

<p>performance of physical activities.</p> <p>Standard 3: Participates regularly in physical activity.</p> <p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness.</p> <p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p>	<ul style="list-style-type: none"> • People who are fit engage in physical activity on a regular basis. (Fitness) NS: 2, 3, and 4 • Participation in physical activities and/or sports will provide an opportunity for developing an understanding and respect for differences among people. (Sportsmanship) NS: 5 • Leadership is best shown through 	<ul style="list-style-type: none"> • What daily physical activities do I participate in? • What are the health benefits of being physically active? • How do I participate in physical activity safely? • What is good sportsmanship? 	<ul style="list-style-type: none"> • Engages in daily physical activities. • Recognizes the five health related fitness components. • Identifying fitness strengths and weaknesses from fitness testing. • Demonstrates and understands the purpose of safe practices and adherence to rules and procedures. • Identifies and displays characteristics of sportsmanship. 		
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<p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</p>	<p>actions that encourage everyone to perform better. (Leadership) NS: 5</p> <ul style="list-style-type: none"> Positive decision making about fitness contributes to a healthy lifestyle. (Wellness) NS: 6 	<ul style="list-style-type: none"> Why is physical activity important? 	<ul style="list-style-type: none"> Applies and demonstrates the value and benefits of physical activity. 		