



Archdiocese of Philadelphia

Physical Education Standards (K-8)

- 1. Movement Skills** Physical performance involves competency in a wide range of motor, non-motor, and manipulative skills. Learning is developmental, building simple movements into more complex patterns.
- 2. Physical Activity** Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment. Regular physical activity is necessary to sustain fitness and health.
- 3. Safety, injury prevention, and personal responsibility** Learn skills to ensure health and safety such as conflict resolution, accepting responsibility for yourself and others, treating others with respect, and using safe practice.