

Kenosha Unified School District
Physical Education Curriculum
Middle School: Grades 6-8

Big Ideas:	Guiding Questions:
<ul style="list-style-type: none"> x Thinking and planning allows for performance in a shorter time period with less effort. x Working together as a team, greater success can happen as opposed to working as individuals. x People who are fit engage in physical activity on a regular basis. x Participation in physical activities and/or sports will provide an opportunity for developing an understanding and respect for differences among people. x Leadership is best shown through actions that encourage everyone to perform better. x Positive decision making about fitness contributes to a healthy lifestyle. 	<ul style="list-style-type: none"> x How do I demonstrate a combination of basic and specialized skills? x In what activities can my combined skills be applied? x How do I apply my knowledge to improve my performance in physical activities? x How can I apply strategies and tactics to improve game play? x How would I develop and implement an individual physical activity plan? x What are the fitness components? x When I think of my overall fitness, how do I apply the fitness components? x In what ways can I demonstrate positive social interaction? x What are safe practices in physical activities? x How does physical education relate to what I do every day?
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: activity settings.

Standard 6: