

**Kenosha Unified School District
Physical Education Curriculum
High School Course: Personal Fitness**

| Big Ideas: | Guiding Questions: |
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| <ul style="list-style-type: none"> • Personal Fitness class introduces and incorporates a fitness plan for students to follow and transitions into each student developing and implementing their own personalized fitness plan. • 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 are mature forms of complex motor skills demonstrated? • How will I choose the proper skill to accomplish the given task? • What skills will be needed to reach my goal? • What methods are needed to develop a personal activity plan? • How can I apply and analyze scientific principles to physical activities? • Why should I choose to be physically active? • Why is it important to pick physical activity over sedentary lifestyle? • What physical goals are needed to maintain an active lifestyle? • How will I maintain healthy behaviors to improve my physical fitness? • What will I need to know in order to achieve a healthy lifestyle? • What will make me the best teammate possible? • Which positive and negative influences will affect the learning environment? • How will physical activity provide value to me? • What benefits (socially and physically) will I achieve through physical activity? |

NASPE Standards

Standard 1:

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2:

Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3:

Participates regularly in physical activity.

Standard 4:

Achieves and maintains a health-enhancing level of physical fitness.

Standard 5:

Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6:

Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.