

STANDARD #1

Demonstrates competency in a variety of motor skills and movement patterns.

(on-task developing skills, follows directions)

STANDARD #2

Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

(attentive, plays by the rules, uses strategies/tactics)

STANDARD #3

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

(effort, initiative to improve fitness)

STANDARD #4

Exhibits responsible personal and social behavior that respects self and others.

(respectful, sportsmanship, safe, cooperative, follows school rules, uses appropriate language, self-control)

STANDARD #5

Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

(comes on time and prepared, positive attitude)