

- PS 1 Students will achieve a level of competency in motor skills and movement patterns. ([Strand 1](#))
- PS 2 Students will apply knowledge to attain efficient movement and performance. ([Strand 2](#))
- PS 3 Students will understand the components necessary to maintain a healthy level of fitness to support physical activity. ([Strand 3](#))
- PS 4 Students will evaluate levels of activity, and make adjustments to increase fitness benefits by increasing pace and adding time and/or repetitions. ([Strand 3](#))
- PS 5 Students will develop cooperative skills and positive personal behavior through communication and respect for self and others. ([Strand 4](#))
- PS 6 Students will exhibit proper etiquette, respect for others, and teamwork while engaging in physical activity and/or social dance. ([Strand 4](#))
- PS 7 Students will use communication skills and strategies that promote team/group dynamics. ([Strand 4](#))