

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

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

States: Wyoming Academic Content Standards

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

Wyoming Academic Content Standards

Social Studies

Grade 7 - Adopted 2009

CONTENT STANDARD	WY.4.	Time, Continuity and Change: Students demonstrate an understanding of the people, events, problems, ideas, and cultures that were significant in the history of our community, state, nation and world.
BENCHMARK	SS8.4.1.	<p>Students identify people, events, problems, conflicts, and ideas and explain their historical significance.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
BENCHMARK	SS8.4.3.	<p>Students analyze the impact of historical events and people on present conditions, situations, or circumstances.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>

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Wyoming Academic Content Standards

Health and PE

Grade 7 - Adopted Health 2012 / PE 2008

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GRADE LEVEL EXAMPLE	HE8.1.2.	<p>Demonstrate the ability to locate appropriate health resources at school or in the community that help reduce health risks. SEXUALITY, ATOD, VP/B</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
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BENCHMARK	HE8.2.	PROBLEM SOLVING AND DECISION MAKING: Students will use critical thinking and systematic processes to examine health related problems and make decisions that enhance health and reduce or avoid health risks.
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GRADE LEVEL EXAMPLE	HE8.2.3.	<p>Apply a systematic decision making process that includes analysis of consequences to enhance health (e.g., impact of decision on self, on others). ME, PA, PCD</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
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GRADE LEVEL EXAMPLE	HE8.2.5.	<p>Analyze how peers, culture, and media can influence decisions students make about health practices and risk behaviors (e.g., time, fiscal, etc.). SEXUALITY, ATOD, ME</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
GRADE LEVEL EXAMPLE	HE8.2.6.	<p>Apply a systematic process to examine non-familiar health-related issues or problems (e.g., identify problem, collect information, analyze data, draw conclusions, make recommendations). ATOD, CEH, PCD (e.g. pandemics)</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
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		<p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
GRADE LEVEL EXAMPLE	HE8.3.2.	<p>Demonstrate the ability to use effective communication techniques (written, verbal, nonverbal, visual, electronic, etc.) for a variety of purposes for reducing or avoid health risks (e.g., to inform, to persuade or advocate, to instruct). IP/S, SEXUALITY, ATOD</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
GRADE LEVEL EXAMPLE	HE8.3.4.	<p>Analyze characteristics of and demonstrate the ability to use effective listening to decipher meaning from a health message (e.g., listen for details, listen for specific information, identify emotions, listen for opinions, infer meaning, etc.). ANY CONTENT AREA</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
CONTENT STANDARD	WY.HE.	Health Education
BENCHMARK	HE8.4.	PERSONAL AND SOCIAL RESPONSIBILITY: Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and reducing or avoiding health risks.
GRADE LEVEL EXAMPLE	HE8.4.1.	<p>Differentiate between appropriate and inappropriate behaviors for improving or maintaining personal health. PH, PA, NUT</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p>

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GRADE LEVEL EXAMPLE	HE8.4.4.	<p>Describe signs of stress and how stress can affect health status. ME, ATOD</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
GRADE LEVEL EXAMPLE	HE8.4.5.	<p>Analyze age appropriate factors that create good stress and bad stress. ME, ATOD, SEXUALITY</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
GRADE LEVEL EXAMPLE	HE8.4.6.	<p>Demonstrate the ability to apply strategies to manage bad stress and use good stress to motivate successful performance. PA, NUT, PH</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>

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GRADE LEVEL EXAMPLE	HE8.4.7.	<p>Use criteria to set a short-term personal health goal and make a plan for achieving it. ME, PA, NUT</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
GRADE LEVEL EXAMPLE	HE8.4.8.	<p>Monitor progress toward achieving a short-term personal health goal and analyze why it is achieved or not achieved (e.g., the goal to be physically active for 30 minutes every day was achieved because it met all SMART criteria and my plan included activities for all weather conditions). ME, PA, NUT</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

