

## **Fitness Power Standards: Fifth Grade**

### *Tumwater School District*

1. Combine patterns of loco motor, non loco motor, manipulative, and rhythmic skill in a variety of movement activities (i.e. throw a variety of balls in various activities and changing force, catch and field a variety of balls, foot dribble a ball while changing directions).
2. Exhibits rules and safety procedures when participating cooperatively in a variety of physical activities (i.e. shows rules and etiquette in a variety of games).
3. Understands components of health related fitness and begins to set goals (i.e. I will improve my sit up score by five by practicing one minute each night for two weeks at home).
4. Identify and intensify fitness vocabulary (i.e. goal setting, benefit, body composition, FITT principal).

## **Health Power Standards: Fifth Grade**

### *Tumwater School District*

1. Explain the impact of healthy eating on physical performance and academic performance.
2. Demonstrate skills involved in avoiding risky situations (including refusal skills).
3. .Recognize the consequences of alcohol, tobacco, and other drug use (legal, health risks, parents).
4. Practice stress management strategies.
5. Identify the techniques the media uses for persuasion.
6. Resolve conflict respectfully through appropriate social skills.
7. Understand how emotions influence decision making.
8. Used safety principles when performing age appropriate activities (chores, exercise, stretching, play).
9. Identify the structure and basic function of the reproduction system and the hormonal and physical changes that occur during puberty.