

# HIGH SCHOOL PERFORMANCE INDICATORS

- Performance Indicators One:** Demonstrate competency in at least two movement forms.
- Performance Indicators Two:** Design and develop an appropriate physical fitness program to achieve a desired level of personal fitness.
- Performance Indicators Three:** Participate regularly in health enhancing physical activity outside the physical education class.
- Performance Indicators Four:** Meet the gender and age group health related physical fitness standard as published by the National Association for Sport and Physical Education.