

**Urbana School District #116  
FIFTH GRADE CORE EXPECTATIONS**

**PHYSICAL DEVELOPMENT AND HEALTH**

Illinois State Goal 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.

State Standard	District Core Expectations
19A: Demonstrate physical competency in individual and team sports, creative movement, leisure and work related activities	<ul style="list-style-type: none"> <li>• Perform a sequence that combines weight transfer and balance movements</li> <li>• Create combinations of locomotor/ nonlocomotor movement and manipulative skills in selected activities</li> <li>• Explain movement in terms of effort, flow, space, and time</li> <li>• Demonstrate movement where balance is established, lost, and gained</li> <li>• Manipulate object(s) with accuracy to change its direction or distance</li> <li>• Use vocabulary specific to activities, games or sport</li> </ul>
19B: Analyze various movement concepts and applications	NA
19C: Demonstrate knowledge of the rules, safety, and strategies during physical activity	<ul style="list-style-type: none"> <li>• Practice combinations of sport related skills using correct form</li> <li>• Apply offensive, defensive, and cooperative strategies in selected activities, games or sports (e.g., 3-on-3 or 4-on-4 basketball or soccer)</li> </ul>

Illinois State Goal 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.

State Standard	District Core Expectations
20A: Students who meet the standard know and can apply the principles and components of health related fitness.	<ul style="list-style-type: none"> <li>• Perform physical activity that will benefit cardiovascular fitness, flexibility, muscular strength, and muscular endurance</li> <li>• Participate in a progression of activities that will maintain or improve personal fitness levels</li> <li>• Use and understand age-appropriate vocabulary related to fitness</li> </ul>
20B: Students who meet the standard can assess individual fitness levels.	<ul style="list-style-type: none"> <li>• Participate in a progression of activities that will maintain or improve personal fitness levels</li> </ul>
20C: Students who meet the standard can set goals based upon fitness data and develop, implement, and monitor an individual fitness improvement plan	<ul style="list-style-type: none"> <li>• Establish and work toward personal health and fitness goals</li> </ul>

**Illinois State Goal 21: Develop team-building skills by working with others through physical activity**

State Standard	District Core Expectations
21A: Students who meet the standard can demonstrate individual responsibility during group physical activities.	<ul style="list-style-type: none"> <li>• Demonstrate knowledge of the rules in effect when participating in a group or individual activity</li> <li>• List individual behaviors that can positively and/or negatively affect the success of a group</li> </ul>
21B: Students who meet the standard can demonstrate cooperative skills during structured group physical activity	<ul style="list-style-type: none"> <li>• Identify a variety of supportive roles within a cooperative group</li> <li>• Identify responsible decision-making skills regarding use of time and rules application</li> <li>• Recognize individual differences in performance within a group</li> </ul>

**Illinois State Goal 22: Understand principles of health promotion and the prevention and treatment of illness and injury**

State Standard	District Core Expectations
22A: Students who meet the standard can explain the basic principles of health promotion, illness prevention, and safety	<ul style="list-style-type: none"> <li>• Discuss the benefits of early detection and treatment of illness</li> <li>• Apply safety precautions and basic first aid to injuries (cuts, scrapes, poisons, minor burns)</li> <li>• Discuss symptoms and first-aid procedures for the following conditions: insulin shock, asthma, heart attack, strokes, frostbite and hypothermia</li> <li>• Determine the causes and concerns related to heat cramps and heat exhaustion</li> </ul>
22B: Students who meet the standard can describe and explain the factors that influence health among individuals, groups, and communities	<ul style="list-style-type: none"> <li>• Compare healthy environments and healthy people to unhealthy environments and unhealthy people</li> <li>• Know what to do if abusive behavior is suspected or discovered</li> </ul>
22C: Students who meet the standard can explain how the environment can affect health	See Science

**Illinois State Goal 23: Understand human body systems and factors that influence growth and development**

State Standard	District Core Expectations
23A: Students who have met the standard can describe and explain the structure and functions of the human body systems and how they interrelate.	<ul style="list-style-type: none"> <li>• List foods that have high caloric content.</li> <li>• Recognize reliable sources of food and dietary information</li> <li>• Identify the body parts that contribute to each of the five senses and their functions</li> <li>• Label the parts of the musculo-skeletal, digestive, respiratory, circulatory, reproductive and nervous systems and describe the processes associated with each</li> </ul>
23B: Students who meet the standard can explain the effects of health related actions on the body systems.	<ul style="list-style-type: none"> <li>• Recognize personal health behaviors and/or choices that reduce risks of health problems</li> <li>• Identify risk-taking behaviors</li> <li>• Understand how proper amounts of rest, work, sleep, exercise/activity/play, and nutrition promote physical, mental, and social well-being.</li> </ul>
23C: Students who meet the standard can describe factors that affect growth and development	<ul style="list-style-type: none"> <li>• Define the word 'puberty' and identify changes associated with puberty</li> <li>• Identify characteristics of puberty and the effects of these changes on physical, mental, and social development</li> <li>• Identify the glands and hormones that influence physical, mental, and emotional development</li> </ul>

Illinois State Goal 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills

State Standard	District Core Expectations
24A: Students who meet the standard can demonstrate procedures for communicating in positive ways resolving differences and preventing conflict	<ul style="list-style-type: none"><li>• Describe negotiating, mediation, and consensus building skills</li></ul>
24B: Students who meet the standard can apply decision-making skills related to the promotion and protection of individual health.	<ul style="list-style-type: none"><li>• List ways cleanliness affects personal hygiene/health</li></ul>
24C – Demonstrate skills essential to enhancing health and avoiding dangerous situations	<ul style="list-style-type: none"><li>• Identify places to avoid because of potential danger</li><li>• Identify safe places and activities</li></ul>

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