

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

<b>Big Ideas:</b>	<b>Guiding Questions:</b>
<p>Thinking and planning allows for performance in a shorter time period with less effort. Working together as a team, greater success can happen as opposed to working as individuals.</p> <p>People who are fit engage in physical activity on a regular basis.</p> <p>Participation in physical activities and/or sports will provide an opportunity for developing an understanding and respect for differences among people.</p> <p>Leadership is best shown through actions that encourage everyone to perform better.</p> <p>Positive decision making about fitness contributes to a healthy lifestyle.</p>	<p>How do I demonstrate a combination of basic and specialized skills? In what activities can my combined skills be applied? How do I apply my knowledge to improve my performance in physical activities? How can I apply strategies and tactics to improve game play? How would I develop and implement an individual physical activity plan? What are the fitness components? When I think of my overall fitness, how do I apply the fitness components? In what ways can I demonstrate positive social interaction? What are safe practices in physical activities? How does physical education relate to what I do every day?</p>
<b>NASPE Standards</b>	

**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:**