

# What I Learn in PE Class

Every day, your physical education teacher uses the **National Standards for K-12 Physical Education** to help you become a physically literate person. Being physically literate is a fancy way of saying that you know how to be physically active and that you enjoy being physically active. Learning to be physically literate in physical education class now will help you continue to be healthy and active when you grow up.

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 have the skills to move and play.

2

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

I show that I know how to move and use a plan when I play games.

3

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

I show that I know how to get fit and stay fit.

4

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

I act fairly and respectfully when I play.

5

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

I know why it is important to be physically active.