

# Maine Learning Results: Physical Education Standards

## Physical Education Standards

The Guiding Principles guide education in Maine and should be reflected throughout the Physical Education curriculum. Examples of how students can show evidence of those guiding principles in Physical Education may include:

### Guiding Principles

1) Clear and Effective Communicator

**PE** Students use appropriate communication skills and strategies when working with others in a variety of physical activity settings.

2) Self-Directed and Lifelong Learner

**PE** Students practice and apply goal setting skills as they relate to enhancing physical activity and fitness.

3) Creative and Practical Problem Solver

**PE** Students practice and apply critical thinking skills to skill improvement and game strategies.

4) Respectful and Involved Citizen

**PE** Students cooperate and collaborate with others during physical education classes through active, safe and respectful communication and participation.

5) Integrative and Informed Thinker

**PE** Students use information from a variety of sources to modify and improve skills and movement/game strategies.