

# Academic Outcomes: Physical Education

## Overarching Standards K-8

**Standard 1:** Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.

- Movement Concepts
- Body Management
- Locomotor Movement
- Manipulative Skills
- Rhythmic Skills
- Combinations of Movement Patterns and Skills

**Standard 2:** Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.

- Movement Concepts
- Body Management
- Manipulative Skills
- Rhythmic Skills
- Combinations of Movement Patterns and Skills

**Standard 3:** Students assess and maintain a level of physical fitness to improve health and performance.

- Fitness Concepts
- Aerobic Capacity
- Muscular Strength/Endurance
- Flexibility
- Body Composition
- Assessment

**Standard 4:** Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

- Fitness Concepts
- Aerobic Capacity
- Muscular Strength/Endurance
- Flexibility
- Body Composition

**Standard 5:** Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

- Self-Responsibility
- Social Interaction
- Group Dynamics