

Physical Education Overarching Statements and Standards

Students understand the value of physical activity and recognize that participation in physical activity can contribute to a healthy lifestyle.

(Descriptor: Students acknowledge the importance of physical activity in relationship to their personal health, enjoyment of each activity, the challenges they encounter, modes of self-expression and social interaction with others.)

Childhood (K-5)	Early Adolescence (6-8)	Adolescence (9-diploma)
3.6	3.6	3.6
5.1	5.1	5.1
5.2	5.2	5.2
5.3	5.3	5.3
5.4	5.4	5.4

Students exhibit responsible behavior that is respectful of self and others.

(Descriptor: Students will utilize communication skills as they work towards cooperative and competitive goals. They will also develop their personal responsibility of self-control and consider the safety of others.)

Childhood (K-5)	Early Adolescence (6-8)	Adolescence (9-diploma)
3.1	3.2	3.1
3.2	3.3	3.2
3.4	3.4	3.3
3.6	3.5	3.4
4.1 (K-2 a & b)	3.6	3.5
4.2 (a & b)	4.1	3.6
4.3	4.2 (a & b)	4.1
	4.3	4.2
		4.3

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Students utilize knowledge and essential skills to establish and maintain a health-enhancing level of fitness.

(Descriptor: Students will demonstrate an understanding of health-related fitness and skill-related fitness proficiency in relationship to training principles, exercise programs and technology. Students will also explore, participate in, and evaluate a variety of physical activities based on health benefits, personal fitness plan development, participant requirements, and community support networks.)

Childhood (K-5)	Early Adolescence (6-8)	Adolescence (9-diploma)
1.1	1.1	1.1
1.2	1.2	1.2
1.3	1.3	1.3
1.4	1.4	2.1
2.1	2.1	2.2
2.2	2.2	3.1
3.1	3.1 (a & b)	3.2
3.2	3.2	3.3
3.3	3.3	3.4
3.4	3.4	3.5
3.5	3.5	3.6
3.6	3.6	4.1
4.1	4.1	4.3
4.2a	4.3	5.1
4.3	5.1	5.2
5.1	5.2	
5.2		
5.3		

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Students move with competence and confidence in a variety of physical activity environments.

(Descriptor: Students will practice a variety of motor skills and movement patterns. They will also utilize strategies and tactics to move and perform with confidence as part of their physical activity.)

Childhood (K-5)	Early Adolescence (6-8)	Adolescence (9-diploma)
1.1	1.1	1.1
1.2	1.2	1.2
1.3	1.3	1.3
2.1	1.4	1.4
2.2	2.1	
3.3	2.2	
3.4	3.3	
3.5	3.4	
4.2.a	3.5	
4.3	3.6	
	4.2 (6-8.a)	