Main Criteria: Pennsylvania Core and Academic Standards
Secondary Criteria: SEL Lessons
Subject: Health and PE
Grades: Pre K, K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12
Correlation Options: Show Correlated

Pennsylvania Core and Academic Standards
Health and PE
Grade: **K** - Adopted: **2003**

SUBJECT / STANDARD AREA	**PA.10.1.3. Concepts of Health: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**	
STANDARD AREA / STATEMENT	10.1.3.A.	Identify and describe the stages of growth and development (infancy; childhood; adolescence; adulthood; late adulthood). **SEL Lessons** Awareness of Self & Others: Growth Mindset: I'm Growing!
SUBJECT / STANDARD AREA	**PA.10.2.3. Healthful Living: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**	
STANDARD AREA / STATEMENT	10.2.3.D.	Identify the steps in a decision-making process. **SEL Lessons** Awareness of Self & Others: Self - Knowledge: What I Like
SUBJECT / STANDARD AREA	**PA.10.3.3. Safety and Injury Prevention: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**	
STANDARD AREA / STATEMENT	10.3.3.A.	Recognize safe/unsafe practices in the home, school and community (general (e.g., fire, electrical, animals); modes of transportation (e.g., pedestrian, bicycle, vehicular); outdoor (e.g., play, weather, water); safe around people (e.g., safe/ unsafe touch, abuse, stranger, bully)). **SEL Lessons** Social Awareness : Safe & Ethical Behavior: Classroom Rules Social Awareness: Safe and Ethical Behavior: Telling or Tattling
STANDARD AREA / STATEMENT	10.3.3.C.	Recognize conflict situations and identify strategies to avoid or resolve (walk away; I-statements; refusal skills; adult intervention). **SEL Lessons** Social Skills: Conflict Resolution: Getting Along Social Skills: Conflict Resolution: Problems with Others

SUBJECT / STANDARD AREA	**PA.10.4.3. Physical Activity: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**	
STANDARD AREA / STATEMENT	10.4.3.F.	Recognize positive and negative interactions of small group activities (roles (e.g., leader, follower); cooperation/sharing; on task participation). **SEL Lessons** Social Skills: Cooperation: Classroom Chores Social Skills: Cooperation: Let's Cooperate!
SUBJECT / STANDARD AREA	**PA.10.5.3. Concepts, Principles and Strategies of Movement: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**	
STANDARD AREA / STATEMENT	10.5.3.F.	Recognize and describe game strategies using appropriate vocabulary (faking/dodging; passing/receiving; moving to be open; defending space; following rules of play). **SEL Lessons** Social Skills: Cooperation: Classroom Chores Social Skills: Cooperation: Let's Cooperate!

Pennsylvania Core and Academic Standards

Health and PE

Grade: **1** - Adopted: **2003**

SUBJECT / STANDARD AREA	**PA.10.1.3. Concepts of Health: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**	
STANDARD AREA / STATEMENT	10.1.3.A.	Identify and describe the stages of growth and development (infancy; childhood; adolescence; adulthood; late adulthood). **SEL Lessons** Awareness of Self & Others: Growth Mindset: I Can Do It!
SUBJECT / STANDARD AREA	**PA.10.2.3. Healthful Living: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**	
STANDARD AREA / STATEMENT	10.2.3.D.	Identify the steps in a decision-making process. **SEL Lessons** Awareness of Self & Others: Self - Knowledge: What I Like
SUBJECT /	**PA.10.3.3 Safety and Injury Prevention: Pennsylvania's public schools shall**	

STANDARD AREA	**.**	**teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.3.3.A.	Recognize safe/unsafe practices in the home, school and community (general (e.g., fire, electrical, animals); modes of transportation (e.g., pedestrian, bicycle, vehicular); outdoor (e.g., play, weather, water); safe around people (e.g., safe/ unsafe touch, abuse, stranger, bully)). **SEL Lessons** Social Awareness : Safe & Ethical Behavior: Classroom Rules Social Awareness: Safe and Ethical Behavior: Rules, Rules, Rules
STANDARD AREA / STATEMENT	10.3.3.C.	Recognize conflict situations and identify strategies to avoid or resolve (walk away; I-statements; refusal skills; adult intervention). **SEL Lessons** Social Skills: Conflict Resolution: I'm Sorry! Social Skills: Conflict Resolution: Problems with Others
SUBJECT / STANDARD AREA	**PA.10.4.3 .**	**Physical Activity: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.4.3.F.	Recognize positive and negative interactions of small group activities (roles (e.g., leader, follower); cooperation/sharing; on task participation). **SEL Lessons** Social Skills: Cooperation: Classroom Chores Social Skills: Cooperation: Fair Is Fun

