



ANTIOCH CCSD 34 PHYSICAL EDUCATION & HEALTH CURRICULUM ALIGNMENT

GRADES K-8

The District's curriculum is derived from state grade standards. The Illinois School Code requires that the Illinois State Board of Education (ISBE) establish grade-level goals and learning standards to which public schools must adhere. In turn, these standards define the knowledge and skills that ISBE expects students to master at each grade level. The Illinois School Code further requires public school districts to establish learning objectives that are aligned to these goals and standards. Please see ISBE's website for more information on the Illinois Learning Standards that all public school districts in the state must meet.

Through comprehensive physical development and health programs, students will achieve active and healthy lives that will enable them to achieve personal goals and contribute to society. The District is committed to providing all students with the skills, knowledge, and abilities to become lifelong learners and regularly evaluates our curriculum to achieve these goals and ensure alignment with the [Illinois Physical Education & Health Learning Standards](#) and the [Illinois Mandated Units of Study](#). Please see [Illinois Mandated Units of Study in Antioch CCSD 34](#) for curricular alignment.

ILLINOIS MANDATED UNITS OF STUDY: HEALTH, PHYSICAL EDUCATION, AND SAFETY

Physical Education

- A physical education course of study must be part of the regular school curriculum and not extra-curricular in nature or organization.
- Appropriate activity related to physical education shall be required as provided for by Section 27-6 of the School Code. The time schedule shall compare favorably with other courses in the curriculum. Safety education, as it relates to the physical education program should be incorporated.

Safety Education

- A district must provide a coordinated and supervised course of study in Safety Education in its elementary schools.

Abduction Education

- All public schools must provide some instruction, study and discussion on this topic. The required instruction can be included in the courses of study regularly taught; provided, however, that such instruction must be given every year to all pupils in grades kindergarten through 8.

Drug and Substance Abuse Education

- All public schools maintaining any of the grades kindergarten through 8 must provide instruction, study and discussion on this topic. The required instruction can be included in the courses of study regularly taught; provided, however, that such instruction must be given every year to all pupils in grades kindergarten through 8.

Violence Prevention & Conflict Resolution

- School districts shall provide instruction in violence prevention and conflict resolution education for grades kindergarten through 12 and may include such instruction in the courses of study regularly taught therein.

Traffic Injury Prevention

- The school board of a school district that maintains any of grades kindergarten through 8 shall adopt a policy on educating students on the effective methods of preventing and avoiding traffic injuries related to walking and bicycling, which education must be made available to students in grades kindergarten through 8.

Health Education

- Each school system shall provide a program in compliance with the Critical Health Problems and Comprehensive Health Education Act.
 - No specific time requirement for grades K-6; however, health education must be part of the formal regular instructional program at each grade level.
- The Health Education Program created under the Act must include certain required major educational areas as enumerated in the Act and shall be offered in all elementary schools and secondary schools in Illinois.

Health Education must include the following major educational areas as a basis for curricula:

- Human ecology and health
- Human growth and development
- Family life, including sexual abstinence until marriage
- Prevention and control of disease including instruction in grades 6 through 12 on the prevention, transmission and spread of AIDS
- Age-appropriate sexual abuse and assault awareness prevention education in grades PreK through 12
- Public and environmental health
- Consumer health
- Safety education and disaster survival
- Mental health and illness
- Personal health habits
- Alcohol, drug use, and abuse including the medical and legal ramifications of alcohol, drug, and tobacco use, abuse during pregnancy; curricula for alcohol and drug use and abuse shall include classroom instruction in grades 5-12
- Evidence-based and medically accurate information regarding: sexual abstinence, tobacco, nutrition, and dental health
- Course material and instruction to advise pupils of the Abandoned Newborn Infant Protection Act
- Information about cancer
- Training on how to properly administer cardiopulmonary resuscitation and how to use an automated external defibrillator shall be included as a basis for curricula in all secondary schools in this state

Important Cross-Sections of School Code

Under Illinois law, parents can opt their child(ren) out of the following curriculum mandates:

1. Avoiding sexual abuse (Erin's Law)
2. Comprehensive Sex Education
3. HIV/AIDS and sexually transmitted diseases
4. Instruction on organ/tissue and blood donor and transplantation programs
5. Family Life Class

ANTIOCH CCSD 34 SCHOOL BOARD POLICIES

[BOE Policy 6:60](#) - Curriculum Content