

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

| Big Ideas: | Guiding Questions: |
|---|--|
| <ul style="list-style-type: none"> x 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. x Thinking and planning allows for performance in a shorter time period with less effort. x Working together as a team, greater success can happen as opposed to working as individuals. x People who are fit engage in physical activity on a regular basis. x Participation in physical activities and/or sports will provide an opportunity for developing an understanding and respect for differences among people. x Leadership is best shown through actions that encourage everyone to perform better. x Positive decision making about fitness contributes to a healthy lifestyle. | <ul style="list-style-type: none"> x How are mature forms of complex motor skills demonstrated? x How will I choose the proper skill to accomplish the given task? x What skills will be needed to reach my goal? x What methods are needed to develop a personal activity plan? x How can I apply and analyze scientific principles to physical activities? x Why should I choose to be physically active? x Why is it important to pick physical activity over sedentary lifestyle? x What physical goals are needed to maintain an active lifestyle? x How will I maintain healthy behaviors to improve my physical fitness? x What will I need to know in order to achieve a healthy lifestyle? x What will make me the best teammate possible? x Which positive and negative influences will affect the learning environment? x How will physical activity provide value to me? x What benefits (socially and physically) will I achieve through physical activity? |
| NASPE Standards | |

Standard 1:

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.