

A PHYSICALLY EDUCATED STUDENT:

HAS learned the skills necessary to perform a variety of physical activities.

- 1) Moves using the concepts of body awareness, space awareness, effort and relationships.
- 2) Demonstrates competence in a variety of manipulative, locomotor and non-locomotor skills.
- 3) Demonstrates competence in combinations of manipulative, locomotor and non-locomotor skills performed individually and with others.
- 4) Demonstrates competence in many different forms of physical activity.
- 5) Demonstrates proficiency in a few forms of physical activity.
- 6) Has learned how to learn new skills.

IS physically fit.

- 7) Assesses, achieves and maintains physical fitness.
- 8) Designs safe, personal fitness programs in accordance with the principles of training and conditioning.

DOES participate regularly in physical activity.

- 9) Participates in health enhancing physical activity at least three times a week.
- 10) Selects and regularly participates in lifetime physical activities.

KNOWS the implications of and the benefits from involvement in physical activities.

- 11) Identifies the benefits, costs and obligations associated with regular participation in physical activity.
- 12) Recognizes the risk and safety factors associated with regular participation in physical activity.
- 13) Applies concepts and principles to the development of motor skills.
- 14) Understands that wellness involves more than being physically fit.
- 15) Knows the rules, strategies and appropriate behaviors for selected physical activities.
- 16) Recognizes that participation in physical activity can lead to multicultural and international understanding.
- 17) Understands that physical activity provides the opportunity for enjoyment, self-expression and communication.

VALUES physical activity and its contributions to a healthful lifestyle.

- 18) Appreciates the relationships with others that result from participation in physical activity.
- 19) Respects the role that regular physical activity plays in the pursuit of lifelong health and well-being.
- 20) Cherishes the feelings that result from regular participation in physical activity.

Taken from *Outcomes of Quality Physical Education Programs*.