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.**