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

<table>
<thead>
<tr>
<th>Big Ideas:</th>
<th>Guiding Questions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 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.</td>
<td>• How are mature forms of complex motor skills demonstrated?</td>
</tr>
<tr>
<td>• Thinking and planning allows for performance in a shorter time period with less effort.</td>
<td>• How will I choose the proper skill to accomplish the given task?</td>
</tr>
<tr>
<td>• Working together as a team, greater success can happen as opposed to working as individuals.</td>
<td>• What skills will be needed to reach my goal?</td>
</tr>
<tr>
<td>• People who are fit engage in physical activity on a regular basis.</td>
<td>• What methods are needed to develop a personal activity plan?</td>
</tr>
<tr>
<td>• Participation in physical activities and/or sports will provide an opportunity for developing an understanding and respect for differences among people.</td>
<td>• How can I apply and analyze scientific principles to physical activities?</td>
</tr>
<tr>
<td>• Leadership is best shown through actions that encourage everyone to perform better.</td>
<td>• Why should I choose to be physically active?</td>
</tr>
<tr>
<td>• Positive decision making about fitness contributes to a healthy lifestyle.</td>
<td>• Why is it important to pick physical activity over sedentary lifestyle?</td>
</tr>
</tbody>
</table>

**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.