NATIONAL STANDARDS FOR P.E.

**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 activity.

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.**