

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

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

States: Delaware Standards and Curricula

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

Delaware Standards and Curricula

Social Studies

Grade 7 - Adopted 2010

STANDARD / STRAND	DE.H.	HISTORY
STRAND / INDICATOR	H.1:	Students will employ chronological concepts in analyzing historical phenomena [Chronology].
ENDURING UNDERSTANDING	H.1.6-8a:	<p>Students will examine historical materials relating to a particular region, society, or theme; analyze change over time, and make logical inferences concerning cause and effect. (Essential for Grade 6 and 8)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
STANDARD / STRAND	DE.H.	HISTORY
STRAND / INDICATOR	H.2:	Students will gather, examine, and analyze historical data [Analysis].
ENDURING UNDERSTANDING	H.2.6-8a:	<p>Students will master the basic research skills necessary to conduct an independent investigation of historical phenomena. (Essential for Grade 7)</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STANDARD /	DE.CC6-	Reading Standards for Literacy in History/Social Studies

STRAND	8RH/SS.	
STRAND / INDICATOR		Key Ideas and Details
ENDURING UNDERSTANDING	CC6-8RH/SS3.	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
STANDARD / STRAND	DE.CC6-8RH/SS.	Reading Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Craft and Structure
ENDURING UNDERSTANDING	CC6-8RH/SS5.	Describe how a text presents information (e.g., sequentially, comparatively, causally). Multimedia Extensions Multimedia Extensions: Connections
STANDARD / STRAND	DE.CC6-8RH/SS.	Reading Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Integration of Knowledge and Ideas
ENDURING UNDERSTANDING	CC6-8RH/SS7.	Integrate visual information (e.g., in charts, graphs, photographs, videos, or maps) with other information in print and digital texts. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STANDARD / STRAND	DE.CC6-8RH/SS.	Reading Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Range of Reading and Level of Text Complexity
ENDURING UNDERSTANDING	CC6-8RH/SS10.	By the end of grade 8, read and comprehend history/social studies texts in the grades 6-8 text complexity band independently and proficiently. Multimedia Extensions

		Multimedia Extensions: Connections
STANDARD / STRAND	DE.CC6-8WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Text Types and Purposes
ENDURING UNDERSTANDING	CC6-8WH/SS1.	Write arguments focused on discipline-specific content.
BENCHMARK	CC6-8WH/SS1c.	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	CC6-8WH/SS1d.	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	CC6-8WH/SS1e.	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
STANDARD / STRAND	DE.CC6-8WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Text Types and Purposes
ENDURING UNDERSTANDING	CC6-8WH/SS2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
BENCHMARK	CC6-8WH/SS2b.	Develop the topic with relevant, well-chosen facts, definitions, concrete details, quotations, or other information and examples.

		<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	CC6-8WH/SS2c.	<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	CC6-8WH/SS2d.	<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	CC6-8WH/SS2e.	<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	CC6-8WH/SS2f.	<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>
STANDARD / STRAND	DE.CC6-8WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND /		Text Types and Purposes

INDICATOR		
ENDURING UNDERSTANDING	CC6-8WH/SS3.	(See note; not applicable as a separate requirement)
BENCHMARK	CC6-8WH/SS3a.	<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 Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	DE.CC6-8WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Production and Distribution of Writing
ENDURING UNDERSTANDING	CC6-8WH/SS4.	<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>
STANDARD / STRAND	DE.CC6-8WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Research to Build and Present Knowledge
ENDURING UNDERSTANDING	CC6-8WH/SS7.	<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>
ENDURING UNDERSTANDING	CC6-8WH/SS8.	<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>
ENDURING UNDERSTANDING	CC6-8WH/SS9.	<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>

Delaware Standards and Curricula

Social Studies

Grade 8 - Adopted 2010

STANDARD / STRAND	DE.H.	HISTORY
STRAND / INDICATOR	H.1:	Students will employ chronological concepts in analyzing historical phenomena [Chronology].
ENDURING UNDERSTANDING	H.1.6-8a:	<p>Students will examine historical materials relating to a particular region, society, or theme; analyze change over time, and make logical inferences concerning cause and effect. (Essential for Grade 6 and 8)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
STANDARD / STRAND	DE.H.	HISTORY
STRAND / INDICATOR	H.2:	Students will gather, examine, and analyze historical data [Analysis].
ENDURING	H.2.6-8a:	Students will master the basic research skills necessary to conduct an independent investigation of historical phenomena. (Essential for Grade 7)

UNDERSTANDING		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STANDARD / STRAND	DE.CC6-8RH/SS.	Reading Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Key Ideas and Details
ENDURING UNDERSTANDING	CC6-8RH/SS3.	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
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STRAND / INDICATOR		Craft and Structure
ENDURING UNDERSTANDING	CC6-8RH/SS5.	Describe how a text presents information (e.g., sequentially, comparatively, causally). Multimedia Extensions Multimedia Extensions: Connections
STANDARD / STRAND	DE.CC6-8RH/SS.	Reading Standards for Literacy in History/Social Studies
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STANDARD / STRAND	DE.CC6-8RH/SS.	Reading Standards for Literacy in History/Social Studies
STRAND /		Range of Reading and Level of Text Complexity

INDICATOR		
ENDURING UNDERSTANDING	CC6-8RH/SS10.	By the end of grade 8, read and comprehend history/social studies texts in the grades 6-8 text complexity band independently and proficiently. Multimedia Extensions Multimedia Extensions: Connections
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ENDURING UNDERSTANDING	CC6-8WH/SS2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
BENCHMARK	CC6-8WH/SS2b.	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
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BENCHMARK	CC6-8WH/SS2f.	Provide a concluding statement or section that follows from and supports the information or explanation 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

		Planning
STANDARD / STRAND	DE.CC6-8WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Text Types and Purposes
ENDURING UNDERSTANDING	CC6-8WH/SS3.	(See note; not applicable as a separate requirement)
BENCHMARK	CC6-8WH/SS3a.	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
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STRAND / INDICATOR		Research to Build and Present Knowledge
ENDURING UNDERSTANDING	CC6-8WH/SS7.	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. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of

		School
ENDURING UNDERSTANDING	CC6-8WH/SS8.	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. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
ENDURING UNDERSTANDING	CC6-8WH/SS9.	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

Delaware Standards and Curricula

Health and PE

Grade 7 - Adopted Health 2007 / PE 2008

STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.1.	Students will understand essential health concepts in order to transfer knowledge into healthy actions for life
ENDURING UNDERSTANDING	1.EU.	Enduring Understanding: Functional knowledge of health concepts impacts health behavior.
BENCHMARK	1.1.	Analyze the relationship between healthy behaviors and personal health. 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
BENCHMARK	1.2.	Describe the interrelationship of intellectual, emotional, social, and physical health during adolescence. 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

