

# PHYSICAL DEVELOPMENT & HEALTH

The Illinois Learning Standards for Physical Development and Health were developed using National Standards for Physical Education, National Health Education Standards, the 1985 State Goals for Physical Development and Health, and other states' standards and local outcomes from Illinois school districts.

A state report released in August 2013 calls for new benchmarks and strategies to improve and increase physical education classes, noting the latest neuroscience research linking physical activity with improved academic performance. State Superintendent of Education Christopher A. Koch and Dr. LaMar Hasbrouck, director of the Department of Public Health, co-chaired the Illinois Enhance Physical Education (P.E.) Task Force, which developed the 148-page report that has been submitted to Gov. Pat Quinn, the Illinois State General Assembly, and health organizations and community groups interested in turning the tide of childhood obesity and improving health for all students.

- The EPE Task Force final report to the Illinois General Assembly and executive summary are available on the EPE Task Force page. A webinar about the report findings is also available for viewing.
- Sexual Health Education Training information

As the nation moves forward into the twenty-first century, a tremendous opportunity exists to enhance our health and well-being. Much of that opportunity lies in our ability to address the growing health challenges that are facing children and youth. Although progress is being made, poor physical fitness; violence; lack of proper nutrition; communicable diseases; and alcohol, tobacco and other drug use continue to plague our society and most notably our youth.

Comprehensive physical development and health programs offer great potential for enhancing the capacity of students' minds and bodies. Extensive research connects the ability to learn to good health. Healthy minds and bodies are basic to academic success and, in later life, enhance the ability to contribute to a productive work environment.

The benefits of comprehensive health and physical education include promoting a healthy generation of students who are able to achieve their highest potential, reversing the trend of deteriorating health and physical fitness among youth, and helping to lower the cost of healthcare in the United States.

The goals and standards for physical development and health foster workplace skills, including identifying short- and long-term goals, utilizing technology, following directions, and working cooperatively with others. Problem solving, communication, responsible decision making, and team-building skills are major emphases as well.

Through comprehensive K-12 physical development and health programs, students will achieve active and healthy lives that will enable them to achieve personal goals and contribute to society.

<https://www.isbe.net/Pages/Physical-Education-and-Health.aspx> (2022)

## GOALS

- Physical Development & Health Performance Descriptors
  - GOAL 19 - Movement Skills
  - GOAL 20 - Physical Fitness
  - GOAL 21 - Team Building
  - GOAL 22 - Health Promotion, Prevention and Treatment
  - GOAL 23 - Human Body Systems
  - GOAL 24 - Communications and Decision Making

### **GLENSIDE MIDDLE SCHOOL**

### **PHYSICAL EDUCATION/HEALTH**

## **GOALS AND OBJECTIVES**

- To provide a developmentally appropriate and comprehensive experience in Physical Education/Health Education that will meet the diverse needs of all our students.
- Participation in daily physical education will foster the development of motor skills, physical fitness, emotional strength, maturity, values, healthy decision-making, and the pursuit of life long fitness.

*Health Education at Glenside Middle School is taught each year the students attend during their P.E. class period. Health Education is a multi-dimensional program that includes instruction on a wide range of relevant health topics.*

- Sixth grade Health class at Glenside Middle School's primary focus consists of an overview of human body systems, the physiological consequences of substance abuse, communicable and non-communicable disease prevention, refusal skills, healthy and unhealthy risks, proper nutrition, and physical fitness.
- The main focus of seventh grade health will be on substance abuse prevention, and social-emotional health. Seventh grade health also includes instruction encouraging healthy dating habits such as abstinence from sexual activity.

- Eight grade Health students will focus on Sexual Health, Environmental Health, eating disorders and nutrition. The sexual health unit is comprehensive in nature and will cover topics such as contraception and an abstinence-based approach to human growth and development.

If parents or community members have additional questions regarding this curriculum, please contact Lonna Hancock, Director of Teaching & Learning, [lhancock@queenbee16.org](mailto:lhancock@queenbee16.org)