

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

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

**States:** Rhode Island Standards and State Frameworks

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

**Rhode Island Standards and State Frameworks**

**Social Studies**

**Grade 7 - Adopted 2012**

<b>DOMAIN</b>	<b>RI.C&amp;G.</b>	Civics & Government
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>C&amp;G 4.</b>	People engage in political processes in a variety of ways.
<b>GSE STEM</b>	<b>C&amp;G 4 (7-8)-3.</b>	Students participate in a civil society by...
<b>SPECIFIC INDICATOR</b>	<b>C&amp;G 4 (7-8)-3.a.</b>	<p>Demonstrating an understanding and empathy for the opinions of others (e.g., listening to and asking relevant questions, considering alternative perspectives, voicing alternative points of view, recognizing bias).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>SPECIFIC INDICATOR</b>	<b>C&amp;G 4 (7-8)-3.b.</b>	<p>Demonstrating the ability to compromise (e.g., offering solutions, persisting to resolve issues).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b></p>

		<p>Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>DOMAIN</b>	<b>RI.HP.</b>	Historical Perspectives/Rhode Island History
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>HP 1.</b>	History is an account of human activities that is interpretive in nature.
<b>GSE STEM</b>	<b>HP 1 (7-8)-1.</b>	Students act as historians, using a variety of tools (e.g., artifacts and primary and secondary sources) by...
<b>SPECIFIC INDICATOR</b>	<b>HP 1 (7-8)-1.c.</b>	<p>Asking and answering historical questions, evaluating sources of information, organizing the information, and evaluating information in terms of relevance and comprehensiveness.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>DOMAIN</b>	<b>RI.HP.</b>	Historical Perspectives/Rhode Island History
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>HP 1.</b>	History is an account of human activities that is interpretive in nature.
<b>GSE STEM</b>	<b>HP 1 (7-8)-2.</b>	Students interpret history as a series of connected events with multiple cause-effect relationships, by...
<b>SPECIFIC INDICATOR</b>	<b>HP 1 (7-8)-2.b.</b>	<p>Developing, expanding, and supporting an historical thesis, based on a series of events.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

Social Studies

Grade 8 - Adopted 2012

<b>DOMAIN</b>	<b>RI.C&amp;G.</b>	Civics & Government
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>C&amp;G 4.</b>	People engage in political processes in a variety of ways.
<b>GSE STEM</b>	<b>C&amp;G 4 (7-8)-3.</b>	Students participate in a civil society by...
<b>SPECIFIC INDICATOR</b>	<b>C&amp;G 4 (7-8)-3.a.</b>	<p>Demonstrating an understanding and empathy for the opinions of others (e.g., listening to and asking relevant questions, considering alternative perspectives, voicing alternative points of view, recognizing bias).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>SPECIFIC INDICATOR</b>	<b>C&amp;G 4 (7-8)-3.b.</b>	<p>Demonstrating the ability to compromise (e.g., offering solutions, persisting to resolve issues).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>

		<p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>DOMAIN</b>	<b>RI.HP.</b>	Historical Perspectives/Rhode Island History
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<b>GSE STEM</b>	<b>HP 1 (7-8)-1.</b>	Students act as historians, using a variety of tools (e.g., artifacts and primary and secondary sources) by...
<b>SPECIFIC INDICATOR</b>	<b>HP 1 (7-8)-1.c.</b>	<p>Asking and answering historical questions, evaluating sources of information, organizing the information, and evaluating information in terms of relevance and comprehensiveness.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>DOMAIN</b>	<b>RI.HP.</b>	Historical Perspectives/Rhode Island History
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>HP 1.</b>	History is an account of human activities that is interpretive in nature.
<b>GSE STEM</b>	<b>HP 1 (7-8)-2.</b>	Students interpret history as a series of connected events with multiple cause-effect relationships, by...
<b>SPECIFIC INDICATOR</b>	<b>HP 1 (7-8)-2.b.</b>	<p>Developing, expanding, and supporting an historical thesis, based on a series of events.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

**Rhode Island Standards and State Frameworks**

**Health and PE**

**Grade 7 - Adopted 2003**

<b>DOMAIN</b>	<b>RI.HE1.</b>	Health Education: Students will understand concepts related to health promotion and disease prevention as a foundation for a healthy life.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>1.1.</b>	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease and premature death.

<p><b>KNOWLEDGE</b></p>		<p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>
<p><b>STATEMENT OF ENDURING KNOWLEDGE</b></p>	<p>1.2.</p>	<p>Describe the interrelationship of mental, emotional, physical, social and physical health during adolescence.</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<p><b>STATEMENT OF ENDURING KNOWLEDGE</b></p>	<p>1.4a.</p>	<p>Describe how family, peers and environment influence the health of adolescents.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<p><b>STATEMENT OF ENDURING KNOWLEDGE</b></p>	<p>1.5.</p>	<p>Describe ways to reduce risks related to early adolescent health problems.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>

STATEMENT OF ENDURING KNOWLEDGE	1.6.	<p>Explain how appropriate health care can prevent premature death and disability.</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>
DOMAIN	RI.HE2.	Health Education: Students will demonstrate the ability to access valid health information and health-promoting products and services.
STATEMENT OF ENDURING KNOWLEDGE	2.2.	<p>Utilize resources form home, school and community that provide valid health information.</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support</p>
STATEMENT OF ENDURING KNOWLEDGE	2.3.	<p>Analyze how media influences the selection of health information, products and services.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
DOMAIN	RI.HE3.	Health Education: Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
STATEMENT OF ENDURING KNOWLEDGE	3.1.	<p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STATEMENT OF ENDURING	3.4.	Demonstrate strategies to improve or maintain personal and family health.

