

Sample Physical Education Goals

Generic School District

- Goal 1:** Students will demonstrate competence in selected motor skills.
- Goal 2:** Students will achieve and maintain health-related standards on selected physical fitness indicators.
- Goal 3:** Students will demonstrate competence on cognitive concepts necessary to successfully manage one's own health-related physical activity over their lifetime.
- Goal 4:** Students will exhibit appropriate personal-social-attitudinal character traits while participating in physical activity and to assign value to living an active lifestyle.
- Goal 5:** Students will demonstrate competence in selected health-enhancing lifelong leisure activities and entry-level performances on others.

Curriculum Goals for State of Missouri

Upon exit of each level of study, students will:

1. Develop the appropriate components of physical fitness.
2. Know the implications of and the benefits from involvement in physical activity.
3. Value physical activity and its contributions to a healthy lifestyle.
4. Develop skills and knowledge necessary to perform a variety of physical activities.
5. Apply health and safety standards as related to group and individual activities.

National Physical Education Content Standards

The following physical education goals are from the National Association for Sport and Physical Education (NASPE), a division of the American Alliance for Health, Physical Education, Recreation and Dance. The reference for these materials is: National Association for Sport & Physical Education (1995). *Moving into the Future. National Physical Education Standards: A Guide to Content and Assessment*. Mosby: St. Louis

A physically educated person:

1. Demonstrates competency in many movement forms and proficiency in a few movement forms.
2. Applies movement concepts and principles to the learning and development of motor skills.
3. Exhibits a physically active lifestyle.
4. Achieves and maintains a health-enhancing level of physical fitness
5. Demonstrates responsible personal and social behavior in physical activity settings.
6. Demonstrates understanding and respect for differences among people in physical activity settings.
7. Understands that physical activity provides opportunity for enjoyment, challenge, self-expression, and social interaction.

**Mid-continent Research for Education and
Learning Physical Education Content Standards**

1. Uses a variety of basic and advanced movement forms
2. Uses movement concepts and principles in the development of motor skills
3. Understands the benefits and costs associated with participation in physical activity
4. Understands how to monitor and maintain a health-enhancing level of physical fitness
5. Understands the social and personal responsibility associated with participation in physical activity