# Do You Want This To Be Said of Your Child/Students?

They pursue a lifetime of healthful physical activity, a physical literate individual: Yes/No ?

* 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 physical fit
* Values physical activity and its contributions to a healthful lifestyle.

*Source: National PE Standards, 2014, Shape America*