

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

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

States: Arkansas Curriculum Frameworks

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

Arkansas Curriculum Frameworks

Social Studies

Grade 7 - Adopted 2007

STRAND/CONTENT STANDARD	AR.G.	Geography
STANDARD/STUDENT LEARNING EXPECTATION	G.2.	Culture and Diversity: Students shall develop an understanding of how cultures around the world develop and change.
STUDENT LEARNING EXPECTATION/BENCHMARK	G.2.7.1.	Culture/Diversity: Examine creative work as examples of cultural heritage (e.g., literature, mosaics, statuary, architecture, philosophy, dramas) Multimedia Extensions Multimedia Extensions: Confidence
STRAND/CONTENT STANDARD	AR.E.	Economics
STANDARD/STUDENT LEARNING EXPECTATION	E.7.	Choices: Students shall analyze the costs and benefits of making economic choices.
STUDENT LEARNING EXPECTATION/BENCHMARK	E.7.7.1.	Costs and Benefits: Discuss the economic wants and needs of people over time. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STUDENT LEARNING EXPECTATION/BENCHMARK	E.7.7.3.	Costs and Benefits: Discuss ways scarcity has influenced economic wants and needs resulting in the need to make choices. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND/CONTENT STANDARD	AR.CC.RH.6-8.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Key Ideas and Details

STUDENT LEARNING EXPECTATION/BENCHMARK	RH.6-8.3.	<p>Identify key steps in a text's description of a process related to history/social studies (e.g., how a bill becomes law, how interest rates are raised or lowered).</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND/CONTENT STANDARD	AR.CC.RH.6-8.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Craft and Structure
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.6-8.5.	<p>Describe how a text presents information (e.g., sequentially, comparatively, causally).</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
STRAND/CONTENT STANDARD	AR.CC.RH.6-8.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Integration of Knowledge and Ideas
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.6-8.7.	<p>Integrate visual information (e.g., in charts, graphs, photographs, videos, or maps) with other information in print and digital texts.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND/CONTENT STANDARD	AR.CC.RH.6-8.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Range of Reading and Level of Text Complexity
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.6-8.10.	<p>By the end of grade 8, read and comprehend history/social studies texts in the grades 6-8 text complexity band independently and proficiently.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>

STRAND/CONTENT STANDARD	AR.CC.WHST.6-8.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.1.	Write arguments focused on discipline-specific content.
BENCHMARK/PROFICIENCY	WHST.6-8.1(c)	Use words, phrases, and clauses to create cohesion and clarify the relationships among claim(s), counterclaims, reasons, and evidence. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.6-8.1(d)	Establish and maintain a formal style. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.6-8.1(e)	Provide a concluding statement or section that follows from and supports the argument presented. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.6-8.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.

BENCHMARK/PROFICIENCY	WHST.6-8.2(b)	<p>Develop the topic with relevant, well-chosen facts, definitions, concrete details, quotations, or other information and examples.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK/PROFICIENCY	WHST.6-8.2(c)	<p>Use appropriate and varied transitions to create cohesion and clarify the relationships among ideas and concepts.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK/PROFICIENCY	WHST.6-8.2(d)	<p>Use precise language and domain-specific vocabulary to inform about or explain the topic.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK/PROFICIENCY	WHST.6-8.2(e)	<p>Establish and maintain a formal style and objective tone.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK/PROFICIENCY	WHST.6-8.2(f)	<p>Provide a concluding statement or section that follows from and supports the information or explanation presented.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals</p>

		Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.6-8.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.3.	(See note; not applicable as a separate requirement)
BENCHMARK/PROFICIENCY	WHST.6-8.3(a)	Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.6-8.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Production and Distribution of Writing
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.4.	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.6-8.	Writing Standards for Literacy in History/Social Studies

STANDARD/STUDENT LEARNING EXPECTATION		Research to Build and Present Knowledge
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.7.	<p>Conduct short research projects to answer a question (including a self-generated question), drawing on several sources and generating additional related, focused questions that allow for multiple avenues of exploration.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.8.	<p>Gather relevant information from multiple print and digital sources, using search terms effectively; assess the credibility and accuracy of each source; and quote or paraphrase the data and conclusions of others while avoiding plagiarism and following a standard format for citation.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.9.	<p>Draw evidence from informational texts to support analysis reflection, and research.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND/CONTENT STANDARD	AR.CC.WHST.6-8.	Writing Standards for Literacy in History/Social Studies
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STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.10.	<p>Write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

Social Studies

Grade 8 - Adopted 2007

STRAND/CONTENT STANDARD	AR.G.	Geography
STANDARD/STUDENT LEARNING EXPECTATION	G.2.	Culture and Diversity: Students shall develop an understanding of how cultures around the world develop and change.
STUDENT LEARNING EXPECTATION/BENCHMARK	G.2.8.1.	Culture/Diversity: Examine creative work as examples of cultural heritage (e.g., literature, mosaics, statuary, architecture, philosophy, dramas) Multimedia Extensions Multimedia Extensions: Confidence
STRAND/CONTENT STANDARD	AR.E.	Economics
STANDARD/STUDENT LEARNING EXPECTATION	E.7.	Choices: Students shall analyze the costs and benefits of making economic choices.
STUDENT LEARNING EXPECTATION/BENCHMARK	E.7.8.1.	Costs and Benefits: Analyze changing wants and needs of people over time. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND/CONTENT STANDARD	AR.CC.RH.6-8.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Key Ideas and Details
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.6-8.3.	Identify key steps in a text's description of a process related to history/social studies (e.g., how a bill becomes law, how interest rates are raised or lowered). My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND/CONTENT STANDARD	AR.CC.RH.6-8.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Craft and Structure

STUDENT LEARNING EXPECTATION/BENCHMARK	RH.6-8.5.	Describe how a text presents information (e.g., sequentially, comparatively, causally). Multimedia Extensions Multimedia Extensions: Connections
STRAND/CONTENT STANDARD	AR.CC.RH.6-8.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Integration of Knowledge and Ideas
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STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
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		Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.6-8.1(d)	Establish and maintain a formal style. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.6-8.1(e)	Provide a concluding statement or section that follows from and supports the argument presented. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.6-8.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
BENCHMARK/PROFICIENCY	WHST.6-8.2(b)	Develop the topic with relevant, well-chosen facts, definitions, concrete details, quotations, or other information and examples. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.6-8.2(c)	Use appropriate and varied transitions to create cohesion and clarify the relationships among ideas and concepts.

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
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BENCHMARK/PROFICIENCY	WHST.6-8.2(f)	<p>Provide a concluding statement or section that follows from and supports the information or explanation presented.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/CONTENT STANDARD	AR.CC.WHST.6-8.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.3.	(See note; not applicable as a separate requirement)
BENCHMARK/PROFICIENCY	WHST.6-8.3(a)	Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into

		<p>arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/CONTENT STANDARD	AR.CC.WHST.6-8.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Production and Distribution of Writing
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.4.	<p>Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/CONTENT STANDARD	AR.CC.WHST.6-8.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Research to Build and Present Knowledge
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.7.	<p>Conduct short research projects to answer a question (including a self-generated question), drawing on several sources and generating additional related, focused questions that allow for multiple avenues of exploration.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.8.	<p>Gather relevant information from multiple print and digital sources, using search terms effectively; assess the credibility and accuracy of each source; and quote or paraphrase the data and conclusions of others while avoiding plagiarism and following a standard format for citation.</p>

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.9.	<p>Draw evidence from informational texts to support analysis reflection, and research.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND/CONTENT STANDARD	AR.CC.WHST.6-8.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Range of Writing
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.6-8.10.	<p>Write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

Arkansas Curriculum Frameworks

Health and PE

Grade 7 - Adopted 2011

STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	PEL.2.	Movement Concepts: Students shall understand movement concepts, principles, and strategies that apply to the performance of physical activity.
STUDENT LEARNING EXPECTATION/BENCHMARK		Academic Integration
BENCHMARK/PROFICIENCY	PEL.2.7.6.	<p>Integrate academic content into physical activities (e.g., creating a hypothesis, persuasive writing)</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the</p>

		Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	PEL.3.	Health-Related Fitness: Students shall understand how health-related fitness can improve individual health.
STUDENT LEARNING EXPECTATION/BENCHMARK		Cardio-respiratory Endurance
BENCHMARK/PROFICIENCY	PEL.3.7.2.	Develop and follow a personal fitness plan that integrates the FITT principle:
DESCRIPTOR	PEL.3.7.2.a.	Frequency Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
DESCRIPTOR	PEL.3.7.2.b.	Intensity Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
DESCRIPTOR	PEL.3.7.2.c.	Time Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
DESCRIPTOR	PEL.3.7.2.d.	Type Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	PEL.5.	Personal and Social Behavior: Students shall demonstrate responsible personal and social behaviors that respect self and others in physical activity settings.
STUDENT LEARNING EXPECTATION/BENCHMARK		Personal Behavior
BENCHMARK/PROFICIENCY	PEL.5.7.1.	Accept and respect the decisions made by game officials and other authority figures (e.g., official calls are accepted as final, no verbal or non-verbal contesting)

