



BLUE VALLEY DISTRICT CURRICULUM & INSTRUCTION
Physical Education | Grade 3-5



ORGANIZING THEME/TOPIC	FOCUS STANDARDS & SKILLS
UNIT 1: Coordination Hand-Eye and Foot-Eye	STANDARDS <ul style="list-style-type: none">• The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.• The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.• The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
UNIT 2: Rhythms	STANDARDS <ul style="list-style-type: none">• The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.• The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.• The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
UNIT 3: Spatial Awareness and Balance	STANDARDS <ul style="list-style-type: none">• The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.• The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.• The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
UNIT 4: Recreational Exercise	STANDARDS <ul style="list-style-type: none">• The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.• The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.• The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
UNIT 5: Lifelong Physical Activity	STANDARDS <ul style="list-style-type: none">• The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

UNIT 6: Cooperative Activities

STANDARDS

- The physically literate individual exhibits responsible personal and social behavior that respects self and others.