**National Standards for Physical Education**

***The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.***

To pursue a lifetime of healthful physical activity, a physically literate individual:

* Has learned the skills necessary to participate in a variety of physical activities.
* Knows the implications of and the benefits from involvement in various types of physical activities.
* Participates regularly in physical activity.
* Is physically fit.
* Values physical activity and its contributions to a healthful lifestyle.

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| **Standard 1** | The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. |
| **Standard 2** | The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. |
| **Standard 3** | The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. |
| **Standard 4** | The physically literate individual exhibits responsible personal and social behavior that respects self and others. |
| **Standard 5** | The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. |