

**Foundations of Personal Fitness ©2005**  
**National Association for Sports and Physical Education (NASPE)**  
**Physical Education Standards**  
**Correlation by Standards**

<b>Standards and Performance Indicators</b>	<b>Chapter-Lesson Reference</b>
<b>NASPE Content Standard 1</b>	
A physically educated student demonstrates competency in many movement forms and proficiency in a few movement forms.	1-1, 2-4, 3-1, 3-3, 3-5, 4-4, 6-1, 7-1, 7-3, 7-4, 8-1, 9-4, 11-2, 11-3, 11-4
<b>NASPE Content Standard 2</b>	
A physically educated student applies movement concepts and principles to the learning and development of motor skills.	1-1, 2-4, 3-1, 3-3, 3-5, 6-1, 7-1, 7-3, 7-4, 8-1, 9-4, 10-1, 10-2, 10-3, 10-4, 11-1, 11-2, 11-3, 11-4
<b>NASPE Content Standard 3</b>	
A physically educated student exhibits a physically active lifestyle.	1-1, 1-2, 1-3, 1-4, 2-2, 2-3, 2-4, 3-1, 3-2, 3-3, 3-4, 3-5, 4-1, 4-4, 5-2, 5-4, 6-1, 6-3, 6-4, 7-1, 7-2, 7-3, 7-4, 8-1, 8-2, 8-3, 8-4, 9-1, 9-2, 9-3, 9-4, 10-1, 10-2, 10-3, 10-4, 11-1, 11-2, 11-3, 11-4, 12-1, 12-2, 12-3, 12-4
<b>NASPE Content Standard 4</b>	
A physically educated student achieves and maintains a health-enhancing level of physical fitness.	1-1, 1-2, 1-3, 1-4, 2-1, 2-2, 2-3, 2-4, 2-5, 3-1, 3-2, 3-3, 3-4, 3-5, 4-1, 4-2, 4-3, 4-4, 5-1, 5-2, 5-3, 5-4, 6-1, 6-2, 6-3, 6-4, 7-1, 7-2, 7-3, 7-4, 8-1, 8-2, 8-3, 8-4, 9-1, 9-2, 9-3, 9-4, 10-1, 10-2, 10-3, 10-4, 11-1, 11-2, 11-3, 11-4, 12-1, 12-2, 12-3, 12-4
<b>NASPE Content Standard 5</b>	
A physically educated student demonstrates responsible personal and social behavior in physical activity settings.	1-1, 1-2, 1-3, 1-4, 2-1, 2-2, 2-3, 2-4, 2-5, 3-2, 3-3, 3-4, 3-5, 4-1, 4-2, 4-3, 4-4, 5-1, 5-2, 5-3, 5-4, 6-1, 6-2, 6-3, 6-4, 7-2, 8-1, 8-2, 8-3, 8-4, 9-2, 9-3, 9-4, 10-1, 10-3, 10-4, 11-1, 11-4, 12-2, 12-3, 12-4

<b>NASPE Content Standard 6</b>	
A physically educated student demonstrates understanding and respect for differences among people in physical activity settings.	3-4, 5-1, 5-2, 6-1, 8-3, 9-3, 11-1, 12-1
<b>NASPE Content Standard 7</b>	
A physically educated student understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.	1-1, 1-3, 1-4, 3-3, 3-4, 8-1, 8-3, 10-1, 10-2, 10-3, 10-4, 12-1, 12-2