		<p>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>
BENCHMARK	1.7.	<p>Describe the benefits of and barriers to practicing a healthy behavior.</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>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.2.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
ENDURING UNDERSTANDING	2.EU.	Enduring Understanding: Health is influenced by multiple factors
BENCHMARK	2.3.	<p>Describe how peers influence healthy and unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</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 12: Analyzing Well-Being</p>
BENCHMARK	2.4.	<p>Analyze how messages from media influence health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
BENCHMARK	2.5.	<p>Analyze the influence of technology on personal and family health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
BENCHMARK	2.7.	<p>Relate how personal values and beliefs influence individual health practices.</p>

		<p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
ENDURING UNDERSTANDING	4.EU.	Enduring Understanding: Effective communication protects and enhances health
BENCHMARK	4.1.	<p>Apply effective verbal and nonverbal communication skills to enhance health.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
BENCHMARK	4.4.	<p>Decide how to ask for assistance to enhance the health of self and others.</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 6: Highway to Motivation - Lesson 13: Motivation</p>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.5.	Students will demonstrate the ability to use decision-making skills to enhance health.
ENDURING UNDERSTANDING	5.EU.	Enduring Understanding: Decision making is a process that impacts health
BENCHMARK	5.1.	<p>Identify circumstances that can help or hinder healthy decision making.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK	5.2.	Determine when health-related situations require the application of a decision-making process. My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK	5.3.	Distinguish when individual or collaborative decision making is appropriate. My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK	5.4.	Distinguish between healthy and unhealthy alternatives to health-related issues or problems. My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK	5.5.	Predict the short-term impact of each alternative on self and others. My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK	5.6.	Choose healthy alternatives over unhealthy alternatives when making a decision. My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

BENCHMARK	5.7.	Analyze the outcome(s) of a health-related decision. My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.6.	Students will demonstrate the ability to use goal-setting skills to enhance health.
ENDURING UNDERSTANDING	6.EU.	Enduring Understanding: Goal setting enhances health outcomes
BENCHMARK	6.1.	Assess personal health practices. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK	6.2.	Develop a goal to adopt, maintain, or improve a personal health practice. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future

		Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK	6.3.	Apply strategies and skills needed to attain the personal health goal. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK	6.4.	Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / STRAND	DE.HE.	Health Education

STRAND / INDICATOR	HE.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
ENDURING UNDERSTANDING	7.EU.	Enduring Understanding: Practicing and adopting healthy behaviors leads to a healthy lifestyle
BENCHMARK	7.1.	Describe the importance of being responsible for personal health behaviors. 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
BENCHMARK	7.2.	Model healthy practices that will maintain or improve the health of self and others. 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 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 Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK	7.3.	Evaluate practices to avoid or reduce health risks to self and others. 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
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.8.	Students will demonstrate the ability to advocate for personal, family and community health.
ENDURING UNDERSTANDING	8.EU.	Enduring Understanding: Advocacy is critical to personal, family and community health
BENCHMARK	8.4.	Adapt health messages and communication techniques for different audiences.

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.1.	Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities
ENDURING UNDERSTANDING	1.EU.	Enduring Understandings: Students will understand that physical activity involves using movement and motor skills throughout your life.
BENCHMARK	1.5.	<p>Students will know that each individual participates at a level of skill that is challenging yet allows for success</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.2.	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities
ENDURING UNDERSTANDING	2.EU.	Enduring Understandings: Students will understand movement concepts, principles, strategies and tactics are used in physical activities.
BENCHMARK	2.3.	<p>Students will know basic principles of training and how to use them to improve fitness.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.3.	Participates regularly in physical activity
ENDURING UNDERSTANDING	3.EU.	Enduring Understandings: Students will understand that we need to be physically active.
BENCHMARK	3.1.	<p>Students will know how to define and set personal goals</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>

BENCHMARK	3.2.	<p>Students will know how to achieve and maintain healthy fitness zone</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>
BENCHMARK	3.4.	<p>Students will know activity etiquette - sportsmanship, sharing, respect equipment/self/others, follow directions and rules, respecting difference</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
BENCHMARK	3.5.	<p>Students will be able to identify strengths and weaknesses and create an action plan</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
BENCHMARK	3.6.	<p>Students will be able to monitor and document physical education/physical activity involvement</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
BENCHMARK	3.9.	<p>Students will be able to improve personal effort/engagement/level of exertions during physical education class</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
BENCHMARK	3.10.	<p>Students will be able to demonstrate appropriate etiquette during all physical education activities</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
BENCHMARK	3.11.	<p>Students will be able to identify differences between personal motivation and peer pressure</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>

STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.4.	Achieves and maintains a personal health-enhancing level of physical fitness
ENDURING UNDERSTANDING	4.EU.	Enduring Understandings: Students will understand that physical fitness is essential to health throughout life.
BENCHMARK	4.4.	Students will know health benefits of physical activity Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK	4.5.	Students will know personal benefits of participation in physical activity Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK	4.9.	Students will be able to explain the benefits of and participate in daily exercise Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK	4.12.	Students will be able to logically sequence planned activities to obtain optimal health benefits Multimedia Extensions Multimedia Extensions: Stress
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.5.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings
ENDURING UNDERSTANDING	5.EU.	Enduring Understandings: Students will understand that there are personal & social behavioral expectations in physical activity settings.
BENCHMARK	5.1.	Students will know rules and sport specific etiquette My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Delaware Standards and Curricula

Health and PE

Grade 8 - Adopted Health 2007 / PE 2008

STANDARD / STRAND	DE.HE.	Health Education
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STRAND / INDICATOR	HE.1.	Students will understand essential health concepts in order to transfer knowledge into healthy actions for life
ENDURING UNDERSTANDING	1.EU.	Enduring Understanding: Functional knowledge of health concepts impacts health behavior.
BENCHMARK	1.1.	Analyze the relationship between healthy behaviors and personal health. 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
BENCHMARK	1.2.	Describe the interrelationship of intellectual, emotional, social, and physical health during adolescence. 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
BENCHMARK	1.7.	Describe the benefits of and barriers to practicing a healthy behavior. 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
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.2.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
ENDURING UNDERSTANDING	2.EU.	Enduring Understanding: Health is influenced by multiple factors
BENCHMARK	2.3.	Describe how peers influence healthy and unhealthy behaviors.

