

Texas Administrative Code

[Next Rule>>](#)

[TITLE 19](#)

EDUCATION

[PART 2](#)

TEXAS EDUCATION AGENCY

[CHAPTER 116](#)

TEXAS ESSENTIAL KNOWLEDGE AND SKILLS FOR
PHYSICAL EDUCATION

Physical Education, Adopted 2020

(2) The physical education standards are categorized into five strands that are of equal importance and value.

The **movement patterns and movement skills** strand guides the physically literate student in the development of fundamental movement patterns, spatial and body awareness, and rhythmic activities.

The **performance strategies** strand guides the physically literate student in utilizing strategies in fundamental components of games, activities, and outdoor and recreational pursuits.

The **health, physical activity, and fitness** strand encompasses health-related fitness, environmental awareness, and safety practices that guide students to a health-enhancing, physically active lifestyle.

The physically literate student demonstrates skills and mechanics used during physical activity and analyzes data used during fitness performance.

The physically literate student recognizes the correlation between nutrition, hydration, and physical activity.

The **social and emotional health** strand incorporates working with others, responding to class expectations, and applying self-management skills.

The **lifetime wellness strand** engages students in physical activity for the purposes of self-expression, enjoyment, and challenge.

PHYSICAL EDUCATION

Texas Administrative Code

[Next Rule>>](#)

TITLE 19	EDUCATION
PART 2	TEXAS EDUCATION AGENCY
CHAPTER 115	TEXAS ESSENTIAL KNOWLEDGE AND SKILLS FOR HEALTH EDUCATION
	Health Education, Adopted 2020

There are essential skills that repeat throughout the five strands and embody the interconnection of health literacy.

These skills include:

decision making, problem solving,

goal setting,

maintaining healthy relationships with self and others,

seeking help and support, and

recognizing various influences on health such as social, environmental, media, and genetic.

These skills, developed early on and reinforced throughout a student's education, will foster mastery of health concepts.

HEALTH EDUCATION