

NASPE Standards

- ◇ Participate in and understand the costs and benefits of health-enhancing physical activity.
- ◇ Demonstrate responsible personal and social behavior in physical activity settings.
 - ◇ Understand that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction.
 - ◇ Achieve and maintain personal physical fitness goals.
 - ◇ Apply movement concepts and principles to the learning and development of motor skills.
- ◇ Demonstrate competency in many movement forms and proficiency in a few movement forms.
- ◇ Demonstrate understanding and respect for differences among people in physical activity settings.

The **National Association for Sport and Physical Education (NASPE)** is a nonprofit professional organization comprised of individuals engaged in the study of human movement and the delivery of sport and physical activity programs. Educating the American public about the importance of physical education for all children and youth is a primary focus. NASPE's more than 20,000 members include K-12 physical educators, college and university faculty, researchers, coaches, athletic directors and trainers. It is an association of the American Alliance for Health, Physical Education, Recreation and Dance.

NASPE Content Standards in Physical Education

A physically educated person:

- 1. Demonstrates competency in many movement forms and proficiency in a few movement forms.**
- 2. Applies movement concepts and principles to the learning and development of motor skills.**
- 3. Exhibits a physically active lifestyle.**
- 4. Achieves and maintains a health-enhancing level of physical fitness.**
- 5. Demonstrates responsible personal and social behavior in physical activity settings.**
- 6. Demonstrates understanding and respect for differences among people in physical activity settings.**
- 7. Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.**