

Maryland Physical Education Framework Grades K-12



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Mission Statement

The goal of Physical Education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. To pursue a lifetime of healthful physical activity, a physically literate individual:

- Has learned the skills necessary to participate in a variety of physical activities.
- Knows the implications and the benefits of involvement in various types of physical activities.
- Participates regularly in physical activity.
- Is physically fit.
- Values physical activity and its contributions to a healthful lifestyle.

— *National Standards & Grade-Level Outcomes for K-12 Physical Education (2014), SHAPE America.*

State of Maryland Content Standards for Physical Education PreK-12

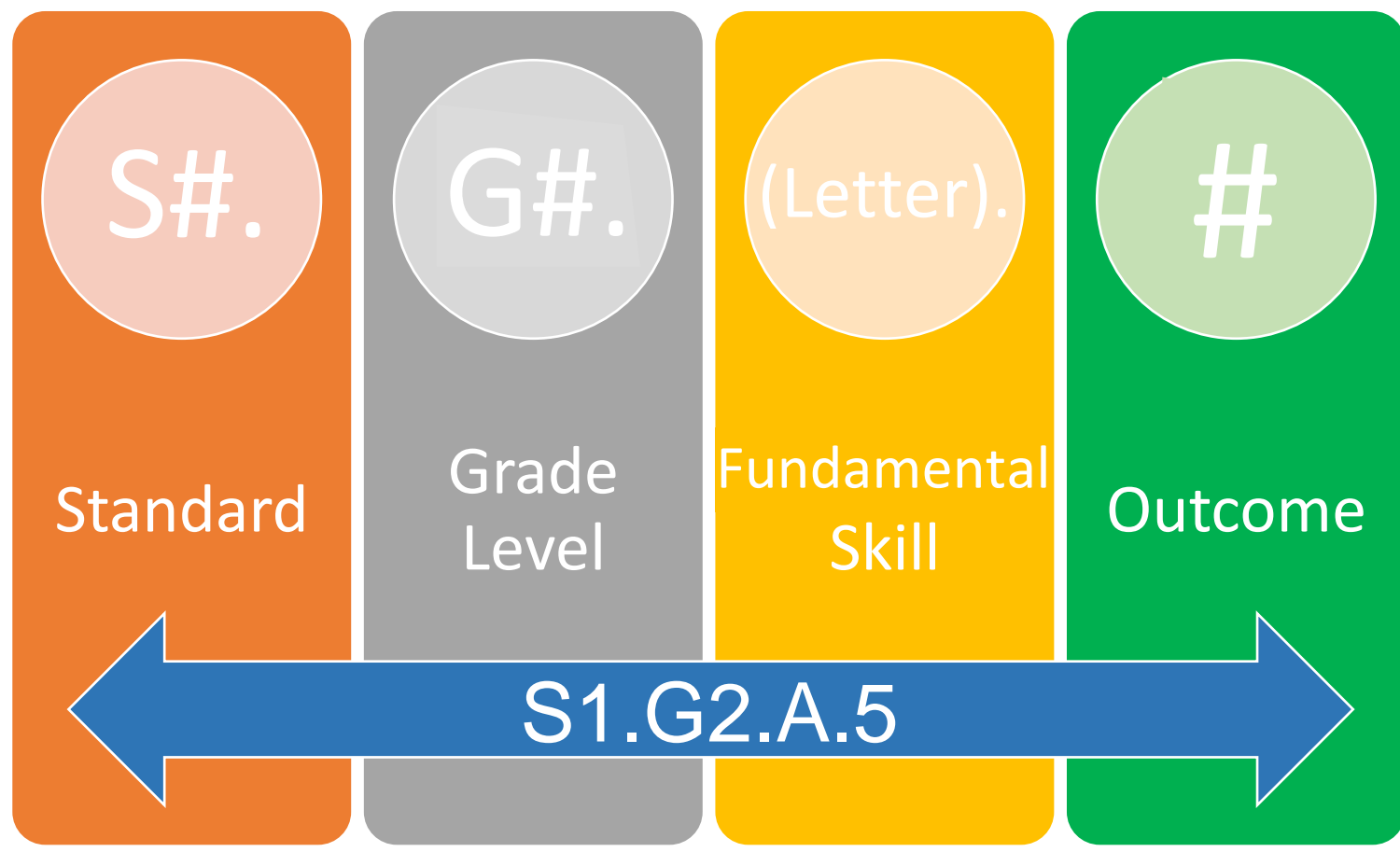
Students shall:

- (1) Demonstrate competency in a variety of motor skills and movement patterns;
- (2) Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance;
- (3) Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness;
- (4) Exhibit responsible personal and social behavior that respects self and others;
- (5) Recognize the value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

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Identifiers:



Definitions:

High School Level 1 – Maryland State Department of Education required .5 credit course. It is a prerequisite to High School Level 2 courses.

Critical Elements – The key components of a motor skill that can be observed, the sum of which results in movement efficiency.

Mature Pattern – Learners can execute with efficiency the critical elements of the motor skills pattern in authentic environments.