Big Ideas | Enduring Understandings | Essential Questions
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**Physical Activity Standard #1** | • Physical and cognitive skills are necessary to successfully participate in a variety of physical activities/sports. | • Why is the development of motor skills essential?  
• Why are skills and game knowledge important to participate in physical activities/sports? |
**Human Movement Standard #2** | • Efficient movement improves performance.  
• Physical movement can be creative, enjoyable and individually rewarding. | • How do you move efficiently and safely within a physical setting?  
• How does your movement affect performance? |
**Fitness Standard #3** | • Positive decision making about fitness contributes to a healthy lifestyle. | • How do you measure one’s physical fitness?  
• How do you maintain physical fitness?  
• Why is physical fitness important? |
**Responsible Behavior Standard #4** | • Rules and etiquette in physical activities/sports can make the experience both enjoyable and successful. | • What are characteristics of good sportsmanship?  
• What role does cooperation play in physical activities/sports? |
**Respect Differences Standard #5** | • Participation in physical activities/sports can provide an opportunity for developing an understanding and respect for differences among people. | • Why is respect for individual differences so important?  
• How can individual differences enhance and contribute to group productivity? |
**Benefits of Physical Activities Standard #6** | • Physical activity/sports can provide opportunities for personal enjoyment, challenge, self-expression and social interactions. | • How can physical activity/sports provide a wide range of lifelong benefits?  
• How does physical education enhance total well-being—social, mental, emotional and physical? |