

National Physical Education Standards

Standard 1

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2

Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3

Participates regularly in physical activities.

Standard 4

Achieves and maintains a health-enhancing level of physical fitness.

Standard 5

Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6

Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.