Pennsylvania Core and Academic Standards

Health and PE

Grade: **2** - Adopted: **2003**

SUBJECT / STANDARD AREA	**PA.10.1.3 .**	**Concepts of Health: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.1.3.A.	Identify and describe the stages of growth and development (infancy; childhood; adolescence; adulthood; late adulthood). **SEL Lessons** Awareness of Self & Others: Growth Mindset: Mistake Masterpieces
SUBJECT / STANDARD AREA	**PA.10.2.3 .**	**Healthful Living: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**

STANDARD AREA / STATEMENT	10.2.3.D.	Identify the steps in a decision-making process. **SEL Lessons** Awareness of Self & Others: Self - Knowledge: What I Like
SUBJECT / STANDARD AREA	**PA.10.3.3.**	**Safety and Injury Prevention: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.3.3.A.	Recognize safe/unsafe practices in the home, school and community (general (e.g., fire, electrical, animals); modes of transportation (e.g., pedestrian, bicycle, vehicular); outdoor (e.g., play, weather, water); safe around people (e.g., safe/ unsafe touch, abuse, stranger, bully)). **SEL Lessons** Social Awareness : Safe & Ethical Behavior: Classroom Rules Social Awareness: Safe and Ethical Behavior: A Buddy or A Bully?
STANDARD AREA / STATEMENT	10.3.3.C.	Recognize conflict situations and identify strategies to avoid or resolve (walk away; I-statements; refusal skills; adult intervention). **SEL Lessons** Social Skills: Conflict Resolution: Let's Get Along Social Skills: Conflict Resolution: Problems with Others
SUBJECT / STANDARD AREA	**PA.10.4.3.**	**Physical Activity: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.4.3.F.	Recognize positive and negative interactions of small group activities (roles (e.g., leader, follower); cooperation/sharing; on task participation). **SEL Lessons** Social Skills: Cooperation: Classroom Chores Social Skills: Cooperation: Work Together

Pennsylvania Core and Academic Standards

Health and PE

Grade: **3** - Adopted: **2003**

SUBJECT / STANDARD AREA	**PA.10.1.3.**	**Concepts of Health: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.1.3.A.	Identify and describe the stages of growth and development (infancy; childhood; adolescence; adulthood; late adulthood). **SEL Lessons**

SUBJECT / STANDARD AREA	**PA.10.2.3. Healthful Living: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**	
STANDARD AREA / STATEMENT	10.2.3.D.	Identify the steps in a decision-making process. **SEL Lessons** Awareness of Self & Others: Self - Knowledge: Likes and Dislikes
SUBJECT / STANDARD AREA	**PA.10.3.3. Safety and Injury Prevention: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**	
STANDARD AREA / STATEMENT	10.3.3.A.	Recognize safe/unsafe practices in the home, school and community (general (e.g., fire, electrical, animals); modes of transportation (e.g., pedestrian, bicycle, vehicular); outdoor (e.g., play, weather, water); safe around people (e.g., safe/ unsafe touch, abuse, stranger, bully)). **SEL Lessons** Social Awareness : Safe & Ethical Behavior: School Safety Social Awareness: Safe and Ethical Behavior: Be a Buddy, Not a Bully
STANDARD AREA / STATEMENT	10.3.3.C.	Recognize conflict situations and identify strategies to avoid or resolve (walk away; I-statements; refusal skills; adult intervention). **SEL Lessons** Social Skills: Conflict Resolution: Calm the Conflict Social Skills: Conflict Resolution: Dealing with Problems
SUBJECT / STANDARD AREA	**PA.10.4.3. Physical Activity: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**	
STANDARD AREA / STATEMENT	10.4.3.F.	Recognize positive and negative interactions of small group activities (roles (e.g., leader, follower); cooperation/sharing; on task participation). **SEL Lessons** Social Skills: Cooperation: Teamwork Social Skills: Cooperation: Two Heads Are Better!

