

Fitness Power Standards: Kindergarten

Tumwater School District

1. Attain knowledge and identify loco motor skills (i.e. running, galloping, and hopping).
2. Achieve knowledge and identify non loco motor skills (i.e. bending, swaying, and swinging).
3. Acquire knowledge and identify manipulative skills (i.e. catching, throwing, and striking).
4. Know and identify spatial awareness (i.e. personal space).
5. Know and identify rules and safety procedures in a physical education setting (i.e. wearing the correct shoes, get and return equipment, fire and earthquake drills).
6. Attain knowledge and demonstrate cooperative skills (i.e. working together in small groups).
7. Know and identify rhythmic skills (i.e. jump rope, folk dance, and tumbling).
8. Acquire knowledge and demonstrate social skills (i.e. greeting and accepting partners, respecting others differences).
9. Identify and know body parts (i.e. where the heart is, head, shoulders, knees, and toes).

Health Power Standards: Kindergarten

Tumwater School District

1. Identify the foods that help promote a healthy body.
2. Recognizes that bones support the body and muscles help in movements.
3. Identify where the heart is located and its functions.
4. Demonstrate basic hygiene to reduce illness.
5. Recognize risky situations, how to avoid them, and how to deal with an emergency situation.
6. Recognize how environmental factors are harmful to a healthy body.
7. Recognize who are two reliable sources of health information.
8. Recognize different ways that you can be safe.
9. Recognize appropriate social skills.
10. Recognize how family involvement affects healthy living.