

CORRELATION
FLORIDA DEPARTMENT OF EDUCATION
INSTRUCTIONAL MATERIALS CORRELATION
COURSE STANDARDS/BENCHMARKS

SUBJECT:	Physical Education	
GRADE LEVEL:	9, 10, 11, 12	
COURSE TITLE:	H. O. P. E. (Health Opportunities through Physical Education)	
COURSE CODE:	3026010	
SUBMISSION TITLE:	<i>Essential Health</i> ©2015	
BID ID:	2876	
PUBLISHER:	Goodheart-Willcox Publisher	
PUBLISHER ID:	36213599401	
BENCHMARK CODE	BENCHMARK	LESSONS WHERE BENCHMARK IS DIRECTLY ADDRESSED IN-DEPTH IN MAJOR TOOL (include the student edition and teacher edition with the page numbers of lesson, a link to lesson, or other identifier for easy lookup by reviewers.)
MAFS.912.S-ID.1.2:	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.	60–63, 92, 129, 155, 199, 347, 379, 407, 627
LACC.910.RL.2.4:	Determine the meaning of words and phrases as they are used in the text, including figurative and connotative meanings; analyze the cumulative impact of specific word choices on meaning and tone (e.g., how the language evokes a sense of time and place; how it sets a formal or informal tone).	32–35, 60–63, -100–103, 222–225, 250–253, 280–283, 312–315, 344–347, 376–379, 404–407, 436–439, 468–471, 522–525, 552–553, 694–697
LACC.910.W.3.8:	Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the usefulness of each source in answering the research question; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and following a standard format for citation.	3, 14–20, 49, 54, 65, 157, 224, 249, 255, 346, 349, 435, 441, 527, 569, 589
LACC.910.SL.1.1:	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.	106, 140, 147, 222–225, 239, 250–253, 224, 228, 252, 266, 282,314, 337, 352, 360, 371, 378, 397, 407, 421, 429–430, 438, 470, 485, 498, 490, 513, 524, 574, 586, 597, 604–605, 609, 668, 696
LACC.910.L.3.6:	Acquire and use accurately general academic and domain-specific words and phrases, sufficient for reading, writing, speaking, and listening at the college and career readiness level; demonstrate independence in gathering vocabulary knowledge when considering a word or phrase important to comprehension or expression.	6–12, 25, 31, 44, 80, 91–94, 300, 444
LACC.910.WHST.2.6:	Use technology, including the Internet, to produce, publish, and update individual or shared writing products, taking advantage of technology’s capacity to link to other information and to display information flexibly and dynamically.	49, 54, 125, 224, 249, 282, 346–347, 435, 450, 524, 569, 666, 679
HE.912.B.4.2:	Assess refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.	21–24, 277–279, 307–308, 385–387, 536, 543, 560

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HE.912.B.4.3:	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.	21–24, 386, 445–449, 476–479, 488–489, 514, 518, 534–537, 557–561, 584, 586
HE.912.B.4.4:	Analyze the validity of ways to ask for and offer assistance to enhance the health of self and others.	13–20, 32–35, 50–54, 78, 123–125, 148–151, 154, 202, 221, 273–275, 308–311, 343, 385–387, 403, 406, 455, 462, 466–467, 493–494, 498, 516–521
HE.912.B.5.1:	Determine the value of applying a thoughtful decision-making process in health-related situations.	12, 21–24, 45–49, 222–225, 232, 238, 249, 271, 293, 307–308, 278–279, 340–341, 343, 346, 385–387, 396, 406, 430, 438, 455, 458, 463, 476, 479, 486, 489, 498
HE.912.B.5.2:	Generate alternatives to health-related issues or problems.	21–24, 80–89, 100–103, 119–125, 272–279, 307–311, 365–370, 375, 384–387
HE.912.B.5.3:	Appraise the potential short-term and long-term outcomes of each alternative on self and others.	80–89, 294–299, 306–311, 418, 424–425, 458, 446–447, 465–466, 490–495, 514–515, 559, 563–564, 569
HE.912.B.5.4:	Assess whether individual or collaborative decision making is needed to make a healthy decision.	21–31, 90–99, 102, 228, 403, 517–519, 576, 579, 658, 678, 681, 690, 693, 696
HE.912.B.6.1:	Evaluate personal health practices and overall health status to include all dimensions of health.	6–12, 21–24, 161–165, 168
HE.912.B.6.2:	Formulate a plan to attain a personal health goal that addresses strengths, needs, and risks.	21–24, 33–34, 62, 80–89, 180–183, 194, 121, 224, 464, 658
HE.912.B.6.3:	Implement strategies and monitor progress in achieving a personal health goal.	21–24, 119–125, 128, 180–183, 194, 406, 464–466

