

**Kenosha Unified School District
Physical Education Curriculum
Middle School: Grades 6-8**

Big Ideas:	Guiding Questions:
<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"> • How do I demonstrate a combination of basic and specialized skills? • In what activities can my combined skills be applied? • How do I apply my knowledge to improve my performance in physical activities? • How can I apply strategies and tactics to improve game play? • How would I develop and implement an individual physical activity plan? • What are the fitness components? • When I think of my overall fitness, how do I apply the fitness components? • In what ways can I demonstrate positive social interaction? • What are safe practices in physical activities? • How does physical education relate to what I do every day?
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>	