



## Characteristics of a Physically Educated Person

1. Competency in many movement forms and proficiency in a few
2. Informed approaches to learning and developing motor skills
3. A physically active lifestyle
4. The maintenance of a healthy level of physical fitness
5. Responsible personal and social behavior in physical fitness
6. Respect for differences in physical abilities among others

**7. Appreciation of the opportunities for enjoyment, challenge, self-expression, and social interaction available in physical activity**