PE STANDARDS TRACKER

STUDENT NAME	1. MOTOR SKILLS Performs fundamental and specialized movement skills correctly.	2. MOVEMENT CONCEPTS Applies movement concepts, tactics, and strategies.	3. HEALTH & FITNESS KNOWLEDGE Understands fitness principles and healthy movement.	4. FITNESS PARTICIPATION Participates in activities that improve fitness.	5. PERSONAL RESPONSIBILITY Demonstrates self-control, responsibility, and safe behavior.	6. SOCIAL RESPONSIBILITY Works respectfully and cooperatively with others.	7. COMMUNICATION Communicates effectively during physical activity.	8. SELF-MANAGEMENT Sets goals, stays on task, and manages behavior independently.	9. CONFIDENCE Participates with confidence and persistence.	10. ENJOYMENT Shows enjoyment and a positive attitude toward physical activity.	11. VALUES PHYSICAL ACTIVITY Recognizes the importance and benefits of being active.	12. LIFELONG PHYSICAL ACTIVITY Demonstrates habits and choice that support lifelong physical activity.