



BLUE VALLEY DISTRICT CURRICULUM & INSTRUCTION
Physical Education | Grade K-2



ORGANIZING THEME/TOPIC	FOCUS STANDARDS & SKILLS
UNIT 1: Fitness/Health	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: Locomotor/Non-Locomotor (with or without manipulatives)	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: Spatial Awareness/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 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.