



State K–12 Learning Standards

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more!

Health and Physical Education

www.k12.wa.us/HealthFitness

What are “learning standards”?

The Washington State K–12 Learning Standards define what all students should know and be able to do at each grade level.

Why do we need them?

Rigorous learning standards require students to think critically and creatively about content—rather than memorize it—so they are ready for careers, college, and life after high school.

Which content areas have learning standards?

- English Language Arts
- Mathematics
- Science
- Social Studies
- The Arts
- Educational Technology
- Health
- Physical Education
- Integrated Environment and Sustainability
- World Languages
- English Language Proficiency

How are they developed?

Learning standards are carefully developed by content experts from across the state and nation, with input from educators, parents, and the public.

How often are they updated?

The standards are updated every seven to eight years, on average, to ensure that they reflect current research, best instructional practices, and the evolving expectations of teacher preparation, college and career readiness, and workforce needs

How do standards relate to the State Learning Goals?

Four learning goals provide the foundation for the development of all academic learning standards in Washington state:

- Read with comprehension, write effectively, and communicate successfully in a variety of ways and settings and with a variety of audiences;
- Know and apply the core concepts and principles of mathematics; social, physical, and life sciences; civics and history, including different cultures and participation in representative government; geography; arts; and health and fitness (physical education);
- Think analytically, logically, and creatively, and to integrate technology literacy and fluency as well as different experiences and knowledge to form reasoned judgments and solve problems; and
- Understand the importance of work and finance and how performance, effort, and decisions directly affect future career and educational opportunities.

Visit www.k12.wa.us/healthfitness to learn more about age-appropriate, grade-level outcomes for students based on the following standards.

State and National Health Education Standards

Standard #1

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard #5

Students will demonstrate the ability to use decision-making skills to enhance health.

Standard #2

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard #6

Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard #3

Students will demonstrate the ability to access valid information and products and services to enhance health.

Standard #7

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard #4

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard #8

Students will demonstrate the ability to advocate for personal, family, and community health.

State and National Physical Education Standards

Standard #1

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard #4

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard #2

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard #5

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Standard #3

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.