

## ***NYS Standards for Physical Education***

### **Personal Health and Fitness**

**Students will** have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

### **A Safe and Healthy Environment**

**Students will** acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

### **Resource Management**

**Students will** understand and be able to manage their personal and community resources.

## **National Standards for Physical Education**

Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

A physically educated person:

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

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

**Standard 3:** Participates regularly in physical activity.

**Standard 4:** Achieves and maintains a health-enhancing level of physical fitness.

**Standard 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

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