<b>KNOWLEDGE</b>		<p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>3.7.</b>	<p>Develop and apply appropriate ways of managing conflict and specific stressful situations.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>DOMAIN</b>	<b>RI.HE4.</b>	Health Education: Students will analyze the influence of culture, media, technology and other factors on health.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>4.1.</b>	<p>Describe the influence of cultural beliefs on health behaviors and the use of health services.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>4.2.</b>	Analyze how positive and negative messages from media and other resources influence health behaviors.

		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
STATEMENT OF ENDURING KNOWLEDGE	4.3.	<p>Analyze the influence of technology on personal or family health.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
DOMAIN	RI.HE5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STATEMENT OF ENDURING KNOWLEDGE	5.1.	<p>Demonstrate effective verbal and non-verbal communication skills to enhance health.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
STATEMENT OF ENDURING KNOWLEDGE	5.3.	<p>Demonstrate healthy ways to express needs, wants and feelings.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
STATEMENT OF ENDURING KNOWLEDGE	5.5.	<p>Demonstrate communication skills needed to build and maintain healthy relationships.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
DOMAIN	RI.HE6.	Health Education: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
STATEMENT OF ENDURING KNOWLEDGE	6.1.	<p>Demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively.</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 3: Connections - Lesson 05: Making Connections</p>



		<p>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><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; 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 &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>STATEMENT OF ENDURING KNOWLEDGE</b></p>	<p>6.2.</p>	<p>Analyze how health-related decisions are influenced by individuals, family or community values.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<p><b>STATEMENT OF ENDURING KNOWLEDGE</b></p>	<p>6.3.</p>	<p>Predict how decisions regarding health behaviors have consequences for self or others.</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 3: Connections - Lesson 05: Making Connections</p>

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<p><b>STATEMENT OF ENDURING KNOWLEDGE</b></p>	<p><b>6.4.</b></p>	<p>Apply strategies and skills needed to attain personal health goals.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>STATEMENT OF ENDURING</b></p>	<p><b>6.5.</b></p>	<p>Develop a plan that addresses personal strengths, needs and health risks.</p>

<b>KNOWLEDGE</b>		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>DOMAIN</b>	<b>RI.HE7.</b>	Health Education: Students will demonstrate the ability to advocate for personal, family, community and environmental health.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>7.3.</b>	Identify barriers to effective communication of information, ideas, feelings and opinions about health issues. <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
<b>DOMAIN</b>	<b>RI.PE3.</b>	Physical Education: Students will understand the implications of and the benefits derived from involvement in physical activity.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>6-8.S3.1</b>	Students will demonstrate the ability to explain the physical benefits of regular participation in physical activity (e.g., reduce health risks, disease prevention, physiologic changes). <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>6-8.S3.4</b>	Students will demonstrate the ability to explain the cognitive benefits of regular participation in physical activity (e.g., improves focus and concentration). <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p>
<b>STATEMENT OF</b>	<b>6-</b>	Students will demonstrate the ability to participate in more challenging

<b>ENDURING KNOWLEDGE</b>	<b>8.S3.5</b>	activities to learn new skills.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence
<b>DOMAIN</b>	<b>RI.PE4.</b>	Physical Education: Students will apply physical activity-related skills and concepts to maintain a physically active lifestyle and a health-enhancing level of physical fitness.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>6-8.S4.5</b>	Students will demonstrate the ability to participate in activities to achieve personal fitness goals.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>6-8.S4.7</b>	Students will demonstrate the ability to explain factors that affect physical activity and develop strategies some strategies to maintain a physically active lifestyle.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation

Rhode Island Standards and State Frameworks

Health and PE

Grade 8 - Adopted 2003

<b>DOMAIN</b>	<b>RI.HE1.</b>	Health Education: Students will understand concepts related to health promotion and disease prevention as a foundation for a healthy life.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>1.1.</b>	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease and premature death.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence 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 Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation

<p><b>STATEMENT OF ENDURING KNOWLEDGE</b></p>	<p>1.2.</p>	<p>Describe the interrelationship of mental, emotional, physical, social and physical health during adolescence.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<p><b>STATEMENT OF ENDURING KNOWLEDGE</b></p>	<p>1.4a.</p>	<p>Describe how family, peers and environment influence the health of adolescents.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<p><b>STATEMENT OF ENDURING KNOWLEDGE</b></p>	<p>1.5.</p>	<p>Describe ways to reduce risks related to early adolescent health problems.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p>
<p><b>STATEMENT OF ENDURING KNOWLEDGE</b></p>	<p>1.6.</p>	<p>Explain how appropriate health care can prevent premature death and disability.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing</p>

		<p>Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>
<b>DOMAIN</b>	<b>RI.HE2.</b>	Health Education: Students will demonstrate the ability to access valid health information and health-promoting products and services.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>2.2.</b>	<p>Utilize resources from home, school and community that provide valid health information.</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>2.3.</b>	<p>Analyze how media influences the selection of health information, products and services.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>DOMAIN</b>	<b>RI.HE3.</b>	Health Education: Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>3.1.</b>	<p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>3.4.</b>	<p>Demonstrate strategies to improve or maintain personal and family health.</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>3.7.</b>	Develop and apply appropriate ways of managing conflict and specific stressful situations.

