

Delaware Standards for Physical Education

Developed by the DE Physical Education Standards Review and Curriculum Design Team

Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

A physically educated person:

- Standard 1: Demonstrates competency in motor skills and movement
Patterns needed to perform a variety of physical activities
- Standard 2: Demonstrates understanding of movement concepts,
principles, strategies, and tactics as they apply to the
learning and performance of physical activities
- Standard 3: Participates regularly in physical activity
- Standard 4: Achieves and maintains a health-enhancing level of
physical fitness
- Standard 5: Exhibits responsible personal and social behavior that
respects self and others in physical activity settings
- Standard 6: Creates opportunities for health, enjoyment, challenge,
self-expression, and/or social interaction through physical
activity