONTINUUM</b>	<b>4.3.B2.</b>	Documents individual physical activity in relation to all the health-related components of fitness.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>DOMAIN</b>	<b>WI.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT STANDARD</b>	<b>5.3.</b>	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates safe practices, follows rules, etiquette, cooperation and teamwork, ethical behavior, and positive social interaction.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>5.3.A.</b>	Develops personal responsibility.
<b>LEARNING CONTINUUM</b>	<b>5.3.A6.</b>	Demonstrates self-control during conflict (e.g., peer conflicts or an official's decision).  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>DOMAIN</b>	<b>WI.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT STANDARD</b>	<b>5.3.</b>	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates safe practices, follows rules, etiquette, cooperation and teamwork, ethical behavior, and positive social interaction.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>5.3.B.</b>	Develops social responsibility.
<b>LEARNING CONTINUUM</b>	<b>5.3.B1.</b>	Handles situations in an appropriate manner (e.g., calls by officials, boundary lines, etc.) when participating in team sports.

		<p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
LEARNING CONTINUUM	5.3.B4.	<p>Demonstrates positive social interaction while in a physical activity setting (e.g., the student gives another student a high five after making a great shot in basketball).</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
DOMAIN	WI.PE.	PHYSICAL EDUCATION
CONTENT STANDARD	6.3.	Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
PERFORMANCE STANDARD / LEARNING PRIORITY		Learning Priority: Demonstrates an awareness of the intrinsic values and benefits of participation in physical activity that provides personal meaning.
DESCRIPTOR / FOCUS AREA	6.3.A.	Values the benefits of physical activity physically, mentally, emotionally, and socially.
LEARNING CONTINUUM	6.3.A1.	<p>Recognizes that regular physical activity improves the student's fitness level in both skill-related and health-related fitness components.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
LEARNING CONTINUUM	6.3.A2.	<p>Analyzes selected physical experiences for social, emotional, mental, and physical health benefits.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
LEARNING CONTINUUM	6.3.A3.	<p>Recognizes that participation in regular physical activity reduces the risk of disease (e.g., heart disease, osteoporosis, diabetes, etc.) and injury.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
LEARNING CONTINUUM	6.3.A4.	<p>Recognizes the value of physical activity to reduce stress and improve mood.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
LEARNING CONTINUUM	6.3.A5.	Recognizes the importance of physical activity to keep body systems working together efficiently.

		<p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
LEARNING CONTINUUM	6.3.A6.	<p>Seeks personally-challenging experiences in physical activity settings.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p>
LEARNING CONTINUUM	6.3.A9.	<p>Describes the mental benefits of physical activity (e.g., improved concentration, creativity, alertness, etc.).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
LEARNING CONTINUUM	6.3.A11.	<p>Describes the impact of physical activity and the result of improved fitness and performance on self-confidence and self esteem.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>

**Wisconsin Model Academic Standards**

**Social Studies**

**Grade 7 - Adopted 1998**

<b>DOMAIN</b>	<b>WI.B.</b>	History: Time, Continuity, and Change: Students in Wisconsin will learn about the history of Wisconsin, the United States, and the world, examining change and continuity over time in order to develop historical perspective, explain historical relationships, and analyze issues that affect the present and the future.
<b>CONTENT STANDARD</b>	<b>B.8.1.</b>	<p>Interpret the past using a variety of sources, such as biographies, diaries, journals, artifacts, eyewitness interviews, and other primary source materials, and evaluate the credibility of sources used.</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>CONTENT STANDARD</b>	<b>B.8.2.</b>	Employ cause-and-effect arguments to demonstrate how significant events have influenced the past and the present in United States and world history.

		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>CONTENT STANDARD</b>	<b>B.8.12.</b>	<p>Describe how history can be organized and analyzed using various criteria to group people and events chronologically, geographically, thematically, topically, and by issues.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence</p>
<b>DOMAIN</b>	<b>WI.D.</b>	<p>Economics: Production, Distribution, Exchange, Consumption: Students in Wisconsin will learn about production, distribution, exchange, and consumption so that they can make informed economic decisions.</p>
<b>CONTENT STANDARD</b>	<b>D.8.11.</b>	<p>Describe how personal decisions can have a global impact on issues such as trade agreements, recycling, and conserving the environment.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Importance of School / Goal-Setting</p>
<b>DOMAIN</b>	<b>WI.E.</b>	<p>The Behavioral Sciences: Individuals, Institutions, and Society: Students in Wisconsin will learn about the behavioral sciences by exploring concepts from the discipline of sociology, the study of the interactions among individuals, groups, and institutions; the discipline of psychology, the study of factors that influence individual identity and learning; and the discipline of anthropology, the study of cultures in various times and settings.</p>
<b>CONTENT STANDARD</b>	<b>E.8.2.</b>	<p>Give examples to explain and illustrate how factors such as family, gender, and socioeconomic status contribute to individual identity and development.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p>
<b>CONTENT STANDARD</b>	<b>E.8.6.</b>	<p>Describe and explain the influence of status, ethnic origin, race, gender, and age on the interactions of individuals.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence</p>

Wisconsin Model Academic Standards

Social Studies

Grade 8 - Adopted 1998

<b>DOMAIN</b>	<b>WI.B.</b>	History: Time, Continuity, and Change: Students in Wisconsin will learn about the history of Wisconsin, the United States, and the world, examining change and continuity over time in order to develop historical perspective, explain historical relationships, and analyze issues that affect the present and the future.
<b>CONTENT STANDARD</b>	<b>B.8.1.</b>	Interpret the past using a variety of sources, such as biographies, diaries, journals, artifacts, eyewitness interviews, and other primary source materials, and evaluate the credibility of sources used.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>CONTENT STANDARD</b>	<b>B.8.2.</b>	Employ cause-and-effect arguments to demonstrate how significant events have influenced the past and the present in United States and 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>CONTENT STANDARD</b>	<b>B.8.12.</b>	Describe how history can be organized and analyzed using various criteria to group people and events chronologically, geographically, thematically, topically, and by issues.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence
<b>DOMAIN</b>	<b>WI.D.</b>	Economics: Production, Distribution, Exchange, Consumption: Students in Wisconsin will learn about production, distribution, exchange, and consumption so that they can make informed economic decisions.
<b>CONTENT STANDARD</b>	<b>D.8.11.</b>	Describe how personal decisions can have a global impact on issues such as trade agreements, recycling, and conserving the environment.