Pennsylvania Core and Academic Standards

Health and PE

Grade: **4** - Adopted: **2003**

SUBJECT / STANDARD	**PA.10.2.6 Healthful Living: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential**	

AREA		**and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.2.6.D.	Describe and apply the steps of a decision-making process to health and safety issues. **SEL Lessons** Awareness of Self & Others: Self - Knowledge: Likes and Dislikes
SUBJECT / STANDARD AREA	**PA.10.3.6**	**Safety and Injury Prevention: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.3.6.C.	Describe strategies to avoid or manage conflict and violence (anger management; peer mediation; reflective listening; negotiation). **SEL Lessons** Awareness of Self & Others: Self - Knowledge: Likes and Dislikes Social Skills: Conflict Resolution: Dealing with Problems Social Skills: Conflict Resolution: The I-Message Social Skills: Friendship: A Good Friend Is… Social Skills: Friendship: Common Interests Social Skills: Respect: Actions Speak Louder Than Words Social Skills: Respect: Let's Be Honest
SUBJECT / STANDARD AREA	**PA.10.4.6**	**Physical Activity: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.4.6.D.	Describe factors that affect childhood physical activity preferences (enjoyment; personal interest; social experience; opportunities to learn new activities; parental preference; environment). **SEL Lessons** Awareness of Self & Others: Emotions: Emotions: Action!
STANDARD AREA / STATEMENT	10.4.6.F.	Identify and describe positive and negative interactions of group members in physical activities (leading; following; teamwork; etiquette; adherence to rules). **SEL Lessons** Social Skills: Cooperation: Do Your Part! Social Skills: Cooperation: Teamwork

Pennsylvania Core and Academic Standards

Health and PE

Grade: **5** - Adopted: **2003**

SUBJECT / STANDARD	**PA.10.2.6**	**Healthful Living: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential**

AREA		**and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.2.6.D.	Describe and apply the steps of a decision-making process to health and safety issues. **SEL Lessons** Awareness of Self & Others: Self - Knowledge: Likes and Dislikes
SUBJECT / STANDARD AREA	**PA.10.3.6**	**Safety and Injury Prevention: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.3.6.C.	Describe strategies to avoid or manage conflict and violence (anger management; peer mediation; reflective listening; negotiation). **SEL Lessons** Awareness of Self & Others: Self - Knowledge: Likes and Dislikes Social Skills: Conflict Resolution: Dealing with Problems Social Skills: Conflict Resolution: ICE Rumors and Gossip Social Skills: Friendship: COOL Communication Social Skills: Friendship: Common Interests Social Skills: Respect: Let's Be Honest Social Skills: Respect: Social Cues
SUBJECT / STANDARD AREA	**PA.10.4.6**	**Physical Activity: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.4.6.D.	Describe factors that affect childhood physical activity preferences (enjoyment; personal interest; social experience; opportunities to learn new activities; parental preference; environment). **SEL Lessons** Awareness of Self & Others: Emotions: Expressing Emotions
STANDARD AREA / STATEMENT	10.4.6.F.	Identify and describe positive and negative interactions of group members in physical activities (leading; following; teamwork; etiquette; adherence to rules). **SEL Lessons** Social Skills: Cooperation: Teamwork Social Skills: Cooperation: Together for the Goal!

Pennsylvania Core and Academic Standards

Health and PE

Grade: **6** - Adopted: **2003**

SUBJECT / STANDARD	**PA.10.2.6**	**Healthful Living: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential**

AREA		**and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.2.6.D.	Describe and apply the steps of a decision-making process to health and safety issues. **SEL Lessons** Awareness of Self & Others: Self - Knowledge: What Am I Good At?
SUBJECT / STANDARD AREA	**PA.10.3.6**	**Safety and Injury Prevention: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.3.6.C.	Describe strategies to avoid or manage conflict and violence (anger management; peer mediation; reflective listening; negotiation). **SEL Lessons** Awareness of Self & Others: Self - Knowledge: What Am I Good At? Social Skills: Conflict Resolution: Do It Better Social Skills: Conflict Resolution: Resolving Conflict Social Skills: Friendship: Lean on Me Social Skills: Friendship: My Friends Social Skills: Respect: Respect Social Skills: Respect: Ripple of Respect
SUBJECT / STANDARD AREA	**PA.10.4.6**	**Physical Activity: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.4.6.D.	Describe factors that affect childhood physical activity preferences (enjoyment; personal interest; social experience; opportunities to learn new activities; parental preference; environment). **SEL Lessons** Awareness of Self & Others: Emotions: Sparks of Emotion
STANDARD AREA / STATEMENT	10.4.6.F.	Identify and describe positive and negative interactions of group members in physical activities (leading; following; teamwork; etiquette; adherence to rules). **SEL Lessons** Social Skills: Cooperation: Make Your School Cool Social Skills: Cooperation: THINK in Groups

