

**Kenosha Unified School District
Physical Education Curriculum
Elementary School: Grades K – 2**

| Big Ideas: | Guiding Questions: |
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| <ul style="list-style-type: none"> • Thinking and planning allows for performance in a shorter time period with less effort. • Working together as a team, greater success can happen as opposed to working as individuals. • People who are fit engage in physical activity on a regular basis. • Participation in physical activities and/or sports will provide an opportunity for developing an understanding and respect for differences among people. • Leadership is best shown through actions that encourage everyone to perform better. • Positive decision making about fitness contributes to a healthy lifestyle. | <ul style="list-style-type: none"> • What are motor skills? • How can I improve my motor skills? • What physical activities are fun? • Why do I want to be physically active? • Why are there rules in physical education? • What is “your own space?” • Why is physical activity fun? |
| NASPE Standards | |
| <p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</p> <p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p>Standard 3: Participates regularly in physical activity.</p> <p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness.</p> <p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p> <p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</p> | |
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