<b>KNOWLEDGE</b>		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>DOMAIN</b>	<b>RI.HE4.</b>	Health Education: Students will analyze the influence of culture, media, technology and other factors on health.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>4.1.</b>	<p>Describe the influence of cultural beliefs on health behaviors and the use of health services.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>4.2.</b>	<p>Analyze how positive and negative messages from media and other resources influence health behaviors.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>4.3.</b>	<p>Analyze the influence of technology on personal or family health.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>DOMAIN</b>	<b>RI.HE5.</b>	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.

STATEMENT OF ENDURING KNOWLEDGE	5.1.	<p>Demonstrate effective verbal and non-verbal communication skills to enhance health.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
STATEMENT OF ENDURING KNOWLEDGE	5.3.	<p>Demonstrate healthy ways to express needs, wants and feelings.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
STATEMENT OF ENDURING KNOWLEDGE	5.5.	<p>Demonstrate communication skills needed to build and maintain healthy relationships.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
DOMAIN	RI.HE6.	<p>Health Education: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.</p>
STATEMENT OF ENDURING KNOWLEDGE	6.1.	<p>Demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively.</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 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><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>



		<p>Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; 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 &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>STATEMENT OF ENDURING KNOWLEDGE</b></p>	<p>6.2.</p>	<p>Analyze how health-related decisions are influenced by individuals, family or community values.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<p><b>STATEMENT OF ENDURING KNOWLEDGE</b></p>	<p>6.3.</p>	<p>Predict how decisions regarding health behaviors have consequences for self or others.</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 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><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

		<p>Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; 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 &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>STATEMENT OF ENDURING KNOWLEDGE</b></p>	<p>6.4.</p>	<p>Apply strategies and skills needed to attain personal health goals.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>STATEMENT OF ENDURING KNOWLEDGE</b></p>	<p>6.5.</p>	<p>Develop a plan that addresses personal strengths, needs and health risks.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing</p>

		<p>Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>DOMAIN</b>	<b>RI.HE7.</b>	Health Education: Students will demonstrate the ability to advocate for personal, family, community and environmental health.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>7.3.</b>	<p>Identify barriers to effective communication of information, ideas, feelings and opinions about health issues.</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections</p> <p><b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
<b>DOMAIN</b>	<b>RI.PE3.</b>	Physical Education: Students will understand the implications of and the benefits derived from involvement in physical activity.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>6-8.S3.1</b>	<p>Students will demonstrate the ability to explain the physical benefits of regular participation in physical activity (e.g., reduce health risks, disease prevention, physiologic changes).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>6-8.S3.4</b>	<p>Students will demonstrate the ability to explain the cognitive benefits of regular participation in physical activity (e.g., improves focus and concentration).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>6-8.S3.5</b>	<p>Students will demonstrate the ability to participate in more challenging activities to learn new skills.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p>
<b>DOMAIN</b>	<b>RI.PE4.</b>	Physical Education: Students will apply physical activity-related skills and concepts to maintain a physically active lifestyle and a health-enhancing level of physical fitness.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>6-8.S4.5</b>	Students will demonstrate the ability to participate in activities to achieve personal fitness goals.

		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>6-8.S.4.7</b>	<p>Students will demonstrate the ability to explain factors that affect physical activity and develop strategies some strategies to maintain a physically active lifestyle.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

**Rhode Island Standards and State Frameworks**

**Social Studies**

**Grade 9 - Adopted 2012**

<b>DOMAIN</b>	<b>RI.HP.</b>	Historical Perspectives/Rhode Island History
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>HP 1.</b>	History is an account of human activities that is interpretive in nature.
<b>GSE STEM</b>	<b>HP 1 (9-12)-2.</b>	Students interpret history as a series of connected events with multiple cause-effect relationships, by...
<b>SPECIFIC INDICATOR</b>	<b>HP 1 (9-12)-2.a.</b>	<p>Explaining cause and effect relationships in order to sequence and summarize events, make connections between a series of events, or compare/contrast events.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>SPECIFIC</b>	<b>HP 1 (9-</b>	Interpreting and constructing visual data (e.g., timelines, charts, graphs, flowchart, historical films, political cartoons) in order to explain historical