Pennsylvania Core and Academic Standards

Health and PE

Grade: **7** - Adopted: **2003**

SUBJECT / STANDARD	**PA.10.1.9**	**Concepts of Health: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum**

AREA		**potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.1.9.A.	Analyze factors that impact growth and development between adolescence and adulthood (relationships (e.g., dating, friendships, peer pressure); interpersonal communication; risk factors (e.g., physical inactivity, substance abuse, intentional/unintentional injuries, dietary patterns); abstinence; STD and HIV prevention; community). **SEL Lessons** Awareness of Self & Others: Self - Knowledge: What Am I Good At? Social Skills: Friendship: Friends & Peer Pressure Social Skills: Friendship: My Friends Social Skills: Relationships: Conversation Tips Social Skills: Relationships: Peering Into Relationships
STANDARD AREA / STATEMENT	10.1.9.C.	Analyze factors that impact nutritional choices of adolescents (body image; advertising; dietary guidelines; eating disorders; peer influence; athletic goals). **SEL Lessons** Awareness of Self & Others: Wants and Needs: High Esteem
STANDARD AREA / STATEMENT	10.1.9.E.	Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention. **SEL Lessons** Social Skills: Respect: Let's Communicate Social Skills: Respect: Respect
SUBJECT / STANDARD AREA	**PA.10.2.9**	**Healthful Living: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.2.9.C.	Analyze media health and safety messages and describe their impact on personal health and safety. **SEL Lessons** Awareness of Self & Others: Values: Mind Your Media
STANDARD AREA / STATEMENT	10.2.9.D.	Analyze and apply a decision-making process to adolescent health and safety issues. **SEL Lessons** Awareness of Self & Others: Self - Knowledge: What Am I Good At? Social Skills: Respect: Let's Communicate Social Skills: Respect: Respect
SUBJECT / STANDARD	**PA.10.3.9**	**Safety and Injury Prevention: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her**

AREA		**maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.3.9.C.	Analyze and apply strategies to avoid or manage conflict and violence during adolescence (effective negotiation; assertive behavior). **SEL Lessons** Self Management: Stress Management: Rethink It! Self Management: Stress Management: Stinking Thinking Social Skills: Conflict Resolution: Conflict Happens! Social Skills: Conflict Resolution: Do It Better
STANDARD AREA / STATEMENT	10.3.9.D.	Analyze the role of individual responsibility for safety during organized group activities. **SEL Lessons** Social Awareness : Actions & Consequences: Good Choices Social Awareness : Actions and Consequences: Actions Have Consequences
SUBJECT / STANDARD AREA	**PA.10.4.9**	**Physical Activity: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.4.9.D.	Analyze factors that affect physical activity preferences of adolescents (skill competence; social benefits; previous experience; activity confidence). **SEL Lessons** Awareness of Self & Others: Emotions: My Emotions
STANDARD AREA / STATEMENT	10.4.9.F.	Analyze the effects of positive and negative interactions of adolescent group members in physical activities (group dynamics; social pressure). **SEL Lessons** Social Skills: Cooperation: Let It SLIDE! Social Skills: Cooperation: Make Your School Cool

Pennsylvania Core and Academic Standards

Health and PE

Grade: **8** - Adopted: **2003**

SUBJECT / STANDARD AREA	**PA.10.1.9**	**Concepts of Health: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.1.9.A.	Analyze factors that impact growth and development between adolescence and adulthood (relationships (e.g., dating, friendships, peer pressure); interpersonal communication; risk factors (e.g., physical inactivity, substance abuse, intentional/unintentional injuries, dietary patterns); abstinence; STD and HIV prevention; community).

