

Fitness Power Standards: First Grade

Tumwater School District

1. Demonstrate loco motor skills (i.e. leaping, skipping, and sliding).
2. Exhibit non loco motor skills (i.e. bending, swaying, and swinging).
3. Know and demonstrate manipulative skills (i.e. catching, throwing, and, striking).
4. Demonstrate spatial awareness (i.e. group and personal space with no collisions).
5. Demonstrate rules and safety procedures used in a variety of activities (i.e. looking both ways to cross the street, and get enough sleep
6. Exhibit cooperative skills (i.e. working together in a group setting)
7. Demonstrate rhythmic skills (i.e. turning an individual jump rope by one's self).
8. Demonstrate social skills (i.e. respecting others differences and decision making).
9. Identify basic fitness concepts (i.e. heart rate, strength, stretching).

Health Power Standards: First Grade

Tumwater School District

1. List or describe the six groups on the Food Guide Pyramid, providing examples, and how they support good health.
2. Recognize that heart rate is affected by different kinds of exercise.
3. Identify ways to maintain basic hygiene and prevent germ transmission.
4. Identify risky situations, how to avoid them, and how to deal with an emergency situation.
5. Identify how environmental factors are harmful to a healthy body.
6. Identify the differences between reliable and unreliable sources of health information and provide two examples of each.
7. Identify different ways you can be safe in your daily life.
8. Identify four different emotions and ways in which they can be expressed appropriately.
9. Identify home activities and how they are improving their health and fitness.