<b>INDICATOR</b>	<b>12)-2.b.</b>	<p>continuity and change (e.g., timeline of Rhode Island’s path to Revolution: Why is Rhode Island first to declare independence, but last colony to ratify the Constitution?).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>
<b>DOMAIN</b>	<b>RI.HP.</b>	Historical Perspectives/Rhode Island History
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>HP 1.</b>	History is an account of human activities that is interpretive in nature.
<b>GSE STEM</b>	<b>HP 1 (Ext)-2.</b>	HS Extensions: Students interpret history as a series of connected events with multiple cause-effect relationships, by...
<b>SPECIFIC INDICATOR</b>	<b>HP 1 (Ext)-2.a.</b>	<p>Analyzing cause and effect relationships showing multiple causation (e.g., industrialization and immigration, King Philip’s War; detribalization and retribalization).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>DOMAIN</b>	<b>RI.HP.</b>	Historical Perspectives/Rhode Island History
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>HP 2.</b>	History is a chronicle of human activities, diverse people, and the societies they form.
<b>GSE STEM</b>	<b>HP 2 (9-12)-2.</b>	Students chronicle events and conditions by...
<b>SPECIFIC INDICATOR</b>	<b>HP 2 (9-12)-2.b.</b>	Synthesizing information from multiple sources to formulate an historical interpretation (e.g., document-based questions, quantitative data, material artifacts of RI).

		<p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>DOMAIN</b>	<b>RI.E.</b>	Economics
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>E 2.</b>	Producers and consumers locally, nationally, and internationally engage in the exchange of goods and services.
<b>GSE STEM</b>	<b>E 2 (9-12)-1.</b>	Students demonstrate an understanding of the variety of ways producers and consumers exchange goods and services by...
<b>SPECIFIC INDICATOR</b>	<b>E 2 (9-12)-1.a.</b>	<p>Analyzing the role of income, price, competition, profit, property rights, and specialization in the economy.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

**Rhode Island Standards and State Frameworks**

**Social Studies**

**Grade 10 - Adopted 2012**

<b>DOMAIN</b>	<b>RI.HP.</b>	Historical Perspectives/Rhode Island History
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>HP 1.</b>	History is an account of human activities that is interpretive in nature.
<b>GSE STEM</b>	<b>HP 1 (9-12)-2.</b>	Students interpret history as a series of connected events with multiple cause-effect relationships, by...
<b>SPECIFIC INDICATOR</b>	<b>HP 1 (9-12)-2.a.</b>	<p>Explaining cause and effect relationships in order to sequence and summarize events, make connections between a series of events, or compare/contrast events.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence</p>

		Unit 3: Highway Connections - Lesson 07: Social Support
<b>SPECIFIC INDICATOR</b>	<b>HP 1 (9-12)-2.b.</b>	<p>Interpreting and constructing visual data (e.g., timelines, charts, graphs, flowchart, historical films, political cartoons) in order to explain historical continuity and change (e.g., timeline of Rhode Island’s path to Revolution: Why is Rhode Island first to declare independence, but last colony to ratify the Constitution?).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>
<b>DOMAIN</b>	<b>RI.HP.</b>	Historical Perspectives/Rhode Island History
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>HP 1.</b>	History is an account of human activities that is interpretive in nature.
<b>GSE STEM</b>	<b>HP 1 (Ext)-2.</b>	HS Extensions: Students interpret history as a series of connected events with multiple cause-effect relationships, by...
<b>SPECIFIC INDICATOR</b>	<b>HP 1 (Ext)-2.a.</b>	<p>Analyzing cause and effect relationships showing multiple causation (e.g., industrialization and immigration, King Philip’s War; detribalization and retribalization).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>DOMAIN</b>	<b>RI.HP.</b>	Historical Perspectives/Rhode Island History
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>HP 2.</b>	History is a chronicle of human activities, diverse people, and the societies they form.
<b>GSE STEM</b>	<b>HP 2 (9-</b>	Students chronicle events and conditions by...

	12)-2.	
<b>SPECIFIC INDICATOR</b>	<b>HP 2 (9-12)-2.b.</b>	Synthesizing information from multiple sources to formulate an historical interpretation (e.g., document-based questions, quantitative data, material artifacts of RI).  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>DOMAIN</b>	<b>RI.E.</b>	Economics
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>E 2.</b>	Producers and consumers locally, nationally, and internationally engage in the exchange of goods and services.
<b>GSE STEM</b>	<b>E 2 (9-12)-1.</b>	Students demonstrate an understanding of the variety of ways producers and consumers exchange goods and services by...
<b>SPECIFIC INDICATOR</b>	<b>E 2 (9-12)-1.a.</b>	Analyzing the role of income, price, competition, profit, property rights, and specialization in the economy.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

**Rhode Island Standards and State Frameworks**

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**Grade 11 - Adopted 2012**

<b>DOMAIN</b>	<b>RI.HP.</b>	Historical Perspectives/Rhode Island History
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>HP 1.</b>	History is an account of human activities that is interpretive in nature.
<b>GSE STEM</b>	<b>HP 1 (9-12)-2.</b>	Students interpret history as a series of connected events with multiple cause-effect relationships, by...
<b>SPECIFIC INDICATOR</b>	<b>HP 1 (9-12)-2.a.</b>	Explaining cause and effect relationships in order to sequence and summarize events, make connections between a series of events, or compare/contrast events.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges  <b>My Success Roadmap</b>



