

# Wallingford Public Schools K-12 Enduring Understandings and Essential Questions for Physical Education

Approved By Physical Education, Health and Safety Management Team on November 15, 2004

<b>Big Ideas</b>	<b>Enduring Understandings</b>	<b>Essential Questions</b>
<b>Physical Activity Standard #1</b>	<ul style="list-style-type: none"> <li>• Physical and cognitive skills are necessary to successfully participate in a variety of physical activities/sports.</li> </ul>	<ul style="list-style-type: none"> <li>• Why is the development of motor skills essential?</li> <li>• Why are skills and game knowledge important to participate in physical activities/sports?</li> </ul>
<b>Human Movement Standard #2</b>	<ul style="list-style-type: none"> <li>• Efficient movement improves performance.</li> <li>• Physical movement can be creative, enjoyable and individually rewarding.</li> </ul>	<ul style="list-style-type: none"> <li>• How do you move efficiently and safely within a physical setting?</li> <li>• How does your movement affect performance?</li> </ul>
<b>Fitness Standard #3</b>	<ul style="list-style-type: none"> <li>• Positive decision making about fitness contributes to a healthy lifestyle.</li> </ul>	<ul style="list-style-type: none"> <li>• How do you measure one's physical fitness?</li> <li>• How do you maintain physical fitness?</li> <li>• Why is physical fitness important?</li> </ul>
<b>Responsible Behavior Standard #4</b>	<ul style="list-style-type: none"> <li>• Rules and etiquette in physical activities/ sports can make the experience both enjoyable and successful.</li> </ul>	<ul style="list-style-type: none"> <li>• What are characteristics of good sportsmanship?</li> <li>• What role does cooperation play in physical activities/sports?</li> </ul>
<b>Respect Differences Standard #5</b>	<ul style="list-style-type: none"> <li>• Participation in physical activities/sports can provide an opportunity for developing an understanding and respect for differences among people.</li> </ul>	<ul style="list-style-type: none"> <li>• Why is respect for individual differences so important?</li> <li>• How can individual differences enhance and contribute to group productivity?</li> </ul>
<b>Benefits of Physical Activities Standard #6</b>	<ul style="list-style-type: none"> <li>• Physical activity/sports can provide opportunities for personal enjoyment, challenge, self-expression and social interactions.</li> </ul>	<ul style="list-style-type: none"> <li>• How can physical activity/sports provide a wide range of lifelong benefits?</li> <li>• How does physical education enhance total well-being—social, mental, emotional and physical?</li> </ul>