

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

Big Ideas:	Guiding Questions:
<ul style="list-style-type: none"> <li>x 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.</li> <li>x Thinking and planning allows for performance in a shorter time period with less effort.</li> <li>x Working together as a team, greater success can happen as opposed to working as individuals.</li> <li>x People who are fit engage in physical activity on a regular basis.</li> <li>x Participation in physical activities and/or sports will provide an opportunity for developing an understanding and respect for differences among people.</li> <li>x Leadership is best shown through actions that encourage everyone to perform better.</li> <li>x Positive decision making about fitness contributes to a healthy lifestyle.</li> </ul>	<ul style="list-style-type: none"> <li>x How are mature forms of complex motor skills demonstrated?</li> <li>x How will I choose the proper skill to accomplish the given task?</li> <li>x What skills will be needed to reach my goal?</li> <li>x What methods are needed to develop a personal activity plan?</li> <li>x How can I apply and analyze scientific principles to physical activities?</li> <li>x Why should I choose to be physically active?</li> <li>x Why is it important to pick physical activity over sedentary lifestyle?</li> <li>x What physical goals are needed to maintain an active lifestyle?</li> <li>x How will I maintain healthy behaviors to improve my physical fitness?</li> <li>x What will I need to know in order to achieve a healthy lifestyle?</li> <li>x What will make me the best teammate possible?</li> <li>x Which positive and negative influences will affect the learning environment?</li> <li>x How will physical activity provide value to me?</li> <li>x What benefits (socially and physically) will I achieve through physical activity?</li> </ul>
NASPE Standards	

Standard 1:

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.