

CCSU K-12 Power Standards Physical Education

Physical Education Power Standard #1: Motor Skills and Movement

Students know and apply both fundamental and complex motor skills and movement patterns that can be transferred to a variety of physical activities. (Aligns Vermont Standards 2.3, and 3.6)

Physical Education Power Standard #2: Concepts, Vocabulary, and Strategies

Students know and apply movement concepts and principles, sports vocabulary, and strategies and tactics related to physical activities.

Physical Education Power Standard #3: Fitness

Students know and apply fitness concepts to the five components of health-related fitness. (Aligns with Vermont Standards 3.1, 3.5, and 3.6)

Physical Education Power Standard #4: Safety and Responsibility

Students practice safe and responsible behaviors that promote personal and group success in all physical activity settings. (Aligns with Vermont Standards 1.13, 1.15, 3.3, 3.5, 3.11)

Physical Education Power Standard #5: Participation

Students participate regularly in a variety of individual and group physical activities which promote enjoyment, self-confidence, and personal accomplishment, that lead to an active lifestyle.