Montana Physical Education

# Grades 9, 10, 11, 12

Adopted 2016

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| **Demonstrate competency in a variety of motor skills and movement patterns.** | 1. **Refining activity-specific movement skills in one or more lifetime activities;** A.9-12.1<br>2. **Exhibiting competency in two or more specialized skills in health-related fitness activities; and** A.9-12.2<br>3. **Choreographing or participating in a form of dance.** A.9-12.3 |
| **Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.** | 1. **Identifying and discussing the historical and cultural roles of games, sports, and dance, including those of traditional and contemporary American Indian cultures;** B.9-12.1<br>2. **Comparing similarities and differences in various dance forms, including those of traditional and contemporary American Indian cultures and practices;** B.9-12.2<br>3. **Using spatial concepts of locomotor and nonlocomotor movements in outdoor pursuits; and** B.9-12.3<br>4. **Identifying the stages of learning a motor skill.** B.9-12.4 |
| **Demonstrate the knowledge and skills to achieve and maintain a healthenhancing level of physical activity and fitness.** | 1. **Creating a healthy snack plan for before, during, and after exercise that addresses nutrition needs for each phase;** C.9-12.1<br>2. **Investigating the relationships among physical activity, nutrition, and body composition;** C.9-12.2<br>3. **Analyzing and applying technology and social media as tools to support a healthy, active lifestyle;** C.9-12.3<br>4. **Analyzing the impact of life choices, economics, motivation, and accessibility on maintaining physical activity in college or career settings;** C.9-12.4<br>5. **Creating a plan, training for and participating in a community event with a focus on physical activity, including those of American Indian cultural traditions;** C.9-12.5<br>6. **Designing and implementing a strength and conditioning program;** C.9-12.6 |

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| | 7. Evaluating the importance of stretching and flexibility in lifetime activities; C.9-12.7<br>8. Identifying the structure of skeletal muscle and fiber types as they relate to muscle development; and C.9-12.8<br>9. Identifying the different energy systems used in physical activities. C.9-12.9 |
| **Exhibit responsible personal and social behavior that respects self and others.** | 1. Accepting differences between personal characteristics and the idealized body images and elite performance levels portrayed in various media; D.9-12.1<br>2. Advocating for responsible behavior of self and others in a variety of physical activities; D.9-12.2<br>3. Analyzing the benefits of a variety of feedback techniques; D.9-12.3<br>4. Examining moral and ethical conduct in specific competitive situations; D.9-12.4<br>5. Assuming a leadership role in a physical activity setting such as coach, referee, or group leader; D.9-12.5<br>6. Advocating for acceptance of other's ideas, cultural diversity, and body types by engaging in cooperative and collaborative movement projects; and D.9-12.6<br>7. Applying best practices for participating safely in physical activity, exercise, and dance. D.9-12.7 |
| **Recognize the value of physical activity for health, enjoyment, selfexpression, and/or social interaction.** | 1. Analyzing the health benefits of a self-selected physical activity; E.9-12.1<br>2. Choosing an appropriate level of challenge to experience success while participating in a self-selected physical activity; and E.9-12.2<br>3. Evaluating social interactions and supports in a variety of physical activities. E.9-12.3 |