

**New York State Learning Standards for Health, Physical Education,  
and  
Family and Consumer  
Sciences  
with Key Ideas for Physical Education  
(1996)**

Learning Standard 1

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Physical Education Key Idea

- A. Students will perform basic motor and manipulative skills. They will attain competency in a variety of physical activities and proficiency in a few select complex motor and sports activities.
- B. Students will design personal fitness programs to improve cardio-respiratory endurance, flexibility, muscular strength, endurance, and body composition.

[Note: All of the New York State Learning Standards are followed by a key idea. Key ideas are major domains (skills, knowledge or ideas) that define field of study or areas of learning. The New York State Key Ideas define the respective learning standards in specific content areas or fundamental skills. The key idea for Standard 1 for physical education includes two parts that encompass two distinct content areas of physical education: sport and physical activity, and personal fitness. For the purposes of assessment in physical education, it is helpful to consider Learning Standard 1 as 1A and 1B.]

Learning Standard 2

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Physical Education Key Idea

Students will demonstrate responsible personal and social behavior while engaged in physical activity. They will understand that physical activity provides the opportunity for enjoyment, challenge, self-expression, and communication. Students will identify safety hazards and react effectively to ensure a safe and positive experience for all participants.

Learning Standard 3

Students will understand and be able to manage their personal and community resources.

Physical Education Key Idea

Students will be aware of and able to access opportunities available to them within their community to engage in physical activity. They will be informed consumers and be able to evaluate facilities and programs. Students will also be aware of some career options in the field of physical fitness and sports.