



**Kindergarten Individual Development Survey (KIDS)  
Correspondence to Illinois Learning Standards:  
The KIDS Health (HLTH) Domain and the Illinois Early Learning Standards  
Kindergarten (IELS-K)**

Overall, there is substantial correspondence between the KIDS<sup>1</sup> and the Illinois Early Learning Standards Kindergarten (IELS-K) learning standards subsumed under Goals 19 through 24. Although the KIDS differs some from the IELS-K in the broad organization and categorization of content, both similarly address key observable skills and behavioral indicators of health. This alignment reflects shared assumptions about what constitutes the most important cognitive, verbal, and behavioral changes in early childhood with respect to physical activity, health, and safety. The following table shows correspondences between the KIDS measures and the IELS-K.

**Correspondence between the KIDS Instrument and  
the Illinois Early Learning Standards Kindergarten**

KIDS Measure	Illinois Early Learning Standards Kindergarten (IELS-K)	KIDS Measure Corresponds with IELS-K in the Following Ways:
<p><b>HLTH 1: Safety</b></p> <p><b>Definition:</b> Child shows awareness of safety and increasingly demonstrates knowledge of safety skills when participating in daily activities.</p>	<p><b>Learning Standard 19.A</b></p> <p>Demonstrate physical competency in individual and team sports, creative movement, and leisure and work-related activities.</p> <p><b>Learning Standard 19.C</b></p> <p>Demonstrate knowledge of rules, safety and strategies during physical activity.</p> <p><b>Learning Standard 21.A</b></p> <p>Demonstrate individual responsibility during group physical activities.</p>	<p>Child demonstrates physical competence by developing safe movement practices <b>(19.A)</b>.</p> <p>Child shows increasing knowledge of rules, safety, and strategies during activity <b>(19.C)</b>.</p> <p>Child shows awareness of safety issues that arise during group activities <b>(21.A)</b>.</p>

<sup>1</sup> Desired Results Developmental Profile-Kindergarten for the Kindergarten Individual Development Survey



KIDS Measure	Illinois Early Learning Standards Kindergarten (IELS-K)	KIDS Measure Corresponds with IELS-K in the Following Ways:
<p><b>HLTH 1: Safety (cont.)</b></p> <p><b>Definition:</b> Child shows awareness of safety and increasingly demonstrates knowledge of safety skills when participating in daily activities.</p>	<p><b>Learning Standard 21.B</b></p> <p>Demonstrate cooperative skills during structured group physical activities.</p> <p><b>Learning Standard 22.A</b></p> <p>Explain the basic principles of health promotion, illness prevention and safety.</p> <p><b>Learning Standard 22.B</b></p> <p>Describe and explain the factors that influence health among individuals, groups and communities.</p> <p><b>Learning Standard 24.B</b></p> <p>Apply decision-making skills related to the protection and promotion of individual health.</p> <p><b>Learning Standard 24.C</b></p> <p>Demonstrate skills essential to enhancing health and avoiding dangerous situations.</p>	<p>Child shows awareness of safety issues that arise during group activities <b>(21.B)</b>.</p> <p>Child demonstrates ability to explain the basic principles of health promotion, illness prevention, treatment, and safety <b>(22.A)</b>.</p> <p>Child demonstrates ability to articulate factors that influence the health of others. Child encourages others to make positive health choices <b>(22.B)</b>.</p> <p>Child demonstrates the skills necessary for decision-making related to the protection and promotion of individual health <b>(24.B)</b>.</p> <p>Child demonstrates the skills necessary for enhancing health and has learned to avoid dangerous situations <b>(24.C)</b>.</p>



