

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

Big Ideas:	Guiding Questions:
<ul style="list-style-type: none"><li>x Active Lifestyles class emphasizes the importance of staying fit and healthy individually.</li><li>x Students will be able to learn different ways to take responsibility for their fitness and health through individual lifetime sports and individual fitness opportunities.</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</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.