		SEL Lessons Awareness of Self & Others: Emotions: My Emotional Brain Awareness of Self & Others: Self - Knowledge: What Am I Good At? Social Skills: Friendship: Be Yourself Social Skills: Friendship: My Friends Social Skills: Relationships: Conversation Tips Social Skills: Relationships: KISS Peer Pressure Goodbye
STANDARD AREA / STATEMENT	10.1.9.C.	Analyze factors that impact nutritional choices of adolescents (body image; advertising; dietary guidelines; eating disorders; peer influence; athletic goals). **SEL Lessons** Awareness of Self & Others: Wants and Needs: Building Self-Esteem
STANDARD AREA / STATEMENT	10.1.9.E.	Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention. **SEL Lessons** Social Skills: Respect: Respect Social Skills: Respect: The 7 C's
SUBJECT / STANDARD AREA	**PA.10.2.9**	**Healthful Living: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.2.9.D.	Analyze and apply a decision-making process to adolescent health and safety issues. **SEL Lessons** Awareness of Self & Others: Self - Knowledge: What Am I Good At? Social Skills: Respect: Respect Social Skills: Respect: The 7 C's
SUBJECT / STANDARD AREA	**PA.10.3.9**	**Safety and Injury Prevention: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.3.9.C.	Analyze and apply strategies to avoid or manage conflict and violence during adolescence (effective negotiation; assertive behavior). **SEL Lessons** Self Management: Stress Management: Find the Funny Self Management: Stress Management: Rethink It! Social Skills: Conflict Resolution: Conversations to Resolve Conflict Social Skills: Conflict Resolution: Do It Better
STANDARD	10.3.9.D.	Analyze the role of individual responsibility for safety during organized group

AREA / STATEMENT		activities. **SEL Lessons** Social Awareness : Actions & Consequences: Good Choices Social Awareness : Actions and Consequences: Positive Patterns
SUBJECT / STANDARD AREA	**PA.10.4.9**	**Physical Activity: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.4.9.D.	Analyze factors that affect physical activity preferences of adolescents (skill competence; social benefits; previous experience; activity confidence). **SEL Lessons** Awareness of Self & Others: Emotions: My Emotional Brain
STANDARD AREA / STATEMENT	10.4.9.F.	Analyze the effects of positive and negative interactions of adolescent group members in physical activities (group dynamics; social pressure). **SEL Lessons** Social Skills: Cooperation: Make Your School Cool Social Skills: Cooperation: Operation: Cooperation

Pennsylvania Core and Academic Standards

Health and PE

Grade: **9** - Adopted: **2003**

SUBJECT / STANDARD AREA	**PA.10.1.9**	**Concepts of Health: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.1.9.A.	Analyze factors that impact growth and development between adolescence and adulthood (relationships (e.g., dating, friendships, peer pressure); interpersonal communication; risk factors (e.g., physical inactivity, substance abuse, intentional/unintentional injuries, dietary patterns); abstinence; STD and HIV prevention; community). **SEL Lessons** Awareness of Self & Others: Self - Knowledge: Who Am I? Social Skills: Friendship: Be a Good Friend Social Skills: Friendship: Types of Friends Social Skills: Relationships: Groups or Cliques Social Skills: Relationships: Relationships
STANDARD AREA / STATEMENT	10.1.9.C.	Analyze factors that impact nutritional choices of adolescents (body image; advertising; dietary guidelines; eating disorders; peer influence; athletic goals). **SEL Lessons** Awareness of Self & Others: Wants and Needs: Reaching My Potential

STANDARD AREA / STATEMENT	10.1.9.E.	Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention. **SEL Lessons** Social Skills: Respect: Respect Yourself Social Skills: Respect: Respecting Authority
SUBJECT / STANDARD AREA	**PA.10.2.9**	**Healthful Living: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.2.9.D.	Analyze and apply a decision-making process to adolescent health and safety issues. **SEL Lessons** Awareness of Self & Others: Self - Knowledge: Who Am I? Social Awareness : Actions and Consequences: Decisions, Decisions, Decisions Social Skills: Respect: Respect Yourself Social Skills: Respect: Respecting Authority
SUBJECT / STANDARD AREA	**PA.10.3.9**	**Safety and Injury Prevention: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.3.9.C.	Analyze and apply strategies to avoid or manage conflict and violence during adolescence (effective negotiation; assertive behavior). **SEL Lessons** Self Management: Stress Management: Calm, Cool, and Collected Self Management: Stress Management: Face Your Fear Social Awareness: Support Systems: Stress Busters! Social Skills: Conflict Resolution: 6 Steps for Peace Social Skills: Conflict Resolution: Win-Win Solutions
STANDARD AREA / STATEMENT	10.3.9.D.	Analyze the role of individual responsibility for safety during organized group activities. **SEL Lessons** Social Awareness : Actions & Consequences: Paving the Path for Success Social Awareness : Actions and Consequences: Decisions, Decisions, Decisions
SUBJECT / STANDARD AREA	**PA.10.4.9**	**Physical Activity: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**

