

Physical Education should not be substituted with another subject unless it meets the same student learning objectives

SHAPE America's Guide for Physical Education Policy –

“State does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.”

Standards for Physical Education



Standards for ROTC



Standards for Marching Band

- The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

- To appreciate the ethical values and principles that underlie good citizenship.
- To be able to think logically and to communicate effectively with others, both orally and in writing.
- To appreciate the importance of physical fitness in maintaining good health.
- To understand the importance of high school graduation for a successful future, and learn about college and other advanced educational and employment opportunities.
- To develop mental management abilities.
- To become familiar with military history as it relates to America's culture, and understand the history, purpose, and structure of military services.
- To develop the skills necessary to work effectively as a member of a team.

- Identifying and demonstrating movement techniques (body alignment, strength, stamina).
- Identifying and demonstrating healthy lifestyle habits (nutrition, skin care, hydration).
- Demonstrating and understanding proper rehearsal techniques to insure safe, healthy, and effective rehearsal and performance (handling equipment, set up/break down).
- Responding and adapting to environmental conditions and changes (sun, wind, heat/cold, attire, footwear, indoor/outdoor).
- Demonstrate and apply critical thinking and analytical techniques and skills to insure effective performances (leadership/fellowship skills, error correction techniques).