		<p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</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 12: Analyzing Well-Being</p>
BENCHMARK	2.4.	<p>Analyze how messages from media influence health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
BENCHMARK	2.5.	<p>Analyze the influence of technology on personal and family health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
BENCHMARK	2.7.	<p>Relate how personal values and beliefs influence individual health practices.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
ENDURING UNDERSTANDING	4.EU.	Enduring Understanding: Effective communication protects and enhances health
BENCHMARK	4.1.	<p>Apply effective verbal and nonverbal communication skills to enhance health.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>

BENCHMARK	4.4.	Decide how to ask for assistance to enhance the health of self and others. 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
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.5.	Students will demonstrate the ability to use decision-making skills to enhance health.
ENDURING UNDERSTANDING	5.EU.	Enduring Understanding: Decision making is a process that impacts health
BENCHMARK	5.1.	Identify circumstances that can help or hinder healthy decision making. My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK	5.2.	Determine when health-related situations require the application of a decision-making process. My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK	5.3.	Distinguish when individual or collaborative decision making is appropriate. My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK	5.4.	Distinguish between healthy and unhealthy alternatives to health-related issues or problems. My Roadmap to the Future

		<p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK	5.5.	<p>Predict the short-term impact of each alternative on self and others.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK	5.6.	<p>Choose healthy alternatives over unhealthy alternatives when making a decision.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK	5.7.	<p>Analyze the outcome(s) of a health-related decision.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.6.	Students will demonstrate the ability to use goal-setting skills to enhance health.
ENDURING UNDERSTANDING	6.EU.	Enduring Understanding: Goal setting enhances health outcomes
BENCHMARK	6.1.	<p>Assess personal health practices.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

		<p>Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK	6.2.	<p>Develop a goal to adopt, maintain, or improve a personal health practice.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK	6.3.	<p>Apply strategies and skills needed to attain the personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK	6.4.	Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
ENDURING UNDERSTANDING	7.EU.	Enduring Understanding: Practicing and adopting healthy behaviors leads to a healthy lifestyle
BENCHMARK	7.1.	Describe the importance of being responsible for personal health behaviors. 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
BENCHMARK	7.2.	Model healthy practices that will maintain or improve the health of self and others. 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 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 Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK	7.3.	<p>Evaluate practices to avoid or reduce health risks to self and others.</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>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.8.	Students will demonstrate the ability to advocate for personal, family and community health.
ENDURING UNDERSTANDING	8.EU.	Enduring Understanding: Advocacy is critical to personal, family and community health
BENCHMARK	8.4.	<p>Adapt health messages and communication techniques for different audiences.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.1.	Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities
ENDURING UNDERSTANDING	1.EU.	Enduring Understandings: Students will understand that physical activity involves using movement and motor skills throughout your life.
BENCHMARK	1.5.	<p>Students will know that each individual participates at a level of skill that is challenging yet allows for success</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.2.	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities

ENDURING UNDERSTANDING	2.EU.	Enduring Understandings: Students will understand movement concepts, principles, strategies and tactics are used in physical activities.
BENCHMARK	2.3.	Students will know basic principles of training and how to use them to improve fitness. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.3.	Participates regularly in physical activity
ENDURING UNDERSTANDING	3.EU.	Enduring Understandings: Students will understand that we need to be physically active.
BENCHMARK	3.1.	Students will know how to define and set personal goals Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
BENCHMARK	3.2.	Students will know how to achieve and maintain healthy fitness zone Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
BENCHMARK	3.4.	Students will know activity etiquette - sportsmanship, sharing, respect equipment/self/others, follow directions and rules, respecting difference My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BENCHMARK	3.5.	Students will be able to identify strengths and weaknesses and create an action plan Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
BENCHMARK	3.6.	Students will be able to monitor and document physical education/physical activity involvement

		<p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
BENCHMARK	3.9.	<p>Students will be able to improve personal effort/engagement/level of exertions during physical education class</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
BENCHMARK	3.10.	<p>Students will be able to demonstrate appropriate etiquette during all physical education activities</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
BENCHMARK	3.11.	<p>Students will be able to identify differences between personal motivation and peer pressure</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.4.	Achieves and maintains a personal health-enhancing level of physical fitness
ENDURING UNDERSTANDING	4.EU.	Enduring Understandings: Students will understand that physical fitness is essential to health throughout life.
BENCHMARK	4.4.	<p>Students will know health benefits of physical activity</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
BENCHMARK	4.5.	<p>Students will know personal benefits of participation in physical activity</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
BENCHMARK	4.9.	<p>Students will be able to explain the benefits of and participate in daily exercise</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
BENCHMARK	4.12.	Students will be able to logically sequence planned activities to obtain optimal health benefits

		<p>Multimedia Extensions Multimedia Extensions: Stress</p>
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.5.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings
ENDURING UNDERSTANDING	5.EU.	Enduring Understandings: Students will understand that there are personal & social behavioral expectations in physical activity settings.
BENCHMARK	5.1.	<p>Students will know rules and sport specific etiquette</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

Delaware Standards and Curricula

Social Studies

Grade 9 - Adopted 2010

STANDARD / STRAND	DE.H.	HISTORY
STRAND / INDICATOR	H.2:	Students will gather, examine, and analyze historical data [Analysis].
ENDURING UNDERSTANDING	H.2.9-12a:	<p>Students will develop and implement effective research strategies for investigating a given historical topic. (Essential for Grade 11)</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STANDARD / STRAND	DE.CC9-10RH/SS.	Reading Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Key Ideas and Details
ENDURING UNDERSTANDING	CC9-10RH/SS3.	<p>Analyze in detail a series of events described in a text; determine whether earlier events caused later ones or simply preceded them.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future</p>

		<p>Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
STANDARD / STRAND	DE.CC9-10RH/SS.	Reading Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Craft and Structure
ENDURING UNDERSTANDING	CC9-10RH/SS5.	<p>Analyze how a text uses structure to emphasize key points or advance an explanation or analysis</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
STANDARD / STRAND	DE.CC9-10RH/SS.	Reading Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Integration of Knowledge and Ideas
ENDURING UNDERSTANDING	CC9-10RH/SS7.	<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>
STANDARD / STRAND	DE.CC9-10RH/SS.	Reading Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Range of Reading and Level of Text Complexity
ENDURING UNDERSTANDING	CC9-10RH/SS10.	<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>

STANDARD / STRAND	DE.CC9-10WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Text Types and Purposes
ENDURING UNDERSTANDING	CC9-10WH/SS1.	Write arguments focused on discipline-specific content.
BENCHMARK	CC9-10WH/SS1c.	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	CC9-10WH/SS1d.	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	CC9-10WH/SS1e.	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
STANDARD / STRAND	DE.CC9-10WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Text Types and Purposes
ENDURING UNDERSTANDING	CC9-10WH/SS2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
BENCHMARK	CC9-10WH/SS2a.	Introduce a topic and organize ideas, concepts, and information to make important connections and distinctions; include formatting (e.g.,