		<b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>DOMAIN</b>	<b>W.I.E.</b>	The Behavioral Sciences: Individuals, Institutions, and Society: Students in Wisconsin will learn about the behavioral sciences by exploring concepts from the discipline of sociology, the study of the interactions among individuals, groups, and institutions; the discipline of psychology, the study of factors that influence individual identity and learning; and the discipline of anthropology, the study of cultures in various times and settings.
<b>CONTENT STANDARD</b>	<b>E.8.6.</b>	Describe and explain the influence of status, ethnic origin, race, gender, and age on the interactions of individuals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence

**Wisconsin Model Academic Standards**

**Health and PE**

**Grade 9 - Adopted Health 2011 / PE 2010**

<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>1.4.</b>	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examine and apply health concepts related to health promotion and disease prevention.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>1.4.A.</b>	Analyze the impact of determinants of health.
<b>LEARNING CONTINUUM</b>	<b>1:4:A2.</b>	Examine the interrelationships of emotional, physical, spiritual, social, and environmental health.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  <b>My Success Roadmap</b>



		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>LEARNING CONTINUUM</b>	<b>1:4:A3.</b>	Analyze the impact of unhealthy behavior on emotional, physical, spiritual, social, and environmental health.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>LEARNING CONTINUUM</b>	<b>1:4:A4.</b>	Predict how personal behaviors can affect health.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>1.4.</b>	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examine and apply health concepts related to health promotion and disease prevention.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>1.4.B.</b>	Explore factors that impact health status.
<b>LEARNING CONTINUUM</b>	<b>1:4:B2.</b>	Compare the benefits of and barriers to practicing a variety of healthy behaviors. These may include but are not limited to: refraining from alcohol, tobacco, and other drug use; engaging in physical activity; demonstrating healthy eating; sexual behaviors; applying social behaviors to prevent or reduce violence; safety and related behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> 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 12: Analyzing Motivation  <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 Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being

<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>2.4.</b>	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Evaluate how influences impact healthy behaviors.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>2.4.A.</b>	Analyze the impact of external and internal influences on the health behavior of individuals and populations.
<b>LEARNING CONTINUUM</b>	<b>2:4:A1.</b>	<p>Analyze how external influences, individually and in combination with others, can influence individuals' health behaviors and that of certain populations.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> 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 12: Analyzing Motivation</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 Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>LEARNING CONTINUUM</b>	<b>2:4:A2.</b>	<p>Analyze how internal influences, including perception of social norms among peers, can influence individuals' health behaviors and that of certain populations.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>

LEARNING CONTINUUM	2:4:A4.	<p>Examine the impact of internal and external influences on one's own personal health behavior.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> 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 12: Analyzing Motivation</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 Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
LEARNING CONTINUUM	2:4:A5.	<p>Predict how various external and internal influences will interact and impact the health behavior of populations.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> 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 12: Analyzing Motivation</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 Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
DOMAIN	WI.HE.	HEALTH EDUCATION
CONTENT STANDARD	2.4.	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE STANDARD / LEARNING PRIORITY		Learning Priority: Evaluate how influences impact healthy behaviors.
DESCRIPTOR / FOCUS AREA	2.4.B.	Examine the impact of influences on health conditions.

<b>LEARNING CONTINUUM</b>	<b>2:4:B1.</b>	<p>Estimate the impact of influences on health conditions.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> 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 12: Analyzing Motivation</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 Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>3.4.</b>	Students will demonstrate the ability to access valid information and products and services to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examine strategies to access valid and reliable sources of health information.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>3.4.A.</b>	Continue to apply criteria for choosing accurate sources of information.
<b>LEARNING CONTINUUM</b>	<b>3:4:A3.</b>	<p>Determine when professional health services may be needed and how to access them.</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>4.4.</b>	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Analyzes various communication skills that enhance health and avoid health risks.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>4.4.A.</b>	Continue to analyze communication skills in various health-related settings.

<b>LEARNING CONTINUUM</b>	<b>4:4:A1.</b>	Analyze communication strategies for effective interaction among family, peers, and others to enhance health.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>LEARNING CONTINUUM</b>	<b>4:4:A2.</b>	Reflect on the impact of communication on enhancing health.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>LEARNING CONTINUUM</b>	<b>4:4:A3.</b>	Demonstrate how to ask for and offer assistance to enhance the health of self and others.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>5.4.</b>	Students will demonstrate the ability to use decision-making skills to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examine the use of a decision-making process in various health-related situations.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>5.4.A.</b>	Evaluate the impact of a decision-making process on health-related situations.
<b>LEARNING CONTINUUM</b>	<b>5:4:A1.</b>	Identify situations in which using a thoughtful decision-making process would be health-enhancing.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> 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>LEARNING CONTINUUM</b>	<b>5:4:A2.</b>	Justify when individual or collaborative decision-making is appropriate.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> 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>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>5.4.</b>	Students will demonstrate the ability to use decision-making skills to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examine the use of a decision-making process in various health-related situations.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>5.4.B.</b>	Apply effective decision-making skills to enhance health.
<b>LEARNING CONTINUUM</b>	<b>5:4:B1.</b>	Demonstrate an effective decision-making process as it relates to a health-related situation.  <b>My Success Roadmap</b> 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>LEARNING CONTINUUM</b>	<b>5:4:B3.</b>	Examine barriers that can hinder healthy decision-making.  <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 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress

		<p>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>LEARNING CONTINUUM</b></p>	<p>5:4:B4.</p>	<p>Predict the potential short-term and long-term impact of each alternative on self and others.</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 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>LEARNING CONTINUUM</b></p>	<p>5:4:B5.</p>	<p>Defend the healthy choice when making decisions.</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</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 05: Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>

		<p>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>LEARNING CONTINUUM</b>	<b>5:4:B6.</b>	<p>Evaluate the effectiveness of a health-related decision.</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</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 05: Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>6.4.</b>	Students will demonstrate the ability to use goal-setting skills to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply goal-setting skills.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>6.4.A.</b>	Analyze issues that impact setting a goal.
<b>LEARNING CONTINUUM</b>	<b>6:4:A2.</b>	<p>Assess personal health practices and their impact on overall health status.</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</p>



		<p>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>LEARNING CONTINUUM</b></p>	<p><b>6:4:A3.</b></p>	<p>Evaluate potential barriers or setbacks that may impede one's ability to reach his/her health goal.</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 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &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>LEARNING CONTINUUM</b></p>	<p><b>6:4:A4.</b></p>	<p>Identify strategies that might be utilized to overcome barriers or setbacks.</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</p>

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<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>6.4.</b>	Students will demonstrate the ability to use goal-setting skills to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply goal-setting skills.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>6.4.B.</b>	Apply goal-setting skills to various health-related situations.
<b>LEARNING CONTINUUM</b>	<b>6:4:B1.</b>	<p>Formulate an effective long-term personal health goal.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

		<p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>LEARNING CONTINUUM</b>	<b>6:4:B2.</b>	<p>Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>LEARNING CONTINUUM</b>	<b>6:4:B3.</b>	<p>Implement a plan and monitor progress in achieving a personal health goal.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>

<b>CONTENT STANDARD</b>	<b>7.4.</b>	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply health enhancing behaviors to reduce health risks.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>7.4.A.</b>	Examine health enhancing behaviors.
<b>LEARNING CONTINUUM</b>	<b>7:4:A1.</b>	Determine behaviors that will protect and promote health in high risk situations. These may include but are not limited to: refraining from alcohol, tobacco, and other drug use; engaging in physical activity; demonstrating healthy eating; sexual behaviors; applying social behaviors to prevent or reduce violence; safety and related behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>LEARNING CONTINUUM</b>	<b>7:4:A2.</b>	Analyze the role of individual responsibility in enhancing health.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>7.4.</b>	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply health enhancing behaviors to reduce health risks.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>7.4.B.</b>	Apply health enhancing behaviors.
<b>LEARNING CONTINUUM</b>	<b>7:4:B1.</b>	Demonstrate a variety of health practices and behaviors that will maintain or improve the health of self and others.  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being

<b>LEARNING CONTINUUM</b>	<b>7:4:B2.</b>	<p>Demonstrate the ability to practice protective behaviors that avoid or reduce health risks to self.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 3: Connections - Lesson 05: Making Connections  Unit 4: Stress - Lesson 07: Handling Pressure  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 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>8.4.</b>	Students will demonstrate the ability to advocate for personal, family, and community health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply skills to advocate for a health issue.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>8.4.A.</b>	Develop strategies to advocate for a health-enhancing issue.
<b>LEARNING CONTINUUM</b>	<b>8:4:A1.</b>	<p>Examine societal norms to formulate a health-enhancing message.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>LEARNING CONTINUUM</b>	<b>8:4:A2.</b>	Adapt health-enhancing messages and communication techniques to a specific target audience.