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HE.912.B.6.4:	Formulate an effective long-term personal health plan.	90–99, 119–125, 180–183, 194, 495
HE.912.P.7.1:	Analyze the role of individual responsibility in enhancing health.	13–20, 25–31, 160–168, 715–745
HE.912.P.7.2:	Evaluate healthy practices and behaviors that will maintain or improve health and reduce health risks.	6–12, 21–24, 45–49, 62, 102, 128, 224, 314, 346, 524, 586, 745
HE.912.P.8.1:	Demonstrate how to influence and support others in making positive health choices.	215, 275, 309–311, 342–343, 360, 365–370, 378, 385–387, 438, 515, 519, 521, 524
HE.912.P.8.3:	Work cooperatively as an advocate for improving personal, family, and community health.	34, 62, 99, 128, 154, 194, 252, 282, 378, 406, 438, 470, 498, 524, 554, 586, 658
HE.912.C.1.1:	Predict how healthy behaviors can affect health status.	6–12, 21–31, 62, 102
HE.912.C.1.2:	Interpret the significance of interrelationships in mental/emotional, physical, and social health.	6–12, 23–24, 32, 145–146, 385, 465, 476–479, 514, 418, 530–555
HE.912.C.1.4:	Propose strategies to reduce or prevent injuries and health problems.	31, 45–59, 62, 78–79, 97, 102, 119–125, 150–151, 184–190, 207, 231–232, 235, 243–244, 246, 248, 276–279, 307–308, 715–745
HE.912.C.1.5:	Analyze strategies for prevention, detection, and treatment of communicable and chronic diseases.	190, 360–370, 381–439

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HE.912.C.1.7:	Analyze how heredity and family history can impact personal health.	43–44, 50–54, 62–63, 145–146, 236, 412, 413, 417, 427–428, 432, 434–435, 438, 509, 514
HE.912.C.1.8:	Assess the degree of susceptibility to injury, illness, or death if engaging in unhealthy/risky behaviors.	6–12, 38–49, 55–59, 236–238, 293–299, 258–265, 282, 318–338, 381–407, 715–745
PE.912.C.2.6:	Compare and contrast the health-related benefits of various physical activities.	54, 160–183, 192–194, 492–493, 495
PE.912.C.2.7:	Evaluate the effectiveness of specific warm-up and cool-down activities.	166, 176, 182, 185, 191, 193–194
PE.912.C.2.8:	Differentiate between the three different types of heat illnesses associated with fluid loss.	78–79, 184, 186, 188–189, 191, 742–743
PE.912.C.2.9:	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.	49, 56–59, 188–189, 741–743
PE.912.C.2.10:	Analyze long-term benefits of regularly participating in physical activity.	47–48, 53–54, 105–110, 156–195, 375
PE.912.C.2.11:	Explain how each of the health-related components of fitness are improved through the application of training principles.	119–125, 169–183, 185, 193–194
PE.912.C.2.12:	Compare and contrast aerobic versus anaerobic activities.	163–164, 166–167, 169–183, 192–193

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PE.912.C.2.13:	Document food intake, calories consumed and energy expended through physical activity and analyze the results.	55, 59, 80–102, 120–122, 163–164, 170–174
PE.912.C.2.14:	Compare and contrast the skill-related components of fitness used in various physical activities.	169–170, 177–180, 183–184, 193
PE.912.C.2.15:	Calculate individual target heart-rate zone and analyze how to adjust intensity level to stay within the desired range.	169, 172–173, 183, 185, 194
PE.912.C.2.16:	Explain the methods of monitoring levels of intensity during aerobic activity.	161, 169, 171–177, 180–183, 185, 192–193
PE.912.C.2.17:	Assess physiological effects of exercise during and after physical activity.	163–165, 167–168, 492–493, 495
PE.912.C.2.18:	Differentiate between fact and fallacy as it relates to consumer physical fitness products and programs.	13–20, 124–125
PE.912.C.2.22:	Explain the skill-related components of fitness and how they enhance performance levels.	169–183, 193–194
PE.912.C.2.23:	Apply appropriate technology and analyze data to evaluate, monitor and/or improve performance.	164, 172–173, 180–182
PE.912.C.2.25:	Analyze and evaluate the risks, safety procedures, rules and equipment associated with specific course activities.	45–49, 184–191, 248–249, 562–569, 715–745

