

Game Plan

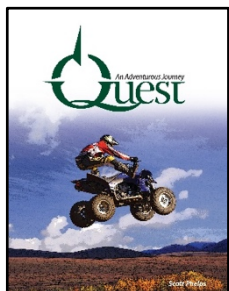
Chapter Themes & Learning Standards

(Grades 6-9)



SUCCESS SEQUENCE

Chapter & Theme	Content	Illinois PE & Health Standards	CDC: National Health Education Standards
1. I Got Game! <i>Goal Setting</i>	- Strategies for setting goals - Making positive choices	22.A.3a 24.B.3a 22.A.3b 24.B.5a 22.A.5b 24.C.4a	1.8.5 5.12.2 6.12.4
2. TV Time-Out <i>Media Influence</i>	Impact of media messaging on beliefs, opinions, and mental health	22.A.5c	2.8.2 2.12.5 2.8.5 2.12.6 2.8.6 5.12.1 2.12.2
3. Rules of the Game <i>Identifying Consequences</i>	- Decisions have consequences - Self-control and resisting peer pressure	24.B.3a 24.B.5a 24.C.3a	1.12.7 2.8.7 5.8.1 1.12.8 2.8.9 5.12.1 1.12.9 2.12.3 2.8.3 2.12.9
4. Avoiding the Penalties <i>Medical Implications (STDs)</i>	Effects of sexual decision making on social, physical, emotional, and mental well-being	22.A.4a 22.A.4b 22.A.5a 22.A.5b	1.8.8 1.8.9
5. Half-Time <i>Planning to Achieve Goals</i>	- Making changes from past behaviors - Self-respect and confidence	24.C.3a	1.8.5 5.12.1 6.12.2 1.12.5 5.12.2 6.12.3 5.8.1 6.8.2 6.12.4 5.8.6 6.8.3
6. Building Your Team <i>Character Development & Healthy Relationships</i>	- Qualities of a healthy friendship - Dealing with pressure	24.B.3a 24.B.5a 24.C.3a	1.8.2 7.8.3 1.12.2 7.12.2 2.8.3 7.12.3 7.8.2
7. Winning the Prize <i>Long Term Goals & Marriage</i>	- Positive impact of accomplishing a goal - Self-control, discipline, respect, and trust	22.A.3b 24.B.5a	1.8.7 6.12.4 5.8.6 7.8.2 5.8.7 7.8.3 5.12.6
8. Game Time <i>Preparing for a Successful Future</i>	- Character qualities needed to achieve success - Steps to avoid pressures from self or others	22.A.4b 24.B.5a 24.C.4a	1.8.7 6.12.4 5.8.6 7.8.2 5.8.7 7.8.3 5.12.6



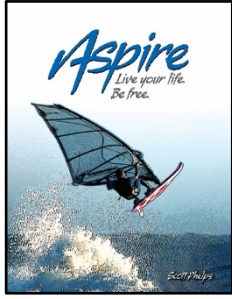
Quest

Chapter Themes & Learning Standards

(Grades 7-10)



Chapter & Theme	Content	Illinois PE & Health Standards	CDC: National Health Education Standards		
1. Life is a Journey <i>Goal Setting</i>	- Strategies for setting goals - Effect of daily choices on future outcomes	22.A.3b 24.B.5a 22.A.5b 24.C.4a 24.B.3a	1.8.5 1.12.5 5.8.1 5.8.6	5.12.1 5.12.2 6.8.2 6.8.3	6.12.2 6.12.3 6.12.4
2. Mapping Your Course <i>Creating a Plan</i>	- Resisting negative pressures - Benefits of abstinence	22.A.3a 22.A.3b 24.B.3a 24.C.4a	1.8.5 1.12.5 5.8.1 5.8.6	5.12.1 5.12.2 6.8.2 6.8.3	6.12.2 6.12.3 6.12.4
3. Breaking Free <i>Media Influence</i>	Impact of media messaging on beliefs, opinions, and mental health	22.A.5c	2.8.2 2.8.5 2.8.6 2.12.2	2.12.5 2.12.6 5.12.1	
4. Finding Your Way <i>Abstinence from Sex, Drugs & Alcohol</i>	Effects of sexual decision making on social, physical, emotional, and mental well-being	24.B.3a 24.B.5a 24.C.3a	1.12.7 1.12.8 1.12.9 2.8.3	2.8.7 2.8.9 2.12.3 2.12.9	5.8.1 5.12.1
5. Staying on Track <i>Identifying Consequences</i>	- Statistics on teen pregnancy - Importance of marriage	24.B.3a 24.B.5a 24.C.3a	1.12.7 1.12.8 1.12.9 2.8.3	2.8.7 2.8.9 2.12.3 2.12.9	5.8.1 5.12.1
6. Future Focus <i>Positive Outcomes & Rewards</i>	- Characteristics of healthy relationships - Foundation of a successful marriage	22.A.3b 24.B.5a	1.8.7 5.8.7 5.12.6 6.12.4	7.8.2	
7. Road Blocks <i>Medical Implications (STDs)</i>	- Potential effects of sexual decisions - Steps for avoiding STDs	22.A.4a 22.A.4b 22.A.5a 22.A.5b	1.8.8 1.8.9		
8. Journey's End <i>Preparing for a Successful Future</i>	- Relationship development - Celebration of Success	24.B.5a 24.C.4a	1.8.7 5.8.6 5.8.7 5.12.6	6.12.4 7.8.2 7.8.3	



