

**TUCSON UNIFIED SCHOOL DISTRICT**  
**PHYSICAL ACTIVITY EXCEPTIONAL EDUCATION STANDARDS**

(Ages 3-21)  
(Jan 2000)

**Standard 1**

Students demonstrate proficiency and the achievement of higher order cognitive skills necessary to enhance motor skills.

*The IEP Team will determine the appropriate goals and objectives for this area based on individual student needs.*

**Standard 2**

Students comprehend basic physical activity principles and concepts that enable them to make decisions, to solve problems and to become self-directed lifelong learners who are informed physical activity consumers.

*The IEP Team will determine the appropriate goals and objectives for this area based on individual student needs.*

**Standard 3**

Students exhibit a physically active lifestyle.

- **Alternate Concept 1:** Identify and participate in age appropriate leisure activities.
  - PO 1. Engage in passive leisure activities individually or with others (e.g., listen to music, watch television, go to the library, movies, performances, spectator sports or events).
  - PO 2. Engage in active leisure activities individually or with others (e.g., games, sports, exercise, hobbies).
  - PO 3. Use recreational facilities (e.g., arcades, parks, recreation centers, fitness clubs).

**Standard 4**

Students achieve and maintain a health-enhancing level of physical fitness.

*The IEP Team will determine the appropriate goals and objectives for this area based on individual student needs.*

**Standard 5**

Students develop self-initiated behaviors that promote effective personal and social interactions in physical activity settings.

*The IEP Team will determine the appropriate goals and objectives for this area based on individual student needs.*

**Standard 6**

Students demonstrate understanding and respect for differences among people in physical activity settings.

*The IEP Team will determine the appropriate goals and objectives for this area based on individual student needs.*

**Standard 7**

Students develop behavioral skills (self-management skills) essential to maintaining a physically active lifestyle.

*The IEP Team will determine the appropriate goals and objectives for this area based on individual student needs.*