		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>2.4.</b>	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates cognitive understanding to develop personal activity plans.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>2.4.A.</b>	Demonstrates cognitive understanding.
<b>LEARNING CONTINUUM</b>	<b>2.4.A2.</b>	Plans a summer or afterschool personal conditioning program.  <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>3.4.</b>	Participates regularly in physical activity.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates the skills, knowledge, and interest to lead a healthy lifestyle.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>3.4.A.</b>	Chooses to be physically active.
<b>LEARNING CONTINUUM</b>	<b>3.4.A1.</b>	Participates willingly in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle.  <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>LEARNING CONTINUUM</b>	<b>3.4.A5.</b>	Recognizes and adjusts their personal effort level to achieve health-enhancing benefits during a variety of activities.  <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p>

		<b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>3.4.</b>	Participates regularly in physical activity.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates the skills, knowledge, and interest to lead a healthy lifestyle.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>3.4.B.</b>	Sets goals for a physically active lifestyle.
<b>LEARNING CONTINUUM</b>	<b>3.4.B1.</b>	Establishes goals by identifying strengths and weaknesses using personal fitness assessments.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>LEARNING CONTINUUM</b>	<b>3.4.B2.</b>	Compares health and fitness benefits derived from various physical activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>4.4.</b>	Achieves and maintains a health enhancing level of physical fitness.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Practices healthy behaviors that maintain or improve physical fitness.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>4.4.A.</b>	Assesses and manages personal health behaviors.
<b>LEARNING CONTINUUM</b>	<b>4.4.A3.</b>	Achieves personal fitness goals after a period of training.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>LEARNING CONTINUUM</b>	<b>4.4.A4.</b>	Demonstrates the ability to monitor and adjust a personal fitness program to meet needs and goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation

<b>LEARNING CONTINUUM</b>	<b>4.4.A6.</b>	Meets the age- and gender-specific health-related fitness standards defined by evidence-based assessments (e.g., FitnessGram).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>5.4.</b>	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates safe practices, follows rules, etiquette, cooperation and teamwork, ethical behavior, and positive social interaction.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>5.4.A.</b>	Contributes to establishing a positive physical activity learning environment.
<b>LEARNING CONTINUUM</b>	<b>5.4.A1.</b>	Solves conflicts agreeable to both parties.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>6.4.</b>	Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates an awareness of the intrinsic values and benefits of participation in physical activity that provides personal meaning.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>6.4.A.</b>	Values physical activity as part of a healthy lifestyle.
<b>LEARNING CONTINUUM</b>	<b>6.4.A3.</b>	Displays a willingness to experiment with new activities and sports of our and other cultures.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence
<b>LEARNING CONTINUUM</b>	<b>6.4.A5.</b>	Describes the correlation that being physically active leads to a higher quality of life.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress

**Wisconsin Model Academic Standards**

**Health and PE**



Grade 10 - Adopted Health 2011 / PE 2010

<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>1.4.</b>	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examine and apply health concepts related to health promotion and disease prevention.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>1.4.A.</b>	Analyze the impact of determinants of health.
<b>LEARNING CONTINUUM</b>	<b>1:4:A2.</b>	Examine the interrelationships of emotional, physical, spiritual, social, and environmental health.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>LEARNING CONTINUUM</b>	<b>1:4:A3.</b>	Analyze the impact of unhealthy behavior on emotional, physical, spiritual, social, and environmental health.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>LEARNING CONTINUUM</b>	<b>1:4:A4.</b>	Predict how personal behaviors can affect health.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>1.4.</b>	Students will comprehend concepts related to health promotion and disease prevention to enhance health.

<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examine and apply health concepts related to health promotion and disease prevention.
<b>DESCRIPTOR / FOCUS AREA</b>	1.4.B.	Explore factors that impact health status.
<b>LEARNING CONTINUUM</b>	1:4:B2.	<p>Compare the benefits of and barriers to practicing a variety of healthy behaviors. These may include but are not limited to: refraining from alcohol, tobacco, and other drug use; engaging in physical activity; demonstrating healthy eating; sexual behaviors; applying social behaviors to prevent or reduce violence; safety and related behaviors.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> 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 12: Analyzing Motivation</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 Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>DOMAIN</b>	WI.HE.	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	2.4.	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Evaluate how influences impact healthy behaviors.
<b>DESCRIPTOR / FOCUS AREA</b>	2.4.A.	Analyze the impact of external and internal influences on the health behavior of individuals and populations.
<b>LEARNING CONTINUUM</b>	2:4:A1.	<p>Analyze how external influences, individually and in combination with others, can influence individuals' health behaviors and that of certain populations.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> 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 12: Analyzing Motivation</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 Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>LEARNING CONTINUUM</b>	<b>2:4:A2.</b>	<p>Analyze how internal influences, including perception of social norms among peers, can influence individuals' health behaviors and that of certain populations.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>LEARNING CONTINUUM</b>	<b>2:4:A4.</b>	<p>Examine the impact of internal and external influences on one's own personal health behavior.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  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 12: Analyzing Motivation</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 Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>LEARNING CONTINUUM</b>	<b>2:4:A5.</b>	<p>Predict how various external and internal influences will interact and impact the health behavior of populations.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p>

		<p><b>My Roadmap to the Future</b>  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 12: Analyzing Motivation</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 Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>2.4.</b>	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Evaluate how influences impact healthy behaviors.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>2.4.B.</b>	Examine the impact of influences on health conditions.
<b>LEARNING CONTINUUM</b>	<b>2:4:B1.</b>	<p>Estimate the impact of influences on health conditions.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  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 12: Analyzing Motivation</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 Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>3.4.</b>	Students will demonstrate the ability to access valid information and products and services to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examine strategies to access valid and reliable sources of health information.

<b>DESCRIPTOR / FOCUS AREA</b>	<b>3.4.A.</b>	Continue to apply criteria for choosing accurate sources of information.
<b>LEARNING CONTINUUM</b>	<b>3:4:A3.</b>	Determine when professional health services may be needed and how to access them.  <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>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>4.4.</b>	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Analyzes various communication skills that enhance health and avoid health risks.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>4.4.A.</b>	Continue to analyze communication skills in various health-related settings.
<b>LEARNING CONTINUUM</b>	<b>4:4:A1.</b>	Analyze communication strategies for effective interaction among family, peers, and others to enhance health.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>LEARNING CONTINUUM</b>	<b>4:4:A2.</b>	Reflect on the impact of communication on enhancing health.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>LEARNING CONTINUUM</b>	<b>4:4:A3.</b>	Demonstrate how to ask for and offer assistance to enhance the health of self and others.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation  <b>My Success Roadmap</b>

		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>5.4.</b>	Students will demonstrate the ability to use decision-making skills to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examine the use of a decision-making process in various health-related situations.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>5.4.A.</b>	Evaluate the impact of a decision-making process on health-related situations.
<b>LEARNING CONTINUUM</b>	<b>5:4:A1.</b>	Identify situations in which using a thoughtful decision-making process would be health-enhancing.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> 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>LEARNING CONTINUUM</b>	<b>5:4:A2.</b>	Justify when individual or collaborative decision-making is appropriate.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> 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>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>5.4.</b>	Students will demonstrate the ability to use decision-making skills to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examine the use of a decision-making process in various health-related situations.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>5.4.B.</b>	Apply effective decision-making skills to enhance health.
<b>LEARNING CONTINUUM</b>	<b>5:4:B1.</b>	Demonstrate an effective decision-making process as it relates to a health-related situation.

