# Minnesota 2010 Physical Education Standards

## Minnesota Statutes, Section 120B.021

In 2010, the Minnesota Legislature adopted the 2004 National Association of Sport and Physical Education standards as the state physical education standards. School districts were required to adopt these standards by the 2012-13 school year and develop their own grade-level benchmarks, curriculum and assessments to meet the standards.

## Minnesota 2010 Physical Education Standards

1. A physically educated person demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. A physically educated person demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance activities.
3. A physically educated person participates in regular physical activity.
4. A physically educated person achieves and maintains a health-enhancing level of fitness.
5. A physically educated person exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. A physically educated person values physical activity, health, enjoyment, challenge, self-expression, and/or social interaction.

## Minnesota Physical Education Requirements

All students in Minnesota in kindergarten through grade eight are required to participate in physical education every year. High school students must participate at least once. The amount of time, credit and graduation requirement is determined at the district level. For assistance with questions regarding physical education, contact [Mary Thissen-Milder](mailto:mary.thissen-milder@state.mn.us).