

## **Fitness Power Standards: Fourth Grade**

### *Tumwater School District*

1. Combine patterns of loco motor and non loco motor skills during a movement activity (i.e. sway and slide).
2. Perform manipulative skills in a team sport (i.e. throwing a baseball, dribbling a soccer ball).
3. Applies rules and safety procedures while participating in a variety of physical activities. (i.e. following the rules of a specific activity).
4. Demonstrates conflict resolution (i.e by describing how to avoid risky situations).
5. Create and demonstrate rhythmic skills in physical activities (i.e. tumbling dance, or jump rope routines)
6. Explain the role of muscles and bones in the body (i.e. bones give structure to the body, muscles attach bone to bone).
7. Demonstrate components of health related fitness (i.e. running a mile, taking an on minute sit up test, performing a sit and reach test).
8. The student continues to develop and identify basic fitness vocabulary (i.e. aerobic and anaerobic exercise, heart rate, resistance).

## **Health Power Standards: Fourth Grade**

### *Tumwater School District*

1. Know and apply the key nutrients (carbohydrates, proteins, fat) in appropriate food groups.
2. Identify the various aspects of harassment and appropriate responses to it (bullying).
3. Describe getting/giving reliable help (i.e. 911, teacher, parent).
4. Describe signals of stress (eustress and stress) and strategies for dealing with it.
5. List criteria for judging reliable sources of health information (parents, medical, and information).
6. Apply appropriate emotional-response strategies.
7. Evaluate and apply health and fitness practices as it impacts daily health.