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GRADE LEVEL EXAMPLE	HE8.4.9.	Analyze the effects of taking action to oppose bullying based on individual and group differences. VP/B, CEH, ME My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GRADE LEVEL EXAMPLE	HE8.4.11.	Describe the impact of bullying on physical health, mental and emotional health, and social health (e.g. depression, violence, avoidance, suicide, physical illness, etc.). VP/B, CEH, ME My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD	WY.PE.	Physical Education
BENCHMARK	PE.2.	Fitness: Students demonstrate fitness literacy and behaviors associated with it.
GRADE LEVEL EXAMPLE	PE8.2.1.	Students explain and assess their personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GRADE LEVEL EXAMPLE	PE8.2.3.	Students create personal fitness goals. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
GRADE LEVEL EXAMPLE	PE8.2.5.	Students participate in a variety of physical activities that will enhance health-related physical fitness. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
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BENCHMARK	PE.3.	Personal and Social Behavior: Students demonstrate personal and social responsibility, understand the benefits of physical activity, and respect diversity among people in physical activity settings.

GRADE LEVEL EXAMPLE	PE8.3.1.	Students recognize and use safety principles and follow the rules, procedures, and etiquette in physical activity settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GRADE LEVEL EXAMPLE	PE8.3.2.	Students demonstrate sportsmanship, cooperation, and teamwork in physical activity settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GRADE LEVEL EXAMPLE	PE8.3.4.	Students demonstrate an understanding that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. Multimedia Extensions Multimedia Extensions: Confidence

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<p>GRADE LEVEL EXAMPLE</p>	<p>HE8.4.7.</p>	<p>Use criteria to set a short-term personal health goal and make a plan for achieving it. ME, PA, NUT</p>

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>GRADE LEVEL EXAMPLE</p>	<p>HE8.4.8.</p>	<p>Monitor progress toward achieving a short-term personal health goal and analyze why it is achieved or not achieved (e.g., the goal to be physically active for 30 minutes every day was achieved because it met all SMART criteria and my plan included activities for all weather conditions). ME, PA, NUT</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>GRADE LEVEL EXAMPLE</p>	<p>HE8.4.9.</p>	<p>Analyze the effects of taking action to oppose bullying based on individual and group differences. VP/B, CEH, ME</p>

		<p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXAMPLE	HE8.4.11.	<p>Describe the impact of bullying on physical health, mental and emotional health, and social health (e.g. depression, violence, avoidance, suicide, physical illness, etc.). VP/B, CEH, ME</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD	WY.PE.	Physical Education
BENCHMARK	PE.2.	Fitness: Students demonstrate fitness literacy and behaviors associated with it.
GRADE LEVEL EXAMPLE	PE8.2.1.	<p>Students explain and assess their personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXAMPLE	PE8.2.3.	<p>Students create personal fitness goals.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
GRADE LEVEL EXAMPLE	PE8.2.5.	<p>Students participate in a variety of physical activities that will enhance health-related physical fitness.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD	WY.PE.	Physical Education
BENCHMARK	PE.3.	Personal and Social Behavior: Students demonstrate personal and social responsibility, understand the benefits of physical activity, and respect diversity among people in physical activity settings.
GRADE LEVEL EXAMPLE	PE8.3.1.	<p>Students recognize and use safety principles and follow the rules, procedures, and etiquette in physical activity settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

GRADE LEVEL EXAMPLE	PE8.3.2.	<p>Students demonstrate sportsmanship, cooperation, and teamwork in physical activity settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXAMPLE	PE8.3.4.	<p>Students demonstrate an understanding that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>

Wyoming Academic Content Standards

Social Studies

Grade 9 - Adopted 2009

CONTENT STANDARD	WY.4.	<p>Time, Continuity and Change: Students demonstrate an understanding of the people, events, problems, ideas, and cultures that were significant in the history of our community, state, nation and world.</p>
BENCHMARK	SS.11.4.1.	<p>Students analyze the interactions among individuals and groups and their impact on significant historical events.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>

Wyoming Academic Content Standards

Social Studies

Grade 10 - Adopted 2009

CONTENT STANDARD	WY.4.	Time, Continuity and Change: Students demonstrate an understanding of the people, events, problems, ideas, and cultures that were significant in the history of our community, state, nation and world.
BENCHMARK	SS.11.4.1.	<p>Students analyze the interactions among individuals and groups and their impact on significant historical events.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>

Wyoming Academic Content Standards

Social Studies

Grade 11 - Adopted 2009

CONTENT STANDARD	WY.4.	Time, Continuity and Change: Students demonstrate an understanding of the people, events, problems, ideas, and cultures that were significant in the history of our community, state, nation and world.
BENCHMARK	SS.11.4.1.	<p>Students analyze the interactions among individuals and groups and their impact on significant historical events.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

		Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support
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Wyoming Academic Content Standards

Social Studies

Grade 12 - Adopted 2009

CONTENT STANDARD	WY.4.	Time, Continuity and Change: Students demonstrate an understanding of the people, events, problems, ideas, and cultures that were significant in the history of our community, state, nation and world.
BENCHMARK	SS.11.4.1.	Students analyze the interactions among individuals and groups and their impact on significant historical events. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support

Wyoming Academic Content Standards

Health and PE

Grade 9 - Adopted Health 2012 / PE 2008

CONTENT STANDARD	WY.HE.	Health Education
BENCHMARK	HE12.1.	HEALTH INFORMATION, PRODUCTS AND RESOURCES: Students will access, analyze and evaluate health information, products and resources.
GRADE LEVEL EXAMPLE	HE12.1.1.	Locate and evaluate appropriate resources at school, in the community and beyond that help to enhance health (e.g., human resources, printed and electronic resources, equipment and facilitates, etc.). PA, PH, ME My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXAMPLE	HE12.1.2.	Locate and evaluate appropriate resources at school, in the community and beyond that help to reduce health risks. (e.g., human resources, printed and electronic resources, equipment and facilitates, etc.). ATOD, SEXUALITY, PH My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	WY.HE.	Health Education
BENCHMARK	HE12.2.	PROBLEM SOLVING AND DECISION MAKING: Students will use critical thinking and systematic processes to examine health related problems and make decisions that enhance health and reduce or avoid health risks.
GRADE LEVEL EXAMPLE	HE12.2.2.	Apply a systematic decision making process that includes evaluation of consequences to enhance health (e.g., impact of decision on self, on others). SEXUALITY, IP/S, CEH My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL EXAMPLE	HE12.2.3.	Apply a systematic decision making process that includes evaluation of consequences to reduce or avoid health risks. ATOD, SEXUALITY, IP/S My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

GRADE LEVEL EXAMPLE	HE12.2.4.	<p>Evaluate how peers, culture, media and technology influence decisions students make about health practices and risk behaviors. SEXUALITY, ATOD, ME</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
GRADE LEVEL EXAMPLE	HE12.2.5.	<p>Apply a systematic process to evaluate the evidence, claims, beliefs and/or points of view about non-familiar health related issues or problems. ATOD, PA, NUT</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD	WY.HE.	Health Education
BENCHMARK	HE12.3.	EFFECTIVE COMMUNICATION: Students will demonstrate the ability to use interpersonal communication skills to enhance health and reduce or avoid health risks.
GRADE LEVEL EXAMPLE	HE12.3.1.	<p>Evaluate verbal and non-verbal techniques for communicating effectively with family, peers and others to enhance health. PH, CEH, ME</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>

<p>GRADE LEVEL EXAMPLE</p>	<p>HE12.3.4.</p>	<p>Demonstrate the ability to use refusal, negotiation and collaboration skills to enhance health. ME, CEH, VP/B</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 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 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 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>GRADE LEVEL EXAMPLE</p>	<p>HE12.3.5.</p>	<p>Demonstrate the ability to use refusal, negotiation and collaboration skills to reduce or avoid health risks. ATOD, SEXUALITY, VP/B</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 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 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas</p>

		<p>Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p> <p>Unit 2: Highway to Confidence - Lesson 05: Confidence</p> <p>Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p> <p>Unit 3: Highway Connections - Lesson 07: Social Support</p> <p>Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p> <p>Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p> <p>Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD	WY.HE.	Health Education
BENCHMARK	HE12.4.	PERSONAL AND SOCIAL RESPONSIBILITY: Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and reducing or avoiding health risks.
GRADE LEVEL EXAMPLE	HE12.4.1.	<p>Analyze the relationship between personal health and their effect on self, others, and society. CEH, PCD, PA</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
GRADE LEVEL EXAMPLE	HE12.4.2.	<p>Demonstrate the ability to use a strategic approach to manage health risks and enhance health. NUT, PA, ME</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
GRADE LEVEL EXAMPLE	HE12.4.4.	<p>Explain signs of stress and how stress can affect health status. ME, ATOD</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>

