

National PE Standards:

1. **Develops a variety of motor skills.**
2. **Applies knowledge related to movement and fitness concepts.**
3. **Develops social skills through movement.**
4. **Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity.**

<https://www.shapeamerica.org/standards/pe/new-pe-standards.aspx>

NM PE Standards:

1. [Motor Skills and Movement Patterns](#): Students should develop competency in a variety of physical activities and movement patterns. This includes learning fundamental movements, sport-specific skills, and the ability to adapt movements to different environments.
2. [Concepts, Principles, Strategies, and Tactics](#): Students should understand the concepts, principles, strategies, and tactics related to movement and performance. This includes knowledge of biomechanics, kinesiology, and the application of these concepts in various physical activities.
3. [Health-Enhancing Physical Activity and Fitness](#): Students should develop the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. This includes

understanding the components of fitness (cardiovascular endurance, muscular strength and endurance, flexibility, and body composition) and developing personalized fitness plans.

4. [Responsible Personal and Social Behavior:](#)

Students should demonstrate responsible personal and social behavior that respects themselves and others. This includes exhibiting cooperation, communication, conflict resolution, and ethical behavior in physical activity settings.

5. [Value of Physical Activity:](#) Students should recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction. This includes understanding the intrinsic and extrinsic benefits of physical activity and developing a lifelong commitment to physical activity.