Montana Physical Education

Grade 1

Adopted 2016

Demonstrate competency in a variety of motor skills and movement patterns.	1. **Performing most basic locomotor, nonlocomotor, and manipulative skills using mature patterns;** A.1.1 2. **Combining locomotor and nonlocomotor skills in a teacher-designed dance.** A.1.2
Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.	1. **Moving in self-space; and** B.1.1 2. **Differentiating between fast and slow speeds, strong and light force.** B.1.2
Demonstrate the knowledge and skills to achieve and maintain a healthenhancing level of physical activity and fitness.	1. **Differentiating between healthy and unhealthy foods;** C.1.1 2. **Discussing the benefits of being active and exercising or playing;** C.1.2 3. **Actively engaging in health enhancement class;** C.1.3 4. **Understanding that muscles grow stronger with physical activity; and** C.1.4 5. **Identifying warm-up and cool-down activities related to vigorous physical activity.** C.1.5
Exhibit responsible personal and social behavior that respects self and others.	1. **Accepting personal responsibility by using equipment and space appropriately;** D.1.1 2. **Following the rules or parameters of the learning environment;** D.1.2 3. **Responding appropriately to general feedback from a teacher;** D.1.3 4. **Exhibiting the established protocols for class activities;** D.1.4 5. **Working independently with others in a variety of class environments;** D.1.5 6. **Discussing ways to accept other's ideas, cultural diversity, and body types; and** D.1.6 7. **Following teacher directions for safe participation and proper use of equipment without teacher reminders.** D.1.7

Skip to main content

Recognize the value of physical activity for health, enjoyment, selfexpression, and/or social interaction.

1. **Identifying physical activity as a component of good health;** E.1.1
2. **Understanding challenges in physical activities can lead to success; and** E.1.2
3. **Describing positive results gained from participating in physical activities with others.** E.1.3