		<p><b>My Success Roadmap</b>  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>
<p><b>LEARNING CONTINUUM</b></p>	<p>5:4:B3.</p>	<p>Examine barriers that can hinder healthy decision-making.</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 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>LEARNING CONTINUUM</b></p>	<p>5:4:B4.</p>	<p>Predict the potential short-term and long-term impact of each alternative on self and others.</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 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>LEARNING CONTINUUM</b>	<b>5:4:B5.</b>	Defend the healthy choice when making decisions.  <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  <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 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>LEARNING CONTINUUM</b>	<b>5:4:B6.</b>	Evaluate the effectiveness of a health-related decision.  <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  <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 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress



		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>6.4.</b>	Students will demonstrate the ability to use goal-setting skills to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply goal-setting skills.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>6.4.A.</b>	Analyze issues that impact setting a goal.
<b>LEARNING CONTINUUM</b>	<b>6:4:A2.</b>	Assess personal health practices and their impact on overall health status.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting  <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 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 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>LEARNING CONTINUUM</b>	<b>6:4:A3.</b>	Evaluate potential barriers or setbacks that may impede one's ability to reach his/her health goal.  <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

		<p>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 Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>LEARNING CONTINUUM</b>	<b>6:4:A4.</b>	<p>Identify strategies that might be utilized to overcome barriers or setbacks.</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 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &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>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>6.4.</b>	Students will demonstrate the ability to use goal-setting skills to enhance health.

<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply goal-setting skills.
<b>DESCRIPTOR / FOCUS AREA</b>	6.4.B.	Apply goal-setting skills to various health-related situations.
<b>LEARNING CONTINUUM</b>	6.4:B1.	<p>Formulate an effective long-term personal health goal.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>LEARNING CONTINUUM</b>	6.4:B2.	<p>Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

<b>LEARNING CONTINUUM</b>	6:4:B3.	<p>Implement a plan and monitor progress in achieving a personal health goal.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	7.4.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply health enhancing behaviors to reduce health risks.
<b>DESCRIPTOR / FOCUS AREA</b>	7.4.A.	Examine health enhancing behaviors.
<b>LEARNING CONTINUUM</b>	7:4:A1.	<p>Determine behaviors that will protect and promote health in high risk situations. These may include but are not limited to: refraining from alcohol, tobacco, and other drug use; engaging in physical activity; demonstrating healthy eating; sexual behaviors; applying social behaviors to prevent or reduce violence; safety and related behaviors.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>LEARNING CONTINUUM</b>	7:4:A2.	<p>Analyze the role of individual responsibility in enhancing health.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

		<p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>7.4.</b>	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply health enhancing behaviors to reduce health risks.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>7.4.B.</b>	Apply health enhancing behaviors.
<b>LEARNING CONTINUUM</b>	<b>7:4:B1.</b>	<p>Demonstrate a variety of health practices and behaviors that will maintain or improve the health of self and others.</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>LEARNING CONTINUUM</b>	<b>7:4:B2.</b>	<p>Demonstrate the ability to practice protective behaviors that avoid or reduce health risks to self.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 3: Connections - Lesson 05: Making Connections  Unit 4: Stress - Lesson 07: Handling Pressure  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 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>8.4.</b>	Students will demonstrate the ability to advocate for personal, family, and community health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply skills to advocate for a health issue.

<b>DESCRIPTOR / FOCUS AREA</b>	<b>8.4.A.</b>	Develop strategies to advocate for a health-enhancing issue.
<b>LEARNING CONTINUUM</b>	<b>8:4:A1.</b>	Examine societal norms to formulate a health-enhancing message.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation  <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 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>LEARNING CONTINUUM</b>	<b>8:4:A2.</b>	Adapt health-enhancing messages and communication techniques to a specific target audience.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>2.4.</b>	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates cognitive understanding to develop personal activity plans.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>2.4.A.</b>	Demonstrates cognitive understanding.
<b>LEARNING CONTINUUM</b>	<b>2.4.A2.</b>	Plans a summer or afterschool personal conditioning program.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>3.4.</b>	Participates regularly in physical activity.

<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates the skills, knowledge, and interest to lead a healthy lifestyle.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>3.4.A.</b>	Chooses to be physically active.
<b>LEARNING CONTINUUM</b>	<b>3.4.A1.</b>	Participates willingly in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>LEARNING CONTINUUM</b>	<b>3.4.A5.</b>	Recognizes and adjusts their personal effort level to achieve health-enhancing benefits during a variety of activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>3.4.</b>	Participates regularly in physical activity.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates the skills, knowledge, and interest to lead a healthy lifestyle.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>3.4.B.</b>	Sets goals for a physically active lifestyle.
<b>LEARNING CONTINUUM</b>	<b>3.4.B1.</b>	Establishes goals by identifying strengths and weaknesses using personal fitness assessments.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>LEARNING CONTINUUM</b>	<b>3.4.B2.</b>	Compares health and fitness benefits derived from various physical activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>

<b>CONTENT STANDARD</b>	<b>4.4.</b>	Achieves and maintains a health enhancing level of physical fitness.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Practices healthy behaviors that maintain or improve physical fitness.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>4.4.A.</b>	Assesses and manages personal health behaviors.
<b>LEARNING CONTINUUM</b>	<b>4.4.A3.</b>	Achieves personal fitness goals after a period of training.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>LEARNING CONTINUUM</b>	<b>4.4.A4.</b>	Demonstrates the ability to monitor and adjust a personal fitness program to meet needs and goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>LEARNING CONTINUUM</b>	<b>4.4.A6.</b>	Meets the age- and gender-specific health-related fitness standards defined by evidence-based assessments (e.g., FitnessGram).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>5.4.</b>	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates safe practices, follows rules, etiquette, cooperation and teamwork, ethical behavior, and positive social interaction.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>5.4.A.</b>	Contributes to establishing a positive physical activity learning environment.
<b>LEARNING CONTINUUM</b>	<b>5.4.A1.</b>	Solves conflicts agreeable to both parties.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>6.4.</b>	Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.



