### Kenosha Unified School District
### Physical Education Curriculum
### High School Course: Lifetime Fitness

#### Big Ideas:
- Lifetime Fitness class will teach students fitness and the importance of fitness through team sports and team building.
- Students have the opportunity to cooperatively learn the importance of staying fit and the healthy aspects of lifetime sports.
- 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.

#### Guiding Questions:
- 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.