**National Association for Sport and Physical Education Standards**

**NASPE Standard 1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.  
  
NASPE Standard 2. Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.  
  
NASPE Standard 3. Participates regularly in physical activity.**

**NASPE Standard 4. Achieves and maintains a health enhancing level of physical fitness.**

**NASPE Standard 5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.**

**NASPE Standard 6. Values physical activity for health, enjoyment challenge, self-expression, and/or social interactions.**