<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates an awareness of the intrinsic values and benefits of participation in physical activity that provides personal meaning.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>6.4.A.</b>	Values physical activity as part of a healthy lifestyle.
<b>LEARNING CONTINUUM</b>	<b>6.4.A3.</b>	Displays a willingness to experiment with new activities and sports of our and other cultures.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence
<b>LEARNING CONTINUUM</b>	<b>6.4.A5.</b>	Describes the correlation that being physically active leads to a higher quality of life.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress

**Wisconsin Model Academic Standards**

**Health and PE**

**Grade 11 - Adopted Health 2011 / PE 2010**

<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>1.4.</b>	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examine and apply health concepts related to health promotion and disease prevention.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>1.4.A.</b>	Analyze the impact of determinants of health.
<b>LEARNING CONTINUUM</b>	<b>1:4:A2.</b>	Examine the interrelationships of emotional, physical, spiritual, social, and environmental health.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  <b>My Success Roadmap</b>

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>LEARNING CONTINUUM</b>	<b>1:4:A3.</b>	Analyze the impact of unhealthy behavior on emotional, physical, spiritual, social, and environmental health.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>LEARNING CONTINUUM</b>	<b>1:4:A4.</b>	Predict how personal behaviors can affect health.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>1.4.</b>	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examine and apply health concepts related to health promotion and disease prevention.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>1.4.B.</b>	Explore factors that impact health status.
<b>LEARNING CONTINUUM</b>	<b>1:4:B2.</b>	Compare the benefits of and barriers to practicing a variety of healthy behaviors. These may include but are not limited to: refraining from alcohol, tobacco, and other drug use; engaging in physical activity; demonstrating healthy eating; sexual behaviors; applying social behaviors to prevent or reduce violence; safety and related behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> 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 12: Analyzing Motivation  <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 Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being

<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>2.4.</b>	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Evaluate how influences impact healthy behaviors.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>2.4.A.</b>	Analyze the impact of external and internal influences on the health behavior of individuals and populations.
<b>LEARNING CONTINUUM</b>	<b>2:4:A1.</b>	<p>Analyze how external influences, individually and in combination with others, can influence individuals' health behaviors and that of certain populations.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> 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 12: Analyzing Motivation</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 Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>LEARNING CONTINUUM</b>	<b>2:4:A2.</b>	<p>Analyze how internal influences, including perception of social norms among peers, can influence individuals' health behaviors and that of certain populations.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>

LEARNING CONTINUUM	2:4:A4.	<p>Examine the impact of internal and external influences on one's own personal health behavior.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> 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 12: Analyzing Motivation</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 Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
LEARNING CONTINUUM	2:4:A5.	<p>Predict how various external and internal influences will interact and impact the health behavior of populations.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> 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 12: Analyzing Motivation</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 Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
DOMAIN	WI.HE.	HEALTH EDUCATION
CONTENT STANDARD	2.4.	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PERFORMANCE STANDARD / LEARNING PRIORITY		Learning Priority: Evaluate how influences impact healthy behaviors.
DESCRIPTOR / FOCUS AREA	2.4.B.	Examine the impact of influences on health conditions.

<b>LEARNING CONTINUUM</b>	<b>2:4:B1.</b>	<p>Estimate the impact of influences on health conditions.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> 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 12: Analyzing Motivation</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 Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>3.4.</b>	Students will demonstrate the ability to access valid information and products and services to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examine strategies to access valid and reliable sources of health information.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>3.4.A.</b>	Continue to apply criteria for choosing accurate sources of information.
<b>LEARNING CONTINUUM</b>	<b>3:4:A3.</b>	<p>Determine when professional health services may be needed and how to access them.</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>4.4.</b>	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Analyzes various communication skills that enhance health and avoid health risks.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>4.4.A.</b>	Continue to analyze communication skills in various health-related settings.

<b>LEARNING CONTINUUM</b>	<b>4:4:A1.</b>	Analyze communication strategies for effective interaction among family, peers, and others to enhance health.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>LEARNING CONTINUUM</b>	<b>4:4:A2.</b>	Reflect on the impact of communication on enhancing health.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>LEARNING CONTINUUM</b>	<b>4:4:A3.</b>	Demonstrate how to ask for and offer assistance to enhance the health of self and others.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>5.4.</b>	Students will demonstrate the ability to use decision-making skills to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examine the use of a decision-making process in various health-related situations.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>5.4.A.</b>	Evaluate the impact of a decision-making process on health-related situations.
<b>LEARNING CONTINUUM</b>	<b>5:4:A1.</b>	Identify situations in which using a thoughtful decision-making process would be health-enhancing.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> 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>LEARNING CONTINUUM</b>	<b>5:4:A2.</b>	Justify when individual or collaborative decision-making is appropriate.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> 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>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>5.4.</b>	Students will demonstrate the ability to use decision-making skills to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examine the use of a decision-making process in various health-related situations.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>5.4.B.</b>	Apply effective decision-making skills to enhance health.
<b>LEARNING CONTINUUM</b>	<b>5:4:B1.</b>	Demonstrate an effective decision-making process as it relates to a health-related situation.  <b>My Success Roadmap</b> 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>LEARNING CONTINUUM</b>	<b>5:4:B3.</b>	Examine barriers that can hinder healthy decision-making.  <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 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress

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<p><b>LEARNING CONTINUUM</b></p>	<p>5:4:B4.</p>	<p>Predict the potential short-term and long-term impact of each alternative on self and others.</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 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>LEARNING CONTINUUM</b></p>	<p>5:4:B5.</p>	<p>Defend the healthy choice when making decisions.</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</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 05: Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>



		<p>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>LEARNING CONTINUUM</b>	<b>5:4:B6.</b>	<p>Evaluate the effectiveness of a health-related decision.</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</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 05: Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>6.4.</b>	Students will demonstrate the ability to use goal-setting skills to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply goal-setting skills.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>6.4.A.</b>	Analyze issues that impact setting a goal.
<b>LEARNING CONTINUUM</b>	<b>6:4:A2.</b>	<p>Assess personal health practices and their impact on overall health status.</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</p>

		<p>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>LEARNING CONTINUUM</b></p>	<p><b>6:4:A3.</b></p>	<p>Evaluate potential barriers or setbacks that may impede one's ability to reach his/her health goal.</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 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &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>LEARNING CONTINUUM</b></p>	<p><b>6:4:A4.</b></p>	<p>Identify strategies that might be utilized to overcome barriers or setbacks.</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</p>

		<p>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 Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>6.4.</b>	Students will demonstrate the ability to use goal-setting skills to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply goal-setting skills.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>6.4.B.</b>	Apply goal-setting skills to various health-related situations.
<b>LEARNING CONTINUUM</b>	<b>6:4:B1.</b>	<p>Formulate an effective long-term personal health goal.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

		<p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>LEARNING CONTINUUM</b>	<b>6:4:B2.</b>	<p>Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>LEARNING CONTINUUM</b>	<b>6:4:B3.</b>	<p>Implement a plan and monitor progress in achieving a personal health goal.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>

<b>CONTENT STANDARD</b>	<b>7.4.</b>	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply health enhancing behaviors to reduce health risks.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>7.4.A.</b>	Examine health enhancing behaviors.
<b>LEARNING CONTINUUM</b>	<b>7:4:A1.</b>	Determine behaviors that will protect and promote health in high risk situations. These may include but are not limited to: refraining from alcohol, tobacco, and other drug use; engaging in physical activity; demonstrating healthy eating; sexual behaviors; applying social behaviors to prevent or reduce violence; safety and related behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>LEARNING CONTINUUM</b>	<b>7:4:A2.</b>	Analyze the role of individual responsibility in enhancing health.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>7.4.</b>	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply health enhancing behaviors to reduce health risks.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>7.4.B.</b>	Apply health enhancing behaviors.
<b>LEARNING CONTINUUM</b>	<b>7:4:B1.</b>	Demonstrate a variety of health practices and behaviors that will maintain or improve the health of self and others.  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being

<b>LEARNING CONTINUUM</b>	<b>7:4:B2.</b>	<p>Demonstrate the ability to practice protective behaviors that avoid or reduce health risks to self.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 3: Connections - Lesson 05: Making Connections  Unit 4: Stress - Lesson 07: Handling Pressure  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 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>8.4.</b>	Students will demonstrate the ability to advocate for personal, family, and community health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply skills to advocate for a health issue.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>8.4.A.</b>	Develop strategies to advocate for a health-enhancing issue.
<b>LEARNING CONTINUUM</b>	<b>8:4:A1.</b>	<p>Examine societal norms to formulate a health-enhancing message.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>LEARNING CONTINUUM</b>	<b>8:4:A2.</b>	Adapt health-enhancing messages and communication techniques to a specific target audience.