		<p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.8.	Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.
STUDENT LEARNING EXPECTATION/BENCHMARK		Environmental and Community Health
BENCHMARK/PROFICIENCY	HW.8.7.2.	<p>Identify available resources that provide information which promotes environmental and community health (e.g., Arkansas Department of Environmental Quality, Arkansas Cooperative Extension Service)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.8.	Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.
STUDENT LEARNING EXPECTATION/BENCHMARK		Media and Technology
BENCHMARK/PROFICIENCY	HW.8.7.3.	<p>Discuss the validity of media messages before the purchase of products (e.g., prescription drugs, dietary products, exercise equipment)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.10.	Alcohol, Tobacco, and Other Drugs: Students shall comprehend substance use, abuse, and the ability to use decision-making skills to enhance health.
STUDENT LEARNING EXPECTATION/BENCHMARK		Tobacco
BENCHMARK/PROFICIENCY	HW.10.7.4.	Analyze how messages from media sources influence tobacco use

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.11.	Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.
STUDENT LEARNING EXPECTATION/BENCHMARK		Personal Health
BENCHMARK/PROFICIENCY	HW.11.7.1.	Examine skills necessary to manage mental and emotional health:
DESCRIPTOR	HW.11.7.1.b.	<p>Self-talk</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</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 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
DESCRIPTOR	HW.11.7.1.c.	<p>Coping skills</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</p>

		<p>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 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
DESCRIPTOR	HW.11.7.1.d.	<p>Stress management</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</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 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.11.	Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.
STUDENT LEARNING EXPECTATION/BENCHMARK		Personal Health
BENCHMARK/PROFICIENCY	HW.11.7.2.	<p>Discuss the warning signs of depression and suicidal thoughts</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.11.	Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.

STUDENT LEARNING EXPECTATION/BENCHMARK		Personal Health
BENCHMARK/PROFICIENCY	HW.11.7.4.	Identify suicide prevention strategies:
DESCRIPTOR	HW.11.7.4.a.	Counseling 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
DESCRIPTOR	HW.11.7.4.b.	Hot-line 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
DESCRIPTOR	HW.11.7.4.c.	Trusted adult My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.11.	Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.
STUDENT LEARNING EXPECTATION/BENCHMARK		Violence
BENCHMARK/PROFICIENCY	HW.11.7.12.	Identify individuals and other sources to help and report abuse (e.g., counselor, teacher, resource officer) My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing

		Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.12.	Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.
STUDENT LEARNING EXPECTATION/BENCHMARK		Food and Nutrition
BENCHMARK/PROFICIENCY	HW.12.7.4.	Analyze a daily nutrition log based on Nutrition Facts labels My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being

Arkansas Curriculum Frameworks

Health and PE

Grade 8 - Adopted 2011

STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	PEL.3.	Health-Related Fitness: Students shall understand how health-related fitness can improve individual health.
STUDENT LEARNING EXPECTATION/BENCHMARK		Cardio-respiratory Endurance
BENCHMARK/PROFICIENCY	PEL.3.8.2.	Apply the five principles of training using the FITT guidelines to develop a personal fitness plan to improve cardio-respiratory endurance:
DESCRIPTOR	PEL.3.8.2.a.	Overload Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
DESCRIPTOR	PEL.3.8.2.b.	Progression Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

DESCRIPTOR	PEL.3.8.2.c.	Specificity Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
DESCRIPTOR	PEL.3.8.2.d.	Regularity Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
DESCRIPTOR	PEL.3.8.2.e.	Individuality Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	PEL.5.	Personal and Social Behavior: Students shall demonstrate responsible personal and social behaviors that respect self and others in physical activity settings.
STUDENT LEARNING EXPECTATION/BENCHMARK		Personal Behavior
BENCHMARK/PROFICIENCY	PEL.5.8.1.	Develop an understanding and respect for the decisions made by classmates, game officials, and other authority figures (e.g., officiate a game, lead a team, captain a team, coach a team) My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.6.	Human Growth and Development: Students shall understand characteristics relating to growth and development.
STUDENT LEARNING EXPECTATION/BENCHMARK		Body Systems
BENCHMARK/PROFICIENCY	HW.6.8.1.	Analyze how maturation affects the body systems (e.g., brain development, muscular strength, cardio- respiratory capacity) My Roadmap to the Future

		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.6.	Human Growth and Development: Students shall understand characteristics relating to growth and development.
STUDENT LEARNING EXPECTATION/BENCHMARK		Growth
BENCHMARK/PROFICIENCY	HW.6.8.2.	Identify responsible behaviors and consequences related to physical, social, and emotional changes during adolescence Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.8.	Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.
STUDENT LEARNING EXPECTATION/BENCHMARK		Environmental and Community Health
BENCHMARK/PROFICIENCY	H.W.8.8.2.	Develop strategies to reduce pollutants (e.g., home, school, community) My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness

STANDARD/STUDENT LEARNING EXPECTATION	HW.8.	Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.
STUDENT LEARNING EXPECTATION/BENCHMARK		Media and Technology
BENCHMARK/PROFICIENCY	HW.8.8.4.	Develop media messages that promote good health My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.9.	Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.
STUDENT LEARNING EXPECTATION/BENCHMARK		Interpersonal Relationships and Human Sexuality
BENCHMARK/PROFICIENCY	HW.9.8.2.	Examine how communication skills can prevent bullying, reduce prejudices, and encourage tolerance My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.9.	Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.
STUDENT LEARNING EXPECTATION/BENCHMARK		Interpersonal Relationships and Human Sexuality
BENCHMARK/PROFICIENCY	HW.9.8.3.	Evaluate how social issues affect inappropriate behaviors:
DESCRIPTOR	HW.9.8.3.a.	Peers

		<p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
DESCRIPTOR	HW.9.8.3.b.	<p>Media</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
DESCRIPTOR	HW.9.8.3.c.	<p>Family</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future 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>
DESCRIPTOR	HW.9.8.3.d.	<p>Socioeconomic status</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</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 Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.10.	Alcohol, Tobacco, and Other Drugs: Students shall comprehend substance use, abuse, and the ability to use decision-making skills to enhance health.

STUDENT LEARNING EXPECTATION/BENCHMARK		Medicine
BENCHMARK/PROFICIENCY	HW.10.8.1.	Evaluate how dependency impacts family and society My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.11.	Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.
STUDENT LEARNING EXPECTATION/BENCHMARK		Personal Health
BENCHMARK/PROFICIENCY	HW.11.8.1.	Demonstrate skills necessary to manage mental and emotional health:
DESCRIPTOR	HW.11.8.1.b.	Self-talk Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
DESCRIPTOR	HW.11.8.1.c.	Coping skills Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future

		<p>Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
DESCRIPTOR	HW.11.8.1.d.	<p>Stress management</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</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 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.11.	Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.
STUDENT LEARNING EXPECTATION/BENCHMARK		Personal Health
BENCHMARK/PROFICIENCY	HW.11.8.2.	<p>Discuss the warning signs of depression and suicidal thoughts</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
BENCHMARK/PROFICIENCY	HW.11.8.3.	Distinguish personal responsibility in making choices affecting individual health and wellness

		<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 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>
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.11.	Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.
STUDENT LEARNING EXPECTATION/BENCHMARK		Personal Health
BENCHMARK/PROFICIENCY	HW.11.8.4.	Discuss suicide prevention strategies:
DESCRIPTOR	HW.11.8.4.a.	<p>Counseling</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>
DESCRIPTOR	HW.11.8.4.b.	<p>Hot-line</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>
DESCRIPTOR	HW.11.8.4.c.	<p>Trusted adult</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson</p>

		10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.11.	Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.
STUDENT LEARNING EXPECTATION/BENCHMARK		Violence
BENCHMARK/PROFICIENCY	HW.11.8.12.	Identify individuals and other sources to help and report abuse (e.g., counselor, teacher, resource officer) My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HW.12.	Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.
STUDENT LEARNING EXPECTATION/BENCHMARK		Food and Nutrition
BENCHMARK/PROFICIENCY	HW.12.8.4.	Analyze a daily nutrition log based on nutrition facts labels My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being

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

Grades: 9, 10, 11, 12

States: Arkansas Curriculum Frameworks

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

Arkansas Curriculum Frameworks

Social Studies

Grade 9 - Adopted 2006 / 2009 Economics

STRAND/CONTENT STANDARD	AR.CH.	Contemporary United States History
STANDARD/STUDENT LEARNING EXPECTATION	CC.1.CH.	Changing Culture: Student shall analyze the causes and consequences of cultural changes.
STUDENT LEARNING EXPECTATION/BENCHMARK	CC.1.CH.2.	Research the trends in popular culture through literature, cinema, music, art, and television (e.g. rock and roll, pop art, sitcoms, MTV, mass media, science fiction, professional sports) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND/CONTENT STANDARD	AR.E.	Economics
STANDARD/STUDENT LEARNING EXPECTATION	PFM.11.E.	Personal Financial Management: Students shall analyze career choices, education, skills, and economic conditions affecting earnings potential.
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.11.E.2	Interpret factors affecting income: career choices and potential income; education and training My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.11.E.3	Analyze the costs and benefits of personal choices in education and training that affect earnings potential: intrinsic; extrinsic My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.11.E.4	<p>Evaluate the importance of interpersonal skills in the workplace (e.g., workforce readiness skills, ethics)</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
STRAND/CONTENT STANDARD	AR.E.	Economics
STANDARD/STUDENT LEARNING EXPECTATION	PFM.13.E.	Personal Financial Management: Students shall evaluate wealth management choices available to individuals.
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.13.E.1	<p>Discuss the importance of establishing personal financial goals (e.g., long term, short term)</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STRAND/CONTENT STANDARD	AR.P.	Psychology
STANDARD/STUDENT LEARNING EXPECTATION	SMH.12.P.	Stress and Mental Health: Students shall examine the relationship between stress and health.
STUDENT LEARNING EXPECTATION/BENCHMARK	SMH.12.P.1.	<p>Examine the causes of stress</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	SMH.12.P.2.	<p>Explain the effects stress has on the body</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	SMH.12.P.3.	<p>Explain defensive and active strategies for dealing with stress</p> <p>Multimedia Extensions</p>

		Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STRAND/CONTENT STANDARD	AR.S.	Sociology
STANDARD/STUDENT LEARNING EXPECTATION	G.5.S.	Groups: Students shall explore the influence of social groups on behavior.
STUDENT LEARNING EXPECTATION/BENCHMARK	G.5.S.1.	Identify students as members of primary groups and secondary groups My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STUDENT LEARNING EXPECTATION/BENCHMARK	G.5.S.2.	Examine the influence of group membership on student behavior My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STUDENT LEARNING EXPECTATION/BENCHMARK	G.5.S.3.	Discuss the influence of formal organizations on the behavior of group members My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND/CONTENT STANDARD	AR.S.	Sociology
STANDARD/STUDENT LEARNING EXPECTATION	SI.6.S.	Social Institutions: Students shall examine the effects of social institutions on group behavior.

STUDENT LEARNING EXPECTATION/BENCHMARK	SI.6.S.1.	<p>Examine social institutions: economic; educational; family; political; religious</p> <p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	SI.6.S.2.	<p>Examine the effect social institutions have on societal values</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	SI.6.S.3.	<p>Discuss the influence of popular culture on group behavior (e.g., sports, entertainment, media)</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STRAND/CONTENT STANDARD	AR.WG.	World Geography
STANDARD/STUDENT LEARNING EXPECTATION	HS.5.WG.	Human Systems: Students shall examine the role of culture on human systems.
STUDENT LEARNING EXPECTATION/BENCHMARK	HS.5.WG.3.	<p>Evaluate the spread of cultural traits, which have contributed to cultural convergence (e.g., fast-food franchises, English language, fashion and music trends)</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STRAND/CONTENT STANDARD	AR.WH.	World History

STANDARD/STUDENT LEARNING EXPECTATION	SMR.2.WH.	Social Movements and Reforms: Students shall analyze societal changes resulting from movements and reforms.
STUDENT LEARNING EXPECTATION/BENCHMARK	SMR.2.WH.2.	Investigate the changing roles of women using primary and secondary sources Multimedia Extensions Multimedia Extensions: Confidence
STRAND/CONTENT STANDARD	AR.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Key Ideas and Details
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.9-10.3.	Analyze in detail a series of events described in a text; determine whether earlier events caused later ones or simply preceded them. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support
STRAND/CONTENT STANDARD	AR.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Craft and Structure
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.9-10.5.	Analyze how a text uses structure to emphasize key points or advance an explanation or analysis Multimedia Extensions Multimedia Extensions: Connections
STRAND/CONTENT STANDARD	AR.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies

STANDARD/STUDENT LEARNING EXPECTATION		Integration of Knowledge and Ideas
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.9-10.7.	Integrate quantitative or technical analysis (e.g., charts, research data) with qualitative analysis in print or digital text. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND/CONTENT STANDARD	AR.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Range of Reading and Level of Text Complexity
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.9-10.10.	By the end of grade 10, read and comprehend history/social studies texts in the grades 9-10 text complexity band independently and proficiently. Multimedia Extensions Multimedia Extensions: Connections
STRAND/CONTENT STANDARD	AR.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.1.	Write arguments focused on discipline-specific content.
BENCHMARK/PROFICIENCY	WHST.9-10.1(c)	Use words, phrases, and clauses to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s) and counterclaims. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.9-10.1(d)	Establish and maintain a formal style and objective tone while attending to the norms and conventions of the

		discipline in which they are writing. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.9-10.1(e)	Provide a concluding statement or section that follows from or supports the argument presented. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
BENCHMARK/PROFICIENCY	WHST.9-10.2(a)	Introduce a topic and organize ideas, concepts, and information to make important connections and distinctions; include formatting (e.g., headings), graphics (e.g., figures, tables), and multimedia when useful to aiding comprehension. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.9-10.2(b)	Develop the topic with well-chosen, relevant, and sufficient facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals

		<p>Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK/PROFICIENCY	WHST.9-10.2(c)	<p>Use varied transitions and sentence structures to link the major sections of the text, create cohesion, and clarify the relationships among ideas and concepts.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK/PROFICIENCY	WHST.9-10.2(d)	<p>Use precise language and domain-specific vocabulary to manage the complexity of the topic and convey a style appropriate to the discipline and context as well as to the expertise of likely readers.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK/PROFICIENCY	WHST.9-10.2(e)	<p>Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK/PROFICIENCY	WHST.9-10.2(f)	<p>Provide a concluding statement or section that follows from and supports the information or explanation presented (e.g., articulating implications or the significance of the topic).</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social</p>

		Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.3.	(See note; not applicable as a separate requirement)
BENCHMARK/PROFICIENCY	WHST.9-10.3(a)	Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Production and Distribution of Writing
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.4.	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.5.	Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience. My Success Roadmap

		Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Research to Build and Present Knowledge
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.7.	Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.8.	Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the usefulness of each source in answering the research question; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and following a standard format for citation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.9.	Draw evidence from informational texts to support analysis, reflection, and research. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND/CONTENT STANDARD	AR.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Range of Writing
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.10.	Write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
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Arkansas Curriculum Frameworks

Social Studies

Grade 10 - Adopted 2006 / 2009 Economics

STRAND/CONTENT STANDARD	AR.CH.	Contemporary United States History
STANDARD/STUDENT LEARNING EXPECTATION	CC.1.CH.	Changing Culture: Student shall analyze the causes and consequences of cultural changes.
STUDENT LEARNING EXPECTATION/BENCHMARK	CC.1.CH.2.	<p>Research the trends in popular culture through literature, cinema, music, art, and television (e.g. rock and roll, pop art, sitcoms, MTV, mass media, science fiction, professional sports)</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STRAND/CONTENT STANDARD	AR.E.	Economics
STANDARD/STUDENT LEARNING EXPECTATION	PFM.11.E.	Personal Financial Management: Students shall analyze career choices, education, skills, and economic conditions affecting earnings potential.
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.11.E.2	<p>Interpret factors affecting income: career choices and potential income; education and training</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.11.E.3	Analyze the costs and benefits of personal choices in education and training that affect earnings potential: intrinsic; extrinsic

		<p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.11.E.4	<p>Evaluate the importance of interpersonal skills in the workplace (e.g., workforce readiness skills, ethics)</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
STRAND/CONTENT STANDARD	AR.E.	Economics
STANDARD/STUDENT LEARNING EXPECTATION	PFM.13.E.	Personal Financial Management: Students shall evaluate wealth management choices available to individuals.
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.13.E.1	<p>Discuss the importance of establishing personal financial goals (e.g., long term, short term)</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STRAND/CONTENT STANDARD	AR.P.	Psychology
STANDARD/STUDENT LEARNING EXPECTATION	SMH.12.P.	Stress and Mental Health: Students shall examine the relationship between stress and health.
STUDENT LEARNING EXPECTATION/BENCHMARK	SMH.12.P.1.	<p>Examine the causes of stress</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	SMH.12.P.2.	<p>Explain the effects stress has on the body</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	SMH.12.P.3.	Explain defensive and active strategies for dealing with stress

		<p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
STRAND/CONTENT STANDARD	AR.S.	Sociology
STANDARD/STUDENT LEARNING EXPECTATION	G.5.S.	Groups: Students shall explore the influence of social groups on behavior.
STUDENT LEARNING EXPECTATION/BENCHMARK	G.5.S.1.	<p>Identify students as members of primary groups and secondary groups</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	G.5.S.2.	<p>Examine the influence of group membership on student behavior</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	G.5.S.3.	<p>Discuss the influence of formal organizations on the behavior of group members</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND/CONTENT STANDARD	AR.S.	Sociology

STANDARD/STUDENT LEARNING EXPECTATION	SI.6.S.	Social Institutions: Students shall examine the effects of social institutions on group behavior.
STUDENT LEARNING EXPECTATION/BENCHMARK	SI.6.S.1.	Examine social institutions: economic; educational; family; political; religious Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STUDENT LEARNING EXPECTATION/BENCHMARK	SI.6.S.2.	Examine the effect social institutions have on societal values Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STUDENT LEARNING EXPECTATION/BENCHMARK	SI.6.S.3.	Discuss the influence of popular culture on group behavior (e.g., sports, entertainment, media) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND/CONTENT STANDARD	AR.WG.	World Geography
STANDARD/STUDENT LEARNING EXPECTATION	HS.5.WG.	Human Systems: Students shall examine the role of culture on human systems.
STUDENT LEARNING EXPECTATION/BENCHMARK	HS.5.WG.3.	Evaluate the spread of cultural traits, which have contributed to cultural convergence (e.g., fast-food franchises, English language, fashion and music trends) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

