**Physical Education Standards: The Physically Literate Individual**

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

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

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

*and fitness.*

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

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

*interaction.*

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