STANDARD AREA / STATEMENT	10.4.9.D.	Analyze factors that affect physical activity preferences of adolescents (skill competence; social benefits; previous experience; activity confidence). **SEL Lessons** Awareness of Self & Others: Emotions: Waves of Emotion
STANDARD AREA / STATEMENT	10.4.9.F.	Analyze the effects of positive and negative interactions of adolescent group members in physical activities (group dynamics; social pressure). **SEL Lessons** Social Skills: Cooperation: Giving and Receiving Feedback Social Skills: Cooperation: Thanks for the Feedback!

Pennsylvania Core and Academic Standards

Health and PE

Grade: **10** - Adopted: **2003**

SUBJECT / STANDARD AREA	**PA.10.1.12.**	**Concepts of Health: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.1.12.A.	Evaluate factors that impact growth and development during adulthood and late adulthood (acute and chronic illness; communicable and non-communicable disease; health status; relationships (e.g., marriage, divorce, loss); career choice; aging process; retirement). **SEL Lessons** Awareness of Self & Others: Growth Mindset: Beyond Failure
STANDARD AREA / STATEMENT	10.1.12.D.	Evaluate issues relating to the use/non-use of drugs (psychology of addiction; social impact (e.g., cost, relationships); chemical use and fetal development; laws relating to alcohol, tobacco and chemical substances; impact on the individual; impact on the community). **SEL Lessons** Self Management: Stress Management: Calm, Cool, and Collected Self Management: Stress Management: Got Stress?
SUBJECT / STANDARD AREA	**PA.10.2.12.**	**Healthful Living: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.2.12.D.	Examine and apply a decision-making process to the development of short and long-term health goals. **SEL Lessons** Awareness of Self & Others: Self - Knowledge: Who Am I? Self Management: Goal Setting: Get SMART Self Management: Goal Setting: Make a Comeback

SUBJECT / STANDARD AREA	**PA.10.3.12.**	**Safety and Injury Prevention: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.3.12.C.	Analyze the impact of violence on the victim and surrounding community. **SEL Lessons** Social Skills: Conflict Resolution: 6 Steps for Peace Social Skills: Conflict Resolution: Conflict Communication
SUBJECT / STANDARD AREA	**PA.10.4.12.**	**Physical Activity: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.4.12.F.	Assess and use strategies for enhancing adult group interaction in physical activities (shared responsibility; open communication; goal setting). **SEL Lessons** Awareness of Self & Others: Self - Knowledge: Who Am I? Self Management: Goal Setting: Get SMART Self Management: Goal Setting: Make a Comeback Social Skills: Conflict Resolution: 6 Steps for Peace Social Skills: Conflict Resolution: Conflict Communication Social Skills: Cooperation: Make the Dream Work Social Skills: Cooperation: Thanks for the Feedback! Social Skills: Friendship: Circles of Friendship Social Skills: Friendship: Types of Friends Social Skills: Respect: Respecting Authority Social Skills: Respect: SALT Shaker

Pennsylvania Core and Academic Standards

Health and PE

Grade: **11** - Adopted: **2003**

SUBJECT / STANDARD AREA	**PA.10.1.12.**	**Concepts of Health: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.1.12.A.	Evaluate factors that impact growth and development during adulthood and late adulthood (acute and chronic illness; communicable and non-communicable disease; health status; relationships (e.g., marriage, divorce, loss); career choice; aging process; retirement). **SEL Lessons** Awareness of Self & Others: Growth Mindset: From Failures to Inventions
STANDARD AREA /	10.1.12.D.	Evaluate issues relating to the use/non-use of drugs (psychology of addiction; social impact (e.g., cost, relationships); chemical use and fetal development;

