



ISAP Alignment to PE & Health Learning Standards

Workbook	Chapter	Theme	PE/Health IL State Learning Standards	CDC–National Health Education Standards	
Game Plan	Chapter 1	Importance of Goal Setting	22.A.3a 22.A.3b 22.A.5b 24.B.3a 24.B.5a 24.C.4a	1.8.5 1.12.5 5.8.1 5.8.6 5.12.1 6.12.4	5.12.2 6.8.2 6.8.3 6.12.2 6.12.3
Game Plan	Chapter 2	Media Influence	22.A.5c	2.8.2 2.8.5 2.8.6 5.12.1	2.12.2 2.12.5 2.12.6
Game Plan	Chapter 3	Identifying Consequences	24.B.3a 24.B.5a 24.C.3a	1.12.7 1.12.8 1.12.9 2.8.3 2.12.9 5.8.1	2.8.9 2.12.3 2.12.9 2.8.7 5.8.1 5.12.1
Game Plan	Chapter 4	Medical Implications (STDs)	22.A.4a 22.A.4b 22.A.5a 22.A.5b	1.8.8 1.8.9	
Game Plan	Chapter 5	Plan to Achieve Goals	24.B.3a 24.C.3a	1.8.5 1.12.5 5.8.1 5.8.6 5.12.1 6.12.4	5.12.2 6.8.2 6.8.3 6.12.2 6.12.3
Game Plan	Chapter 6	Character Development & Healthy Relationships	24.B.3a 24.B.5a 24.C.3a	1.8.2 1.12.2 2.8.3 7.12.3	7.8.2 7.8.3 7.12.2
Game Plan	Chapter 7	Long Term Goals & Marriage	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
Game Plan	Chapter 8	Accomplishing Goals & the Success Sequence	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

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Workbook	Chapter	Theme	PE/Health IL State Learning Standards	CDC–National Health Education Standards	
Quest	Chapter 1	Importance of Goal Setting	22.A.3a 22.A.3b 22.A.5b 24.B.3a 24.B.5a 24.C.4a	1.8.5 1.12.5 5.8.1 5.8.6 5.12.1 6.12.4	5.12.2 6.8.2 6.8.3 6.12.2 6.12.3
Quest	Chapter 2	Creating A Plan	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 6.12.4	5.12.2 6.8.2 6.8.3 6.12.2 6.12.3
Quest	Chapter 3	Media Influence	22.A.5c	2.8.2 2.8.5 2.8.6 5.12.1	2.12.2 2.12.5 2.12.6
Quest	Chapter 4	Diversions & Distractions: Importance of Abstinence from Sex, Drugs & Alcohol	24.B.3a 24.B.5a 24.C.3a	1.12.7 1.12.8 1.12.9 2.8.3 2.12.9 5.8.1	2.8.9 2.12.3 2.12.9 2.8.7 5.8.1 5.12.1
Quest	Chapter 5	Identifying Consequences	24.B.3a 24.B.5a 24.C.3a	1.12.7 1.12.8 1.12.9 2.8.3 2.12.9 5.8.1	2.8.9 2.12.3 2.12.9 2.8.7 5.8.1 5.12.1
Quest	Chapter 6	Positive Outcomes & Rewards	22.A.3b 24.B.5a	1.8.7 5.8.7 7.8.2	5.12.6 6.12.4
Quest	Chapter 7	Medical Implications (STDs)	22.A.4a 22.A.4b 22.A.5a 22.A.5b	1.8.8 1.8.9	
Quest	Chapter 8	Accomplishing Goals & the Success Sequence	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

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Workbook	Chapter	Theme	PE/Health IL State Learning Standards	CD–National Health Education Standards	
Aspire	Chapter 1	Importance of Goal Setting	22.A.3a 22.A.3b 22.A.5b 24.B.3a 24.B.5a 24.C.4a	1.8.5 1.12.5 5.8.1 5.8.6 5.12.1 6.12.4	5.12.2 6.8.2 6.8.3 6.12.2 6.12.3
Aspire	Chapter 2	Diversions & Distractions: Importance of Abstinence from Sex, Drugs & Alcohol	24.B.3a 24.B.5a 24.C.3a	1.12.7 1.12.8 1.12.9 2.8.3 2.12.9 5.8.1	2.8.9 2.12.3 2.12.9 2.8.7 5.8.1 5.12.1
Aspire	Chapter 3	Medical Implications (STDs)	22.A.4a 22.A.4b 22.A.5a 22.A.5b	1.8.8 1.8.9	
Aspire	Chapter 4	Media Influence	22.A.5c	2.8.2 2.8.5 2.8.6 5.12.1	2.12.2 2.12.5 2.12.6
Aspire	Chapter 5	Character Development	24.B.3a 24.B.5a 24.C.3a	1.8.2 1.12.2 2.8.3 7.12.3	7.8.2 7.8.3 7.12.2
Aspire	Chapter 6	Positive Outcomes of Goal Setting	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
Aspire	Chapter 7	Relationship Development	24.B.3a 24.B.5a 24.C.3a	1.8.2 1.12.2 2.8.3 7.12.3	7.8.2 7.8.3 7.12.2
Aspire	Chapter 8	Accomplishing Goals & the Success Sequence	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

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Workbook	Chapter	Theme	PE/Health IL State Learning Standards	CDC–National Health Education Standards	
Navigator	Chapter 1	Importance of Goal Setting & Future Planning	22.A.3a 22.A.3b 22.A.5b 24.B.3a 24.B.5a 24.C.4a	1.8.5 1.12.5 5.8.1 5.8.6 5.12.1 6.12.4	5.12.2 6.8.2 6.8.3 6.12.2 6.12.3
Navigator	Chapter 2	Media Influence	22.A.5c	2.8.2 2.8.5 2.8.6 5.12.1	2.12.2 2.12.5 2.12.6
Navigator	Chapter 3	Rewards & Positive Outcomes	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
Navigator	Chapter 4	Medical Implications (STDs)	22.A.4a 22.A.4b 22.A.5a 22.A.5b	1.8.8 1.8.9	
Navigator	Chapter 5	Diversions & Distractions: Importance of Abstinence from Sex, Drugs & Alcohol	24.B.3a 24.B.5a 24.C.3a	1.12.7 1.12.8 1.12.9 2.8.3 2.12.9 5.8.1	2.8.9 2.12.3 2.12.9 2.8.7 5.8.1 5.12.1
Navigator	Chapter 6	Character Development	24.B.3a 24.B.5a 24.C.3a	1.8.2 1.12.2 2.8.3 7.12.3	7.8.2 7.8.3 7.12.2
Navigator	Chapter 7	Dating & Relationships	24.B.3a 24.B.5a 24.C.3a	1.8.2 1.12.2 2.8.3 7.12.3	7.8.2 7.8.3 7.12.2
Navigator	Chapter 8	Accomplishing Goals & the Success Sequence	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

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