

Fitness Power Standards: Sixth Grade

Tumwater School District

1. Perform fundamental skills in a variety of movement activities (i.e. running and dribbling, shooting a basketball).
2. Demonstrates knowledge of rules and safety procedures while participating cooperatively in lifetime, individual, dual, and team sports (i.e. understands space when playing a position in a modified game/activity)
3. Understands concepts of health related fitness components and sets goals.
4. Identifies major muscles and skeletal components and understands their function in regards to activities and exercise.
5. Expresses conflict resolutions (i.e. “I” messages, clear “no” statements, suggest alternatives, walk away, applies social skills to keep out of trouble, resist peer pressure).

Health Power Standards: Sixth Grade

Tumwater School District

1. Describe how calories are affected by activity levels by explaining the importance of food choices and portion sizes.
2. Recognizing emergency situations and demonstrate appropriate responses.
3. List actions necessary to implement universal precautions for blood borne pathogens.
4. Recognize individual behaviors/actions that impact air, water, noise, and chemical pollution.
5. Examine positive and negative health messages (media, peers, family, and community).
6. Recognize importance of positive self-concept (i.e. identify verbal/nonverbal communication skills, roles/qualities of a good friend, three positive social skills to avoid risky behaviors).
7. Identify five basic emotions and describe how they affect decision making skills.
8. Monitor health behaviors (diet, sleep, activity, safety) and set a goal for changing a behavior.