

**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

