

State of Illinois Goal 19: Students will acquire movement skills and understand concepts needed to engage in health-engaging physical activity.

Why Goal 19 is important: Physical performance involves competency in a wide range of motor, nonmotor and manipulative skills. Learning in this area is developmental, building simple movements into more complex patterns. Learning to follow directions and rules enhances enjoyment and success in both recreational and competitive sports. Working toward higher levels of competence, students learn how to maintain health and fitness as individuals and members of teams.

Goal 19A: Students will demonstrate physical competency in individual and team sports, creative movement, and leisure and work-related activities.

Early Elementary	Late Elementary	Middle/Junior High School	Early High School	Late High School
19.A1. Demonstrate control when performing fundamental locomotor, nonlocomotor, and manipulative skills.	19.A2. Demonstrate control when performing combinations and sequences in locomotor, nonlocomotor, and manipulative patterns.	19.A3. Demonstrate control when performing combinations and sequences of locomotor, nonlocomotor, and manipulative patterns in selected activities, games, and sports.	19.A4. Perform skills efficiently in a variety of leisure activities, sports, creative movement, and work-related activities.	19.A5. Demonstrate knowledge and skills in a self-selected individual sport, a team sport, creative movement, and work-related activities.

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Goal 19 B: Students will analyze various movement concepts and applications.

Early Elementary	Late Elementary	Middle/Junior High School	Early High School	Late High School
19.B1. Understand spatial awareness and relationships to objects and people.	19.B2. Identify the principles of movement (e.g., absorption and application of force, equilibrium).	19.B3. Compare and contrast efficient and inefficient movement patterns.	19.B4. Analyze various movement patterns for efficiency and effectiveness.	19.B5. Apply the principles of efficient movement to evaluate personal performance.

Goal 19 C: Students will demonstrate knowledge of rules, safety, and strategies during physical activity.

Early Elementary	Late Elementary	Middle/Junior High School	Early High School	Late High School
19.C1. Demonstrate safe movement in physical activities.	19.C2a. Identify and apply rules and safety procedures in physical activities.	19.C3a. Apply rules and safety procedures in physical activities.	19.C4a. Develop rules and safety procedures for physical	19.C5a. Select components (e.g., equipment,

			activities.	boundaries, number of players, rules) which promote participation in novel or original physical activities.
	19.C2b. Identify offensive, defensive, and cooperative strategies in selected activities and games.	19.C3b. Apply basic offensive, defensive, and cooperative strategies in selected activities, games, and sports.	19.C4b. Select and apply offensive, defensive, and cooperative strategies in selected activities, games, and sports.	19.C5b. Analyze and apply complex offensive, defensive, and cooperative strategies for selected games and sports.