



# HEALTHY LIFESTYLES (PE & HEALTH)

## KINDERGARTEN – SIXTH GRADE STANDARDS

### **Recognize the importance of a healthy lifestyle.**

- a. Acceptance of self and others
- b. Cooperation and sharing
- c. Helpful and harmful substances
- d. Stress Management and coping skills
- e. Choices and consequences

### **Identify the benefits of proper nutrition and daily fitness.**

- a. Identify benefits of proper nutrition
- b. Recognize impact of moderate to vigorous physical activity
- c. Dietary guidelines and health ([choosemyplate.gov](http://choosemyplate.gov))
- d. Demonstrate ability to make healthy choices

### **Understand basic human development.**

- a. Familiarization of the major body systems
- b. Enhance coping skills
- c. Healthy friendships
- d. Respecting others, care of body, body changes, puberty, hygiene, etc.

### **Exhibit basic sport skills and enhances movement skills.**

- a. Enhance basic sport skills in a variety of individual and small group settings
- b. Demonstrate and apply spatial awareness in a physical activity setting
- c. Exhibit evolving or mature locomotor and non-locomotor movements
- d. Follow safety rules and procedures in the activity setting