

National Physical Education Standards	Health Related Fitness Components	Skill Related Fitness Components	Fitness Guidelines & Principals
<u>Standard 1</u> <b>Skills</b>	Aerobic Capacity – Cardiovascular Endurance	Agility	FITT Guidelines
<u>Standard 2</u> <b>Concepts</b>	Body Composition	Balance	Individuality
<u>Standard 3</u> <b>Fitness</b>	Flexibility	Coordination	Overload
<u>Standard 4</u> <b>Responsibility</b>	Muscular Endurance	Power	Progression
<u>Standard 5</u> <b>Challenge</b>	Muscular Strength	Reaction Time	Regularity
		Speed	Specificity