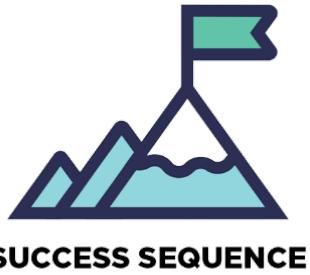


Game Plan

Chapter Themes & Learning Standards

(Grades 6-9)



Chapter & Theme	Content	Illinois PE & Health Standards	CDC: National Health Education Standards
1. I Got Game! <i>Goal Setting</i>	<ul style="list-style-type: none"> Strategies for setting goals Making positive choices 	22.A.3a 22.A.3b 22.A.5b	1.8.5 5.12.2 6.12.4
2. TV Time-Out <i>Media Influence</i>	<ul style="list-style-type: none"> 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
3. Rules of the Game <i>Identifying Consequences</i>	<ul style="list-style-type: none"> Decisions have consequences Self-control and resisting peer pressure 	24.B.3a 24.B.5a 24.C.3a	1.12.7 1.12.8 1.12.9 2.8.7 2.8.9 2.12.3 5.8.1 5.12.1
4. Avoiding the Penalties <i>Medical Implications (STDs)</i>	<ul style="list-style-type: none"> 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>	<ul style="list-style-type: none"> Making changes from past behaviors Self-respect and confidence 	24.C.3a	1.8.5 1.12.5 5.8.1 5.8.6 5.12.1 6.12.2 6.12.3 6.12.4 6.8.2 6.8.3
6. Building Your Team <i>Character Development & Healthy Relationships</i>	<ul style="list-style-type: none"> Qualities of a healthy friendship Dealing with pressure 	24.B.3a 24.B.5a 24.C.3a	1.8.2 1.12.2 2.8.3 7.8.3 7.12.2 7.12.3 7.8.2
7. Winning the Prize <i>Long Term Goals & Marriage</i>	<ul style="list-style-type: none"> Positive impact of accomplishing a goal Self-control, discipline, respect, and trust 	22.A.3b 24.B.5a	1.8.7 5.8.6 5.8.7 5.12.6 6.12.4 7.8.2 7.8.3
8. Game Time <i>Preparing for a Successful Future</i>	<ul style="list-style-type: none"> 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 5.8.6 5.8.7 5.12.6 6.12.4 7.8.2 7.8.3