



# **Winterset Community Schools**

## **Physical Education Standards**

**Standard 1: Uses a variety of basic and advance movement forms.**

**Standard 2: Uses movement concepts and principles in the development of motor skills.**

**Standard 3: Understands the health-related benefits associated with participation in physical activity.**

**Standard 4: Understands how to monitor and maintain a health-enhancing level of physical fitness.**

**Standard 5: Understands the social and personal responsibility associated with participation in physical activity.**

**Standard 6: Understands and respects the differences among people in physical activity settings.**

**Standard 7: Understands that physical activity provides opportunities for enjoyment, challenge, self expression, and social interaction.**