STRAND/CONTENT STANDARD	AR.WH.	World History
STANDARD/STUDENT LEARNING EXPECTATION	SMR.2.WH.	Social Movements and Reforms: Students shall analyze societal changes resulting from movements and reforms.
STUDENT LEARNING EXPECTATION/BENCHMARK	SMR.2.WH.2.	Investigate the changing roles of women using primary and secondary sources Multimedia Extensions Multimedia Extensions: Confidence
STRAND/CONTENT STANDARD	AR.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Key Ideas and Details
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.9-10.3.	Analyze in detail a series of events described in a text; determine whether earlier events caused later ones or simply preceded them. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support
STRAND/CONTENT STANDARD	AR.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Craft and Structure
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.9-10.5.	Analyze how a text uses structure to emphasize key points or advance an explanation or analysis Multimedia Extensions Multimedia Extensions: Connections

STRAND/CONTENT STANDARD	AR.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Integration of Knowledge and Ideas
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.9-10.7.	<p>Integrate quantitative or technical analysis (e.g., charts, research data) with qualitative analysis in print or digital text.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND/CONTENT STANDARD	AR.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Range of Reading and Level of Text Complexity
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.9-10.10.	<p>By the end of grade 10, read and comprehend history/social studies texts in the grades 9-10 text complexity band independently and proficiently.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
STRAND/CONTENT STANDARD	AR.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.1.	Write arguments focused on discipline-specific content.
BENCHMARK/PROFICIENCY	WHST.9-10.1(c)	<p>Use words, phrases, and clauses to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s) and counterclaims.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

BENCHMARK/PROFICIENCY	WHST.9-10.1(d)	<p>Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK/PROFICIENCY	WHST.9-10.1(e)	<p>Provide a concluding statement or section that follows from or supports the argument presented.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/CONTENT STANDARD	AR.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
BENCHMARK/PROFICIENCY	WHST.9-10.2(a)	<p>Introduce a topic and organize ideas, concepts, and information to make important connections and distinctions; include formatting (e.g., headings), graphics (e.g., figures, tables), and multimedia when useful to aiding comprehension.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK/PROFICIENCY	WHST.9-10.2(b)	<p>Develop the topic with well-chosen, relevant, and sufficient facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.</p>

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK/PROFICIENCY	WHST.9-10.2(c)	<p>Use varied transitions and sentence structures to link the major sections of the text, create cohesion, and clarify the relationships among ideas and concepts.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK/PROFICIENCY	WHST.9-10.2(d)	<p>Use precise language and domain-specific vocabulary to manage the complexity of the topic and convey a style appropriate to the discipline and context as well as to the expertise of likely readers.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK/PROFICIENCY	WHST.9-10.2(e)	<p>Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK/PROFICIENCY	WHST.9-10.2(f)	<p>Provide a concluding statement or section that follows from and supports the information or explanation presented (e.g., articulating implications or the significance of the topic).</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals</p>

		Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.3.	(See note; not applicable as a separate requirement)
BENCHMARK/PROFICIENCY	WHST.9-10.3(a)	Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Production and Distribution of Writing
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.4.	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.5.	Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/CONTENT STANDARD	AR.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Research to Build and Present Knowledge
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.7.	<p>Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.8.	<p>Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the usefulness of each source in answering the research question; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and following a standard format for citation.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.9.	<p>Draw evidence from informational texts to support analysis, reflection, and research.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND/CONTENT STANDARD	AR.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Range of Writing

STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.9-10.10.	<p>Write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
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Arkansas Curriculum Frameworks

Social Studies

Grade 11 - Adopted 2006 / 2009 Economics

STRAND/CONTENT STANDARD	AR.CH.	Contemporary United States History
STANDARD/STUDENT LEARNING EXPECTATION	CC.1.CH.	Changing Culture: Student shall analyze the causes and consequences of cultural changes.
STUDENT LEARNING EXPECTATION/BENCHMARK	CC.1.CH.2.	<p>Research the trends in popular culture through literature, cinema, music, art, and television (e.g. rock and roll, pop art, sitcoms, MTV, mass media, science fiction, professional sports)</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STRAND/CONTENT STANDARD	AR.E.	Economics
STANDARD/STUDENT LEARNING EXPECTATION	PFM.11.E.	Personal Financial Management: Students shall analyze career choices, education, skills, and economic conditions affecting earnings potential.
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.11.E.2	<p>Interpret factors affecting income: career choices and potential income; education and training</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>

STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.11.E.3	<p>Analyze the costs and benefits of personal choices in education and training that affect earnings potential: intrinsic; extrinsic</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.11.E.4	<p>Evaluate the importance of interpersonal skills in the workplace (e.g., workforce readiness skills, ethics)</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
STRAND/CONTENT STANDARD	AR.E.	Economics
STANDARD/STUDENT LEARNING EXPECTATION	PFM.13.E.	Personal Financial Management: Students shall evaluate wealth management choices available to individuals.
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.13.E.1	<p>Discuss the importance of establishing personal financial goals (e.g., long term, short term)</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STRAND/CONTENT STANDARD	AR.P.	Psychology
STANDARD/STUDENT LEARNING EXPECTATION	SMH.12.P.	Stress and Mental Health: Students shall examine the relationship between stress and health.
STUDENT LEARNING EXPECTATION/BENCHMARK	SMH.12.P.1.	<p>Examine the causes of stress</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	SMH.12.P.2.	<p>Explain the effects stress has on the body</p> <p>Multimedia Extensions</p>

		Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	SMH.12.P.3.	Explain defensive and active strategies for dealing with stress Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STRAND/CONTENT STANDARD	AR.S.	Sociology
STANDARD/STUDENT LEARNING EXPECTATION	G.5.S.	Groups: Students shall explore the influence of social groups on behavior.
STUDENT LEARNING EXPECTATION/BENCHMARK	G.5.S.1.	Identify students as members of primary groups and secondary groups My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STUDENT LEARNING EXPECTATION/BENCHMARK	G.5.S.2.	Examine the influence of group membership on student behavior My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STUDENT LEARNING EXPECTATION/BENCHMARK	G.5.S.3.	Discuss the influence of formal organizations on the behavior of group members My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection

STRAND/CONTENT STANDARD	AR.S.	Sociology
STANDARD/STUDENT LEARNING EXPECTATION	SI.6.S.	Social Institutions: Students shall examine the effects of social institutions on group behavior.
STUDENT LEARNING EXPECTATION/BENCHMARK	SI.6.S.1.	Examine social institutions: economic; educational; family; political; religious Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STUDENT LEARNING EXPECTATION/BENCHMARK	SI.6.S.2.	Examine the effect social institutions have on societal values Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STUDENT LEARNING EXPECTATION/BENCHMARK	SI.6.S.3.	Discuss the influence of popular culture on group behavior (e.g., sports, entertainment, media) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND/CONTENT STANDARD	AR.WG.	World Geography
STANDARD/STUDENT LEARNING EXPECTATION	HS.5.WG.	Human Systems: Students shall examine the role of culture on human systems.
STUDENT LEARNING EXPECTATION/BENCHMARK	HS.5.WG.3.	Evaluate the spread of cultural traits, which have contributed to cultural convergence (e.g., fast-food franchises, English language, fashion and music trends) Multimedia Extensions

		Multimedia Extensions: Importance of School / Goal-Setting
STRAND/CONTENT STANDARD	AR.WH.	World History
STANDARD/STUDENT LEARNING EXPECTATION	SMR.2.WH.	Social Movements and Reforms: Students shall analyze societal changes resulting from movements and reforms.
STUDENT LEARNING EXPECTATION/BENCHMARK	SMR.2.WH.2.	Investigate the changing roles of women using primary and secondary sources Multimedia Extensions Multimedia Extensions: Confidence
STRAND/CONTENT STANDARD	AR.CC.RH.11-12.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Key Ideas and Details
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.11-12.3.	Evaluate various explanations for actions or events and determine which explanation best accords with textual evidence, acknowledging where the text leaves matters uncertain. Multimedia Extensions Multimedia Extensions: Connections
STRAND/CONTENT STANDARD	AR.CC.RH.11-12.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Integration of Knowledge and Ideas
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.11-12.7.	Integrate and evaluate multiple sources of information presented in diverse formats and media (e.g., visually, quantitatively, as well as in words) in order to address a question or solve a problem. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND/CONTENT STANDARD	AR.CC.RH.11-12.	Reading Standards for Literacy in History/Social Studies

STANDARD/STUDENT LEARNING EXPECTATION		Range of Reading and Level of Text Complexity
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.11-12.10.	By the end of grade 12, read and comprehend history/social studies texts in the grades 11-12 text complexity band independently and proficiently. Multimedia Extensions Multimedia Extensions: Connections
STRAND/CONTENT STANDARD	AR.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.1.	Write arguments focused on discipline-specific content.
BENCHMARK/PROFICIENCY	WHST.11-12.1(c)	Use words, phrases, and clauses as well as varied syntax to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s) and counterclaims. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.11-12.1(d)	Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.11-12.1(e)	Provide a concluding statement or section that follows from or supports the argument presented. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social

		Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
BENCHMARK/PROFICIENCY	WHST.11-12.2(a)	<p>Introduce a topic and organize complex ideas, concepts, and information so that each new element builds on that which precedes it to create a unified whole; include formatting (e.g., headings), graphics (e.g., figures, tables), and multimedia when useful to aiding comprehension.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK/PROFICIENCY	WHST.11-12.2(b)	<p>Develop the topic thoroughly by selecting the most significant and relevant facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK/PROFICIENCY	WHST.11-12.2(c)	<p>Use varied transitions and sentence structures to link the major sections of the text, create cohesion, and clarify the relationships among complex ideas and concepts.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.11-12.2(d)	<p>Use precise language, domain-specific vocabulary and techniques such as metaphor, simile, and analogy to manage the complexity of the topic; convey a knowledgeable stance in a style that responds to the discipline and context as well as to the expertise of likely readers.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK/PROFICIENCY	WHST.11-12.2(e)	<p>Provide a concluding statement or section that follows from and supports the information or explanation provided (e.g., articulating implications or the significance of the topic).</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/CONTENT STANDARD	AR.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.3.	(See note; not applicable as a separate requirement)
BENCHMARK/PROFICIENCY	WHST.11-12.3(a)	<p>Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Production and Distribution of Writing
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.4.	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.5.	Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Research to Build and Present Knowledge
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.7.	Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.8.	Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the strengths and limitations of each source in terms of the specific task, purpose, and audience; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and overreliance on any one source and following a standard format for citation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.9.	Draw evidence from informational texts to support analysis, reflection, and research. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND/CONTENT STANDARD	AR.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Range of Writing
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.10.	Write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

Arkansas Curriculum Frameworks

Social Studies

Grade 12 - Adopted 2006 / 2009 Economics

STRAND/CONTENT STANDARD	AR.CH.	Contemporary United States History
STANDARD/STUDENT LEARNING EXPECTATION	CC.1.CH.	Changing Culture: Student shall analyze the causes and consequences of cultural changes.

STUDENT LEARNING EXPECTATION/BENCHMARK	CC.1.CH.2.	<p>Research the trends in popular culture through literature, cinema, music, art, and television (e.g. rock and roll, pop art, sitcoms, MTV, mass media, science fiction, professional sports)</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STRAND/CONTENT STANDARD	AR.E.	Economics
STANDARD/STUDENT LEARNING EXPECTATION	PFM.11.E.	Personal Financial Management: Students shall analyze career choices, education, skills, and economic conditions affecting earnings potential.
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.11.E.2	<p>Interpret factors affecting income: career choices and potential income; education and training</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.11.E.3	<p>Analyze the costs and benefits of personal choices in education and training that affect earnings potential: intrinsic; extrinsic</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.11.E.4	<p>Evaluate the importance of interpersonal skills in the workplace (e.g., workforce readiness skills, ethics)</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
STRAND/CONTENT STANDARD	AR.E.	Economics

STANDARD/STUDENT LEARNING EXPECTATION	PFM.13.E.	Personal Financial Management: Students shall evaluate wealth management choices available to individuals.
STUDENT LEARNING EXPECTATION/BENCHMARK	PFM.13.E.1	Discuss the importance of establishing personal financial goals (e.g., long term, short term) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND/CONTENT STANDARD	AR.P.	Psychology
STANDARD/STUDENT LEARNING EXPECTATION	SMH.12.P.	Stress and Mental Health: Students shall examine the relationship between stress and health.
STUDENT LEARNING EXPECTATION/BENCHMARK	SMH.12.P.1.	Examine the causes of stress Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	SMH.12.P.2.	Explain the effects stress has on the body Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	SMH.12.P.3.	Explain defensive and active strategies for dealing with stress Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STRAND/CONTENT STANDARD	AR.S.	Sociology
STANDARD/STUDENT LEARNING EXPECTATION	G.5.S.	Groups: Students shall explore the influence of social groups on behavior.
STUDENT LEARNING EXPECTATION/BENCHMARK	G.5.S.1.	Identify students as members of primary groups and secondary groups My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social

		Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STUDENT LEARNING EXPECTATION/BENCHMARK	G.5.S.2.	Examine the influence of group membership on student behavior My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STUDENT LEARNING EXPECTATION/BENCHMARK	G.5.S.3.	Discuss the influence of formal organizations on the behavior of group members My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND/CONTENT STANDARD	AR.S.	Sociology
STANDARD/STUDENT LEARNING EXPECTATION	SI.6.S.	Social Institutions: Students shall examine the effects of social institutions on group behavior.
STUDENT LEARNING EXPECTATION/BENCHMARK	SI.6.S.1.	Examine social institutions: economic; educational; family; political; religious Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection

STUDENT LEARNING EXPECTATION/BENCHMARK	SI.6.S.2.	Examine the effect social institutions have on societal values Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STUDENT LEARNING EXPECTATION/BENCHMARK	SI.6.S.3.	Discuss the influence of popular culture on group behavior (e.g., sports, entertainment, media) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND/CONTENT STANDARD	AR.WG.	World Geography
STANDARD/STUDENT LEARNING EXPECTATION	HS.5.WG.	Human Systems: Students shall examine the role of culture on human systems.
STUDENT LEARNING EXPECTATION/BENCHMARK	HS.5.WG.3.	Evaluate the spread of cultural traits, which have contributed to cultural convergence (e.g., fast-food franchises, English language, fashion and music trends) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND/CONTENT STANDARD	AR.WH.	World History
STANDARD/STUDENT LEARNING EXPECTATION	SMR.2.WH.	Social Movements and Reforms: Students shall analyze societal changes resulting from movements and reforms.
STUDENT LEARNING EXPECTATION/BENCHMARK	SMR.2.WH.2.	Investigate the changing roles of women using primary and secondary sources Multimedia Extensions Multimedia Extensions: Confidence
STRAND/CONTENT STANDARD	AR.CC.RH.11-12.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Key Ideas and Details
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.11-12.3.	Evaluate various explanations for actions or events and determine which explanation best accords with textual evidence, acknowledging where the text leaves matters

		uncertain. Multimedia Extensions Multimedia Extensions: Connections
STRAND/CONTENT STANDARD	AR.CC.RH.11-12.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Integration of Knowledge and Ideas
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.11-12.7.	Integrate and evaluate multiple sources of information presented in diverse formats and media (e.g., visually, quantitatively, as well as in words) in order to address a question or solve a problem. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND/CONTENT STANDARD	AR.CC.RH.11-12.	Reading Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Range of Reading and Level of Text Complexity
STUDENT LEARNING EXPECTATION/BENCHMARK	RH.11-12.10.	By the end of grade 12, read and comprehend history/social studies texts in the grades 11-12 text complexity band independently and proficiently. Multimedia Extensions Multimedia Extensions: Connections
STRAND/CONTENT STANDARD	AR.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.1.	Write arguments focused on discipline-specific content.
BENCHMARK/PROFICIENCY	WHST.11-12.1(c)	Use words, phrases, and clauses as well as varied syntax to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s) and counterclaims.

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK/PROFICIENCY	WHST.11-12.1(d)	<p>Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK/PROFICIENCY	WHST.11-12.1(e)	<p>Provide a concluding statement or section that follows from or supports the argument presented.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/CONTENT STANDARD	AR.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
BENCHMARK/PROFICIENCY	WHST.11-12.2(a)	<p>Introduce a topic and organize complex ideas, concepts, and information so that each new element builds on that which precedes it to create a unified whole; include formatting (e.g., headings), graphics (e.g., figures, tables), and multimedia when useful to aiding comprehension.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK/PROFICIENCY	WHST.11-12.2(b)	<p>Develop the topic thoroughly by selecting the most significant and relevant facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK/PROFICIENCY	WHST.11-12.2(c)	<p>Use varied transitions and sentence structures to link the major sections of the text, create cohesion, and clarify the relationships among complex ideas and concepts.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK/PROFICIENCY	WHST.11-12.2(d)	<p>Use precise language, domain-specific vocabulary and techniques such as metaphor, simile, and analogy to manage the complexity of the topic; convey a knowledgeable stance in a style that responds to the discipline and context as well as to the expertise of likely readers.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK/PROFICIENCY	WHST.11-12.2(e)	<p>Provide a concluding statement or section that follows from and supports the information or explanation provided (e.g., articulating implications or the significance of the topic).</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals</p>

		Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Text Types and Purposes
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.3.	(See note; not applicable as a separate requirement)
BENCHMARK/PROFICIENCY	WHST.11-12.3(a)	Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/CONTENT STANDARD	AR.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Production and Distribution of Writing
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.4.	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.5.	Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/CONTENT STANDARD	AR.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Research to Build and Present Knowledge
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.7.	<p>Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.8.	<p>Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the strengths and limitations of each source in terms of the specific task, purpose, and audience; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and overreliance on any one source and following a standard format for citation.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.9.	<p>Draw evidence from informational texts to support analysis, reflection, and research.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND/CONTENT STANDARD	AR.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies
STANDARD/STUDENT LEARNING EXPECTATION		Range of Writing

STUDENT LEARNING EXPECTATION/BENCHMARK	WHST.11-12.10.	<p>Write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
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Arkansas Curriculum Frameworks

