

9-10 GRADE PD/HEALTH ILLINOIS LEARNING STANDARDS	This Standard is Covered	This Standard is not part of the Curriculum	Updated April, 2019	
19.A.4 Perform skills efficiently in a variety of leisure activities, sports, creative movement and work-related activities.	X			
19.B.4 Analyze various movement patterns for efficiency and effectiveness.	X			
19.C.4b Select and apply offensive, defensive and cooperative strategies in selected activities, games and sports.	X			
19.C.5a Select components (e.g., equipment, boundaries, number of players, rules) which promote participation in novel or original physical activities.	X			
20.A.4a Interpret the effects of exercise/physical activity on the level of health-related fitness.	X			
20.A.4b Participate in various types of fitness training programs (e.g., circuit, cross and interval training) and describe the characteristics and benefits of each.	X			
20.B.4a Record and interpret health-related physiological data (e.g., blood pressure, body mass index, oxygen exchange), with and without the use of technology.		X		
20.B.4b Prepare an individual health-related fitness profile and evaluate fitness level on each component.		X		
20.C.4a Set realistic, short-term, health-related fitness goals based on individual profiles.		X		
20.C.4b Evaluate physical fitness services, products and advertising.		X		
20.C.4c Design and implement a personal fitness program.		X		
21.A.4a Demonstrate decision-making skills both independently and with others during physical activities.	X			
21.A.4b Apply identified procedures and safe practices to all group physical activity settings.	X			
21.A.4c Complete a given task on time.	X			
21.B.4 Work cooperatively with others to achieve group goals in competitive and non-competitive situations (e.g., challenge course, orienteering).	X			

22.A.4a Compare and contrast communicable, chronic and degenerative illnesses (e.g., influenza, cancer, arthritis).	X			
22.A.4b Analyze possible outcomes of effective health promotion and illness prevention (e.g., reduction in stress, improved fitness, lessened likelihood of injury and illness).	X			
22.A.4c Demonstrate basic procedures in injury prevention and emergency care that can be used in the home, workplace, and community (e.g., first aid, CPR).	X			
22.A.4d Research and report about a career involved in health promotion, health care and injury prevention.		X		
22.B.4 Explain social and economic effects of health problems on individuals and society (e.g., cost of health care, reduction in productivity).	X			
22.C.4 Analyze how environmental conditions can affect health on a large scale (e.g., acid rain, oil spills, solid waste contamination, nuclear leaks, ozone depletion).	X			
23.A.4 Explain how body system functions can be maintained and improved (e.g., exercise, nutrition, safety).	X			
23.B.4 Explain immediate and long-term effects of health habits on the body systems (e.g., diet/heart disease, exercise/fat reduction, stress management/emotional health).	X			
23.C.4 Describe changes in physical health and body functions at various stages of the life cycle.	X			
24.A.4a Describe the effects (e.g., economic losses, threats to personal safety) of conflict and violence upon the health of individuals, families and communities.	X			
24.A.4b Formulate strategies to prevent conflict and resolve differences.	X			
24.B.4 Explain how decision making affects the achievement of individual health goals.	X			
24.C.4 Formulate a plan to achieve individual health goals.	X			