

Physical Education and Health Education Programs in Illinois: Compared to Proposed Exempted Activities



Illinois Association of Health, Physical Education, Recreation, and Dance

	Physical Education/ Health Education	Show Choir	Band	Athletics	Recess
Curriculum aligned to Physical Development and Health goals and standards.	YES	NO	NO	NO	NO
Every student receives 'direct' instruction in Physical Development content from a qualified physical educator.	YES	NO	NO	NO	NO
Formative and summative assessments of student learning are standards based.	YES	NO	NO	NO	NO
The programs of Physical Education and Health, aligned to the Illinois Goals and Standards for Physical Development and Health, provide opportunities to develop skills and knowledge in the following areas:					
Skill Development 19 A	YES	NO	NO	* NO	NO
Physiological Concepts 19 B	YES	NO	NO	* NO	NO
Biomechanical Concepts 19 B	YES	NO	NO	NO	NO
Physical Fitness 20 A B C (components, assessment and goal setting)	YES	NO	NO	NO	NO
Teamwork 21 A B	YES	YES	YES	YES	NO
Prevention and Treatment of Injuries 22 A B D	YES	NO	NO	* NO	NO
Relationship of Physical Activity and Fitness to Brain Function and Cognition 23 D	YES	NO	NO	NO	NO
Decision Making 24 B	YES	NO	NO	NO	NO
Conflict Resolution 24 A	YES	NO	NO	NO	NO
Avoiding Dangerous Situations 24 C	YES	NO	NO	NO	NO

* NO - pertains only to a specific sport or position played