<p>GRADE LEVEL EXAMPLE</p>	<p>HE12.4.5.</p>	<p>Analyze age appropriate factors that create good stress and bad stress. ME, ATOD, SEXUALITY</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
<p>GRADE LEVEL EXAMPLE</p>	<p>HE12.4.6.</p>	<p>Evaluate the appropriateness of various strategies for managing stress and avoiding stress overload in specific situations (e.g. regular exercise to deal with divorce, regular sleep prior to testing, etc.). PA, NUT, PH</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 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>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>GRADE LEVEL EXAMPLE</p>	<p>HE12.4.7.</p>	<p>Use criteria to set a long-term personal health goal and make a plan for achieving it. ME, PA, NUT</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future</p>

		<p>Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & 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>GRADE LEVEL EXAMPLE</p>	<p>HE12.4.8.</p>	<p>Monitor progress toward achieving a long-term personal health goal and evaluate the effectiveness of the plan for meeting the goal (e.g., a plan to meet the goal of reducing body fat by the end of the semester was effective because it included a variety of activities that met scientific principles for fitness and weight loss (e.g., aerobic activity for 30-45 minutes daily, reducing sugar intake, increasing water intake, attending PE every day, etc.). ME, PA, NUT</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>GRADE LEVEL EXAMPLE</p>	<p>HE12.4.11.</p>	<p>Analyze the relationship between physical, social, and mental and emotional health. VP/B, CEH ME</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap</p>

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD	WY.PE.	Physical Education
BENCHMARK	PE.2.	Fitness: Students demonstrate fitness literacy and behaviors associated with it.
GRADE LEVEL EXAMPLE	PE11.1.1.	Students demonstrate an understanding of personal fitness programs and their personal fitness status. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXAMPLE	PE11.1.2.	Students demonstrate an understanding of health and fitness benefits derived from various physical activities. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXAMPLE	PE11.1.4.	Students participate in a variety of physical activities that will enhance health-related physical fitness. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	WY.PE.	Physical Education
BENCHMARK	PE.3.	Personal and Social Behavior: Students demonstrate personal and social responsibility, understand the benefits of physical activity, and respect diversity among people in physical activity settings.
GRADE LEVEL EXAMPLE	PE11.3.1.	Students apply safety principles and follow the rules, procedures, and etiquette in physical activity settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GRADE LEVEL EXAMPLE	PE11.3.2.	Students demonstrate sportsmanship, cooperation, and teamwork in physical activity settings.

		<p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXAMPLE	PE11.3.4.	<p>Students demonstrate an understanding that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>

Wyoming Academic Content Standards

Health and PE

Grade 10 - Adopted Health 2012 / PE 2008

CONTENT STANDARD	WY.HE.	Health Education
BENCHMARK	HE12.1.	HEALTH INFORMATION, PRODUCTS AND RESOURCES: Students will access, analyze and evaluate health information, products and resources.
GRADE LEVEL EXAMPLE	HE12.1.1.	<p>Locate and evaluate appropriate resources at school, in the community and beyond that help to enhance health (e.g., human resources, printed and electronic resources, equipment and facilitates, etc.). PA, PH, ME</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
GRADE LEVEL EXAMPLE	HE12.1.2.	<p>Locate and evaluate appropriate resources at school, in the community and beyond that help to reduce health risks. (e.g., human resources, printed and electronic resources, equipment and facilitates, etc.). ATOD, SEXUALITY, PH</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD	WY.HE.	Health Education

BENCHMARK	HE12.2.	PROBLEM SOLVING AND DECISION MAKING: Students will use critical thinking and systematic processes to examine health related problems and make decisions that enhance health and reduce or avoid health risks.
GRADE LEVEL EXAMPLE	HE12.2.2.	<p>Apply a systematic decision making process that includes evaluation of consequences to enhance health (e.g., impact of decision on self, on others). SEXUALITY, IP/S, CEH</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
GRADE LEVEL EXAMPLE	HE12.2.3.	<p>Apply a systematic decision making process that includes evaluation of consequences to reduce or avoid health risks. ATOD, SEXUALITY, IP/S</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
GRADE LEVEL EXAMPLE	HE12.2.4.	<p>Evaluate how peers, culture, media and technology influence decisions students make about health practices and risk behaviors. SEXUALITY, ATOD, ME</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>

