

## Komo Kulshan Outdoor School

# Washington State Essential Academic Learning Requirements Health and Fitness

**Komo Kulshan Outdoor School** supports the following Washington State Essential Academic Learning Requirements (EALRs) and Grade Level Expectations (GLEs.)

**EALR 1: The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.**

Component 1.1: Develops movement skills and concepts as developmentally appropriate.

GLE/ Grade benchmark	WASL evidence of learning – Grade 5	KKOS Activity
<b>GLE 1.1.1</b> Applies locomotor, nonlocomotor, and manipulative skills to traditional and nontraditional activities that contribute to movement proficiency as developmentally appropriate.	<ul style="list-style-type: none"> <li>• Demonstrates a variety of balance and control skills in lead-up games and group activities, (e.g. The student will perform an exchange/handoff with control in a relay race.)</li> </ul>	<ul style="list-style-type: none"> <li>• Water Cycle Relay</li> <li>• Electricity Relay</li> <li>• Riparian Forest (Build a Tree)</li> <li>• Rec time/ Trail games</li> </ul>

Component 1.2: the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.

GLE/ Grade 5 benchmark	WASL evidence of learning – Grade 5	KKOS Activity
<b>1.2.1</b> Evaluates safety rules and procedures in a variety of physical activities.	<ul style="list-style-type: none"> <li>• Critiques etiquette and application of rules and procedures.</li> <li>• Applies safety principles when performing age appropriate activities. Example: The student will maintain appropriate distance when riding bikes.</li> <li>• Applies knowledge of safety precautions to take before, during, and after a workout. Example: The student will warm up to stretching.</li> </ul>	<ul style="list-style-type: none"> <li>• Hiking –students learn to follow appropriate safety rules.               <ul style="list-style-type: none"> <li>• staying in signal file lines especially on roads</li> <li>• staying on trails</li> <li>• staying with the group</li> <li>• keeping an appropriate distance between each hikers – especially when going up and down steep slopes</li> <li>• keeping hands free in order to catch oneself in case of tripping.</li> </ul> </li> <li>• Students learn to follow safety precautions before, during and after hiking, such as staying properly hydrated, dressing in layers, and wearing appropriate clothing.</li> </ul>
<b>GLE 1.2.2</b> Analyzes social skills necessary for participation in physical activities.	<ul style="list-style-type: none"> <li>• Integrates cooperation during competitive and noncompetitive activities.</li> <li>• Points out rule violations and uses resolution strategies.</li> </ul>	<ul style="list-style-type: none"> <li>• Water Cycle Relay</li> <li>• Riparian Forest – Trust Walk, Build a Tree.</li> <li>• Rec time/Trail games.</li> </ul>

**EALR 3 – The student analyzes and evaluates the impact of real-life influences on health.**

Component 3.1: Understands how family, culture and environmental factors affect personal health.

<b>GLE/ Grade 5 benchmark</b>	<b>WASL evidence of learning – Grade 5</b>	<b>KKOS Activity</b>
<b>GLE 3.1.2</b> Understands how environmental factors affect health.	<ul style="list-style-type: none"><li>• Describes ways to promote personal health related to environmental factors. Example- Wearing sunscreen, wearing a coat when it's cold outside.</li></ul>	<ul style="list-style-type: none"><li>• All KKOS activities that take place in the field emphasize being ready for environmental conditions with appropriate clothing, equipment, food, and water.</li></ul>

Component 3.5: Applies decision-making skills related to the promotion of health.

<b>GLE/ Grade 5 benchmark</b>	<b>WASL evidence of learning – Grade 5</b>	<b>KKOS Activity</b>
<b>GLE 3.5.1</b> Applies decision making skills.	<ul style="list-style-type: none"><li>• Demonstrates ways to express anger and resolve conflict without violence.</li><li>• Demonstrates how to enlist the help of a responsible adult to mediate conflict.</li></ul>	<ul style="list-style-type: none"><li>• All KKOS activities</li></ul>