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PE.912.C.2.27:	Compare and contrast how movement skills from one physical activity can be transferred and used in other physical activities.	163, 165, 169–183, 665
HE.912.C.2.1:	Analyze how the family influences the health of individuals.	24, 34, 42, 44, 50–54, 123, 302–305, 269–271, 412–413, 417, 427–428, 432, 434–435, 438, 570–574
HE.912.C.2.2:	Compare how peers influence healthy and unhealthy behaviors.	21–24, 123, 133–134, 167, 271, 277–279, 303–305, 341, 385–387, 465, 538–544
HE.912.C.2.3:	Assess how the school and community can affect personal health practice and behaviors.	90–99, 123–124, 167–168, 202–203, 208, 341–343, 559–569
HE.912.C.2.4:	Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	25–31, 89, 93, 111–118, 138, 149–151, 174, 270–271, 277–279, 303–308, 311, 328, 335–336
HE.912.C.2.5:	Evaluate the effect of media on personal and family health.	13–24, 48, 88, 132, 134–137, 149–151, 212, 220, 271, 273, 276–278, 304–305, 321, 326, 378, 458, 477, 506, 548, 563, 563–565, 586
HE.912.C.2.6:	Evaluate the impact of technology on personal, family, and community health.	15–17, 48–49, 122, 125, 128, 532, 539, 544
HE.912.C.2.7:	Analyze how culture supports and challenges health beliefs, practices, and behaviors.	114–118, 132–139, 141–143, 145–146, 149–151, 204, 303–305, 531, 539, 632, 636, 641, 679
HE.912.C.2.8:	Analyze how the perceptions of norms influence healthy and unhealthy behaviors.	45–49, 56–59, 114–116, 132–146, 149–151, 270–271, 275, 294–299, 300–305, 333, 335–336, 385–387, 423, 426–428, 454, 502–507, 513–515, 545–551, 633–635, 642

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HE.912.C.2.9:	Evaluate the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.	13–24, 111–118, 133–139, 293, 340–341, 346, 450–451, 453–454, 458, 463, 491, 495, 498, 531, 533, 539, 541–542, 547–548, 559, 567
PE.912.L.3.1:	Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity beyond physical education on five or more days of the week.	47–49, 55, 57–58, 105, 158–195, 438, 492–493, 495
PE.912.L.3.5:	Identify the community opportunities for participation in a variety of physical activities.	167–168
PE.912.L.3.2:	Participate in a variety of activities that promote the health-related components of fitness.	47–49, 55, 57–58, 120–123, 128, 158–195, 420, 428, 492–493, 495
PE.912.L.3.3:	Identify a variety of activities that promote effective stress management.	213, 219–220, 484, 490–499
PE.912.L.3.4:	Identify the in-school opportunities for participation in a variety of physical activities.	167–168, 181, 183
PE.912.L.3.6:	Identify risks and safety factors that may affect physical activity throughout life.	46–49, 171, 177, 182–191, 194
PE.912.L.4.1:	Design a personal fitness program.	166–168, 181–192, 185, 191–194
PE.912.L.4.2:	Identify ways to self-assess and modify a personal fitness program.	181–182, 194

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PE.912.L.4.3:	Identify strategies for setting goals when developing a personal fitness program.	172–173, 175, 180–183, 194
PE.912.L.4.4:	Use available technology to assess, design and evaluate a personal fitness program.	173, 175, 194
PE.912.L.4.5:	Apply the principles of training to personal fitness goals.	170–180, 183
PE.912.L.4.6:	Identify health-related problems associated with low levels of cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition.	47–48, 58, 161–165, 174–180
PE.912.L.4.7:	Evaluate how to make changes in an individual wellness plan as lifestyle changes occur.	21–24, 45–49
PE.912.R.5.2:	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.	168, 174
PE.912.R.5.3:	Demonstrate sportsmanship during game situations.	188
PE.912.R.5.4:	Maintain appropriate personal, social and ethical behavior while participating in a variety of physical activities.	187–188, 191
PE.912.R.5.5:	Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities.	184–191

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PE.912.R.6.1:	Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	160, 165–183, 192–104, 492, 494
PE.912.R.6.2:	Analyze physical activities from which benefits can be derived.	159–183, 185, 192–194
PE.912.R.6.3:	Analyze the roles of games, sports and/or physical activities in other cultures.	168, 174
PE.912.M.1.12:	Select and perform complex movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.	163, 165, 174–176, 178, 180–181
PE.912.M.1.13:	Perform a student-designed cardiorespiratory enhancing workout.	170–174, 180–183, 185, 193–194
PE.912.M.1.14:	Utilize technology to assess, enhance and maintain health and skill-related fitness levels.	173, 181, 194
PE.912.M.1.15:	Select and apply sport/activity specific warm-up and cool-down techniques.	176–177, 182, 185, 191, 193–194
PE.912.M.1.16:	Apply the principles of training and conditioning to accommodate individual needs and strengths.	180, 183, 194
PE.912.M.1.17:	Demonstrate basic cardiopulmonary resuscitation (CPR) procedures.	729–732

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PE.912.M.1.19:	Use correct body alignment, strength, flexibility and coordination in the performance of technical movements.	176–180, 183, 193–194
PE.912.M.1.33:	Practice complex motor activities in order to improve performance.	169–183
PE.912.M.1.34:	Demonstrate use of the mechanical principles as they apply to specific course activities.	183
PE.912.M.1.35:	Select proper equipment and apply all appropriate safety procedures necessary for participation.	184–191