**PHYSICAL EDUCATION NATIONAL STANDARDS**

**National Standard 1:** Competency in a variety of motor skills and movement patterns.

**National Standard 2:** Knowledge of concepts, principles, strategies and tactics related to movement and performance.

**National Standard 3:** Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**National Standard 4:** Responsible personal and social behavior that respects self and others.

**National Standard 5:** Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.