

7 NATIONAL PE STANDARDS by the National Association of Sport and Physical Education (NASPE)

1. Demonstrates competency in many *movement forms* and proficiency in a few
2. Applies *movement concepts* and *principles* to the learning and development of motor skills
3. Exhibits a *physically active lifestyle*
4. Achieves and maintains a health-enhancing level of *physical fitness*
5. Demonstrates *responsible personal and social behavior* in physical activity settings
6. Demonstrates understanding and *respect for differences* among people in physical settings
7. Understands that physical activity provides opportunities for *enjoyment, self-expression, and social interaction*

#1 MOVEMENT FORMS

- Develop motor pattern for climbing
- Cross the mid-line
- Bilateral

#2 MOVEMENT CONCEPTS

- apply body awareness concept
- base of support
- transfer of weight at high levels

#3 PHYSICALLY ACTIVE LIFESTYLE

- a new activity to participate in outside of PE
- lifetime leisure activity

#4 HEALTH-ENHANCING LEVEL OF FITNESS

- develops flexibility, ms strength and endurance, and cardiovascular
- part gymnastic, part ballet

#5 PERSONAL RESPONSIBILITY and SOCIAL BEHAVIOR

- safety protocols for equipment
- climbing commands

#6 RESPECT for DIFFERENCES

- success at different levels
- supports others

#7 CHALLENGE, SELF EXPRESSION, ENJOYMENT

- challenge by choice
- colorful culture
- “that was fun!”