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| **Standard 1: Personal Health and Fitness** |
| Has the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. |
| Participates in physical activities that provide conditioning for each fitness area. |
| Develop physical fitness skills through regular practice, effort, and perseverance. |
| Demonstrates mastery of fundamental motor, non-locomotor, and manipulative skills. |
| **Standard 2: Safe and Healthy Engagement** |
| Demonstrates responsible personal and social behavior while engaged in physical activity. They will understand that physical activity provides the opportunity for enjoyment, challenge, self-expression, and communication. |
| Contributes to a safe and healthy environment by observing safe conditions for games, recreation, and outdoor activities. |
| Works constructively with others to accomplish a variety of goals and tasks |
| Demonstrates care, consideration, and respect of self and others during physical activity |
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| **Key for Characteristics of a Successful Learner** |
| Exceeds Expectations E |
| Consistently meeting expectations M |
| Working toward expectations W |
| Experiencing difficulty with expectations N |