

# Physical Education Standards

## **Strand 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities**

The intent of this standard is development of the physical skills needed to enjoy participation in physical activities. Mastering movement fundamentals establishes a foundation to facilitate the development of continued motor skill acquisition at all levels.

### **Concept 1: Fundamental Movement Skills**

The concept of movement skills that form foundation for all other motor skills.

### **Concept 2: Rhythmic Movement**

The concept of knowledge and skills to move in response to a beat or rhythm.

### **Concept 3: Complex or Specialized Movement Skills**

The concept of fundamental skills that have been refined and combined to allow for participation in more advanced movement and sport activities.

## **Strand 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.**

The intent of this standard is facilitation of learners' ability to use cognitive information to understand and enhance motor skill acquisition and performance. This includes the knowledge and application of concepts and scientific principles that enhance the likelihood of independent learning.

### **Concept 1: Movement Concepts**

The concept of movement knowledge that enhances the quality and effectiveness of movement.

### **Concept 2: Scientific Principles**

The concept of movement, fitness, and wellness knowledge that influence participation in physical activity.

### **Concept 3: Strategies and Tactics**

The concept of applying skills and game knowledge to engage successfully in physical activity.



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## **Strand 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**

**This standard reflects the development of an awareness of intrinsic values and benefits of participation in physical activity**