



# Game Plan

## Chapter Themes & Learning Standards

(Grades 6-9)



**SUCCESS SEQUENCE**

Chapter & Theme	Content	Illinois PE & Health Standards	CDC: National Health Education Standards
<b>1. I Got Game!</b> <i>Goal Setting</i>	<ul style="list-style-type: none"> <li>Strategies for setting goals</li> <li>Making positive choices</li> </ul>	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
<b>2. TV Time-Out</b> <i>Media Influence</i>	<ul style="list-style-type: none"> <li>Impact of media messaging on beliefs, opinions, and mental health</li> </ul>	22.A.5c	2.8.2 2.12.5 2.8.5 2.12.6 2.8.6 5.12.1 2.12.2
<b>3. Rules of the Game</b> <i>Identifying Consequences</i>	<ul style="list-style-type: none"> <li>Decisions have consequences</li> <li>Self-control and resisting peer pressure</li> </ul>	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
<b>4. Avoiding the Penalties</b> <i>Medical Implications (STDs)</i>	<ul style="list-style-type: none"> <li>Effects of sexual decision making on social, physical, emotional, and mental well-being</li> </ul>	22.A.4a 22.A.4b 22.A.5a 22.A.5b	1.8.8 1.8.9
<b>5. Half-Time</b> <i>Planning to Achieve Goals</i>	<ul style="list-style-type: none"> <li>Making changes from past behaviors</li> <li>Self-respect and confidence</li> </ul>	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
<b>6. Building Your Team</b> <i>Character Development &amp; Healthy Relationships</i>	<ul style="list-style-type: none"> <li>Qualities of a healthy friendship</li> <li>Dealing with pressure</li> </ul>	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
<b>7. Winning the Prize</b> <i>Long Term Goals &amp; Marriage</i>	<ul style="list-style-type: none"> <li>Positive impact of accomplishing a goal</li> <li>Self-control, discipline, respect, and trust</li> </ul>	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
<b>8. Game Time</b> <i>Preparing for a Successful Future</i>	<ul style="list-style-type: none"> <li>Character qualities needed to achieve success</li> <li>Steps to avoid pressures from self or others</li> </ul>	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