		<p>Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>SPECIFIC INDICATOR</b>	<b>HP 1 (9-12)-2.b.</b>	<p>Interpreting and constructing visual data (e.g., timelines, charts, graphs, flowchart, historical films, political cartoons) in order to explain historical continuity and change (e.g., timeline of Rhode Island's path to Revolution: Why is Rhode Island first to declare independence, but last colony to ratify the Constitution?).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>
<b>DOMAIN</b>	<b>RI.HP.</b>	Historical Perspectives/Rhode Island History
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>HP 1.</b>	History is an account of human activities that is interpretive in nature.
<b>GSE STEM</b>	<b>HP 1 (Ext)-2.</b>	HS Extensions: Students interpret history as a series of connected events with multiple cause-effect relationships, by...
<b>SPECIFIC INDICATOR</b>	<b>HP 1 (Ext)-2.a.</b>	<p>Analyzing cause and effect relationships showing multiple causation (e.g., industrialization and immigration, King Philip's War; detribalization and retribalization).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>DOMAIN</b>	<b>RI.HP.</b>	Historical Perspectives/Rhode Island History

<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>HP 2.</b>	History is a chronicle of human activities, diverse people, and the societies they form.
<b>GSE STEM</b>	<b>HP 2 (9-12)-2.</b>	Students chronicle events and conditions by...
<b>SPECIFIC INDICATOR</b>	<b>HP 2 (9-12)-2.b.</b>	Synthesizing information from multiple sources to formulate an historical interpretation (e.g., document-based questions, quantitative data, material artifacts of RI).  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>DOMAIN</b>	<b>R.I.E.</b>	Economics
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>E 2.</b>	Producers and consumers locally, nationally, and internationally engage in the exchange of goods and services.
<b>GSE STEM</b>	<b>E 2 (9-12)-1.</b>	Students demonstrate an understanding of the variety of ways producers and consumers exchange goods and services by...
<b>SPECIFIC INDICATOR</b>	<b>E 2 (9-12)-1.a.</b>	Analyzing the role of income, price, competition, profit, property rights, and specialization in the economy.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

**Rhode Island Standards and State Frameworks**

**Social Studies**

**Grade 12 - Adopted 2012**

<b>DOMAIN</b>	<b>RI.HP.</b>	Historical Perspectives/Rhode Island History
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>HP 1.</b>	History is an account of human activities that is interpretive in nature.
<b>GSE STEM</b>	<b>HP 1 (9-12)-2.</b>	Students interpret history as a series of connected events with multiple cause-effect relationships, by...
<b>SPECIFIC INDICATOR</b>	<b>HP 1 (9-12)-2.a.</b>	Explaining cause and effect relationships in order to sequence and summarize events, make connections between a series of events, or compare/contrast events.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting

		<p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>SPECIFIC INDICATOR</b>	<b>HP 1 (9-12)-2.b.</b>	<p>Interpreting and constructing visual data (e.g., timelines, charts, graphs, flowchart, historical films, political cartoons) in order to explain historical continuity and change (e.g., timeline of Rhode Island's path to Revolution: Why is Rhode Island first to declare independence, but last colony to ratify the Constitution?).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>
<b>DOMAIN</b>	<b>RI.HP.</b>	Historical Perspectives/Rhode Island History
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>HP 1.</b>	History is an account of human activities that is interpretive in nature.
<b>GSE STEM</b>	<b>HP 1 (Ext)-2.</b>	HS Extensions: Students interpret history as a series of connected events with multiple cause-effect relationships, by...
<b>SPECIFIC INDICATOR</b>	<b>HP 1 (Ext)-2.a.</b>	<p>Analyzing cause and effect relationships showing multiple causation (e.g., industrialization and immigration, King Philip's War; detribalization and retribalization).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas</p>

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support
<b>DOMAIN</b>	<b>RI.HP.</b>	Historical Perspectives/Rhode Island History
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>HP 2.</b>	History is a chronicle of human activities, diverse people, and the societies they form.
<b>GSE STEM</b>	<b>HP 2 (9-12)-2.</b>	Students chronicle events and conditions by...
<b>SPECIFIC INDICATOR</b>	<b>HP 2 (9-12)-2.b.</b>	Synthesizing information from multiple sources to formulate an historical interpretation (e.g., document-based questions, quantitative data, material artifacts of RI).  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>DOMAIN</b>	<b>RI.E.</b>	Economics
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>E 2.</b>	Producers and consumers locally, nationally, and internationally engage in the exchange of goods and services.
<b>GSE STEM</b>	<b>E 2 (9-12)-1.</b>	Students demonstrate an understanding of the variety of ways producers and consumers exchange goods and services by...
<b>SPECIFIC INDICATOR</b>	<b>E 2 (9-12)-1.a.</b>	Analyzing the role of income, price, competition, profit, property rights, and specialization in the economy.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

**Rhode Island Standards and State Frameworks**

**Health and PE**

**Grade 9 - Adopted 2003**

<b>DOMAIN</b>	<b>RI.HE1.</b>	Health Education: Students will understand concepts related to health promotion and disease prevention as a foundation for a healthy life.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>1.2.</b>	Describe the interrelationships of mental, emotional, social and physical health throughout young adulthood.  <b>My Roadmap to the Future</b>

