

11-12 GRADE PD/HEALTH ILLINOIS LEARNING STANDARDS	This Standard is Covered	This Standard is not part of the Curriculum	Updated April, 2019	
19.A.5 Demonstrate knowledge and skills in a self-selected individual sport, a team sport, creative movement and work-related activities.	X			
19.B.5 Apply the principles of efficient movement to evaluate personal performance.	X			
19.C.5b Analyze and apply complex offensive, defensive and cooperative strategies for selected games and sports.	X			
20.A.5 Implement an individualized health-related fitness plan which includes the principles of training.	X			
20.B.5a Collect and interpret health-related fitness data over a period of time, with and without the use of technology.	X			
20.B.5b Evaluate the effects of fitness choices and heredity on wellness.	X			
20.C.5a Set realistic, long-term, health-related fitness goals based on an individual profile.	X			
20.C.5b Understand how aging, illness and injury affect physical activity.	X			
20.C.5c Use profile data to monitor an individual wellness/fitness plan.		X		
21.A.5 Demonstrate individual responsibility through use of various team-building strategies in physical activity settings (e.g., etiquette, fair play, self-officiating, coaching, organizing a group activity).	X			
21.B.5 Demonstrate when to lead and when to be supportive to accomplish group goals.	X			
22.A.5a Explain strategies for managing contagious, chronic and degenerative illnesses (e.g., various treatment and support systems).		X		
22.A.5b Evaluate the effectiveness of health promotion and illness prevention methods using data from actual situations (e.g., impact of worksite health promotion programs).		X		

22.A.5c Explain how health and safety problems have been altered by technology, media and medicine (e.g., product testing; control of polio; advanced surgical techniques; improved treatments for cancer, diabetes and heart disease; worksite safety management).		X		
22.B.5 Analyze how public health policies, laws and the media function to prevent and control illness (e.g., product and food labeling, food safety and handling, school immunizations).	X			
22.C.5 Compare and contrast how individuals, communities and states prevent and correct health-threatening environmental problems (e.g., recycling, banning leaf burning, restaurant inspections, OSHA standards in the workplace).	X			
23.B.5 Understand the effects of healthy living on individuals and their future generations (e.g., not using alcohol, tobacco, and other drugs during pregnancy).		X		
23.C.5 Explain how the aging process affects body systems (e.g., vision, hearing, immune system).	X			
24.A.5 Compare and contrast strategies to prevent conflict and resolve differences.	X			
24.B.5 Explain immediate and long-term impacts of health decisions to the individual, family and community.	X			
24.C.5 Evaluate progress toward the attainment of a health goal.		X		