

Developing Skills for a Lifetime of Healthy Physical Activity

The 2026 Louisiana K-12 Physical Education Content Standards reflect a deliberate shift toward a skill-centered, developmentally appropriate approach to physical education. Designed for all students (not just athletes), these updates emphasize foundational movement skills, lifelong physical activity, and practical classroom implementation. Stakeholder input from educators, experts, and community partners ensured the standards support meaningful student outcomes and broad participation. The following table highlights the key shifts that strengthen instruction, promote continuous skill development, and encourage active participation for every student.

Key Shifts in Louisiana K-12 Physical Education Standards	
Built for lifelong movement	The revised standards are centered on developing fundamental movement skills across grade bands to ensure all students develop the knowledge, skills, and confidence for lifelong physical activity.
Developmentally appropriate for every learner	The revised standards reflect a clear, developmentally appropriate progression of skills and movement patterns from elementary through high school. Skills will be built upon and reinforced across multiple years, better aligning with key developmental milestones.
Excellence in instruction	The revised standards support high-quality instruction by embedding expectations that address the needs of all learners in practical, easy-to-apply ways in real classrooms.
Learning through movement	The revised standards integrate movement-based standards and physical fitness outcomes. The standards ensure that students have to show and/or demonstrate skills, meaning they are moving and active throughout PE class.

Fitness Assessments

In response to Governor Landry's [Executive Order JLM 25-129](#), the workgroups considered including the Presidential Fitness Test. Because the specific components and context are still being finalized, the Presidential Fitness Test was not explicitly listed in the standards. Instead, the standards allow teachers to select an **appropriate fitness assessment** based on available time and resources. The Louisiana Department of Education (LDOE) will recommend that school systems use the Presidential Fitness Test in a companion resource document once it is formally established.

Examples

Grades K-5: In the example below, a previous second-grade standard requires students to “Identify activities to improve muscular strength.” The revised standard now requires students to “Demonstrate activities to improve muscular strength and endurance.” This revision places greater emphasis on student movement and application, promoting **active participation** rather than simple identification.

Current Grade Level Expectation	Revised Standard for Kindergarten and Grade 1
3.2-2.3 Identify activities to improve muscular strength.	7. Demonstrate activities to improve muscular strength and endurance.

Grades 6-8: In this example, the updated standard reflects a clearer, developmentally appropriate progression of defensive skills by moving from multiple highly specific grade-level expectations to a single, broader standard that can be built upon over time. It also supports high-quality instruction by providing greater flexibility for teachers to adapt and differentiate defensive strategies to meet the needs of all learners in a practical way.

Current Grade Level Expectation	Proposed Standard for Grades 6-8
2.6-2.1 Demonstrates reducing open space on defense by crashing the passer to reduce passing angles 2.7-2.1 Demonstrates reducing open space on defense by staying within arms-length of the opponent between the opponent and the goal 2.8-2.1 Demonstrates reducing open space on defense by anticipating the speed of the object or person for the purpose of interception or deflection	2. Demonstrates reducing open space by using a variety of defensive strategies.

Grades 9-12: In this example, fitness-based standards such as “Demonstrates appropriate form and technique during cardiovascular fitness activities” have been incorporated in the high school grade band. The inclusion of these standards helps ensure that students develop the skills necessary to support lifelong engagement in physical activity.

Revised Additional Standard for Grades 9-12	Additional Information
4. Demonstrates appropriate form and technique during cardiovascular fitness activities.	Adding fitness-based standards helps ensure that students learn the skills necessary to support lifelong physical activity.