



Healthy Lifestyles (PE & Health)

KINDERGARTEN – SIXTH GRADE STANDARDS

- I. 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
- II. 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)
 - d. Demonstrate ability to make healthy choices
- III. 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.
- IV. 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

