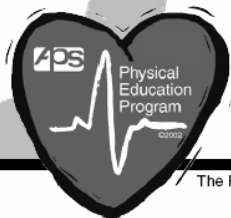


STANDARD
1

MOTOR SKILLS

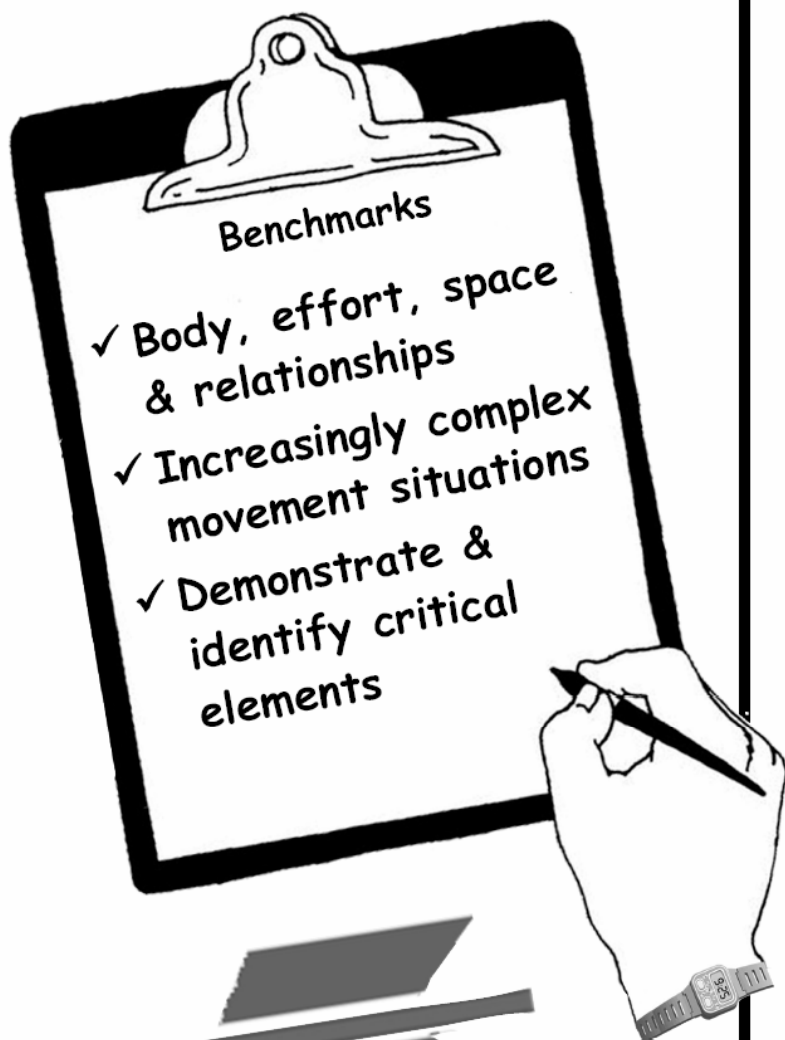


== Demonstrates competency in many movement forms and proficiency in a few movement forms

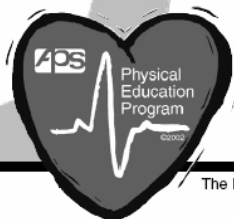


STANDARD
2

LEARNING CONCEPTS



≡ Applies movement concepts and principles to the learning and development of motor skills



STANDARD
3

ACTIVE LIFESTYLE



Benchmarks

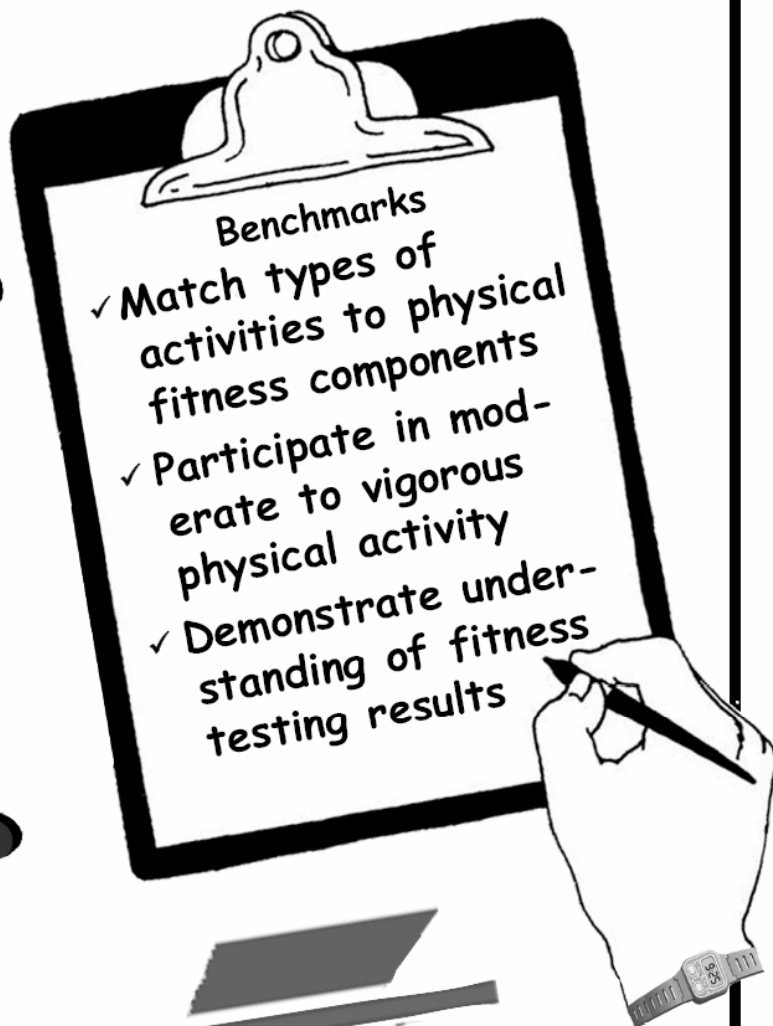
- ✓ Select & participate in physical activity regularly
- ✓ Identifies benefits of physical activity

== Exhibits knowledge and ability to participate in a physically active lifestyle



STANDARD
4

IS PHYSICALLY FIT



- Benchmarks**
- ✓ Match types of activities to physical fitness components
 - ✓ Participate in moderate to vigorous physical activity
 - ✓ Demonstrate understanding of fitness testing results

= Achieves and maintains a health enhancing level of physical fitness

