

Physical Education Supplemental Resource List

Company/Vendor	Competency 1	Competency 2	Competency 3	Competency 4	Competency 5	Competency 6
Blue Cross Blue Shield of MS Let's Go Walkin"		X	X	X		X
Flaghouse, Inc. CATCH	X	X	X	X	X	X
Learning Through Sports, Inc. Star Sportsmanship					X	X
National Association for Sport and Physical Education PhysicalBest	X	X	X	X	X	X

Mississippi Physical Education Competencies:

Competency 1: Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Competency 2: Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning, development and performance of physical activities.

Competency 3: Exhibit a physically active lifestyle.

Competency 4: Achieve and maintain a health-enhancing level of physical fitness.

Competency 5: Exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Competency 6: Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction

Content Strands:

Gross Motor Skills
Fitness

Fine Motor Skills
Adapted Physical Education

Social Skills
Cognitive Development

Personal Skills
Lifelong Learning/Participation