		<p>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	CC9-10WH/SS2b.	<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	CC9-10WH/SS2c.	<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	CC9-10WH/SS2d.	<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	CC9-10WH/SS2e.	<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>

		Planning
BENCHMARK	CC9-10WH/SS2f.	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). 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
STANDARD / STRAND	DE.CC9-10WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Text Types and Purposes
ENDURING UNDERSTANDING	CC9-10WH/SS3.	(See note; not applicable as a separate requirement)
BENCHMARK	CC9-10WH/SS3a.	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
STANDARD / STRAND	DE.CC9-10WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Production and Distribution of Writing
ENDURING UNDERSTANDING	CC9-10WH/SS4.	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
ENDURING	CC9-	Develop and strengthen writing as needed by planning, revising, editing,

UNDERSTANDING	10WH/SS5.	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
STANDARD / STRAND	DE.CC9-10WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Research to Build and Present Knowledge
ENDURING UNDERSTANDING	CC9-10WH/SS7.	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
ENDURING UNDERSTANDING	CC9-10WH/SS8.	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
ENDURING UNDERSTANDING	CC9-10WH/SS9.	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

Delaware Standards and Curricula

Social Studies

Grade 10 - Adopted 2010

STANDARD /	DE.H.	HISTORY
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STRAND		
STRAND / INDICATOR	H.2:	Students will gather, examine, and analyze historical data [Analysis].
ENDURING UNDERSTANDING	H.2.9-12a:	Students will develop and implement effective research strategies for investigating a given historical topic. (Essential for Grade 11) My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STANDARD / STRAND	DE.CC9-10RH/SS.	Reading Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Key Ideas and Details
ENDURING UNDERSTANDING	CC9-10RH/SS3.	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
STANDARD / STRAND	DE.CC9-10RH/SS.	Reading Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Craft and Structure
ENDURING UNDERSTANDING	CC9-10RH/SS5.	Analyze how a text uses structure to emphasize key points or advance an explanation or analysis Multimedia Extensions Multimedia Extensions: Connections
STANDARD / STRAND	DE.CC9-10RH/SS.	Reading Standards for Literacy in History/Social Studies

STRAND / INDICATOR		Integration of Knowledge and Ideas
ENDURING UNDERSTANDING	CC9-10RH/SS7.	<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>
STANDARD / STRAND	DE.CC9-10RH/SS.	Reading Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Range of Reading and Level of Text Complexity
ENDURING UNDERSTANDING	CC9-10RH/SS10.	<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>
STANDARD / STRAND	DE.CC9-10WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Text Types and Purposes
ENDURING UNDERSTANDING	CC9-10WH/SS1.	Write arguments focused on discipline-specific content.
BENCHMARK	CC9-10WH/SS1c.	<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	CC9-10WH/SS1d.	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>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	CC9-10WH/SS1e.	<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>
STANDARD / STRAND	DE.CC9-10WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Text Types and Purposes
ENDURING UNDERSTANDING	CC9-10WH/SS2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
BENCHMARK	CC9-10WH/SS2a.	<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	CC9-10WH/SS2b.	<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	CC9-10WH/SS2c.	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>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	CC9-10WH/SS2d.	<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	CC9-10WH/SS2e.	<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	CC9-10WH/SS2f.	<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 Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	DE.CC9-10WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Text Types and Purposes
ENDURING UNDERSTANDING	CC9-10WH/SS3.	(See note; not applicable as a separate requirement)
BENCHMARK	CC9-10WH/SS3a.	Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate

		<p>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 Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	DE.CC9-10WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Production and Distribution of Writing
ENDURING UNDERSTANDING	CC9-10WH/SS4.	<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>
ENDURING UNDERSTANDING	CC9-10WH/SS5.	<p>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> <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>
STANDARD / STRAND	DE.CC9-10WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Research to Build and Present Knowledge
ENDURING UNDERSTANDING	CC9-10WH/SS7.	<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>
ENDURING UNDERSTANDING	CC9-10WH/SS8.	<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>
ENDURING UNDERSTANDING	CC9-10WH/SS9.	<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>

Delaware Standards and Curricula

Social Studies

Grade 11 - Adopted 2010

STANDARD / STRAND	DE.H.	HISTORY
STRAND / INDICATOR	H.2:	Students will gather, examine, and analyze historical data [Analysis].
ENDURING UNDERSTANDING	H.2.9-12a:	<p>Students will develop and implement effective research strategies for investigating a given historical topic. (Essential for Grade 11)</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STANDARD / STRAND	DE.CC11-12RH/SS.	Reading Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Key Ideas and Details
ENDURING UNDERSTANDING	CC11-12RH/SS3.	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
STANDARD / STRAND	DE.CC11-12RH/SS.	Reading Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Integration of Knowledge and Ideas
ENDURING UNDERSTANDING	CC11-12RH/SS7.	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
STANDARD / STRAND	DE.CC11-12RH/SS.	Reading Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Range of Reading and Level of Text Complexity
ENDURING UNDERSTANDING	CC11-12RH/SS10.	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
STANDARD / STRAND	DE.CC11-12WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Text Types and Purposes
ENDURING UNDERSTANDING	CC11-12WH/SS1.	Write arguments focused on discipline-specific content.
BENCHMARK	CC11-12WH/SS1c.	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	CC11-12WH/SS1d.	<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	CC11-12WH/SS1e.	<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>
STANDARD / STRAND	DE.CC11-12WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Text Types and Purposes
ENDURING UNDERSTANDING	CC11-12WH/SS2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
BENCHMARK	CC11-12WH/SS2a.	<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	CC11-12WH/SS2b.	<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</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK	CC11-12WH/SS2c.	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. 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	CC11-12WH/SS2d.	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. 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	CC11-12WH/SS2e.	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). 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
STANDARD / STRAND	DE.CC11-12WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Text Types and Purposes
ENDURING UNDERSTANDING	CC11-12WH/SS3.	(See note; not applicable as a separate requirement)
BENCHMARK	CC11-12WH/SS3a.	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>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>
STANDARD / STRAND	DE.CC11-12WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Production and Distribution of Writing
ENDURING UNDERSTANDING	CC11-12WH/SS4.	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, 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>
ENDURING UNDERSTANDING	CC11-12WH/SS5.	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>
STANDARD / STRAND	DE.CC11-12WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Research to Build and Present Knowledge
ENDURING UNDERSTANDING	CC11-12WH/SS7.	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>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
ENDURING UNDERSTANDING	CC11-12WH/SS8.	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

