



***STANDARD 2. Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.***

**STANDARD 3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.**

<b>Fitness Planning NY.S3.1</b>													

Four horizontal blue lines are positioned below the blue cell in the second row, extending to the right.



**STANDARD 5.**

