



National Physical Education Standards

Public Review and Comment #2

February 20 – April 3, 2023

**Student Attributes
Draft Standards**

Presented by the
SHAPE America National Physical Education Standards Task Force

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Introduction

This second round of Public Review and Comment includes proposed **Student Attributes** and **Draft Standards**, which were developed by the SHAPE America National Physical Education Standards Task Force based on feedback received during the first round of Public Review and Comment.

The Student Attributes and Draft Standards focus on the well-being of the whole person and their physical literacy journey. The standards consider the psychomotor, cognitive, affective, and social learning domains essential to facilitating the physical literacy journey of preK-12 learners.

The physical literacy journey involves the ongoing acquisition and application of the knowledge, skills, and dispositions necessary for engagement in a lifetime of healthful and meaningful physical activity. The proposed Draft Standards are responsive to the developmental stages of preK-12 learners and are designed to help everyone strive to reach their full potential.

Physical literacy is based on the premise that everyone can acquire and apply knowledge and skills to move more confidently in physical activities that are motivating and enjoyable to the individual. The physical literacy journey is inclusive; it is for all individuals regardless of their ability, age, class, gender, or race.

The development of physical literacy for preK-12 learners is dependent upon quality instruction and opportunities to become more skilled, knowledgeable, and confident movers. The proposed Draft Standards have been designed so teachers can easily build relevant and developmentally appropriate learning experiences that engage all preK-12 learners in their own meaningful physical literacy journey.

Student Attributes

Student Attribute: Motor Skill Development

Draft Standard: Develops a variety of motor skills.

Brief Description:

Through learning experiences that are responsive to their stage of development, students develop motor skills and demonstrate movement concepts across a variety of environments. These experiences are appropriately challenging, socially engaging, personally relevant, and enjoyable. Students' engagement in movement experiences and development of motor skills contribute to their competence, confidence, and physical literacy journey.

Potential Strands:

Fundamental and Specialized Skills

Locomotor Skills

Non-Locomotor Skills

Manipulative Skills

Movement Concepts: Space, Effort, Relationship Awareness

Dance and Rhythms

Games and Sports

- Invasion
- Net and Wall
- Target
- Fielding and Striking
- Individual Sports (e.g., Track & Field, Golf, Archery)

Outdoor Pursuits

Aquatics

Fitness Activities

- Health-Related
- Skill-Related

Student Attribute: Knowledge to Move**Draft Standard: Applies knowledge and strategies related to movement.****Brief Description:**

Through learning experiences, students acquire movement-related knowledge. Students use this knowledge to analyze environments, situations, and factors, enabling them to apply appropriate movement concepts, strategies, tactics, and principles. Students also develop knowledge of health-related (fitness) concepts that are used to analyze factors and apply strategies to influence health and well-being. This knowledge acquired through movement helps maximize potential and further develops individuals' physical literacy journey.

Potential Strands:

Game Strategies

Movement Concepts, Principles, and Knowledge

Analyze Environments, Situations, and Factors

Health-Related Fitness Knowledge

Goal Setting

Analyzing Health-Related Factors

Personal Health Practices

Nutrition

Benefits of Physical Activity

Student Attribute: Personal and Social Skills

Draft Standard: Develops personal and social skills related to movement.

Brief Description:

Through learning experiences, students develop the knowledge and skills necessary to manage emotions, express their true authentic selves, exhibit empathy and respect for others, and foster and maintain relationships. In addition, students develop skills for communication, leadership, and cultural awareness to manage various situations and solve problems in a variety of physical activity settings. Students develop their social and emotional skills by experiencing explicit, meaningful, and culturally affirming learning opportunities. Developing personal and social skills to maximize enjoyment and potential are integral to students' well-being and physical literacy journey.

Potential Strands

Self-awareness

- Advocacy for Self
- Decision Making
- Personal responsibility
- Accepting feedback

Self-management

- Safety
- Rules and etiquette
- Stress Management

Relationship Skills

- Team building
- Conflict resolution
- Seeking and offering support
- Leadership
- Working with others

Social Awareness

- Cultural Awareness
- Advocacy for Others

Student Attribute: Motivated Through Movement

Draft Standard: Identifies personal benefit of movement and responds to motivations.

Brief Description:

Through learning experiences, students identify personal meaning and relevance of movement and respond to various motivations to move (e.g., social interactions, exploration, choice, enjoyment, self-expression, appropriate levels of challenge, enhanced health and/or increased physical activity). Finding personal benefit from movement leads to an appreciation for the contribution of movement to an individual's well-being and physical literacy journey.

Potential Strands

Autonomy

- Control of Goals
- Exploration
- Choice
- Individual Mastery
- Appropriate Levels of Challenge
- Improvement

Self-Awareness

- Self-Expression and Enjoyment
- Personal Health
- Rationale for Movement Choices

Personal relevance

- Value
- Interests
- Enjoyment
- Will
- Satisfaction

Relatedness

Engagement in Physical Activity

Standards Crosswalk

2004 NASPE Standards	2013 SHAPE America National Standards	April 2022 SHAPE America Draft Standards Public Review & Comment #1	February 2023 SHAPE America Draft Standards Public Review & Comment #2
Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.	Demonstrates competency in a variety of motor skills and movement patterns.	Motor Competency Engages in meaningful movement experiences to develop movement competency.	Motor Skill Development Develops a variety of motor skills.
Achieves and maintains a health-enhancing level of physical fitness.	Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	Well-Being Analyzes factors and applies strategies that affect well-being.	Knowledge to Move Applies knowledge and strategies related to movement.
Participates regularly in physical activity.	See above.		
Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.	Well-Being Analyzes factors and applies strategies that affect well-being.	Knowledge to Move Applies knowledge and strategies related to movement.
Exhibits responsible personal and social behavior that respects self and others in physical activity settings.	Exhibits responsible personal and social behavior that respects self and others.	Social Responsibility and Emotional Well-Being Exhibits positive personal, social, and emotional skills to enhance well-being.	Personal and Social Skills Develops personal and social skills related to movement.
Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction	Meaningful Movement Experiences Reflects on movement experiences to determine meaningfulness.	Motivated Through Movement Identifies personal benefit of movement and responds to motivations.