		<p>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>
ENDURING UNDERSTANDING	CC11-12WH/SS9.	<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>

Delaware Standards and Curricula

Social Studies

Grade 12 - Adopted 2010

STANDARD / STRAND	DE.H.	HISTORY
STRAND / INDICATOR	H.2:	Students will gather, examine, and analyze historical data [Analysis].
ENDURING UNDERSTANDING	H.2.9-12a:	<p>Students will develop and implement effective research strategies for investigating a given historical topic. (Essential for Grade 11)</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STANDARD / STRAND	DE.CC11-12RH/SS.	Reading Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Key Ideas and Details
ENDURING UNDERSTANDING	CC11-12RH/SS3.	<p>Evaluate various explanations for actions or events and determine which explanation best accords with textual evidence, acknowledging where the text leaves matters uncertain.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
STANDARD / STRAND	DE.CC11-12RH/SS.	Reading Standards for Literacy in History/Social Studies

STRAND / INDICATOR		Integration of Knowledge and Ideas
ENDURING UNDERSTANDING	CC11-12RH/SS7.	<p>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.</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>
STANDARD / STRAND	DE.CC11-12RH/SS.	Reading Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Range of Reading and Level of Text Complexity
ENDURING UNDERSTANDING	CC11-12RH/SS10.	<p>By the end of grade 12, read and comprehend history/social studies texts in the grades 11-12 text complexity band independently and proficiently.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
STANDARD / STRAND	DE.CC11-12WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Text Types and Purposes
ENDURING UNDERSTANDING	CC11-12WH/SS1.	Write arguments focused on discipline-specific content.
BENCHMARK	CC11-12WH/SS1c.	<p>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> <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	CC11-12WH/SS1d.	<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</p>

		<p>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	CC11-12WH/SS1e.	<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>
STANDARD / STRAND	DE.CC11-12WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Text Types and Purposes
ENDURING UNDERSTANDING	CC11-12WH/SS2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
BENCHMARK	CC11-12WH/SS2a.	<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	CC11-12WH/SS2b.	<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	CC11-12WH/SS2c.	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>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	CC11-12WH/SS2d.	<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	CC11-12WH/SS2e.	<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>
STANDARD / STRAND	DE.CC11-12WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Text Types and Purposes
ENDURING UNDERSTANDING	CC11-12WH/SS3.	(See note; not applicable as a separate requirement)
BENCHMARK	CC11-12WH/SS3a.	<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 Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

STANDARD / STRAND	DE.CC11-12WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Production and Distribution of Writing
ENDURING UNDERSTANDING	CC11-12WH/SS4.	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
ENDURING UNDERSTANDING	CC11-12WH/SS5.	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
STANDARD / STRAND	DE.CC11-12WH/SS.	Writing Standards for Literacy in History/Social Studies
STRAND / INDICATOR		Research to Build and Present Knowledge
ENDURING UNDERSTANDING	CC11-12WH/SS7.	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
ENDURING UNDERSTANDING	CC11-12WH/SS8.	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
ENDURING UNDERSTANDING	CC11-12WH/SS9.	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

Delaware Standards and Curricula

Health and PE

Grade 9 - Adopted Health 2007 / PE 2008

STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.1.	Students will understand essential health concepts in order to transfer knowledge into healthy actions for life
ENDURING UNDERSTANDING	1.EU.	Enduring Understanding: Functional knowledge of health concepts impacts health behavior.
BENCHMARK	1.1.	Predict how healthy behaviors impact health status. 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
BENCHMARK	1.2.	Analyze the interrelationship of intellectual, emotional, social, and physical health. 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

BENCHMARK	1.7.	<p>Explain the benefits of and barriers to practicing a variety of healthy behaviors.</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>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.2.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
ENDURING UNDERSTANDING	2.EU.	Enduring Understanding: Health is influenced by multiple factors
BENCHMARK	2.3.	<p>Consider how peers influence healthy and unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</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 12: Analyzing Well-Being</p>
BENCHMARK	2.4.	<p>Evaluate the effect of media on personal and family health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
BENCHMARK	2.5.	<p>Evaluate the impact of technology on personal, family and community health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
BENCHMARK	2.7.	<p>Self assess personal values and beliefs on individual health practices.</p> <p>Multimedia Extensions</p>

		<p>Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
ENDURING UNDERSTANDING	4.EU.	Enduring Understanding: Effective communication protects and enhances health
BENCHMARK	4.1.	<p>Utilize skills for communicating effectively with family, peers, and others to enhance health.</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>
BENCHMARK	4.2.	<p>Differentiate between refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

		<p>Unit 3: Highway Connections - Lesson 07: Social Support</p> <p>Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p> <p>Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p> <p>Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK	4.4.	<p>Demonstrate how to ask for and offer assistance to enhance the health of self and others.</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 6: Highway to Motivation - Lesson 13: Motivation</p>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.5.	Students will demonstrate the ability to use decision-making skills to enhance health.
ENDURING UNDERSTANDING	5.EU.	Enduring Understanding: Decision making is a process that impacts health
BENCHMARK	5.1.	<p>Examine barriers that can hinder healthy decision making.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
BENCHMARK	5.2.	<p>Justify when individual or collaborative decision making is appropriate.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

BENCHMARK	5.3.	<p>Generate alternatives to health-related issues or problems.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK	5.4.	<p>Predict short and long-term impact of each alternative on self and others.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK	5.5.	<p>Defend the healthy choice when making decisions.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK	5.6.	<p>Evaluate the effectiveness of health-related decisions.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.6.	Students will demonstrate the ability to use goal-setting skills to enhance health.
ENDURING UNDERSTANDING	6.EU.	Enduring Understanding: Goal setting enhances health outcomes
BENCHMARK	6.1.	Assess personal health practices and overall health status.

