

**Urbana School District #116**  
**KINDERGARTEN 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>• Demonstrate locomotor, non-locomotor, and manipulative skills.</li> <li>• Use personal space and general space safely</li> <li>• Move alone or within a group, understanding relationships to other students, equipment, and the environment</li> <li>• Demonstrate spatial awareness (behind, ahead of, next to, near to, over, under, on, through, beside).</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>• Demonstrate responsibility for safe movement practices</li> <li>• Tell some possible injuries that can occur when not following safety rules</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>• Engage in physical activities that will increase heart rate.</li> </ul>
20B: Students who meet the standard can assess individual fitness levels.	NA
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>• Tell some advantages to being fit</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>• Complete part(s) of a task when participating in the day's physical activity.</li> </ul>
21B: Students who meet the standard can demonstrate cooperative skills during structured group physical activity	<ul style="list-style-type: none"> <li>• Work cooperatively with a partner or small group in a structured physical activity.</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>• Tell some personal hygiene behaviors/choices that will increase health and safety (e.g., wash hands, brush teeth, eat nutritious foods)</li> <li>• Recognize the color and shape of stop signs.</li> <li>• Simulate personal response to fire situations: stop/drop/roll, don't open doors with hot door knobs, move on knees</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>• Demonstrate how to avoid infecting others with germs</li> <li>• Listen to and follow rules for playground safety, school environment, and buses</li> </ul>
22C: Students who meet the standard can explain how the environment can affect health	NA

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>• Identify basic body parts and functions(head, legs, arms, chest, feet, hands, eyes, ears, and nose)</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>• Discuss the value of practicing good health habits (sleep, nutrition, relationships)</li> <li>• Describe/discuss healthy family activities (meals, doctor visits)</li> </ul>
23C: Students who meet the standard can describe factors that affect growth and development	<ul style="list-style-type: none"> <li>• Recognize that people grow and change in many ways</li> <li>• Show an awareness of the idea that our family influences how we look and think</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>• Demonstrate respect for the rights, feelings, and property of others</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>• Use socially acceptable ways to resolve conflict</li> <li>• Understand 'good touch' and 'bad touch'</li> </ul>
24C – Demonstrate skills essential to enhancing health and avoiding dangerous situations	<ul style="list-style-type: none"> <li>• Recite own name, address, and phone number</li> <li>• Practice using emergency numbers in the community, including 911</li> <li>• Discuss who strangers are and why to be cautious around them</li> </ul>

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