

<b>K-3 GRADE PD/HEALTH ILLINOIS LEARNING STANDARDS</b>	<b>This Standard is Covered</b>	<b>This Standard is not part of the Curriculum</b>	Updated April, 2019	
19.A.1 Demonstrate control when perform-ing fundamental locomotor, non-locomotor and manipulative skills.	X			
19.B.1 Understand spatial awareness and relationships to objects and people.	X			
19.C.1 Demonstrate safe movement in physical activities.	X			
19.C.2a Identify and apply rules and safety procedures in physical activities.	X			
20.A.1a Identify characteristics of health-related fitness (e.g., flexibility, muscular strength).	X			
20.A.1b Engage in sustained physical activity that causes increased heart rate, muscle strength and range of movement.	X			
20.B.1 Describe immediate effects of physical activity on the body (e.g., faster heartbeat, increased pulse rate, increased breathing rate).	X			
20.C.1 Identify a realistic health-related goal.	X			
21.A.1a Follow directions and class procedures while participating in physical activities.	X			
21.A.1b Use identified procedures and safe practices with little or no reinforcement during group physical activities.	X			
21.A.1c Work independently on tasks for short periods of time.	X			
21.B.1 Work cooperatively with another to accomplish an assigned task.	X			
22.A.1a Identify general signs and symptoms of illness (e.g., fever, rashes, coughs, congestion).		X		
22.A.1b Identify methods of health promotion and illness prevention (e.g., obtaining immuni-zations, hand washing, brushing and flossing teeth, eating practices, sleep, cleanliness).	X			
22.A.1c Identify dangerous situations and safety methods to reduce risks (e.g., traffic, improper use of medicine and poisons, strangers).	X			
22.B.1 Encourage and support others in making positive health choices (e.g., eating practices, cleanliness, safety practices).	X			
22.C.1 Identify sources and causes of environmental health risks (e.g., air, soil, sun, water, noise, food, chemicals).		X		

23.A.1 Identify basic parts of body systems and their functions (e.g., heart, lungs, eyes).	X			
23.B.1 Identify healthy actions that influence the functions of the body (e.g., cleanliness, proper diet, exercise).	X			
23.C.1 Identify individual differences in growth and development among people.	X			
24.A.1a Differentiate between positive and negative behaviors (e.g., waiting your turn vs. pushing in line, honesty vs. lying).	X			
24.A.1b Identify positive verbal and nonverbal communication skills (e.g., body language, manners, listening).	X			
24.B.1 Recognize how choices can affect health (e.g., not brushing/tooth decay, smoking/risk of cancer and heart disease).	X			
24.C.1 Demonstrate basic refusal skills (e.g., "Just Say No", "Stranger Danger").	X			