

# What I Learn in PE Class

In physical education class, your teacher bases lessons on the **National Standards for K–12 Physical Education** to teach you how to become a physically literate individual. Being physically literate means that you know how to be physically active and, because you know how to be physically active, you enjoy making physical activity a part of your life. Learning the skills now to become physically literate will help you continue to lead a healthy and physically active lifestyle as an adult.

Look at the **National Standards** to help you understand what you are learning in PE.

## A physically literate individual:

## What this means to me:

1

demonstrates competency in a variety of motor skills and movement patterns.

I use a variety of skills to participate in physical activities.

2

applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

I apply concepts related to movement whenever I'm physically active.

3

demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

I know and practice the skills that help me maintain a healthy lifestyle.

4

exhibits responsible personal and social behavior that respects self and others.

I act fairly, responsibly and respectfully when I participate in activities.

5

recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

I recognize the value of physical activity to my overall health.