

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

<b>Big Ideas:</b>	<b>Guiding Questions:</b>
<ul style="list-style-type: none"> <li>• Lifetime Fitness class will teach students fitness and the importance of fitness through team sports and team building.</li> <li>• Students have the opportunity to cooperatively learn the importance of staying fit and the healthy aspects of lifetime sports.</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>

**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.