

**PHYSICAL EDUCATION STANDARDS  
for  
U.S.D. #230**

**Standards**

1. Demonstrated competency in many movement forms.
2. Applies movement concepts and principles to the learning and development of motor skills.
3. Achieves and maintains a health-enhancing level of physical fitness.
4. Demonstrates responsible, personal, and social behavior in physical activity settings.
5. Demonstrates understanding and respect for differences among people in physical activity settings.
6. Understands that physical activity provides the opportunity for life-long enjoyment.