

Physically Educated People

What is a physically educated person?

A physically educated person is one who:

1. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities
3. Participate regularly in physical activity
4. Achieve and maintain a health enhancing level of physical fitness
5. Exhibit responsible personal and social behavior that respects self and others in physical activity settings
6. Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction

Reference

The National Association for Sport and Physical Education. (2004). Moving into the future: National standards for physical education (2nd ed.). Reston, VA: Author.