<p><b>HLTH 2: Personal Care Routines</b></p> <p><b>Definition:</b> Child understands, responds to, and initiates personal care routines and shows increasing knowledge and skills of how and when to apply them.</p>	<p><b>Learning Standard 19.C</b></p> <p>Demonstrate knowledge of rules, safety and strategies during physical activity.</p> <p><b>Learning Standard 22.A</b></p> <p>Explain the basic principles of health promotion, illness prevention and safety.</p> <p><b>Learning Standard 22.B</b></p> <p>Describe and explain the factors that influence health among individuals, groups and communities.</p> <p><b>Learning Standard 22.C</b></p> <p>Explain how the environment can affect health.</p> <p><b>Learning Standard 23.B</b></p> <p>Explain the effects of health-related actions on the body system.</p> <p><b>Learning Standard 24.B</b></p> <p>Apply decision-making skills related to the protection and promotion of individual health.</p> <p><b>Learning Standard 24.C</b></p> <p>Demonstrate skills essential to enhancing health and avoiding dangerous situations.</p>	<p>Child demonstrates understanding of and follows health-related rules <b>(19.C)</b>.</p> <p>Child demonstrates ability to explain the basic principles of health promotion, illness prevention, treatment, and safety <b>(22.A)</b>.</p> <p>Child demonstrates ability to articulate factors that influence the health of others. Child encourages others to make positive health choices <b>(22.B)</b>.</p> <p>Child demonstrates ability to articulate factors that influence the health of others. Child shows awareness of the cause of environmental health risks (e.g., air, water, and sun) <b>(22.C)</b>.</p> <p>Child demonstrates ability to explain the effects of health-related actions on the body. Child demonstrates ability to perform self-care tasks <b>(23.B)</b>.</p> <p>Child demonstrates the skills necessary for decision-making related to the protection and promotion of individual health (e.g., brushing teeth, washing hands, and nutrition) <b>(24.B)</b>.</p> <p>Child demonstrates the skills necessary for enhancing health <b>(24.C)</b>.</p>
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KIDS Measure	Illinois Early Learning Standards Kindergarten (IELS-K)	KIDS Measure Corresponds with IELS-K in the Following Ways:
<p><b>HLTH 3: Active Physical Play</b></p> <p><b>Definition:</b> Child engages in physical activities with increasing endurance and intensity.</p>	<p><b>Learning Standard 19.A</b></p> <p>Demonstrate physical competency in individual and team sports, creative movement, and leisure and work-related activities.</p> <p><b>Learning Standard 20.A</b></p> <p>Know and apply the principles and components of health-related fitness.</p> <p><b>Learning Standard 20.B</b></p> <p>Assess individual fitness level.</p> <p><b>Learning Standard 20.C</b></p> <p>Set goals based on fitness data and develop, implement, and monitor an individual fitness improvement plan.</p> <p><b>Learning Standard 22.A</b></p> <p>Explain the basic principles of health promotion, illness prevention and safety.</p> <p><b>Learning Standard 23.B</b></p> <p>Explain the effects of health-related actions on the body system.</p> <p><b>Learning Standard 23.C</b></p> <p>Describe factors that affect growth and development.</p>	<p>Child participates in active play using gross motor skills <b>(19.A)</b>.</p> <p>Child knows and applies the aspects of health-related fitness. Additionally, the child understands the importance of fitness <b>(20.A)</b>.</p> <p>Child demonstrates emerging ability to assess individual fitness level <b>(20.B)</b>.</p> <p>Child recognizes that physical activity can be challenging, but it can build muscles when done often <b>(20.C)</b>.</p> <p>Child demonstrates ability to explain the basic principles of health promotion, illness prevention, treatment, and safety <b>(22.A)</b>.</p> <p>Child demonstrates ability to explain the effects of health-related actions on the body <b>(23.B)</b>.</p> <p>Child demonstrates ability to describe factors that affect growth and development. Child recognizes that people grow and change <b>(23.C)</b>.</p>



KIDS Measure	Illinois Early Learning Standards Kindergarten (IELS-K)	KIDS Measure Corresponds with IELS-K in the Following Ways:
<p><b>HLTH 3: Active Physical Play (cont.)</b></p> <p><b>Definition:</b> Child engages in physical activities with increasing endurance and intensity.</p>	<p><b>Learning Standard 24.B</b></p> <p>Apply decision-making skills related to the protection and promotion of individual health.</p> <p><b>Learning Standard 24.C</b></p> <p>Demonstrate skills essential to enhancing health and avoiding dangerous situations.</p>	<p>Child demonstrates the skills necessary for decision-making related to the protection and promotion of individual health <b>(24.B)</b>.</p> <p>Child demonstrates the skills necessary for enhancing health <b>(24.C)</b>.</p>
<p><b>HLTH 4: Nutrition</b></p> <p><b>Definition:</b> Child demonstrates increasing knowledge about nutrition and healthful food choices.</p>	<p><b>Learning Standard 22.A</b></p> <p>Explain the basic principles of health promotion, illness prevention and safety.</p> <p><b>Learning Standard 22.B</b></p> <p>Describe and explain the factors that influence health among individuals, groups and communities.</p> <p><b>Learning Standard 22.C</b></p> <p>Explain how the environment can affect health.</p> <p><b>Learning Standard 23.B</b></p> <p>Explain the effects of health-related actions on the body system.</p> <p><b>Learning Standard 23.C</b></p>	<p>Child demonstrates ability to explain the basic principles of health promotion, illness prevention, treatment, and safety <b>(22.A)</b>.</p> <p>Child demonstrates ability to articulate factors that influence the health of others <b>(22.B)</b>.</p> <p>Child demonstrates ability to articulate factors that influence the health of others <b>(22.C)</b>.</p> <p>Child demonstrates ability to explain the effects of health-related action on the body <b>(23.B)</b>.</p> <p>Child demonstrates ability to describe factors that affect growth and development. Child recognizes that people grow and change. Child demonstrates ability to identify examples of good nutrition and its importance for good health <b>(23.C)</b>.</p>