		<p>Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>1.4.</b>	<p>Analyze how the family, peers, community and environment influence the health of individuals.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>DOMAIN</b>	<b>RI.HE2.</b>	Health Education: Students will demonstrate the ability to access valid health information and health-promoting products and services.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>2.2.</b>	<p>Analyze resources from home school and community that provide valid health information.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>2.3.</b>	<p>Evaluate media influences on the selection of health information and products.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>2.4.</b>	<p>Access school and community health services for self and others.</p> <p><b>My Roadmap to the Future</b></p>

		Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>2.7.</b>	Explain requirements for entering and pursuing specific health careers.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 03: Career Ideas
<b>DOMAIN</b>	<b>RI.HE3.</b>	Health Education: Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>3.1.</b>	Analyze the role of individual responsibility for enhancing health.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>3.4.</b>	Demonstrate strategies to improve or maintain personal, family and community health.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>3.7.</b>	Research and evaluate strategies to manage stress in individuals.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing

		<p>Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>DOMAIN</b>	<b>RI.HE4.</b>	Health Education: Students will analyze the influence of culture, media, technology and other factors on health.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>4.2.</b>	<p>Evaluate the effect of media and other factors on personal, family and community health.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>4.3.</b>	<p>Evaluate the impact of technology on personal, family and community health.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>DOMAIN</b>	<b>RI.HE5.</b>	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>5.1.</b>	<p>Demonstrate skills for communicating effectively with family, peers and others.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>5.3.</b>	<p>Demonstrate healthy ways to express needs, wants and feelings.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>5.6.</b>	<p>Demonstrate refusal, negotiation and collaboration skills needed to avoid potentially-harmful situations.</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 2: Confidence - Lesson 04: Analyzing Confidence</p>

		<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><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; 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 &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>DOMAIN</b>	<b>RI.HE6.</b>	Health Education: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>6.1.</b>	<p>Analyze the ability to use different strategies when making decisions related to health needs and risks of young adults.</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>6.4.</b>	<p>Describe how personal health goals are influenced by changes in information, abilities, priorities and responsibilities.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p>



		<p><b>My Success Roadmap</b></p> <p>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 &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>6.5.</b>	<p>Compare and contrast a variety of plans that address personal strengths, needs and health risks.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>DOMAIN</b>	<b>RI.HE7.</b>	Health Education: Students will demonstrate the ability to advocate for personal, family, community and environmental health.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>7.2.</b>	<p>Design methods for accurately expressing health information and ideas.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>DOMAIN</b>	<b>RI.PE3.</b>	Physical Education: Students will understand the implications of and the benefits derived from involvement in physical activity.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>9-12.S3.1</b>	Students will demonstrate the ability to analyze the physical benefits of regular participation in physical activity (e.g., reduce health risks, disease prevention).

		<p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
STATEMENT OF ENDURING KNOWLEDGE	9-12.S4.4	<p>Students will demonstrate the ability to identify the cognitive benefits of regular participation in physical activity (e.g., increases levels of serotonin and endorphins in the brain, producing state of relaxed alertness conducive to learning.)</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
DOMAIN	RI.PE4.	Physical Education: Students will apply physical activity-related skills and concepts to maintain a physically active lifestyle and a health-enhancing level of physical fitness.
STATEMENT OF ENDURING KNOWLEDGE	9-12.S4.2	<p>Students will demonstrate the ability to show improvement in, meet, or exceed the health-related fitness standards of the assessment tool.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STATEMENT OF ENDURING KNOWLEDGE	9-12.S4.5	<p>Students will demonstrate the ability to explain how and why participation in a variety of activities can affect fitness and health.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
STATEMENT OF ENDURING KNOWLEDGE	9-12.S4.7	<p>Students will demonstrate the ability to analyze factors that affect physical activity and apply behavioral and cognitive strategies to adopt and maintain a physically active lifestyle.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

Rhode Island Standards and State Frameworks

Health and PE

Grade 10 - Adopted 2003

DOMAIN	RI.HE1.	Health Education: Students will understand concepts related to health promotion and disease prevention as a foundation for a healthy life.
STATEMENT OF ENDURING	1.2.	Describe the interrelationships of mental, emotional, social and physical health throughout young adulthood.

<p><b>KNOWLEDGE</b></p>		<p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<p><b>STATEMENT OF ENDURING KNOWLEDGE</b></p>	<p>1.4.</p>	<p>Analyze how the family, peers, community and environment influence the health of individuals.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<p><b>DOMAIN</b></p>	<p>RI.HE2.</p>	<p>Health Education: Students will demonstrate the ability to access valid health information and health-promoting products and services.</p>
<p><b>STATEMENT OF ENDURING KNOWLEDGE</b></p>	<p>2.2.</p>	<p>Analyze resources from home school and community that provide valid health information.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<p><b>STATEMENT OF ENDURING KNOWLEDGE</b></p>	<p>2.3.</p>	<p>Evaluate media influences on the selection of health information and products.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<p><b>STATEMENT OF ENDURING</b></p>	<p>2.4.</p>	<p>Access school and community health services for self and others.</p>

