

Fitness Power Standards: Second Grade

Tumwater School District

1. Comprehend and demonstrate loco motor skills (i.e. leaping, skipping, and sliding).
2. Understand and demonstrate non loco motor skills (i.e. bending, dodging, and swinging).
3. Cognize and demonstrate manipulative skills (i.e. kicking, catching, and Throwing).
4. Understand and demonstrate spatial awareness (i.e. group and personal space with no collisions).
5. Comprehend and demonstrate rules and safety procedures in a variety of activities (i.e. safe and unsafe behaviors that affect health, wear a helmet, sitting on a swing, tie shoelaces).
6. Comprehend and demonstrate cooperative skills (i.e. working together in group settings).
7. Understand and demonstrate rhythmic skills (i.e. folk dancing)
8. Cognize and exhibit social skills (i.e. respecting others differences and peer pressure).
9. Acquire knowledge and identify large muscles and bones in the body (i.e. quadriceps, biceps, femur, and humerus).
10. Attain knowledge and identify sport skills (i.e. rolling a ball, dribbling, and kicking).

Health Power Standards: Second Grade

Tumwater School District

1. Illustrate the number of servings appropriate for a healthy meal.
2. Identify the basic structure of the skeletal and muscular systems.
3. Identify three communicable diseases that one might come in contact with.
4. Identify a variety of risky situations that you might encounter and prevention strategies.
5. Describe environmental factors that are harmful to a healthy body.
6. Categorize and describe safe and unsafe behaviors that affect health (i.e. bicycle, playground, fire weapons).
7. Recognize how one expresses their emotions towards others impacts relationships.
8. Identify and describe how certain activities can influence specific areas of health and fitness.