CALIFORNIA PHYSICAL EDUCATION STANDARDS

**STANDARD 1**: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**STANDARD2**: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement patterns

**STANDARD 3**: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**STANDARD 4**: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**STANDARD 5**: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction