Kenosha Unified School District  
Physical Education Curriculum  
High School Course: Physical Education Foundations

<table>
<thead>
<tr>
<th>Big Ideas:</th>
<th>Guiding Questions:</th>
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| • PE Foundations introduces fitness to students through many different activities including team sports, individual sports, and organized fitness activities.  
• 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. | • 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.
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<th><strong>Standard 4:</strong></th>
<th>Achieves and maintains a health-enhancing level of physical fitness.</th>
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<tbody>
<tr>
<td><strong>Standard 5:</strong></td>
<td>Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</td>
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<td><strong>Standard 6:</strong></td>
<td>Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</td>
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