

**ADAMS COUNTY/OHIO VALLEY SCHOOL DISTRICT
POWER STANDARDS (INDICATORS)
PHYSICAL EDUCATION
K-12**



Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Demonstrate understanding of movement concepts, principals, strategies, and tactics as they apply to the learning performance of physical activities.

Participate regularly in physical activity.

Achieve and maintain a health-enhancing level of physical fitness.

Exhibit responsible, personal, and social behavior that respects self and others in physical activity settings.

Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.