Montana Physical Education

Grade 3

Adopted 2016

Demonstrate competency in a variety of motor skills and movement patterns.	1. **Performing a combination of motor skills in various contexts; and** A.3.1 2. **Performing developmentally appropriate dance steps and movement patterns.** A.3.2
Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.	1. **Discussing the origin of a game, sport, or dance, including traditional and contemporary American Indian contributions and cultures; and** B.3.1 2. **Recognizing the concept of open space in movement context.** B.3.2
Demonstrate the knowledge and skills to achieve and maintain a healthenhancing level of physical activity and fitness.	1. **Identifying foods that are beneficial for pre- and post-physical activity;** C.3.1 2. **Charting participation in physical activities outside health enhancement class;** C.3.2 3. **Engaging in the activities of health enhancement class without teacher prompting;** C.3.3 4. **Describing the concept of physical fitness and provide examples of physical activity that enhances fitness; and** C.3.4 5. **Recognizing the importance of warm-up and cool-down activities related to vigorous physical activity.** C.3.5
Exhibit responsible personal and social behavior that respects self and others.	1. **Practicing personal responsibility in teacher-directed activities;** D.3.1 2. **Working independently for extended periods of time;** D.3.2 3. **Accepting and implementing specific corrective teacher feedback;** D.3.3 4. **Recognizing the role of rules and etiquette in physical activity with peers;** D.3.4 5. **Supporting and working cooperatively with others;** D.3.5 6. **Discussing ways to accept other's ideas, cultural diversity, and body types during games and physical activity; and** D.3.6 7. **Working independently and safely in physically active settings.** D.3.7

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

1. **Discussing the relationship between physical activity and good health;** E.3.1
2. **Discussing the challenge that comes from learning a new physical activity;** E.3.2
3. **Describing the positive social interactions that come when engaged with others in physical activity.** E.3.3