

# **Physical Education Content Standards with Essential Questions**

## **Content Standard 1: Motor Skill Performance**

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

*What different ways can the body move given a specific purpose?*

## **Content Standard 2: Applying Concepts and Strategies**

Students will demonstrate an understanding of movement concepts and principles and strategies as they apply to the learning and performance of physical activities.

*How can we move effectively and efficiently?*

## **Content Standard 3: Engaging in Physical Activity**

Students will participate regularly in physical activity.

*What can we do to be physically active and why is this important?*

## **Content Standard 4: Physical Fitness**

Students will incorporate fitness and wellness concepts to achieve and maintain a health enhancing level of physical fitness.

*Why is it important to be physically fit and how can we stay fit?*

## **Concept Standard 5: Responsible Behavior**

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

*How do we interact with others during physical activity?*

## **Content Standard 6: Benefits of Physical Activity**

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

*How will physical activity help us now and in the future?*