

PHYSICAL FITNESS POWER STANDARDS

2013-2014

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. **“I can move correctly.”**

Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. **“I can train me and I can train others.”**

Participates regularly in physical activity. **“I participate regularly.”**

Achieves and maintains a health enhancing level of physical fitness. **“I am fit.”**

Exhibits responsible personal and social behavior that respects self and others in physical activity settings. **“I can participate cooperatively in physical activities.”**

Values physical activity for health, enjoyment, challenge, self expression and/or social interaction. **“I value PE, fitness and health.”**