GRADE LEVEL EXAMPLE	HE12.2.5.	<p>Apply a systematic process to evaluate the evidence, claims, beliefs and/or points of view about non-familiar health related issues or problems. ATOD, PA, NUT</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD	WY.HE.	Health Education
BENCHMARK	HE12.3.	EFFECTIVE COMMUNICATION: Students will demonstrate the ability to use interpersonal communication skills to enhance health and reduce or avoid health risks.
GRADE LEVEL EXAMPLE	HE12.3.1.	<p>Evaluate verbal and non-verbal techniques for communicating effectively with family, peers and others to enhance health. PH, CEH, ME</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
GRADE LEVEL EXAMPLE	HE12.3.4.	<p>Demonstrate the ability to use refusal, negotiation and collaboration skills to enhance health. ME, CEH, VP/B</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 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 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

		<p>Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 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>
GRADE LEVEL EXAMPLE	HE12.3.5.	<p>Demonstrate the ability to use refusal, negotiation and collaboration skills to reduce or avoid health risks. ATOD, SEXUALITY, VP/B</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 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 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 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>
CONTENT STANDARD	WY.HE.	Health Education
BENCHMARK	HE12.4.	PERSONAL AND SOCIAL RESPONSIBILITY: Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and reducing or avoiding health risks.

GRADE LEVEL EXAMPLE	HE12.4.1.	<p>Analyze the relationship between personal health and their effect on self, others, and society. CEH, PCD, PA</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
GRADE LEVEL EXAMPLE	HE12.4.2.	<p>Demonstrate the ability to use a strategic approach to manage health risks and enhance health. NUT, PA, ME</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
GRADE LEVEL EXAMPLE	HE12.4.4.	<p>Explain signs of stress and how stress can affect health status. ME, ATOD</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
GRADE LEVEL EXAMPLE	HE12.4.5.	<p>Analyze age appropriate factors that create good stress and bad stress. ME, ATOD, SEXUALITY</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
GRADE LEVEL EXAMPLE	HE12.4.6.	<p>Evaluate the appropriateness of various strategies for managing stress and avoiding stress overload in specific situations (e.g. regular exercise to deal with divorce, regular sleep prior to testing, etc.). PA, NUT, PH</p>

		<p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 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>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>GRADE LEVEL EXAMPLE</p>	<p>HE12.4.7.</p>	<p>Use criteria to set a long-term personal health goal and make a plan for achieving it. ME, PA, NUT</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>GRADE LEVEL EXAMPLE</p>	<p>HE12.4.8.</p>	<p>Monitor progress toward achieving a long-term personal health goal and evaluate the effectiveness of the plan for meeting the goal (e.g., a plan to meet the goal of reducing body fat by the end of the semester was effective because it included a variety of activities that met scientific principles for fitness and weight loss (e.g., aerobic activity for 30-45 minutes daily, reducing sugar intake, increasing water intake, attending PE every day, etc.). ME, PA, NUT</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future</p>

		<p>Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 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>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
GRADE LEVEL EXAMPLE	HE12.4.11.	<p>Analyze the relationship between physical, social, and mental and emotional health. VP/B, CEH ME</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
CONTENT STANDARD	WY.PE.	Physical Education
BENCHMARK	PE.2.	Fitness: Students demonstrate fitness literacy and behaviors associated with it.
GRADE LEVEL EXAMPLE	PE11.1.1.	<p>Students demonstrate an understanding of personal fitness programs and their personal fitness status.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
GRADE LEVEL EXAMPLE	PE11.1.2.	<p>Students demonstrate an understanding of health and fitness benefits derived from various physical activities.</p> <p>Multimedia Extensions</p>

		Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXAMPLE	PE11.1.4.	Students participate in a variety of physical activities that will enhance health-related physical fitness. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	WY.PE.	Physical Education
BENCHMARK	PE.3.	Personal and Social Behavior: Students demonstrate personal and social responsibility, understand the benefits of physical activity, and respect diversity among people in physical activity settings.
GRADE LEVEL EXAMPLE	PE11.3.1.	Students apply safety principles and follow the rules, procedures, and etiquette in physical activity settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GRADE LEVEL EXAMPLE	PE11.3.2.	Students demonstrate sportsmanship, cooperation, and teamwork in physical activity settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GRADE LEVEL EXAMPLE	PE11.3.4.	Students demonstrate an understanding that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. Multimedia Extensions Multimedia Extensions: Confidence

Wyoming Academic Content Standards

Health and PE

Grade 11 - Adopted Health 2012 / PE 2008

CONTENT STANDARD	WY.HE.	Health Education
BENCHMARK	HE12.1.	HEALTH INFORMATION, PRODUCTS AND RESOURCES: Students will access, analyze and evaluate health information, products and resources.

