**NASPE National Standards**



 **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.

***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.

***Perform. Apply. Maintain. Respect. Value.***