



## Standards- Based Education Priority Standards

# PE 6

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### [PE Standards](#)     [Health Standards](#)

- PS 1     \*I can identify the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
- PS 2     \*I can demonstrate knowledge of concepts and strategies related to movement, performance and cooperation.
- PS 3     \*I can demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- PS 4     \*I can demonstrate responsible personal and social behavior that respects self, others, and equipment.
- PS 5     I can learn ways to improve mental health and manage stress.
- PS 6     I can adopt health-promoting and risk-reducing behaviors to prevent substance abuse.
- PS 7     I can understand and respect self and others related to human development and relationships.
- PS 8     I can understand concepts related to health promotion and disease prevention.
- PS 9     I can adopt behaviors to maintain personal health and safety and develop appropriate strategies to resolve conflict.
- PS 10    I can understand how a healthy diet and exercise can increase the likelihood of physical and mental wellness.

\* Multi-quarter standard