		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>2.4.</b>	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates cognitive understanding to develop personal activity plans.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>2.4.A.</b>	Demonstrates cognitive understanding.
<b>LEARNING CONTINUUM</b>	<b>2.4.A2.</b>	Plans a summer or afterschool personal conditioning program.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>3.4.</b>	Participates regularly in physical activity.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates the skills, knowledge, and interest to lead a healthy lifestyle.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>3.4.A.</b>	Chooses to be physically active.
<b>LEARNING CONTINUUM</b>	<b>3.4.A1.</b>	Participates willingly in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>LEARNING CONTINUUM</b>	<b>3.4.A5.</b>	Recognizes and adjusts their personal effort level to achieve health-enhancing benefits during a variety of activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress

		<b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>3.4.</b>	Participates regularly in physical activity.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates the skills, knowledge, and interest to lead a healthy lifestyle.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>3.4.B.</b>	Sets goals for a physically active lifestyle.
<b>LEARNING CONTINUUM</b>	<b>3.4.B1.</b>	Establishes goals by identifying strengths and weaknesses using personal fitness assessments.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>LEARNING CONTINUUM</b>	<b>3.4.B2.</b>	Compares health and fitness benefits derived from various physical activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>4.4.</b>	Achieves and maintains a health enhancing level of physical fitness.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Practices healthy behaviors that maintain or improve physical fitness.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>4.4.A.</b>	Assesses and manages personal health behaviors.
<b>LEARNING CONTINUUM</b>	<b>4.4.A3.</b>	Achieves personal fitness goals after a period of training.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>LEARNING CONTINUUM</b>	<b>4.4.A4.</b>	Demonstrates the ability to monitor and adjust a personal fitness program to meet needs and goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation



<b>LEARNING CONTINUUM</b>	<b>4.4.A6.</b>	Meets the age- and gender-specific health-related fitness standards defined by evidence-based assessments (e.g., FitnessGram).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>5.4.</b>	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates safe practices, follows rules, etiquette, cooperation and teamwork, ethical behavior, and positive social interaction.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>5.4.A.</b>	Contributes to establishing a positive physical activity learning environment.
<b>LEARNING CONTINUUM</b>	<b>5.4.A1.</b>	Solves conflicts agreeable to both parties.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>6.4.</b>	Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates an awareness of the intrinsic values and benefits of participation in physical activity that provides personal meaning.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>6.4.A.</b>	Values physical activity as part of a healthy lifestyle.
<b>LEARNING CONTINUUM</b>	<b>6.4.A3.</b>	Displays a willingness to experiment with new activities and sports of our and other cultures.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence
<b>LEARNING CONTINUUM</b>	<b>6.4.A5.</b>	Describes the correlation that being physically active leads to a higher quality of life.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress

**Wisconsin Model Academic Standards**

**Health and PE**

Grade 12 - Adopted Health 2011 / PE 2010

<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>1.4.</b>	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examine and apply health concepts related to health promotion and disease prevention.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>1.4.A.</b>	Analyze the impact of determinants of health.
<b>LEARNING CONTINUUM</b>	<b>1:4:A2.</b>	Examine the interrelationships of emotional, physical, spiritual, social, and environmental health.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>LEARNING CONTINUUM</b>	<b>1:4:A3.</b>	Analyze the impact of unhealthy behavior on emotional, physical, spiritual, social, and environmental health.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>LEARNING CONTINUUM</b>	<b>1:4:A4.</b>	Predict how personal behaviors can affect health.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>1.4.</b>	Students will comprehend concepts related to health promotion and disease prevention to enhance health.

<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examine and apply health concepts related to health promotion and disease prevention.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>1.4.B.</b>	Explore factors that impact health status.
<b>LEARNING CONTINUUM</b>	<b>1:4:B2.</b>	<p>Compare the benefits of and barriers to practicing a variety of healthy behaviors. These may include but are not limited to: refraining from alcohol, tobacco, and other drug use; engaging in physical activity; demonstrating healthy eating; sexual behaviors; applying social behaviors to prevent or reduce violence; safety and related behaviors.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> 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 12: Analyzing Motivation</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 Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>2.4.</b>	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Evaluate how influences impact healthy behaviors.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>2.4.A.</b>	Analyze the impact of external and internal influences on the health behavior of individuals and populations.
<b>LEARNING CONTINUUM</b>	<b>2:4:A1.</b>	<p>Analyze how external influences, individually and in combination with others, can influence individuals' health behaviors and that of certain populations.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> 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 12: Analyzing Motivation</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 Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<p><b>LEARNING CONTINUUM</b></p>	<p><b>2:4:A2.</b></p>	<p>Analyze how internal influences, including perception of social norms among peers, can influence individuals' health behaviors and that of certain populations.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<p><b>LEARNING CONTINUUM</b></p>	<p><b>2:4:A4.</b></p>	<p>Examine the impact of internal and external influences on one's own personal health behavior.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  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 12: Analyzing Motivation</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 Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<p><b>LEARNING CONTINUUM</b></p>	<p><b>2:4:A5.</b></p>	<p>Predict how various external and internal influences will interact and impact the health behavior of populations.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p>

		<p><b>My Roadmap to the Future</b>  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 12: Analyzing Motivation</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 Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>2.4.</b>	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Evaluate how influences impact healthy behaviors.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>2.4.B.</b>	Examine the impact of influences on health conditions.
<b>LEARNING CONTINUUM</b>	<b>2:4:B1.</b>	<p>Estimate the impact of influences on health conditions.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  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 12: Analyzing Motivation</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 Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>3.4.</b>	Students will demonstrate the ability to access valid information and products and services to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examine strategies to access valid and reliable sources of health information.

<b>DESCRIPTOR / FOCUS AREA</b>	<b>3.4.A.</b>	Continue to apply criteria for choosing accurate sources of information.
<b>LEARNING CONTINUUM</b>	<b>3:4:A3.</b>	Determine when professional health services may be needed and how to access them.  <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>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>4.4.</b>	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Analyzes various communication skills that enhance health and avoid health risks.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>4.4.A.</b>	Continue to analyze communication skills in various health-related settings.
<b>LEARNING CONTINUUM</b>	<b>4:4:A1.</b>	Analyze communication strategies for effective interaction among family, peers, and others to enhance health.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>LEARNING CONTINUUM</b>	<b>4:4:A2.</b>	Reflect on the impact of communication on enhancing health.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>LEARNING CONTINUUM</b>	<b>4:4:A3.</b>	Demonstrate how to ask for and offer assistance to enhance the health of self and others.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation  <b>My Success Roadmap</b>

		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>5.4.</b>	Students will demonstrate the ability to use decision-making skills to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examine the use of a decision-making process in various health-related situations.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>5.4.A.</b>	Evaluate the impact of a decision-making process on health-related situations.
<b>LEARNING CONTINUUM</b>	<b>5:4:A1.</b>	Identify situations in which using a thoughtful decision-making process would be health-enhancing.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> 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>LEARNING CONTINUUM</b>	<b>5:4:A2.</b>	Justify when individual or collaborative decision-making is appropriate.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> 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>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>5.4.</b>	Students will demonstrate the ability to use decision-making skills to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Examine the use of a decision-making process in various health-related situations.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>5.4.B.</b>	Apply effective decision-making skills to enhance health.
<b>LEARNING CONTINUUM</b>	<b>5:4:B1.</b>	Demonstrate an effective decision-making process as it relates to a health-related situation.