GRADE LEVEL EXAMPLE	HE12.1.1.	<p>Locate and evaluate appropriate resources at school, in the community and beyond that help to enhance health (e.g., human resources, printed and electronic resources, equipment and facilitates, etc.). PA, PH, ME</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
GRADE LEVEL EXAMPLE	HE12.1.2.	<p>Locate and evaluate appropriate resources at school, in the community and beyond that help to reduce health risks. (e.g., human resources, printed and electronic resources, equipment and facilitates, etc.). ATOD, SEXUALITY, PH</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD	WY.HE.	Health Education
BENCHMARK	HE12.2.	PROBLEM SOLVING AND DECISION MAKING: Students will use critical thinking and systematic processes to examine health related problems and make decisions that enhance health and reduce or avoid health risks.
GRADE LEVEL EXAMPLE	HE12.2.2.	<p>Apply a systematic decision making process that includes evaluation of consequences to enhance health (e.g., impact of decision on self, on others). SEXUALITY, IP/S, CEH</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
GRADE LEVEL EXAMPLE	HE12.2.3.	<p>Apply a systematic decision making process that includes evaluation of consequences to reduce or avoid health risks. ATOD, SEXUALITY, IP/S</p> <p>My Success Roadmap</p>

		<p>Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p> <p>Unit 2: Highway to Confidence - Lesson 05: Confidence</p> <p>Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p> <p>Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p> <p>Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
GRADE LEVEL EXAMPLE	HE12.2.4.	<p>Evaluate how peers, culture, media and technology influence decisions students make about health practices and risk behaviors. SEXUALITY, ATOD, ME</p> <p>Multimedia Extensions</p> <p>Multimedia Extensions: Confidence</p> <p>Multimedia Extensions: Connections</p> <p>Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future</p> <p>Unit 4: Stress - Lesson 07: Handling Pressure</p> <p>Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p> <p>Unit 3: Highway Connections - Lesson 07: Social Support</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
GRADE LEVEL EXAMPLE	HE12.2.5.	<p>Apply a systematic process to evaluate the evidence, claims, beliefs and/or points of view about non-familiar health related issues or problems. ATOD, PA, NUT</p> <p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p> <p>Unit 2: Highway to Confidence - Lesson 05: Confidence</p> <p>Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p> <p>Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p> <p>Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD	WY.HE.	Health Education
BENCHMARK	HE12.3.	EFFECTIVE COMMUNICATION: Students will demonstrate the ability to use interpersonal communication skills to enhance health and reduce or avoid health risks.

<p>GRADE LEVEL EXAMPLE</p>	<p>HE12.3.1.</p>	<p>Evaluate verbal and non-verbal techniques for communicating effectively with family, peers and others to enhance health. PH, CEH, ME</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
<p>GRADE LEVEL EXAMPLE</p>	<p>HE12.3.4.</p>	<p>Demonstrate the ability to use refusal, negotiation and collaboration skills to enhance health. ME, CEH, VP/B</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 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 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 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>GRADE LEVEL EXAMPLE</p>	<p>HE12.3.5.</p>	<p>Demonstrate the ability to use refusal, negotiation and collaboration skills to reduce or avoid health risks. ATOD, SEXUALITY, VP/B</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>

		<p>Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 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>
CONTENT STANDARD	WY.HE.	Health Education
BENCHMARK	HE12.4.	PERSONAL AND SOCIAL RESPONSIBILITY: Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and reducing or avoiding health risks.
GRADE LEVEL EXAMPLE	HE12.4.1.	Analyze the relationship between personal health and their effect on self, others, and society. CEH, PCD, PA My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXAMPLE	HE12.4.2.	Demonstrate the ability to use a strategic approach to manage health risks and enhance health. NUT, PA, ME Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXAMPLE	HE12.4.4.	Explain signs of stress and how stress can affect health status. ME, ATOD Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure

