

**Kenosha Unified School District
Physical Education Curriculum
High School Course: Physical Education Foundations**

Big Ideas:	Guiding Questions:
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PE Foundations introduces fitness to students through many different activities including team sports, individual sports, and organized fitness activities. Thinking and planning allows for performance in a shorter time period with less effort. Working together as a team,

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.