KIDS Measure	Illinois Early Learning Standards Kindergarten (IELS-K)	KIDS Measure Corresponds with IELS-K in the Following Ways:
<p><b>HLTH 4: Nutrition (cont.)</b></p> <p><b>Definition:</b> Child demonstrates increasing knowledge about nutrition and healthful food choices.</p>	<p>Describe factors that affect growth and development.</p> <p><b>Learning Standard 24.B</b></p> <p>Apply decision-making skills related to the protection and promotion of individual health.</p> <p><b>Learning Standard 24.C</b></p> <p>Demonstrate skills essential to enhancing health and avoiding dangerous situations.</p>	<p>Child demonstrates the skills necessary for decision-making related to the protection and promotion of individual health (e.g., brushing teeth, washing hands, and nutrition) <b>(24.B)</b>.</p> <p>Child demonstrates the skills necessary for enhancing health <b>(24.C)</b>.</p>
<p><b>HLTH 5: Knowledge of Wellness</b></p> <p><b>Definition:</b> Child shows and communicates increasing knowledge of the body and ways to take care of it.</p>	<p><b>Learning Standard 19.C</b></p> <p>Demonstrate knowledge of rules, safety and strategies during physical activity.</p> <p><b>Learning Standard 20.C</b></p> <p>Set goals based on fitness data and develop, implement, and monitor an individual fitness improvement plan.</p> <p><b>Learning Standard 22.A</b></p> <p>Explain the basic principles of health promotion, illness prevention and safety.</p> <p><b>Learning Standard 22.B</b></p> <p>Describe and explain the factors that influence health among</p>	<p>Child demonstrates understanding of and follows health-related rules <b>(19.C)</b>.</p> <p>Child demonstrates ability to discuss fitness choices that impact wellness <b>(20.C)</b>.</p> <p>Child demonstrates ability to explain the basic principles of health promotion, illness prevention, treatment, and safety <b>(22.A)</b>.</p> <p>Child demonstrates ability to articulate factors that influence the health of others <b>(22.B)</b>.</p>



KIDS Measure	Illinois Early Learning Standards Kindergarten (IELS-K)	KIDS Measure Corresponds with IELS-K in the Following Ways:
<p><b>HLTH 5: Knowledge of Wellness (cont.)</b></p> <p><b>Definition:</b> Child shows and communicates increasing knowledge of the body and ways to take care of it.</p>	<p>individuals, groups and communities.</p> <p><b>Learning Standard 22.C</b> Explain how the environment can affect health.</p> <p><b>Learning Standard 23.A</b> Describe and explain the structure and functions of the human body systems and how they interrelate.</p> <p><b>Learning Standard 23.B</b> Explain the effects of health-related actions on the body system.</p> <p><b>Learning Standard 23.C</b> Describe factors that affect growth and development.</p> <p><b>Learning Standard 24.B</b> Apply decision-making skills related to the protection and promotion of individual health.</p> <p><b>Learning Standard 24.C</b> Demonstrate skills essential to enhancing health and avoiding dangerous situations.</p>	<p>Child demonstrates ability to articulate factors that influence the health of others. Child shows awareness of the cause of environmental health risks (e.g., air, water, and sun) <b>(22.C)</b>.</p> <p>Child demonstrates ability to explain the structure and functions of the human body systems and identify body parts and how they interrelate <b>(23.A)</b>.</p> <p>Child demonstrates ability to explain the effects of health-related actions on the body <b>(23.B)</b>.</p> <p>Child demonstrates ability to describe factors that affect growth and development. Child recognizes that people grow and change <b>(23.C)</b>.</p> <p>Child demonstrates the skills necessary for decision-making related to the protection and promotion of individual health <b>(24.B)</b>.</p> <p>Child demonstrates the skills necessary for enhancing health <b>(24.C)</b>.</p>



**IELS-K Goal(s) or Learning Standard(s) not addressed by KIDS Domain**

- Learning Standard 24.A: Demonstrate procedures for communicating in positive ways, resolving differences, and preventing conflicts.

*Note from expert:* The KIDS HLTH measures do not align with the learning standard listed above, but measures in other domains of the KIDS may correspond to it.