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.