

NC Essential Standards Alignment

NASPE National Physical Education Standards	NC Physical Education Essential Standards
1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	1. Apply competent motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	2. Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.
3. Participates regularly in physical activity.	3. Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.
4. Achieves and maintains a health-enhancing level of physical fitness.	3. Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.	4. Use behavioral strategies that are responsible and enhance respect of self and others and value activity.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	4. Use behavioral strategies that are responsible and enhance respect of self and others and value activity.