KNOWLEDGE		<p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
STATEMENT OF ENDURING KNOWLEDGE	2.7.	<p>Explain requirements for entering and pursuing specific health careers.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 03: Career Ideas</p>
DOMAIN	RI.HE3.	<p>Health Education: Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.</p>
STATEMENT OF ENDURING KNOWLEDGE	3.1.	<p>Analyze the role of individual responsibility for enhancing health.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
STATEMENT OF ENDURING KNOWLEDGE	3.4.	<p>Demonstrate strategies to improve or maintain personal, family and community health.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATEMENT OF ENDURING KNOWLEDGE	3.7.	<p>Research and evaluate strategies to manage stress in individuals.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>DOMAIN</b>	<b>RI.HE4.</b>	Health Education: Students will analyze the influence of culture, media, technology and other factors on health.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>4.2.</b>	Evaluate the effect of media and other factors on personal, family and community health.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>4.3.</b>	Evaluate the impact of technology on personal, family and community health.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>DOMAIN</b>	<b>RI.HE5.</b>	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>5.1.</b>	Demonstrate skills for communicating effectively with family, peers and others.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>5.3.</b>	Demonstrate healthy ways to express needs, wants and feelings.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>5.6.</b>	Demonstrate refusal, negotiation and collaboration skills needed to avoid potentially-harmful situations.  <b>My Roadmap to the Future</b> Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure

		<p>Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 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 &amp; 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 &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>DOMAIN</b>	<b>RI.HE6.</b>	Health Education: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>6.1.</b>	<p>Analyze the ability to use different strategies when making decisions related to health needs and risks of young adults.</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>6.4.</b>	<p>Describe how personal health goals are influenced by changes in information, abilities, priorities and responsibilities.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>6.5.</b>	<p>Compare and contrast a variety of plans that address personal strengths, needs and health risks.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>DOMAIN</b>	<b>RI.HE7.</b>	Health Education: Students will demonstrate the ability to advocate for personal, family, community and environmental health.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>7.2.</b>	<p>Design methods for accurately expressing health information and ideas.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>DOMAIN</b>	<b>RI.PE3.</b>	Physical Education: Students will understand the implications of and the benefits derived from involvement in physical activity.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>9-12.S3.1</b>	<p>Students will demonstrate the ability to analyze the physical benefits of regular participation in physical activity (e.g., reduce health risks, disease prevention).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>9-12.S4.4</b>	<p>Students will demonstrate the ability to identify the cognitive benefits of regular participation in physical activity (e.g., increases levels of serotonin and endorphins in the brain, producing state of relaxed alertness conducive to learning.)</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p>

<b>DOMAIN</b>	<b>RI.PE4.</b>	Physical Education: Students will apply physical activity-related skills and concepts to maintain a physically active lifestyle and a health-enhancing level of physical fitness.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>9-12.S4.2</b>	Students will demonstrate the ability to show improvement in, meet, or exceed the health-related fitness standards of the assessment tool.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>9-12.S4.5</b>	Students will demonstrate the ability to explain how and why participation in a variety of activities can affect fitness and health.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>9-12.S4.7</b>	Students will demonstrate the ability to analyze factors that affect physical activity and apply behavioral and cognitive strategies to adopt and maintain a physically active lifestyle.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation

**Rhode Island Standards and State Frameworks**

**Health and PE**

**Grade 11 - Adopted 2003**

<b>DOMAIN</b>	<b>RI.HE1.</b>	Health Education: Students will understand concepts related to health promotion and disease prevention as a foundation for a healthy life.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>1.1.</b>	Analyze the interrelationships of mental, emotional, social and physical health throughout life.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being



<b>DOMAIN</b>	<b>RI.HE2.</b>	Health Education: Students will demonstrate the ability to access valid health information and health-promoting products and services.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>2.1.</b>	Evaluate resources from home, school and community that provide valid health information for self and others.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>2.2.</b>	Evaluate all factors that influence personal selection of health products and services in the community.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>2.4.</b>	Evaluate opportunities for career choices in health.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 03: Career Ideas
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>2.5.</b>	Analyze the educational requirements, demands, rewards and benefits of a career in health services.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 03: Career Ideas
<b>DOMAIN</b>	<b>RI.HE3.</b>	Health Education: Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>3.4.</b>	Research and evaluate strategies to manage stress in individuals and groups in school, work and/or social situations.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>DOMAIN</b>	<b>RI.HE4.</b>	Health Education: Students will analyze the influence of culture, media, technology and other factors on health.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>4.1.</b>	<p>Research a school or community health issue resulting from the influence of culture, media, technology and other factors.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>DOMAIN</b>	<b>RI.HE5.</b>	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>5.2.</b>	<p>Apply strategies to a selected situation that facilitate effective communication among individuals or groups.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
<b>DOMAIN</b>	<b>RI.HE6.</b>	Health Education: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>6.1.</b>	<p>Evaluate different strategies to use when making decisions related to the health needs and risks of young adults.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>6.2.</b>	<p>Design, evaluate and implement a plan for attaining a personal health goal.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>