Aspire

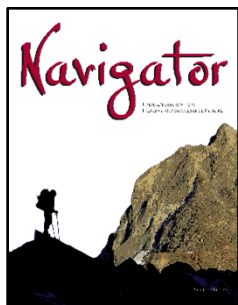
Chapter Themes & Learning Standards

(Grades 8-11)



SUCCESS SEQUENCE

Chapter & Theme	Content	Illinois PE & Health Standards	CDC: National Health Education Standards
1. Living Life on Purpose <i>Goal Setting</i>	- Naming future goals - Benefits of abstinence	22.A.3a 24.B.3a 22.A.3b 24.B.5a 22.A.5b 24.C.4a	6.12.4
2. Standing Strong <i>Abstinence from Sex, Drugs & Alcohol</i>	- Plan for resisting negative pressure - Effect of sex, drugs, and alcohol on achieving goals	22.A.5c	1.12.7 2.8.7 1.12.8 2.8.9 5.8.1 1.12.9 2.12.3 5.12.1 2.8.3 2.12.9
3. Thinking Ahead <i>Medical Implications (STDs)</i>	- Potential effects of sexual decisions - Steps for avoiding STDs	24.B.3a 24.B.5a 24.C.3a	1.8.8 1.8.9
4. Protecting Your Mind <i>Media Influence</i>	Impact of media messaging on beliefs, opinions, and mental health	22.A.4a 22.A.4b 22.A.5a 22.A.5b	2.8.2 2.12.5 2.8.5 2.12.6 2.8.6 5.12.1 2.12.2
5. The Power of Self-Control <i>Character Development</i>	- Exercising self-control - Impact of friendships on goal achievement	24.C.3a	1.8.2 7.8.3 1.12.2 7.12.2 2.8.3 7.12.3 7.8.2
6. Marriage Rocks <i>Positive Outcomes of Goal Setting</i>	- Characteristics of healthy relationships - Foundation of a successful marriage	24.B.3a 24.B.5a 24.C.3a	1.8.7 6.12.4 5.8.6 7.8.2 5.8.7 7.8.3 5.12.6
7. Making a Fresh Start <i>Relationship Development</i>	- Signs of an abusive relationship - Choosing a new direction	22.A.3b 24.B.5a	1.8.2 7.8.3 1.12.2 7.12.2 2.8.3 7.12.3 7.8.2
8. The Big Picture <i>Accomplishing Goals & the Success Sequence</i>	- Effect of daily choices on future goals - Proactive plan for success	22.A.4b 24.B.5a 24.C.4a	1.8.7 6.12.4 5.8.6 7.8.2 5.8.7 7.8.3 5.12.6



Navigator

Chapter Themes & Learning Standards

(Grades 9-12)



Chapter & Theme	Content	Illinois PE & Health Standards	CDC: National Health Education Standards
1. Vision <i>Goal Setting</i>	- Analyzing interests and setting goals - Keys to achieving goals	22.A.3a 24.B.3a 22.A.3b 24.B.5a 22.A.5b 24.C.4a	1.8.5 5.12.1 6.12.2 1.12.5 5.12.2 6.12.3 5.8.1 6.8.2 6.12.4 5.8.6 6.8.3
2. Clarity <i>Media Influence</i>	- Effect of media exposure on decisions - Importance of thinking clearly about media	22.A.5c	2.8.2 2.12.5 2.8.5 2.12.6 2.8.6 5.12.1 2.12.2
3. Direction <i>Sexual Decision Making</i>	Long-term significance of current decisions on social, emotional, and mental well-being	24.B.3a 24.B.5a 24.C.3a	1.8.7 6.12.4 5.8.6 7.8.2 5.8.7 7.8.3 5.12.6
4. Safety <i>Medical Implications (STDs)</i>	- Potential negative effects of sexual decisions - Steps for avoiding STDs	22.A.4a 22.A.4b 22.A.5a 22.A.5b	1.8.8 1.8.9
5. Strength <i>Abstinence from Sex, Drugs & Alcohol</i>	- Exercising self-control and resisting pressure - Strategies for saying “no”	24.C.3a	1.12.7 2.8.7 1.12.8 2.8.9 5.8.1 1.12.9 2.12.3 5.12.1 2.8.3 2.12.9
6. Character <i>Character Development</i>	- Analyzing character qualities - Identifying positive and negative influences	24.B.3a 24.B.5a 24.C.3a	1.8.2 7.8.3 1.12.2 7.12.2 2.8.3 7.12.3 7.8.2
7. Companionship <i>Dating & Relationships</i>	- Healthy vs. unhealthy relationships - Setting personal boundaries	22.A.3b 24.B.5a	1.8.2 7.8.3 1.12.2 7.12.2 2.8.3 7.12.3 7.8.2
8. Destination <i>Accomplishing Goals & the Success Sequence</i>	- Effect of daily choices on future goals - Foundation of a successful marriage	22.A.4b 24.B.5a 24.C.4a	1.8.7 6.12.4 5.8.6 7.8.2 5.8.7 7.8.3 5.12.6