		<p><b>My Success Roadmap</b>  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>
<p><b>LEARNING CONTINUUM</b></p>	<p><b>5:4:B3.</b></p>	<p>Examine barriers that can hinder healthy decision-making.</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 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>LEARNING CONTINUUM</b></p>	<p><b>5:4:B4.</b></p>	<p>Predict the potential short-term and long-term impact of each alternative on self and others.</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 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>



		<p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>LEARNING CONTINUUM</b></p>	<p>5:4:B5.</p>	<p>Defend the healthy choice when making decisions.</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</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 05: Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>LEARNING CONTINUUM</b></p>	<p>5:4:B6.</p>	<p>Evaluate the effectiveness of a health-related decision.</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</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 05: Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>6.4.</b>	Students will demonstrate the ability to use goal-setting skills to enhance health.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply goal-setting skills.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>6.4.A.</b>	Analyze issues that impact setting a goal.
<b>LEARNING CONTINUUM</b>	<b>6:4:A2.</b>	Assess personal health practices and their impact on overall health status.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting  <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 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 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>LEARNING CONTINUUM</b>	<b>6:4:A3.</b>	Evaluate potential barriers or setbacks that may impede one's ability to reach his/her health goal.  <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

		<p>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 Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>LEARNING CONTINUUM</b>	<b>6:4:A4.</b>	<p>Identify strategies that might be utilized to overcome barriers or setbacks.</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 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &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>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>6.4.</b>	Students will demonstrate the ability to use goal-setting skills to enhance health.

<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply goal-setting skills.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>6.4.B.</b>	Apply goal-setting skills to various health-related situations.
<b>LEARNING CONTINUUM</b>	<b>6.4:B1.</b>	<p>Formulate an effective long-term personal health goal.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>LEARNING CONTINUUM</b>	<b>6.4:B2.</b>	<p>Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

<b>LEARNING CONTINUUM</b>	<b>6:4:B3.</b>	<p>Implement a plan and monitor progress in achieving a personal health goal.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	HEALTH EDUCATION
<b>CONTENT STANDARD</b>	<b>7.4.</b>	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply health enhancing behaviors to reduce health risks.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>7.4.A.</b>	Examine health enhancing behaviors.
<b>LEARNING CONTINUUM</b>	<b>7:4:A1.</b>	<p>Determine behaviors that will protect and promote health in high risk situations. These may include but are not limited to: refraining from alcohol, tobacco, and other drug use; engaging in physical activity; demonstrating healthy eating; sexual behaviors; applying social behaviors to prevent or reduce violence; safety and related behaviors.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>LEARNING CONTINUUM</b>	<b>7:4:A2.</b>	<p>Analyze the role of individual responsibility in enhancing health.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

		<p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>7.4.</b>	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply health enhancing behaviors to reduce health risks.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>7.4.B.</b>	Apply health enhancing behaviors.
<b>LEARNING CONTINUUM</b>	<b>7:4:B1.</b>	<p>Demonstrate a variety of health practices and behaviors that will maintain or improve the health of self and others.</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>LEARNING CONTINUUM</b>	<b>7:4:B2.</b>	<p>Demonstrate the ability to practice protective behaviors that avoid or reduce health risks to self.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 3: Connections - Lesson 05: Making Connections  Unit 4: Stress - Lesson 07: Handling Pressure  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 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>DOMAIN</b>	<b>WI.HE.</b>	<b>HEALTH EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>8.4.</b>	Students will demonstrate the ability to advocate for personal, family, and community health.

<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Apply skills to advocate for a health issue.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>8.4.A.</b>	Develop strategies to advocate for a health-enhancing issue.
<b>LEARNING CONTINUUM</b>	<b>8.4:A1.</b>	Examine societal norms to formulate a health-enhancing message.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation  <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 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>LEARNING CONTINUUM</b>	<b>8.4:A2.</b>	Adapt health-enhancing messages and communication techniques to a specific target audience.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>2.4.</b>	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates cognitive understanding to develop personal activity plans.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>2.4.A.</b>	Demonstrates cognitive understanding.
<b>LEARNING CONTINUUM</b>	<b>2.4.A2.</b>	Plans a summer or afterschool personal conditioning program.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>

<b>CONTENT STANDARD</b>	<b>3.4.</b>	Participates regularly in physical activity.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates the skills, knowledge, and interest to lead a healthy lifestyle.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>3.4.A.</b>	Chooses to be physically active.
<b>LEARNING CONTINUUM</b>	<b>3.4.A1.</b>	Participates willingly in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>LEARNING CONTINUUM</b>	<b>3.4.A5.</b>	Recognizes and adjusts their personal effort level to achieve health-enhancing benefits during a variety of activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>DOMAIN</b>	<b>WI.PE.</b>	PHYSICAL EDUCATION
<b>CONTENT STANDARD</b>	<b>3.4.</b>	Participates regularly in physical activity.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates the skills, knowledge, and interest to lead a healthy lifestyle.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>3.4.B.</b>	Sets goals for a physically active lifestyle.
<b>LEARNING CONTINUUM</b>	<b>3.4.B1.</b>	Establishes goals by identifying strengths and weaknesses using personal fitness assessments.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>LEARNING CONTINUUM</b>	<b>3.4.B2.</b>	Compares health and fitness benefits derived from various physical activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress



<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>4.4.</b>	Achieves and maintains a health enhancing level of physical fitness.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Practices healthy behaviors that maintain or improve physical fitness.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>4.4.A.</b>	Assesses and manages personal health behaviors.
<b>LEARNING CONTINUUM</b>	<b>4.4.A3.</b>	Achieves personal fitness goals after a period of training.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>LEARNING CONTINUUM</b>	<b>4.4.A4.</b>	Demonstrates the ability to monitor and adjust a personal fitness program to meet needs and goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>LEARNING CONTINUUM</b>	<b>4.4.A6.</b>	Meets the age- and gender-specific health-related fitness standards defined by evidence-based assessments (e.g., FitnessGram).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>
<b>CONTENT STANDARD</b>	<b>5.4.</b>	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates safe practices, follows rules, etiquette, cooperation and teamwork, ethical behavior, and positive social interaction.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>5.4.A.</b>	Contributes to establishing a positive physical activity learning environment.
<b>LEARNING CONTINUUM</b>	<b>5.4.A1.</b>	Solves conflicts agreeable to both parties.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>DOMAIN</b>	<b>WI.PE.</b>	<b>PHYSICAL EDUCATION</b>

<b>CONTENT STANDARD</b>	<b>6.4.</b>	Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
<b>PERFORMANCE STANDARD / LEARNING PRIORITY</b>		Learning Priority: Demonstrates an awareness of the intrinsic values and benefits of participation in physical activity that provides personal meaning.
<b>DESCRIPTOR / FOCUS AREA</b>	<b>6.4.A.</b>	Values physical activity as part of a healthy lifestyle.
<b>LEARNING CONTINUUM</b>	<b>6.4.A3.</b>	Displays a willingness to experiment with new activities and sports of our and other cultures.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence
<b>LEARNING CONTINUUM</b>	<b>6.4.A5.</b>	Describes the correlation that being physically active leads to a higher quality of life.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress

**Wisconsin Model Academic Standards**

**Social Studies**

**Grade 9 - Adopted 1998**

<b>DOMAIN</b>	<b>WI.B.</b>	History: Time, Continuity, and Change: Students in Wisconsin will learn about the history of Wisconsin, the United States, and the world, examining change and continuity over time in order to develop historical perspective, explain historical relationships, and analyze issues that affect the present and the future.
<b>CONTENT STANDARD</b>	<b>B.12.2.</b>	Analyze primary and secondary sources related to a historical question to evaluate their relevance, make comparisons, integrate new information with prior knowledge, and come to a reasoned conclusion.

