

# HIGH-QUALITY PHYSICAL EDUCATION IS THE FOUNDATION FOR A HEALTHY LIFE.

You want your students to be the healthiest they can be. Quality instructional programs in physical education can help! They're essential for building a foundation for lifelong healthy living. Physical education (P.E.) helps students develop physical literacy and the ability, confidence and desire to be physically active for life. These programs empower students with the knowledge, skills and behaviors for healthy active living, sportsmanship, self-efficacy and emotional intelligence.

**It is P.E. for life.**

## IOWA'S PHYSICAL EDUCATION STANDARDS

Iowa's recommended physical education standards follow the Society of Health and Physical Educators (SHAPE) America standards and grade-level outcomes. These standards provide a foundation for Iowa school districts to implement high-quality physical education programs.

The five anchor standards cover a wide range of knowledge, skills and behaviors for healthy, active living.

**STANDARD 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

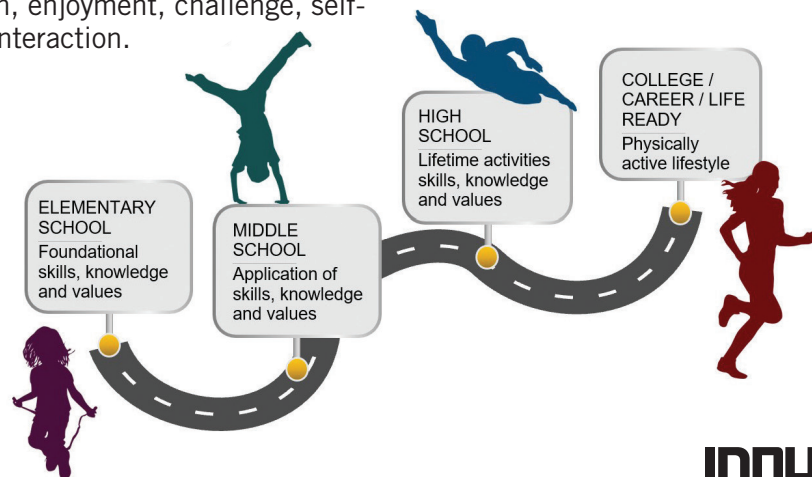
**STANDARD 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**STANDARD 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**STANDARD 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**STANDARD 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

## THE ROAD TO A LIFETIME OF PHYSICAL ACTIVITY



## IMPLEMENTING P.E. FOR LIFE

Physical education is a part of a well-rounded education. What does high-quality physical education look like? It can vary depending on student and school needs and resources. Physical education requirements and standards provide a framework while allowing for local implementation.

Some essential components of high-quality physical education include:

- Administrative and policy support
- Standards alignment
- Family engagement
- Student engagement

Provide a road to a lifetime of physical activity for your students. Implement high-quality, standards-aligned physical education!

SEARCH "PHYSICAL EDUCATION"

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