		<p>Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>6.3.</b>	<p>Formulate an effective plan for optimal lifelong health.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>DOMAIN</b>	<b>RI.PE3.</b>	Physical Education: Students will understand the implications of and the benefits derived from involvement in physical activity.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>9-12.S3.1</b>	<p>Students will demonstrate the ability to analyze the physical benefits of regular participation in physical activity (e.g., reduce health risks, disease prevention).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>9-12.S4.4</b>	<p>Students will demonstrate the ability to identify the cognitive benefits of regular participation in physical activity (e.g., increases levels of serotonin and endorphins in the brain, producing state of relaxed alertness conducive to learning.)</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p>
<b>DOMAIN</b>	<b>RI.PE4.</b>	Physical Education: Students will apply physical activity-related skills and concepts to maintain a physically active lifestyle and a health-enhancing level of physical fitness.
<b>STATEMENT OF ENDURING</b>	<b>9-12.S4.2</b>	Students will demonstrate the ability to show improvement in, meet, or exceed the health-related fitness standards of the assessment tool.

<b>KNOWLEDGE</b>		<b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	9-12.S4.5	Students will demonstrate the ability to explain how and why participation in a variety of activities can affect fitness and health.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	9-12.S4.7	Students will demonstrate the ability to analyze factors that affect physical activity and apply behavioral and cognitive strategies to adopt and maintain a physically active lifestyle.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation

Rhode Island Standards and State Frameworks

Health and PE

Grade 12 - Adopted 2003

<b>DOMAIN</b>	<b>RI.HE1.</b>	Health Education: Students will understand concepts related to health promotion and disease prevention as a foundation for a healthy life.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	1.1.	Analyze the interrelationships of mental, emotional, social and physical health throughout life.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>DOMAIN</b>	<b>RI.HE2.</b>	Health Education: Students will demonstrate the ability to access valid health information and health-promoting products and services.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	2.1.	Evaluate resources from home, school and community that provide valid health information for self and others.

		<p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support</p>
STATEMENT OF ENDURING KNOWLEDGE	2.2.	<p>Evaluate all factors that influence personal selection of health products and services in the community.</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support</p>
STATEMENT OF ENDURING KNOWLEDGE	2.4.	<p>Evaluate opportunities for career choices in health.</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 03: Career Ideas</p>
STATEMENT OF ENDURING KNOWLEDGE	2.5.	<p>Analyze the educational requirements, demands, rewards and benefits of a career in health services.</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 03: Career Ideas</p>
DOMAIN	RI.HE3.	Health Education: Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
STATEMENT OF ENDURING KNOWLEDGE	3.4.	<p>Research and evaluate strategies to manage stress in individuals and groups in school, work and/or social situations.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
DOMAIN	RI.HE4.	Health Education: Students will analyze the influence of culture, media, technology and other factors on health.
STATEMENT OF ENDURING	4.1.	Research a school or community health issue resulting from the influence of culture, media, technology and other factors.

<b>KNOWLEDGE</b>		<p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>DOMAIN</b>	<b>RI.HE5.</b>	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>5.2.</b>	<p>Apply strategies to a selected situation that facilitate effective communication among individuals or groups.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
<b>DOMAIN</b>	<b>RI.HE6.</b>	Health Education: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>6.1.</b>	<p>Evaluate different strategies to use when making decisions related to the health needs and risks of young adults.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STATEMENT OF ENDURING KNOWLEDGE</b>	<b>6.2.</b>	<p>Design, evaluate and implement a plan for attaining a personal health goal.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

STATEMENT OF ENDURING KNOWLEDGE	6.3.	<p>Formulate an effective plan for optimal lifelong health.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
DOMAIN	RI.PE3.	Physical Education: Students will understand the implications of and the benefits derived from involvement in physical activity.
STATEMENT OF ENDURING KNOWLEDGE	9-12.S3.1	<p>Students will demonstrate the ability to analyze the physical benefits of regular participation in physical activity (e.g., reduce health risks, disease prevention).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p>
STATEMENT OF ENDURING KNOWLEDGE	9-12.S4.4	<p>Students will demonstrate the ability to identify the cognitive benefits of regular participation in physical activity (e.g., increases levels of serotonin and endorphins in the brain, producing state of relaxed alertness conducive to learning.)</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p>
DOMAIN	RI.PE4.	Physical Education: Students will apply physical activity-related skills and concepts to maintain a physically active lifestyle and a health-enhancing level of physical fitness.
STATEMENT OF ENDURING KNOWLEDGE	9-12.S4.2	<p>Students will demonstrate the ability to show improvement in, meet, or exceed the health-related fitness standards of the assessment tool.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
STATEMENT OF	9-	Students will demonstrate the ability to explain how and why participation in

<p><b>ENDURING KNOWLEDGE</b></p>	<p><b>12.S4.5</b></p>	<p>a variety of activities can affect fitness and health.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
<p><b>STATEMENT OF ENDURING KNOWLEDGE</b></p>	<p><b>9-12.S4.7</b></p>	<p>Students will demonstrate the ability to analyze factors that affect physical activity and apply behavioral and cognitive strategies to adopt and maintain a physically active lifestyle.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>