		<p>Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
GRADE LEVEL EXAMPLE	HE12.4.5.	<p>Analyze age appropriate factors that create good stress and bad stress. ME, ATOD, SEXUALITY</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
GRADE LEVEL EXAMPLE	HE12.4.6.	<p>Evaluate the appropriateness of various strategies for managing stress and avoiding stress overload in specific situations (e.g. regular exercise to deal with divorce, regular sleep prior to testing, etc.). PA, NUT, PH</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 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>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
GRADE LEVEL EXAMPLE	HE12.4.7.	<p>Use criteria to set a long-term personal health goal and make a plan for achieving it. ME, PA, NUT</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>

		<p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>GRADE LEVEL EXAMPLE</p>	<p>HE12.4.8.</p>	<p>Monitor progress toward achieving a long-term personal health goal and evaluate the effectiveness of the plan for meeting the goal (e.g., a plan to meet the goal of reducing body fat by the end of the semester was effective because it included a variety of activities that met scientific principles for fitness and weight loss (e.g., aerobic activity for 30-45 minutes daily, reducing sugar intake, increasing water intake, attending PE every day, etc.). ME, PA, NUT</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>GRADE LEVEL EXAMPLE</p>	<p>HE12.4.11.</p>	<p>Analyze the relationship between physical, social, and mental and emotional health. VP/B, CEH ME</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>

		<p>Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
CONTENT STANDARD	WY.PE.	Physical Education
BENCHMARK	PE.2.	Fitness: Students demonstrate fitness literacy and behaviors associated with it.
GRADE LEVEL EXAMPLE	PE11.1.1.	<p>Students demonstrate an understanding of personal fitness programs and their personal fitness status.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
GRADE LEVEL EXAMPLE	PE11.1.2.	<p>Students demonstrate an understanding of health and fitness benefits derived from various physical activities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
GRADE LEVEL EXAMPLE	PE11.1.4.	<p>Students participate in a variety of physical activities that will enhance health-related physical fitness.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD	WY.PE.	Physical Education
BENCHMARK	PE.3.	Personal and Social Behavior: Students demonstrate personal and social responsibility, understand the benefits of physical activity, and respect diversity among people in physical activity settings.
GRADE LEVEL EXAMPLE	PE11.3.1.	Students apply safety principles and follow the rules, procedures, and etiquette in physical activity settings.

		<p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXAMPLE	PE11.3.2.	<p>Students demonstrate sportsmanship, cooperation, and teamwork in physical activity settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXAMPLE	PE11.3.4.	<p>Students demonstrate an understanding that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>

Wyoming Academic Content Standards

Health and PE

Grade 12 - Adopted Health 2012 / PE 2008

CONTENT STANDARD	WY.HE.	Health Education
BENCHMARK	HE12.1.	HEALTH INFORMATION, PRODUCTS AND RESOURCES: Students will access, analyze and evaluate health information, products and resources.
GRADE LEVEL EXAMPLE	HE12.1.1.	<p>Locate and evaluate appropriate resources at school, in the community and beyond that help to enhance health (e.g., human resources, printed and electronic resources, equipment and facilitates, etc.). PA, PH, ME</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
GRADE LEVEL EXAMPLE	HE12.1.2.	<p>Locate and evaluate appropriate resources at school, in the community and beyond that help to reduce health risks. (e.g., human resources, printed and electronic resources, equipment and facilitates, etc.). ATOD, SEXUALITY, PH</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	WY.HE.	Health Education
BENCHMARK	HE12.2.	PROBLEM SOLVING AND DECISION MAKING: Students will use critical thinking and systematic processes to examine health related problems and make decisions that enhance health and reduce or avoid health risks.
GRADE LEVEL EXAMPLE	HE12.2.2.	Apply a systematic decision making process that includes evaluation of consequences to enhance health (e.g., impact of decision on self, on others). SEXUALITY, IP/S, CEH My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL EXAMPLE	HE12.2.3.	Apply a systematic decision making process that includes evaluation of consequences to reduce or avoid health risks. ATOD, SEXUALITY, IP/S My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
GRADE LEVEL EXAMPLE	HE12.2.4.	Evaluate how peers, culture, media and technology influence decisions students make about health practices and risk behaviors. SEXUALITY, ATOD, ME Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Motivation My Roadmap to the Future 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 12: Analyzing Motivation

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
GRADE LEVEL EXAMPLE	HE12.2.5.	<p>Apply a systematic process to evaluate the evidence, claims, beliefs and/or points of view about non-familiar health related issues or problems. ATOD, PA, NUT</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD	WY.HE.	Health Education
BENCHMARK	HE12.3.	EFFECTIVE COMMUNICATION: Students will demonstrate the ability to use interpersonal communication skills to enhance health and reduce or avoid health risks.
GRADE LEVEL EXAMPLE	HE12.3.1.	<p>Evaluate verbal and non-verbal techniques for communicating effectively with family, peers and others to enhance health. PH, CEH, ME</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
GRADE LEVEL EXAMPLE	HE12.3.4.	<p>Demonstrate the ability to use refusal, negotiation and collaboration skills to enhance health. ME, CEH, VP/B</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 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 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 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>GRADE LEVEL EXAMPLE</p>	<p>HE12.3.5.</p>	<p>Demonstrate the ability to use refusal, negotiation and collaboration skills to reduce or avoid health risks. ATOD, SEXUALITY, VP/B</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 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 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 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>CONTENT STANDARD</p>	<p>WY.HE.</p>	<p>Health Education</p>

BENCHMARK	HE12.4.	PERSONAL AND SOCIAL RESPONSIBILITY: Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and reducing or avoiding health risks.
GRADE LEVEL EXAMPLE	HE12.4.1.	Analyze the relationship between personal health and their effect on self, others, and society. CEH, PCD, PA My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXAMPLE	HE12.4.2.	Demonstrate the ability to use a strategic approach to manage health risks and enhance health. NUT, PA, ME Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXAMPLE	HE12.4.4.	Explain signs of stress and how stress can affect health status. ME, ATOD Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
GRADE LEVEL EXAMPLE	HE12.4.5.	Analyze age appropriate factors that create good stress and bad stress. ME, ATOD, SEXUALITY Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being

<p>GRADE LEVEL EXAMPLE</p>	<p>HE12.4.6.</p>	<p>Evaluate the appropriateness of various strategies for managing stress and avoiding stress overload in specific situations (e.g. regular exercise to deal with divorce, regular sleep prior to testing, etc.). PA, NUT, PH</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 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>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>GRADE LEVEL EXAMPLE</p>	<p>HE12.4.7.</p>	<p>Use criteria to set a long-term personal health goal and make a plan for achieving it. ME, PA, NUT</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>GRADE LEVEL EXAMPLE</p>	<p>HE12.4.8.</p>	<p>Monitor progress toward achieving a long-term personal health goal and evaluate the effectiveness of the plan for meeting the goal (e.g., a plan to meet the goal of reducing body fat by the end of the semester was effective because it included a variety of activities that met scientific principles for fitness and weight loss (e.g., aerobic activity for 30-45 minutes daily, reducing sugar intake, increasing water intake, attending PE every day, etc.). ME, PA, NUT</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>

		<p>Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
GRADE LEVEL EXAMPLE	HE12.4.11.	<p>Analyze the relationship between physical, social, and mental and emotional health. VP/B, CEH ME</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
CONTENT STANDARD	WY.PE.	Physical Education
BENCHMARK	PE.2.	Fitness: Students demonstrate fitness literacy and behaviors associated with it.
GRADE LEVEL EXAMPLE	PE11.1.1.	<p>Students demonstrate an understanding of personal fitness programs and their personal fitness status.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

GRADE LEVEL EXAMPLE	PE11.1.2.	Students demonstrate an understanding of health and fitness benefits derived from various physical activities. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
GRADE LEVEL EXAMPLE	PE11.1.4.	Students participate in a variety of physical activities that will enhance health-related physical fitness. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	WY.PE.	Physical Education
BENCHMARK	PE.3.	Personal and Social Behavior: Students demonstrate personal and social responsibility, understand the benefits of physical activity, and respect diversity among people in physical activity settings.
GRADE LEVEL EXAMPLE	PE11.3.1.	Students apply safety principles and follow the rules, procedures, and etiquette in physical activity settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GRADE LEVEL EXAMPLE	PE11.3.2.	Students demonstrate sportsmanship, cooperation, and teamwork in physical activity settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GRADE LEVEL EXAMPLE	PE11.3.4.	Students demonstrate an understanding that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. Multimedia Extensions Multimedia Extensions: Confidence