STATEMENT		laws relating to alcohol, tobacco and chemical substances; impact on the individual; impact on the community). **SEL Lessons** Self Management: Stress Management: Balancing Stress Self Management: Stress Management: Calm, Cool, and Collected
SUBJECT / STANDARD AREA	**PA.10.2.12.**	**Healthful Living: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.2.12.D.	Examine and apply a decision-making process to the development of short and long-term health goals. **SEL Lessons** Awareness of Self & Others: Self - Knowledge: Who Am I? Self Management: Goal Setting: Get SMART Self Management: Goal Setting: Got GRIT? Social Awareness : Actions and Consequences: Decision-Making ESP
SUBJECT / STANDARD AREA	**PA.10.3.12.**	**Safety and Injury Prevention: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.3.12.C.	Analyze the impact of violence on the victim and surrounding community. **SEL Lessons** Social Skills: Conflict Resolution: 6 Steps for Peace Social Skills: Conflict Resolution: Reaching Consensus
SUBJECT / STANDARD AREA	**PA.10.4.12.**	**Physical Activity: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.4.12.F.	Assess and use strategies for enhancing adult group interaction in physical activities (shared responsibility; open communication; goal setting). **SEL Lessons** Awareness of Self & Others: Self - Knowledge: Who Am I? Self Management: Goal Setting: Get SMART Self Management: Goal Setting: Got GRIT? Social Skills: Conflict Resolution: 6 Steps for Peace Social Skills: Conflict Resolution: Reaching Consensus Social Skills: Cooperation: Thanks for the Feedback! Social Skills: Cooperation: Wired for Cooperation Social Skills: Friendship: Fast Friendship Social Skills: Friendship: Types of Friends Social Skills: Respect: Respecting Authority Social Skills: Respect: Roles and Respect

Pennsylvania Core and Academic Standards

Health and PE

Grade: **12** - Adopted: **2003**

SUBJECT / STANDARD AREA	**PA.10.1.12.**	**Concepts of Health: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.1.12.A.	Evaluate factors that impact growth and development during adulthood and late adulthood (acute and chronic illness; communicable and non-communicable disease; health status; relationships (e.g., marriage, divorce, loss); career choice; aging process; retirement). **SEL Lessons** Awareness of Self & Others: Growth Mindset: Mind Your Mindset
STANDARD AREA / STATEMENT	10.1.12.D.	Evaluate issues relating to the use/non-use of drugs (psychology of addiction; social impact (e.g., cost, relationships); chemical use and fetal development; laws relating to alcohol, tobacco and chemical substances; impact on the individual; impact on the community). **SEL Lessons** Self Management: Stress Management: Be Your Own CEO Self Management: Stress Management: Calm, Cool, and Collected
SUBJECT / STANDARD AREA	**PA.10.2.12.**	**Healthful Living: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.2.12.D.	Examine and apply a decision-making process to the development of short and long-term health goals. **SEL Lessons** Awareness of Self & Others: Self - Knowledge: Who Am I? Self Management: Focus: Eye On the Goal Self Management: Goal Setting: Get SMART Self Management: Goal Setting: Grow Your Goal Social Awareness : Actions and Consequences: Decision-Making
SUBJECT / STANDARD AREA	**PA.10.3.12.**	**Safety and Injury Prevention: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**
STANDARD AREA / STATEMENT	10.3.12.C.	Analyze the impact of violence on the victim and surrounding community. **SEL Lessons** Social Skills: Conflict Resolution: 6 Steps for Peace Social Skills: Conflict Resolution: Resolve. Restore. Repeat.

SUBJECT / STANDARD AREA	PA.10.4.12.	Physical Activity: Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:
STANDARD AREA / STATEMENT	10.4.12.F.	Assess and use strategies for enhancing adult group interaction in physical activities (shared responsibility; open communication; goal setting). **SEL Lessons** Awareness of Self & Others: Self - Knowledge: Who Am I? Self Management: Focus: Eye On the Goal Self Management: Goal Setting: Get SMART Self Management: Goal Setting: Grow Your Goal Social Skills: Conflict Resolution: 6 Steps for Peace Social Skills: Conflict Resolution: Resolve. Restore. Repeat. Social Skills: Cooperation: Group Decision-Making Social Skills: Cooperation: Thanks for the Feedback! Social Skills: Friendship: Lasting Friendships Social Skills: Friendship: Types of Friends Social Skills: Respect: Respect, Relationships, and You Social Skills: Respect: Respecting Authority