

## NASPE Content Standard #3 Active Lifestyle

A physically educated person participates regularly in physical activity.

### **Kindergarten**

- Distinguish between activities that are healthy and not healthy.

### **1<sup>st</sup> Grade**

- Identify at least three healthy activities in which they participate.

### **2<sup>nd</sup> Grade**

- Explain why it is important to participate in healthy activities.

### **3<sup>rd</sup> Grade**

- Identify the benefits of frequent physical activity.

### **4<sup>th</sup> Grade**

- Identify the benefits of at least three physical activities in which they participate.

### **5<sup>th</sup> Grade**

- Identify opportunities for regular participation in physical activity.

### **6<sup>th</sup> Grade**

- Experience and identify opportunities for regular participation in physical activity outside the classroom.

### **7<sup>th</sup> Grade**

- Demonstrate the importance of participating in physical activity outside of physical education class.

### **8<sup>th</sup> Grade**

- Explain the importance of making positive decisions to improve and maintain a healthy lifestyle on a regular basis.

### **9<sup>th</sup> Grade**

- Identify in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle.
- Demonstrate the ability to monitor and adjust activity to meet personal physical activity needs.