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK	6.2.	<p>Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK	6.3.	<p>Implement strategies and monitor progress in achieving the personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success</p>

		<p>Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK	6.4.	<p>Formulate an effective long-term personal health plan.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
ENDURING UNDERSTANDING	7.EU.	Enduring Understanding: Practicing and adopting healthy behaviors leads to a healthy lifestyle

BENCHMARK	7.1.	<p>Exhibit individual responsibility for enhancing personal health.</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>
BENCHMARK	7.2.	<p>Compare and contrast a variety of health practices that will maintain or improve the health of self and others.</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>
BENCHMARK	7.3.	<p>Advocate for practices to avoid or reduce health risks to self and others.</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>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.8.	Students will demonstrate the ability to advocate for personal, family and community health.
ENDURING UNDERSTANDING	8.EU.	Enduring Understanding: Advocacy is critical to personal, family and community health
BENCHMARK	8.1.	<p>Design accurate peer and societal norms to formulate a health-enhancing message.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BENCHMARK	8.3.	Assume the role of an advocate for improving personal, family and community health. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BENCHMARK	8.4.	Present health messages and communication techniques to a specific target audience. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.2.	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities
ENDURING UNDERSTANDING	2.EU.	Enduring Understandings: Students will understand how to apply specific movement concepts, principles, strategies and tactics to variety of physical activities.
BENCHMARK	2.8.	Students will be able to develop realistic short and long term fitness goals. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.3.	Participates regularly in physical activity
ENDURING UNDERSTANDING	3.EU.	Enduring Understandings: Students will understand that everybody needs to be physically active.
BENCHMARK	3.4.	Students will know what is health enhancing fitness is Multimedia Extensions

		Multimedia Extensions: Stress
BENCHMARK	3.10.	Students will be able to apply training principles for self improvement My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BENCHMARK	3.13.	Students will be able to maintain/create activity log My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.4.	Achieves and maintains a personal health-enhancing level of physical fitness
ENDURING UNDERSTANDING	4.EU.	Enduring Understandings: Students will understand that physical fitness contributes to quality of life.
BENCHMARK	4.5.	Students will know implications of maintaining a healthy lifestyle Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.5.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings
ENDURING UNDERSTANDING	5.EU.	Enduring Understandings: Students will understand that there are personal & social behavioral expectations in physical activity settings.
BENCHMARK	5.7.	Students will know sport specific etiquette My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BENCHMARK	5.14.	Students will be able to demonstrate (sport) etiquette in a variety of physical activity settings My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.6.	Creates opportunities for health, enjoyment, challenge, self-expression and/or social interaction through physical activity
ENDURING UNDERSTANDING	6.EU.	Enduring Understandings: Students will understand that physical activity provides a variety of opportunity for health, enjoyment, challenge, self-expression and/or social interaction.
BENCHMARK	6.1.	Students will know how to set personal goals Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
BENCHMARK	6.2.	Students will know self rewards that come from participating in physical activity Multimedia Extensions Multimedia Extensions: Confidence
BENCHMARK	6.3.	Students will know short/long term benefits of regular participation in physical activity Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK	6.7.	Students will be able to create and determine physical activity opportunities for self fulfillment Multimedia Extensions Multimedia Extensions: Confidence

Delaware Standards and Curricula

Health and PE

Grade 10 - Adopted Health 2007 / PE 2008

STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.1.	Students will understand essential health concepts in order to transfer knowledge into healthy actions for life
ENDURING UNDERSTANDING	1.EU.	Enduring Understanding: Functional knowledge of health concepts impacts health behavior.
BENCHMARK	1.1.	Predict how healthy behaviors impact health status.

		<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>
BENCHMARK	1.2.	<p>Analyze the interrelationship of intellectual, emotional, social, and physical health.</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>
BENCHMARK	1.7.	<p>Explain the benefits of and barriers to practicing a variety of healthy behaviors.</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>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.2.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
ENDURING UNDERSTANDING	2.EU.	Enduring Understanding: Health is influenced by multiple factors
BENCHMARK	2.3.	<p>Consider how peers influence healthy and unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</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 Strees - Lesson 10: Analyzing Stress</p>

		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
BENCHMARK	2.4.	Evaluate the effect of media on personal and family health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
BENCHMARK	2.5.	Evaluate the impact of technology on personal, family and community health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
BENCHMARK	2.7.	Self assess personal values and beliefs on individual health practices. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
ENDURING UNDERSTANDING	4.EU.	Enduring Understanding: Effective communication protects and enhances health
BENCHMARK	4.1.	Utilize skills for communicating effectively with family, peers, and others to enhance health. 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
BENCHMARK	4.2.	Differentiate between refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence

		<p>Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK	4.4.	<p>Demonstrate how to ask for and offer assistance to enhance the health of self and others.</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 Strees - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.5.	Students will demonstrate the ability to use decision-making skills to enhance health.
ENDURING UNDERSTANDING	5.EU.	Enduring Understanding: Decision making is a process that impacts health
BENCHMARK	5.1.	<p>Examine barriers that can hinder healthy decision making.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
BENCHMARK	5.2.	Justify when individual or collaborative decision making is appropriate.

		<p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK	5.3.	<p>Generate alternatives to health-related issues or problems.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK	5.4.	<p>Predict short and long-term impact of each alternative on self and others.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK	5.5.	<p>Defend the healthy choice when making decisions.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK	5.6.	<p>Evaluate the effectiveness of health-related decisions.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.6.	Students will demonstrate the ability to use goal-setting skills to enhance health.
ENDURING UNDERSTANDING	6.EU.	Enduring Understanding: Goal setting enhances health outcomes

<p>BENCHMARK</p>	<p>6.1.</p>	<p>Assess personal health practices and overall health status.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>BENCHMARK</p>	<p>6.2.</p>	<p>Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>BENCHMARK</p>	<p>6.3.</p>	<p>Implement strategies and monitor progress in achieving the personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p>

		<p>Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK	6.4.	<p>Formulate an effective long-term personal health plan.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
ENDURING UNDERSTANDING	7.EU.	Enduring Understanding: Practicing and adopting healthy behaviors leads to a healthy lifestyle
BENCHMARK	7.1.	<p>Exhibit individual responsibility for enhancing personal health.</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>
BENCHMARK	7.2.	<p>Compare and contrast a variety of health practices that will maintain or improve the health of self and others.</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>
BENCHMARK	7.3.	<p>Advocate for practices to avoid or reduce health risks to self and others.</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>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.8.	Students will demonstrate the ability to advocate for personal, family and community health.
ENDURING UNDERSTANDING	8.EU.	Enduring Understanding: Advocacy is critical to personal, family and community health
BENCHMARK	8.1.	<p>Design accurate peer and societal norms to formulate a health-enhancing message.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
BENCHMARK	8.3.	<p>Assume the role of an advocate for improving personal, family and community health.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
BENCHMARK	8.4.	Present health messages and communication techniques to a specific target audience.