		<p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>CONTENT STANDARD</b>	<b>B.12.7.</b>	<p>Identify major works of art and literature produced in the United States and elsewhere in the world and explain how they reflect the era in which they were created.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p>
<b>DOMAIN</b>	<b>W.I.E.</b>	<p>The Behavioral Sciences: Individuals, Institutions, and Society: Students in Wisconsin will learn about the behavioral sciences by exploring concepts from the discipline of sociology, the study of the interactions among individuals, groups, and institutions; the discipline of psychology, the study of factors that influence individual identity and learning; and the discipline of anthropology, the study of cultures in various times and settings.</p>
<b>CONTENT STANDARD</b>	<b>E.12.4.</b>	<p>Analyze the role of economic, political, educational, familial, and religious institutions as agents of both continuity and change, citing current and past examples.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>CONTENT STANDARD</b>	<b>E.12.15.</b>	<p>Identify the skills needed to work effectively alone, in groups, and in institutions.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>

		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
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**Wisconsin Model Academic Standards**

**Social Studies**

**Grade 10 - Adopted 1998**

<b>DOMAIN</b>	<b>WI.B.</b>	History: Time, Continuity, and Change: Students in Wisconsin will learn about the history of Wisconsin, the United States, and the world, examining change and continuity over time in order to develop historical perspective, explain historical relationships, and analyze issues that affect the present and the future.
<b>CONTENT STANDARD</b>	<b>B.12.2.</b>	Analyze primary and secondary sources related to a historical question to evaluate their relevance, make comparisons, integrate new information with prior knowledge, and come to a reasoned conclusion.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>CONTENT STANDARD</b>	<b>B.12.7.</b>	Identify major works of art and literature produced in the United States and elsewhere in the world and explain how they reflect the era in which they were created.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence
<b>DOMAIN</b>	<b>WI.E.</b>	The Behavioral Sciences: Individuals, Institutions, and Society: Students in Wisconsin will learn about the behavioral sciences by exploring concepts from the discipline of sociology, the study of the interactions among individuals, groups, and institutions; the discipline of psychology, the study of factors that influence individual identity and learning; and the discipline of anthropology, the study of cultures in various times and settings.
<b>CONTENT STANDARD</b>	<b>E.12.2.</b>	Explain how such factors as physical endowment and capabilities, family, gender, ethnicity, religion, socioeconomic status, attitudes, beliefs, work, and motivation contribute to individual identity and development.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>CONTENT STANDARD</b>	<b>E.12.4.</b>	Analyze the role of economic, political, educational, familial, and religious institutions as agents of both continuity and change, citing current and past examples.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting

		<p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>CONTENT STANDARD</b>	<b>E.12.15.</b>	<p>Identify the skills needed to work effectively alone, in groups, and in institutions.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

**Wisconsin Model Academic Standards**

**Social Studies**

**Grade 11 - Adopted 1998**

<b>DOMAIN</b>	<b>WI.B.</b>	History: Time, Continuity, and Change: Students in Wisconsin will learn about the history of Wisconsin, the United States, and the world, examining change and continuity over time in order to develop historical perspective, explain historical relationships, and analyze issues that affect the present and the future.
<b>CONTENT STANDARD</b>	<b>B.12.2.</b>	<p>Analyze primary and secondary sources related to a historical question to evaluate their relevance, make comparisons, integrate new information with prior knowledge, and come to a reasoned conclusion.</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>CONTENT STANDARD</b>	<b>B.12.7.</b>	<p>Identify major works of art and literature produced in the United States and elsewhere in the world and explain how they reflect the era in which they were created.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p>

<b>DOMAIN</b>	<b>W.I.E.</b>	The Behavioral Sciences: Individuals, Institutions, and Society: Students in Wisconsin will learn about the behavioral sciences by exploring concepts from the discipline of sociology, the study of the interactions among individuals, groups, and institutions; the discipline of psychology, the study of factors that influence individual identity and learning; and the discipline of anthropology, the study of cultures in various times and settings.
<b>CONTENT STANDARD</b>	<b>E.12.2.</b>	<p>Explain how such factors as physical endowment and capabilities, family, gender, ethnicity, religion, socioeconomic status, attitudes, beliefs, work, and motivation contribute to individual identity and development.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Connections</p>
<b>CONTENT STANDARD</b>	<b>E.12.4.</b>	<p>Analyze the role of economic, political, educational, familial, and religious institutions as agents of both continuity and change, citing current and past examples.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>CONTENT STANDARD</b>	<b>E.12.15.</b>	<p>Identify the skills needed to work effectively alone, in groups, and in institutions.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

**Wisconsin Model Academic Standards**

**Social Studies**

**Grade 12 - Adopted 1998**

<b>DOMAIN</b>	<b>WI.B.</b>	History: Time, Continuity, and Change: Students in Wisconsin will learn about the history of Wisconsin, the United States, and the world, examining change and continuity over time in order to develop historical perspective, explain historical relationships, and analyze issues that affect the present and the future.
<b>CONTENT STANDARD</b>	<b>B.12.2.</b>	Analyze primary and secondary sources related to a historical question to evaluate their relevance, make comparisons, integrate new information with prior knowledge, and come to a reasoned conclusion.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>CONTENT STANDARD</b>	<b>B.12.7.</b>	Identify major works of art and literature produced in the United States and elsewhere in the world and explain how they reflect the era in which they were created.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence
<b>DOMAIN</b>	<b>WI.E.</b>	The Behavioral Sciences: Individuals, Institutions, and Society: Students in Wisconsin will learn about the behavioral sciences by exploring concepts from the discipline of sociology, the study of the interactions among individuals, groups, and institutions; the discipline of psychology, the study of factors that influence individual identity and learning; and the discipline of anthropology, the study of cultures in various times and settings.
<b>CONTENT STANDARD</b>	<b>E.12.2.</b>	Explain how such factors as physical endowment and capabilities, family, gender, ethnicity, religion, socioeconomic status, attitudes, beliefs, work, and motivation contribute to individual identity and development.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>CONTENT STANDARD</b>	<b>E.12.4.</b>	Analyze the role of economic, political, educational, familial, and religious institutions as agents of both continuity and change, citing current and past examples.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>CONTENT STANDARD</b>	<b>E.12.15.</b>	Identify the skills needed to work effectively alone, in groups, and in institutions.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence  <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 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
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**My Success Roadmap**

	<p>Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
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