

Fitness Power Standards: Third Grade

Tumwater School District

1. Develop and apply patterns of loco motor skills (i.e. skip and hop, run and jump during a movement activity).
2. Create and apply patterns of non-loco motor skill (i.e. dodge and sway, bend and stretch during a movement activity).
3. Comprehend and perform manipulative skills into a lead up game (i.e. throw with mature to a stationary target, catch with two hands, and foot dribble with control).
4. Exhibit rules and safety procedures while participating in a variety of physical activities. (i.e. rules of a game).
5. Resolves conflict respectfully through appropriate social skills (i.e. problem solving).
6. Construct and apply rhythmic skills in physical activities (i.e. forward roll to a cartwheel).
7. Show the location of large muscles and bones in the body (i.e. touch your hamstrings, point to your patella).
8. Practice sport skills (i.e. throw a football, kick a soccer ball)
9. Know concepts of health related fitness (i.e. flexibility, agility, muscular strength).
10. Develop and identify basic fitness vocabulary (i.e. cardio respiratory endurance, strength, flexibility).

Health Power Standards: Third Grade

Tumwater School District

1. Knows that food provides energy.
2. Locate basic systems and describe their main function.
3. Identify the practices that reduce risk factors for non-communicable disease.
4. Recognize the right for the refusal of unsafe activity.
5. Recognize simple first aid for emergency situations (i.e. bee stings, nose bleed, choking).
6. Recognize signals of stress.
7. Identify products that promote health (wear seat belts, bike helmets, etc.).
8. Describe how to avoid risky situations.
9. Develop appropriate emotional-response strategies.
10. Apply health and fitness practices that impacts daily health (sleep, rest, hygiene, dental health).