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.2.	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities
ENDURING UNDERSTANDING	2.EU.	Enduring Understandings: Students will understand how to apply specific movement concepts, principles, strategies and tactics to variety of physical activities.
BENCHMARK	2.8.	<p>Students will be able to develop realistic short and long term fitness goals.</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>
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.3.	Participates regularly in physical activity
ENDURING UNDERSTANDING	3.EU.	Enduring Understandings: Students will understand that everybody needs to be physically active.
BENCHMARK	3.4.	<p>Students will know what is health enhancing fitness is</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
BENCHMARK	3.10.	<p>Students will be able to apply training principles for self improvement</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
BENCHMARK	3.13.	<p>Students will be able to maintain/create activity log</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.4.	Achieves and maintains a personal health-enhancing level of physical fitness

ENDURING UNDERSTANDING	4.EU.	Enduring Understandings: Students will understand that physical fitness contributes to quality of life.
BENCHMARK	4.5.	Students will know implications of maintaining a healthy lifestyle Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.5.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings
ENDURING UNDERSTANDING	5.EU.	Enduring Understandings: Students will understand that there are personal & social behavioral expectations in physical activity settings.
BENCHMARK	5.7.	Students will know sport specific etiquette My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BENCHMARK	5.14.	Students will be able to demonstrate (sport) etiquette in a variety of physical activity settings My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.6.	Creates opportunities for health, enjoyment, challenge, self-expression and/or social interaction through physical activity
ENDURING UNDERSTANDING	6.EU.	Enduring Understandings: Students will understand that physical activity provides a variety of opportunity for health, enjoyment, challenge, self-expression and/or social interaction.
BENCHMARK	6.1.	Students will know how to set personal goals Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
BENCHMARK	6.2.	Students will know self rewards that come from participating in physical activity Multimedia Extensions Multimedia Extensions: Confidence

BENCHMARK	6.3.	Students will know short/long term benefits of regular participation in physical activity Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK	6.7.	Students will be able to create and determine physical activity opportunities for self fulfillment Multimedia Extensions Multimedia Extensions: Confidence

Delaware Standards and Curricula

Health and PE

Grade 11 - Adopted Health 2007 / PE 2008

STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.1.	Students will understand essential health concepts in order to transfer knowledge into healthy actions for life
ENDURING UNDERSTANDING	1.EU.	Enduring Understanding: Functional knowledge of health concepts impacts health behavior.
BENCHMARK	1.1.	Predict how healthy behaviors impact health status. 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
BENCHMARK	1.2.	Analyze the interrelationship of intellectual, emotional, social, and physical health. 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

BENCHMARK	1.7.	<p>Explain the benefits of and barriers to practicing a variety of healthy behaviors.</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>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.2.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
ENDURING UNDERSTANDING	2.EU.	Enduring Understanding: Health is influenced by multiple factors
BENCHMARK	2.3.	<p>Consider how peers influence healthy and unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</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 Streets - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
BENCHMARK	2.4.	<p>Evaluate the effect of media on personal and family health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
BENCHMARK	2.5.	<p>Evaluate the impact of technology on personal, family and community health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
BENCHMARK	2.7.	<p>Self assess personal values and beliefs on individual health practices.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress</p>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
ENDURING UNDERSTANDING	4.EU.	Enduring Understanding: Effective communication protects and enhances health
BENCHMARK	4.1.	<p>Utilize skills for communicating effectively with family, peers, and others to enhance health.</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>
BENCHMARK	4.2.	<p>Differentiate between refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK	4.4.	<p>Demonstrate how to ask for and offer assistance to enhance the health of self and others.</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 Strees - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.5.	Students will demonstrate the ability to use decision-making skills to enhance health.
ENDURING UNDERSTANDING	5.EU.	Enduring Understanding: Decision making is a process that impacts health
BENCHMARK	5.1.	<p>Examine barriers that can hinder healthy decision making.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
BENCHMARK	5.2.	<p>Justify when individual or collaborative decision making is appropriate.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK	5.3.	<p>Generate alternatives to health-related issues or problems.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK	5.4.	<p>Predict short and long-term impact of each alternative on self and others.</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK	5.5.	Defend the healthy choice when making decisions. My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK	5.6.	Evaluate the effectiveness of health-related decisions. My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.6.	Students will demonstrate the ability to use goal-setting skills to enhance health.
ENDURING UNDERSTANDING	6.EU.	Enduring Understanding: Goal setting enhances health outcomes
BENCHMARK	6.1.	Assess personal health practices and overall health status. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK	6.2.	Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>BENCHMARK</p>	<p>6.3.</p>	<p>Implement strategies and monitor progress in achieving the personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>BENCHMARK</p>	<p>6.4.</p>	<p>Formulate an effective long-term personal health plan.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure</p>

		<p>Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
ENDURING UNDERSTANDING	7.EU.	Enduring Understanding: Practicing and adopting healthy behaviors leads to a healthy lifestyle
BENCHMARK	7.1.	<p>Exhibit individual responsibility for enhancing personal health.</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>
BENCHMARK	7.2.	<p>Compare and contrast a variety of health practices that will maintain or improve the health of self and others.</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>
BENCHMARK	7.3.	<p>Advocate for practices to avoid or reduce health risks to self and others.</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>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.8.	Students will demonstrate the ability to advocate for personal, family and community health.
ENDURING UNDERSTANDING	8.EU.	Enduring Understanding: Advocacy is critical to personal, family and community health
BENCHMARK	8.1.	<p>Design accurate peer and societal norms to formulate a health-enhancing message.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
BENCHMARK	8.3.	<p>Assume the role of an advocate for improving personal, family and community health.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
BENCHMARK	8.4.	<p>Present health messages and communication techniques to a specific target audience.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.2.	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities
ENDURING UNDERSTANDING	2.EU.	Enduring Understandings: Students will understand how to apply specific movement concepts, principles, strategies and tactics to variety of physical activities.
BENCHMARK	2.8.	<p>Students will be able to develop realistic short and long term fitness goals.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress</p> <p>My Success Roadmap</p>

		Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.3.	Participates regularly in physical activity
ENDURING UNDERSTANDING	3.EU.	Enduring Understandings: Students will understand that everybody needs to be physically active.
BENCHMARK	3.4.	Students will know what is health enhancing fitness is Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK	3.10.	Students will be able to apply training principles for self improvement My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BENCHMARK	3.13.	Students will be able to maintain/create activity log My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.4.	Achieves and maintains a personal health-enhancing level of physical fitness
ENDURING UNDERSTANDING	4.EU.	Enduring Understandings: Students will understand that physical fitness contributes to quality of life.
BENCHMARK	4.5.	Students will know implications of maintaining a healthy lifestyle Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.5.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings
ENDURING UNDERSTANDING	5.EU.	Enduring Understandings: Students will understand that there are personal & social behavioral expectations in physical activity settings.
BENCHMARK	5.7.	Students will know sport specific etiquette My Success Roadmap

