

## IDAHO CONTENT STANDARDS

### PHYSICAL EDUCATION K-12

During the fall of 2015, the Idaho State Department of Education convened a committee of physical educators and health professionals to review the Idaho Content Standards for Physical Education. This committee represented educators from around the state, elementary teachers through college professors, and health professional partners. This document contains justifications and clarifications to the committee's proposed changes to the Idaho Physical Education Standards K-12.

The Idaho Physical Education Standards are divided by grade bands: K-2, 3-5, 6-8, and 9-12.

Each grade band has the same five standards: 1. Skilled Movement, 2. Movement Knowledge, 3. Valuing a Physically Active Lifestyle, 4. Health Enhancing Personal Fitness, and 5. Personal and Social Responsibility.

The changes included updated terms, including physical literacy. Physical literacy possesses both the knowledge and ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the health development of the whole person. The names of specific programs and assessments from the previous standards were removed and general terms replaced them (i.e., Fitnessgram or President's Council were replaced by evidence-based fitness tests). Examples for objectives were updated with current physical education skills and health related fitness activities.