

# SHAPE AMERICA'S NATIONAL STANDARDS

## STANDARD #1:

I CAN MOVE CORRECTLY &  
HAVE THE SKILLS TO PLAY



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# **STANDARD #2:**

**I KNOW & USE MOVEMENT STRATEGIES IN GAME PLAY**



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## STANDARD #3:

I EXERCISE REGULARLY &  
KNOW HOW TO STAY FIT



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**STANDARD #4:**

**I PLAY FAIR**



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**STANDARD #5:**

**I VALUE PHYSICAL ACTIVITY,  
FITNESS & HEALTH**

