

CALIFORNIA PHYSICAL EDUCATION K-8 MODEL CONTENT STANDARDS

1	Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
2	Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.
3	Assess and maintain a level of physical fitness to improve health and performance.
4	Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
5	Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.