

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

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

**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.