

**NC STANDARD COURSE OF STUDY – GRADES K-5 FOCUS AREAS
HEALTHFUL LIVING/PHYSICAL EDUCATION**

<p>KINDERGARTEN</p> <ul style="list-style-type: none"> • Personal hygiene • Personal responsibility • Personal safety • Recognize categories of My Pyramid and identify healthy food and beverage choices • Develop emerging skills of catching, kicking, throwing, and striking • Heart Rate identification • Respectful participation 	<p>FIRST GRADE</p> <ul style="list-style-type: none"> • Problem solving and decision making • Personal safety • Coping skills • Conflict resolution • Identify a variety of healthy foods from each food group • Recognize heart rate • Demonstration of beginning locomotor, non-locomotor, and manipulative skills • Work cooperatively with others 	<p>SECOND GRADE</p> <ul style="list-style-type: none"> • Honesty, trustworthiness, and respect • Effective interpersonal communication skills • Recognizing bullying behaviors and accessing resources for help • Healthy eating and physical activity • Mature form in skipping, hopping, galloping, and sliding • Developmental movement patterns • Movement control and balance
<p>THIRD GRADE</p> <ul style="list-style-type: none"> • Coping with loss and grief • Communicable and non-communicable diseases • Injury Prevention • Nutrition labels • Differentiating between portions and servings • Dangers of tobacco and other drugs • Catching, throwing, striking, dancing, and basic tumbling • Creating movement sequences • Develop understanding of the components of fitness and healthy living 	<p>FOURTH GRADE</p> <ul style="list-style-type: none"> • Stress management • Bullying and violence prevention • Short term and long term effects of tobacco and other drugs • Health-related fitness testing • Create movement sequence routines using balance, jumping, landing, weight transfer, and rolling movements • The mechanics of performance 	<p>FIFTH GRADE</p> <ul style="list-style-type: none"> • Media literacy • Conflict resolution • Identify feelings of depression and resources for help • Puberty • Self-protection • Elements of the FIT principles • Assessing personal behaviors and taking responsibility for outcome • Manipulative skills that impact the quality of movement patterns

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