

Adapted Physical Education Curriculum Standards

Movement Skills and Movement Knowledge

Curriculum Standard 1

The student will be exposed to a variety of movement activities and will become competent in several, depending on student ability.

Curriculum Standard 2

The student will be introduced to movement concepts and principles in accordance with cognitive ability and will apply some of these while moving.

Curriculum Standard 3

The student will achieve and maintain a health-enhancing level of fitness.

Curriculum Standard 4

The student will regularly experience recreation/leisure and fitness activities.

Self-Image and Personal Development

Curriculum Standard 5

The student will demonstrate appropriate behavior while participating in movement activities.

Curriculum Standard 6

Students will apply recreation/leisure and fitness skills to other life activities.

Social Development

Curriculum Standard 7

The student will demonstrate appropriate interaction with others while participating in movement activities.

Curriculum Standard 8

The student will experience a variety of multicultural movement activities.

These eight standards are repeated at each grade level (K-12) and have from two to seven exit expectations for each standard. These exit expectations are sequential and age and grade level appropriate and reflect the grade level theme. Refer to Appendix F.