

**Kenosha Unified School District
Physical Education Curriculum
High School Course: Active Lifestyles**

Big Ideas:

Active Lifestyles class emphasizes the importance of staying fit and healthy individually.

Students will be able to learn different ways to take responsibility for their fitness and health through individual lifetime sports and individual fitness opportunities.

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?

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.