Montana Physical Education

Grade 5

Adopted 2016

Demonstrate competency in a variety of motor skills and movement patterns.	1. **Exhibiting competency in fundamental motor skills and selected combinations of skills; and** A.5.1 2. **Combining locomotor skills in cultural as well as creative dances (self and group), including those of traditional and contemporary American Indian cultures, with correct rhythm and pattern.** A.5.2
Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.	1. **Recognizing that many different countries and cultures have been the origin of games, sports, and dance, including those of traditional and contemporary American Indian cultures; and** B.5.1 2. **Combining spatial concepts with locomotor and nonlocomotor movements for small groups in gymnastics, dance, and games environments.** B.5.2
Demonstrate the knowledge and skills to achieve and maintain a healthenhancing level of physical activity and fitness.	1. **Analyzing the impact of food choices related to physical activity, youth sports, and personal health;** C.5.1 2. **Charting and analyzing fitness benefits of physical activity outside health enhancement class;** C.5.2 3. **Actively participating in all activities of health enhancement class;** C.5.3 4. **Differentiating between skill-related and health-related fitness; and** C.5.4 5. **Identifying the need for warm-up and cool-down activities related to various physical activities.** C.5.5
Exhibit responsible personal and social behavior that respects self and others.	1. **Participating in physical activity with responsible interpersonal behavior;** D.5.1 2. **Participating with responsible personal behavior in a variety of physical activity contexts, environments, and facilities;** D.5.2 3. **Giving corrective feedback respectfully to peers;** D.5.3 4. **Critiquing the etiquette involved in rules of various activities;** D.5.4 5. **Accepting, recognizing, and actively involving others with both higher and lower skill abilities into physical activities and group projects;** D.5.5

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	6. **Accepting other's ideas, cultural diversity, and body types by engaging in cooperative and collaborative movement projects; and** D.5.6
	7. **Applying safety principles with physical activities.** D.5.7
Recognize the value of physical activity for health, enjoyment, selfexpression, and/or social interaction.	1. **Comparing the health benefits of participating in selected physical activities;** E.5.1
	2. **Expressing, through various media, the enjoyment and challenge of participating in a favorite physical activity; and** E.5.2
	3. **Analyzing the social benefits gained from participating in physical activity.** E.5.3