Health and PE

Grade 9 - Adopted 2011

STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HGD.1.HW.	Human Growth and Development: Students shall analyze characteristics relating to growth and development.
STUDENT LEARNING EXPECTATION/BENCHMARK	HGD.1.HW.1.	Analyze the growth patterns and developmental changes in humans throughout the life-cycle (e.g., emotional, intellectual, mental, physical, social):
BENCHMARK/PROFICIENCY	HGD.1.HW.1.b.	<p>Adolescence – teen years</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
BENCHMARK/PROFICIENCY	HGD.1.HW.1.c.	<p>Young adult – middle age</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness

STANDARD/STUDENT LEARNING EXPECTATION	CHP.3.HW.	Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.1.	<p>Access resources that aid an individual in maintaining a healthy lifestyle (e.g., American Heart Association, American Red Cross, Department of Human Services, Health Department, hospitals, HIV/AIDS clinics, emergency management teams, mental health agencies, State Dental Associations, school)</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.2.	<p>Examine factors that influence choices related to current health products (e.g., culture, family, food labels, media, peers)</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.3.	<p>Analyze the validity of advertisements surrounding health supplements, food products, and gimmicks (e.g., billboards, books, magazines, media, Internet)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	CHP.3.HW.	Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.4.	Analyze the impact of the environment on personal and community health:
BENCHMARK/PROFICIENCY	CHP.3.HW.4.a.	<p>Access to recreational facilities</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap</p>

		Unit 3: Highway Connections - Lesson 07: Social Support
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HLSR.4.HW.	Healthy Life Skills and Relationships: Students shall demonstrate the ability to use skills to enhance relationships and promote wellness.
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.2.	<p>Evaluate positive and negative effects of various relationships on all aspects of health (e.g., family, friendships, peers)</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</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>
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.3.	<p>Analyze the dynamics of family roles and responsibilities relating to healthy behavior (e.g., communication skills, cultural diversity, family finances, family history, role models)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</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</p> <p>My Success Roadmap 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 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>

		Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.4.	<p>Apply a variety of strategies and/or skills to demonstrate respect for and responsibility to self and others</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.5.	<p>Apply a decision making process to various life situations (e.g., addictions, drug use, immunizations, medical check-ups, oral health, sexual activity, teen pregnancy)</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 Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.8.	<p>Utilize effective coping strategies and other refusal skills (e.g., guided practice, role playing)</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>

STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	PHS.6.HW.	Personal Health and Safety: Students shall examine health-enhancing behaviors to avoid or reduce health risks.
STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.9.	<p>Compare and contrast short-term and long-term effects of stress and depression (e.g., appetite change, low activity level, personality change, sleep patterns)</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 Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.10.	<p>Identify risk factors associated with suicide (e.g., depression, destructive behaviors, feelings of hopelessness, poor coping skills, poor self-concept, social isolation)</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.11.	<p>Identify intervention strategies and sources of professional intervention (e.g., counselor, crisis center, emergency numbers, hotlines, self-help programs)</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	N.7.HW.	Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.
STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.1.	Evaluate personal eating habits for the inclusion of adequate nutrients (e.g., ChooseMyPlate, nutrition labels, personal food journal, United States Department of Agriculture [USDA]) My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.2.	Discuss appropriate eating patterns to promote a healthy lifestyle My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	N.7.HW.	Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.
STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.6.	Analyze health consequences associated with eating disorders:
BENCHMARK/PROFICIENCY	N.7.HW.6.a.	Anorexia My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	HRF.2.PEL.	Health-Related Fitness: Students shall participate in fitness activities that will promote and improve individual health.

STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PEL.2.	<p>Create a personal fitness plan based on a variety of physical activities, fitness profiles, nutritional guidelines, and fitness principles</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PEL.4.	<p>Explore a variety of stress-relief strategies (e.g., relaxation techniques, laughing, deep breathing, imagery, exercise)</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</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 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.2.	Discuss the benefits of participating in regular physical activity to reduce chronic disease risks:
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.a.	<p>Reduce blood lipids</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.b.	<p>Lower blood pressure</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.d.	Reduce stress

		<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</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 6: Highway to Motivation - Lesson 13: Motivation</p>
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.e.	<p>Lessen colon cancer risk</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.f.	<p>Lessen risk for diabetes</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.3.	Examine the benefits of lifetime participation in traditional, adventure, or leisure activities:
BENCHMARK/PROFICIENCY	LAR.3.PEL.3.a.	<p>Stress management</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</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 &</p>

		Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.6.	Monitor personal fitness to include potential lifetime activities that promote health-related fitness, relieve tension, and maintain a healthy weight in both school and non-school settings Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	PSB.4.PEL.	Personal and Social Behavior: Students shall demonstrate responsible personal and social behavior which displays respect for self and others in physical activity settings.
STUDENT LEARNING EXPECTATION/BENCHMARK	PSB.4.PEL.4.	Discuss and model positive social behaviors associated with physical activity (e.g., peer interaction, team work, sportsmanship, avoid bullying) My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND/CONTENT STANDARD	AR.PFL.	Personal Fitness for Life
STANDARD/STUDENT LEARNING EXPECTATION	HRF.2.PFL.	Health-Related Fitness: Students shall participate in fitness activities that promote and improve individual health.
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PFL.2.	Create a personal fitness plan based on a variety of physical activities, fitness profiles, fitness principles, and nutritional guidelines Multimedia Extensions

		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PFL.4.	Explore a variety of stress-relief strategies (e.g., relaxation techniques, laughing, deep breathing, imagery, exercise) Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.PFL.	Personal Fitness for Life
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PFL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PFL.1.	Discuss the benefits of participating in regular physical activity to reduce chronic disease risks:
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.a.	Reduces blood lipids Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.b.	Lowers blood pressure Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.c.	Reduces stress Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.d.	Reduces cancer risk

		Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.e.	Reduces risk for diabetes Multimedia Extensions Multimedia Extensions: Stress
STRAND/CONTENT STANDARD	AR.PFL.	Personal Fitness for Life
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PFL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PFL.2.	Examine the benefits of lifetime participation in traditional, adventure, or leisure activities:
BENCHMARK/PROFICIENCY	LAR.3.PFL.2.a.	Stress management Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.RSA.	Recreational Sports and Activities
STANDARD/STUDENT LEARNING EXPECTATION	PSB.3.RSA.	Personal and Social Behavior: Students shall demonstrate responsible personal and social behavior which displays respect for self and others in physical activity settings.
STUDENT LEARNING EXPECTATION/BENCHMARK	PSB.3.RSA.3.	Model positive social behaviors associated with physical activity (e.g., peer interaction, teamwork, sportsmanship) My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Arkansas Curriculum Frameworks

Health and PE

Grade 10 - Adopted 2011

STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HGD.1.HW.	Human Growth and Development: Students shall analyze characteristics relating to growth and development.
STUDENT LEARNING EXPECTATION/BENCHMARK	HGD.1.HW.1.	Analyze the growth patterns and developmental changes in humans throughout the life-cycle (e.g., emotional, intellectual, mental, physical, social):
BENCHMARK/PROFICIENCY	HGD.1.HW.1.b.	Adolescence – teen years Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
BENCHMARK/PROFICIENCY	HGD.1.HW.1.c.	Young adult – middle age Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	CHP.3.HW.	Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.1.	Access resources that aid an individual in maintaining a healthy lifestyle (e.g., American Heart Association, American Red Cross, Department of Human Services, Health Department, hospitals, HIV/AIDS clinics, emergency management teams, mental health agencies, State Dental Associations, school) My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.2.	<p>Examine factors that influence choices related to current health products (e.g., culture, family, food labels, media, peers)</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.3.	<p>Analyze the validity of advertisements surrounding health supplements, food products, and gimmicks (e.g., billboards, books, magazines, media, Internet)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	CHP.3.HW.	Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.4.	Analyze the impact of the environment on personal and community health:
BENCHMARK/PROFICIENCY	CHP.3.HW.4.a.	<p>Access to recreational facilities</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HLSR.4.HW.	Healthy Life Skills and Relationships: Students shall demonstrate the ability to use skills to enhance relationships and promote wellness.
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.2.	<p>Evaluate positive and negative effects of various relationships on all aspects of health (e.g., family, friendships, peers)</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</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 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<p>STUDENT LEARNING EXPECTATION/BENCHMARK</p>	<p>HLSR.4.HW.3.</p>	<p>Analyze the dynamics of family roles and responsibilities relating to healthy behavior (e.g., communication skills, cultural diversity, family finances, family history, role models)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</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</p> <p>My Success Roadmap 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 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STUDENT LEARNING EXPECTATION/BENCHMARK</p>	<p>HLSR.4.HW.4.</p>	<p>Apply a variety of strategies and/or skills to demonstrate respect for and responsibility to self and others</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 09: Finding Balance</p>

		<p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.5.	<p>Apply a decision making process to various life situations (e.g., addictions, drug use, immunizations, medical check-ups, oral health, sexual activity, teen pregnancy)</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 Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.8.	<p>Utilize effective coping strategies and other refusal skills (e.g., guided practice, role playing)</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	PHS.6.HW.	Personal Health and Safety: Students shall examine health-enhancing behaviors to avoid or reduce health risks.
STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.9.	<p>Compare and contrast short-term and long-term effects of stress and depression (e.g., appetite change, low activity level, personality change, sleep patterns)</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</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>
STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.10.	<p>Identify risk factors associated with suicide (e.g., depression, destructive behaviors, feelings of hopelessness, poor coping skills, poor self-concept, social isolation)</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.11.	<p>Identify intervention strategies and sources of professional intervention (e.g., counselor, crisis center, emergency numbers, hotlines, self-help programs)</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	N.7.HW.	Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.
STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.1.	<p>Evaluate personal eating habits for the inclusion of adequate nutrients (e.g., ChooseMyPlate, nutrition labels, personal food journal, United States Department of Agriculture [USDA])</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>

STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.2.	Discuss appropriate eating patterns to promote a healthy lifestyle My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	N.7.HW.	Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.
STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.6.	Analyze health consequences associated with eating disorders:
BENCHMARK/PROFICIENCY	N.7.HW.6.a.	Anorexia My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	HRF.2.PEL.	Health-Related Fitness: Students shall participate in fitness activities that will promote and improve individual health.
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PEL.2.	Create a personal fitness plan based on a variety of physical activities, fitness profiles, nutritional guidelines, and fitness principles Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PEL.4.	Explore a variety of stress-relief strategies (e.g., relaxation techniques, laughing, deep breathing, imagery, exercise) Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson

		10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.2.	Discuss the benefits of participating in regular physical activity to reduce chronic disease risks:
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.a.	Reduce blood lipids Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.b.	Lower blood pressure Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.d.	Reduce stress Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.e.	Lessen colon cancer risk Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.f.	Lessen risk for diabetes

		Multimedia Extensions Multimedia Extensions: Stress
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.3.	Examine the benefits of lifetime participation in traditional, adventure, or leisure activities:
BENCHMARK/PROFICIENCY	LAR.3.PEL.3.a.	Stress management Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.6.	Monitor personal fitness to include potential lifetime activities that promote health-related fitness, relieve tension, and maintain a healthy weight in both school and non-school settings Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure

STANDARD/STUDENT LEARNING EXPECTATION	PSB.4.PEL.	Personal and Social Behavior: Students shall demonstrate responsible personal and social behavior which displays respect for self and others in physical activity settings.
STUDENT LEARNING EXPECTATION/BENCHMARK	PSB.4.PEL.4.	Discuss and model positive social behaviors associated with physical activity (e.g., peer interaction, team work, sportsmanship, avoid bullying) My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND/CONTENT STANDARD	AR.PFL.	Personal Fitness for Life
STANDARD/STUDENT LEARNING EXPECTATION	HRF.2.PFL.	Health-Related Fitness: Students shall participate in fitness activities that promote and improve individual health.
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PFL.2.	Create a personal fitness plan based on a variety of physical activities, fitness profiles, fitness principles, and nutritional guidelines Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PFL.4.	Explore a variety of stress-relief strategies (e.g., relaxation techniques, laughing, deep breathing, imagery, exercise) Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.PFL.	Personal Fitness for Life

STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PFL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PFL.1.	Discuss the benefits of participating in regular physical activity to reduce chronic disease risks:
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.a.	Reduces blood lipids Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.b.	Lowers blood pressure Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.c.	Reduces stress Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.d.	Reduces cancer risk Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.e.	Reduces risk for diabetes Multimedia Extensions Multimedia Extensions: Stress
STRAND/CONTENT STANDARD	AR.PFL.	Personal Fitness for Life
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PFL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PFL.2.	Examine the benefits of lifetime participation in traditional, adventure, or leisure activities:
BENCHMARK/PROFICIENCY	LAR.3.PFL.2.a.	Stress management Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure

		Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.RSA.	Recreational Sports and Activities
STANDARD/STUDENT LEARNING EXPECTATION	PSB.3.RSA.	Personal and Social Behavior: Students shall demonstrate responsible personal and social behavior which displays respect for self and others in physical activity settings.
STUDENT LEARNING EXPECTATION/BENCHMARK	PSB.3.RSA.3.	Model positive social behaviors associated with physical activity (e.g., peer interaction, teamwork, sportsmanship) My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Arkansas Curriculum Frameworks

Health and PE

Grade 11 - Adopted 2011

STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HGD.1.HW.	Human Growth and Development: Students shall analyze characteristics relating to growth and development.
STUDENT LEARNING EXPECTATION/BENCHMARK	HGD.1.HW.1.	Analyze the growth patterns and developmental changes in humans throughout the life-cycle (e.g., emotional, intellectual, mental, physical, social):
BENCHMARK/PROFICIENCY	HGD.1.HW.1.b.	Adolescence – teen years Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health &

		Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
BENCHMARK/PROFICIENCY	HGD.1.HW.1.c.	Young adult – middle age Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	CHP.3.HW.	Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.1.	Access resources that aid an individual in maintaining a healthy lifestyle (e.g., American Heart Association, American Red Cross, Department of Human Services, Health Department, hospitals, HIV/AIDS clinics, emergency management teams, mental health agencies, State Dental Associations, school) My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.2.	Examine factors that influence choices related to current health products (e.g., culture, family, food labels, media, peers) My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.3.	Analyze the validity of advertisements surrounding health supplements, food products, and gimmicks (e.g., billboards, books, magazines, media, Internet) Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	CHP.3.HW.	Community Health and Promotion: Students shall demonstrate the ability to access valid health

		information, products, and services that promote consumer, community, and environmental health.
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.4.	Analyze the impact of the environment on personal and community health:
BENCHMARK/PROFICIENCY	CHP.3.HW.4.a.	Access to recreational facilities My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HLSR.4.HW.	Healthy Life Skills and Relationships: Students shall demonstrate the ability to use skills to enhance relationships and promote wellness.
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.2.	Evaluate positive and negative effects of various relationships on all aspects of health (e.g., family, friendships, peers) My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.3.	Analyze the dynamics of family roles and responsibilities relating to healthy behavior (e.g., communication skills, cultural diversity, family finances, family history, role models) Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance

		<p>My Success Roadmap 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 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STUDENT LEARNING EXPECTATION/BENCHMARK</p>	<p>HLSR.4.HW.4.</p>	<p>Apply a variety of strategies and/or skills to demonstrate respect for and responsibility to self and others</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
<p>STUDENT LEARNING EXPECTATION/BENCHMARK</p>	<p>HLSR.4.HW.5.</p>	<p>Apply a decision making process to various life situations (e.g., addictions, drug use, immunizations, medical check-ups, oral health, sexual activity, teen pregnancy)</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 Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.8.	Utilize effective coping strategies and other refusal skills (e.g., guided practice, role playing) My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	PHS.6.HW.	Personal Health and Safety: Students shall examine health-enhancing behaviors to avoid or reduce health risks.
STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.9.	Compare and contrast short-term and long-term effects of stress and depression (e.g., appetite change, low activity level, personality change, sleep patterns) Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.10.	Identify risk factors associated with suicide (e.g., depression, destructive behaviors, feelings of hopelessness, poor coping skills, poor self-concept, social isolation) My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.11.	Identify intervention strategies and sources of professional intervention (e.g., counselor, crisis center, emergency numbers, hotlines, self-help programs) My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	N.7.HW.	Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.
STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.1.	<p>Evaluate personal eating habits for the inclusion of adequate nutrients (e.g., ChooseMyPlate, nutrition labels, personal food journal, United States Department of Agriculture [USDA])</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.2.	<p>Discuss appropriate eating patterns to promote a healthy lifestyle</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	N.7.HW.	Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.
STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.6.	Analyze health consequences associated with eating disorders:
BENCHMARK/PROFICIENCY	N.7.HW.6.a.	<p>Anorexia</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure

STANDARD/STUDENT LEARNING EXPECTATION	HRF.2.PEL.	Health-Related Fitness: Students shall participate in fitness activities that will promote and improve individual health.
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PEL.2.	Create a personal fitness plan based on a variety of physical activities, fitness profiles, nutritional guidelines, and fitness principles Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PEL.4.	Explore a variety of stress-relief strategies (e.g., relaxation techniques, laughing, deep breathing, imagery, exercise) Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.2.	Discuss the benefits of participating in regular physical activity to reduce chronic disease risks:
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.a.	Reduce blood lipids Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.b.	Lower blood pressure Multimedia Extensions Multimedia Extensions: Stress

BENCHMARK/PROFICIENCY	LAR.3.PEL.2.d.	<p>Reduce stress</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</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 6: Highway to Motivation - Lesson 13: Motivation</p>
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.e.	<p>Lessen colon cancer risk</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.f.	<p>Lessen risk for diabetes</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.3.	Examine the benefits of lifetime participation in traditional, adventure, or leisure activities:
BENCHMARK/PROFICIENCY	LAR.3.PEL.3.a.	<p>Stress management</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</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson</p>

		10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.6.	Monitor personal fitness to include potential lifetime activities that promote health-related fitness, relieve tension, and maintain a healthy weight in both school and non-school settings Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	PSB.4.PEL.	Personal and Social Behavior: Students shall demonstrate responsible personal and social behavior which displays respect for self and others in physical activity settings.
STUDENT LEARNING EXPECTATION/BENCHMARK	PSB.4.PEL.4.	Discuss and model positive social behaviors associated with physical activity (e.g., peer interaction, team work, sportsmanship, avoid bullying) My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND/CONTENT STANDARD	AR.PFL.	Personal Fitness for Life
STANDARD/STUDENT LEARNING EXPECTATION	HRF.2.PFL.	Health-Related Fitness: Students shall participate in fitness activities that promote and improve individual health.
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PFL.2.	Create a personal fitness plan based on a variety of physical activities, fitness profiles, fitness principles, and nutritional guidelines Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PFL.4.	<p>Explore a variety of stress-relief strategies (e.g., relaxation techniques, laughing, deep breathing, imagery, exercise)</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</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 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND/CONTENT STANDARD	AR.PFL.	Personal Fitness for Life
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PFL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PFL.1.	Discuss the benefits of participating in regular physical activity to reduce chronic disease risks:
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.a.	<p>Reduces blood lipids</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.b.	<p>Lowers blood pressure</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.c.	<p>Reduces stress</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.d.	<p>Reduces cancer risk</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>