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BENCHMARK	5.14.	Students will be able to demonstrate (sport) etiquette in a variety of physical activity settings My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.6.	Creates opportunities for health, enjoyment, challenge, self-expression and/or social interaction through physical activity
ENDURING UNDERSTANDING	6.EU.	Enduring Understandings: Students will understand that physical activity provides a variety of opportunity for health, enjoyment, challenge, self-expression and/or social interaction.
BENCHMARK	6.1.	Students will know how to set personal goals Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
BENCHMARK	6.2.	Students will know self rewards that come from participating in physical activity Multimedia Extensions Multimedia Extensions: Confidence
BENCHMARK	6.3.	Students will know short/long term benefits of regular participation in physical activity Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK	6.7.	Students will be able to create and determine physical activity opportunities for self fulfillment Multimedia Extensions Multimedia Extensions: Confidence

Delaware Standards and Curricula

Health and PE

Grade 12 - Adopted Health 2007 / PE 2008

STANDARD / STRAND	DE.HE.	Health Education
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STRAND / INDICATOR	HE.1.	Students will understand essential health concepts in order to transfer knowledge into healthy actions for life
ENDURING UNDERSTANDING	1.EU.	Enduring Understanding: Functional knowledge of health concepts impacts health behavior.
BENCHMARK	1.1.	<p>Predict how healthy behaviors impact health status.</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>
BENCHMARK	1.2.	<p>Analyze the interrelationship of intellectual, emotional, social, and physical health.</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>
BENCHMARK	1.7.	<p>Explain the benefits of and barriers to practicing a variety of healthy behaviors.</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>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.2.	Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
ENDURING UNDERSTANDING	2.EU.	Enduring Understanding: Health is influenced by multiple factors

BENCHMARK	2.3.	<p>Consider how peers influence healthy and unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</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 Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
BENCHMARK	2.4.	<p>Evaluate the effect of media on personal and family health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
BENCHMARK	2.5.	<p>Evaluate the impact of technology on personal, family and community health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
BENCHMARK	2.7.	<p>Self assess personal values and beliefs on individual health practices.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
ENDURING UNDERSTANDING	4.EU.	Enduring Understanding: Effective communication protects and enhances health
BENCHMARK	4.1.	<p>Utilize skills for communicating effectively with family, peers, and others to enhance health.</p> <p>My Roadmap to the Future</p>

		<p>Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
BENCHMARK	4.2.	<p>Differentiate between refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK	4.4.	<p>Demonstrate how to ask for and offer assistance to enhance the health of self and others.</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 Strees - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STANDARD / STRAND	DE.HE.	Health Education

STRAND / INDICATOR	HE.5.	Students will demonstrate the ability to use decision-making skills to enhance health.
ENDURING UNDERSTANDING	5.EU.	Enduring Understanding: Decision making is a process that impacts health
BENCHMARK	5.1.	Examine barriers that can hinder healthy decision making. My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
BENCHMARK	5.2.	Justify when individual or collaborative decision making is appropriate. My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK	5.3.	Generate alternatives to health-related issues or problems. My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK	5.4.	Predict short and long-term impact of each alternative on self and others. My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK	5.5.	Defend the healthy choice when making decisions. My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK	5.6.	Evaluate the effectiveness of health-related decisions.

		<p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.6.	Students will demonstrate the ability to use goal-setting skills to enhance health.
ENDURING UNDERSTANDING	6.EU.	Enduring Understanding: Goal setting enhances health outcomes
BENCHMARK	6.1.	<p>Assess personal health practices and overall health status.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK	6.2.	<p>Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals</p>

		<p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>BENCHMARK</p>	<p>6.3.</p>	<p>Implement strategies and monitor progress in achieving the personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>BENCHMARK</p>	<p>6.4.</p>	<p>Formulate an effective long-term personal health plan.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>

		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
ENDURING UNDERSTANDING	7.EU.	Enduring Understanding: Practicing and adopting healthy behaviors leads to a healthy lifestyle
BENCHMARK	7.1.	Exhibit individual responsibility for enhancing personal health. 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
BENCHMARK	7.2.	Compare and contrast a variety of health practices that will maintain or improve the health of self and others. 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
BENCHMARK	7.3.	Advocate for practices to avoid or reduce health risks to self and others. 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
STANDARD / STRAND	DE.HE.	Health Education
STRAND / INDICATOR	HE.8.	Students will demonstrate the ability to advocate for personal, family and community health.

ENDURING UNDERSTANDING	8.EU.	Enduring Understanding: Advocacy is critical to personal, family and community health
BENCHMARK	8.1.	Design accurate peer and societal norms to formulate a health-enhancing message. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BENCHMARK	8.3.	Assume the role of an advocate for improving personal, family and community health. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BENCHMARK	8.4.	Present health messages and communication techniques to a specific target audience. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.2.	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities
ENDURING UNDERSTANDING	2.EU.	Enduring Understandings: Students will understand how to apply specific movement concepts, principles, strategies and tactics to variety of physical activities.
BENCHMARK	2.8.	Students will be able to develop realistic short and long term fitness goals. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.3.	Participates regularly in physical activity

ENDURING UNDERSTANDING	3.EU.	Enduring Understandings: Students will understand that everybody needs to be physically active.
BENCHMARK	3.4.	Students will know what is health enhancing fitness is Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK	3.10.	Students will be able to apply training principles for self improvement My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BENCHMARK	3.13.	Students will be able to maintain/create activity log My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.4.	Achieves and maintains a personal health-enhancing level of physical fitness
ENDURING UNDERSTANDING	4.EU.	Enduring Understandings: Students will understand that physical fitness contributes to quality of life.
BENCHMARK	4.5.	Students will know implications of maintaining a healthy lifestyle Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.5.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings
ENDURING UNDERSTANDING	5.EU.	Enduring Understandings: Students will understand that there are personal & social behavioral expectations in physical activity settings.
BENCHMARK	5.7.	Students will know sport specific etiquette My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BENCHMARK	5.14.	Students will be able to demonstrate (sport) etiquette in a variety of physical activity settings

		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STANDARD / STRAND	DE.PE.	Physical Education
STRAND / INDICATOR	PE.6.	Creates opportunities for health, enjoyment, challenge, self-expression and/or social interaction through physical activity
ENDURING UNDERSTANDING	6.EU.	Enduring Understandings: Students will understand that physical activity provides a variety of opportunity for health, enjoyment, challenge, self-expression and/or social interaction.
BENCHMARK	6.1.	Students will know how to set personal goals Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
BENCHMARK	6.2.	Students will know self rewards that come from participating in physical activity Multimedia Extensions Multimedia Extensions: Confidence
BENCHMARK	6.3.	Students will know short/long term benefits of regular participation in physical activity Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK	6.7.	Students will be able to create and determine physical activity opportunities for self fulfillment Multimedia Extensions Multimedia Extensions: Confidence