**PHYSICAL EDUCATION NATIONAL STANDARDS**

**National Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**National Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**National Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**National Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**National Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.