BENCHMARK/PROFICIENCY	LAR.3.PFL.1.e.	Reduces risk for diabetes Multimedia Extensions Multimedia Extensions: Stress
STRAND/CONTENT STANDARD	AR.PFL.	Personal Fitness for Life
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PFL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PFL.2.	Examine the benefits of lifetime participation in traditional, adventure, or leisure activities:
BENCHMARK/PROFICIENCY	LAR.3.PFL.2.a.	Stress management Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.RSA.	Recreational Sports and Activities
STANDARD/STUDENT LEARNING EXPECTATION	PSB.3.RSA.	Personal and Social Behavior: Students shall demonstrate responsible personal and social behavior which displays respect for self and others in physical activity settings.
STUDENT LEARNING EXPECTATION/BENCHMARK	PSB.3.RSA.3.	Model positive social behaviors associated with physical activity (e.g., peer interaction, teamwork, sportsmanship) My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Arkansas Curriculum Frameworks

Health and PE

Grade 12 - Adopted 2011

STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HGD.1.HW.	Human Growth and Development: Students shall analyze characteristics relating to growth and development.
STUDENT LEARNING EXPECTATION/BENCHMARK	HGD.1.HW.1.	Analyze the growth patterns and developmental changes in humans throughout the life-cycle (e.g., emotional, intellectual, mental, physical, social):
BENCHMARK/PROFICIENCY	HGD.1.HW.1.b.	Adolescence – teen years Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
BENCHMARK/PROFICIENCY	HGD.1.HW.1.c.	Young adult – middle age Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	CHP.3.HW.	Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.1.	Access resources that aid an individual in maintaining a healthy lifestyle (e.g., American Heart Association, American Red Cross, Department of Human Services, Health Department, hospitals, HIV/AIDS clinics, emergency management teams, mental health agencies, State Dental Associations, school) My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support

STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.2.	Examine factors that influence choices related to current health products (e.g., culture, family, food labels, media, peers) My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.3.	Analyze the validity of advertisements surrounding health supplements, food products, and gimmicks (e.g., billboards, books, magazines, media, Internet) Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	CHP.3.HW.	Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.
STUDENT LEARNING EXPECTATION/BENCHMARK	CHP.3.HW.4.	Analyze the impact of the environment on personal and community health:
BENCHMARK/PROFICIENCY	CHP.3.HW.4.a.	Access to recreational facilities My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	HLSR.4.HW.	Healthy Life Skills and Relationships: Students shall demonstrate the ability to use skills to enhance relationships and promote wellness.
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.2.	Evaluate positive and negative effects of various relationships on all aspects of health (e.g., family, friendships, peers) My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation

		<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>
<p>STUDENT LEARNING EXPECTATION/BENCHMARK</p>	<p>HLSR.4.HW.3.</p>	<p>Analyze the dynamics of family roles and responsibilities relating to healthy behavior (e.g., communication skills, cultural diversity, family finances, family history, role models)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</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</p> <p>My Success Roadmap 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 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STUDENT LEARNING EXPECTATION/BENCHMARK</p>	<p>HLSR.4.HW.4.</p>	<p>Apply a variety of strategies and/or skills to demonstrate respect for and responsibility to self and others</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing</p>

		Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.5.	Apply a decision making process to various life situations (e.g., addictions, drug use, immunizations, medical check-ups, oral health, sexual activity, teen pregnancy) My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STUDENT LEARNING EXPECTATION/BENCHMARK	HLSR.4.HW.8.	Utilize effective coping strategies and other refusal skills (e.g., guided practice, role playing) My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	PHS.6.HW.	Personal Health and Safety: Students shall examine health-enhancing behaviors to avoid or reduce health risks.
STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.9.	Compare and contrast short-term and long-term effects of stress and depression (e.g., appetite change, low activity level, personality change, sleep patterns) Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &

		Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.10.	Identify risk factors associated with suicide (e.g., depression, destructive behaviors, feelings of hopelessness, poor coping skills, poor self-concept, social isolation) My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	PHS.6.HW.11.	Identify intervention strategies and sources of professional intervention (e.g., counselor, crisis center, emergency numbers, hotlines, self-help programs) My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	N.7.HW.	Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.
STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.1.	Evaluate personal eating habits for the inclusion of adequate nutrients (e.g., ChooseMyPlate, nutrition labels, personal food journal, United States Department of Agriculture [USDA]) My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.2.	Discuss appropriate eating patterns to promote a healthy lifestyle My Success Roadmap

		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND/CONTENT STANDARD	AR.HW.	Health and Wellness
STANDARD/STUDENT LEARNING EXPECTATION	N.7.HW.	Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.
STUDENT LEARNING EXPECTATION/BENCHMARK	N.7.HW.6.	Analyze health consequences associated with eating disorders:
BENCHMARK/PROFICIENCY	N.7.HW.6.a.	Anorexia My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	HRF.2.PEL.	Health-Related Fitness: Students shall participate in fitness activities that will promote and improve individual health.
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PEL.2.	Create a personal fitness plan based on a variety of physical activities, fitness profiles, nutritional guidelines, and fitness principles Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PEL.4.	Explore a variety of stress-relief strategies (e.g., relaxation techniques, laughing, deep breathing, imagery, exercise) Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation

STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.2.	Discuss the benefits of participating in regular physical activity to reduce chronic disease risks:
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.a.	Reduce blood lipids Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.b.	Lower blood pressure Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.d.	Reduce stress Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.e.	Lessen colon cancer risk Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PEL.2.f.	Lessen risk for diabetes Multimedia Extensions Multimedia Extensions: Stress
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure

STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.3.	Examine the benefits of lifetime participation in traditional, adventure, or leisure activities:
BENCHMARK/PROFICIENCY	LAR.3.PEL.3.a.	<p>Stress management</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</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 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PEL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PEL.6.	<p>Monitor personal fitness to include potential lifetime activities that promote health-related fitness, relieve tension, and maintain a healthy weight in both school and non-school settings</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND/CONTENT STANDARD	AR.PEL.	Physical Education and Leisure
STANDARD/STUDENT LEARNING EXPECTATION	PSB.4.PEL.	Personal and Social Behavior: Students shall demonstrate responsible personal and social behavior which displays respect for self and others in physical activity settings.

STUDENT LEARNING EXPECTATION/BENCHMARK	PSB.4.PEL.4.	<p>Discuss and model positive social behaviors associated with physical activity (e.g., peer interaction, team work, sportsmanship, avoid bullying)</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND/CONTENT STANDARD	AR.PFL.	Personal Fitness for Life
STANDARD/STUDENT LEARNING EXPECTATION	HRF.2.PFL.	Health-Related Fitness: Students shall participate in fitness activities that promote and improve individual health.
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PFL.2.	<p>Create a personal fitness plan based on a variety of physical activities, fitness profiles, fitness principles, and nutritional guidelines</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STUDENT LEARNING EXPECTATION/BENCHMARK	HRF.2.PFL.4.	<p>Explore a variety of stress-relief strategies (e.g., relaxation techniques, laughing, deep breathing, imagery, exercise)</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</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 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND/CONTENT STANDARD	AR.PFL.	Personal Fitness for Life
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PFL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PFL.1.	Discuss the benefits of participating in regular physical activity to reduce chronic disease risks:

BENCHMARK/PROFICIENCY	LAR.3.PFL.1.a.	Reduces blood lipids Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.b.	Lowers blood pressure Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.c.	Reduces stress Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.d.	Reduces cancer risk Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK/PROFICIENCY	LAR.3.PFL.1.e.	Reduces risk for diabetes Multimedia Extensions Multimedia Extensions: Stress
STRAND/CONTENT STANDARD	AR.PFL.	Personal Fitness for Life
STANDARD/STUDENT LEARNING EXPECTATION	LAR.3.PFL.	Lifetime Activities and Recreation: Students shall understand the importance of health benefits from participating in lifetime recreational activities.
STUDENT LEARNING EXPECTATION/BENCHMARK	LAR.3.PFL.2.	Examine the benefits of lifetime participation in traditional, adventure, or leisure activities:
BENCHMARK/PROFICIENCY	LAR.3.PFL.2.a.	Stress management Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &

		Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/CONTENT STANDARD	AR.RSA.	Recreational Sports and Activities
STANDARD/STUDENT LEARNING EXPECTATION	PSB.3.RSA.	Personal and Social Behavior: Students shall demonstrate responsible personal and social behavior which displays respect for self and others in physical activity settings.
STUDENT LEARNING EXPECTATION/BENCHMARK	PSB.3.RSA.3.	Model positive social behaviors associated with physical activity (e.g., peer interaction, teamwork, sportsmanship) My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence