

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.1.0

Fitware Grade Level Standard

Demonstrates speed, accuracy and control using the mature form for fundamental movement and manipulative skills.

Fitware Unit Level Standard

State Standard

Demonstrate mature form for all basic locomotor, nonlocomotor, manipulative, and rhythmic skills.

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.1.0

Fitware Grade Level Standard

Demonstrates speed, accuracy and control using the mature form for fundamental movement and manipulative skills.

Fitware Unit Level Standard

State Standard

Demonstrate understanding of skill-related components of fitness and how they affect physical performance.

Grade 5 **FitwareNo** 2.1 **FitwareSpecific** 5.2.1

Fitware Grade Level Standard

Explains the types of practice that improve motor skill performance for speed and accuracy.

Fitware Unit Level Standard

State Standard

Demonstrate understanding of how to combine and apply movement concepts and principles to learn and develop motor skills.

Grade 5 **FitwareNo** 2.2 **FitwareSpecific** 5.2.2

Fitware Grade Level Standard

Describes how to generate and absorb force when performing movement and motor skills.

Fitware Unit Level Standard

State Standard

Demonstrate understanding of how to combine and apply movement concepts and principles to learn and develop motor skills.

Grade 5 **FitwareNo** 2.5 **FitwareSpecific** 5.2.5

Fitware Grade Level Standard

Describes critical elements of fundamental movement and manipulative skills.

Fitware Unit Level Standard

State Standard

Demonstrate understanding of how to combine and apply movement concepts and principles to learn and develop motor skills.

Grade 5 **FitwareNo** 4.1 **FitwareSpecific** 5.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Understand and utilize safe and appropriate warm-up, pacing, and cool-down techniques for injury prevention and safe participation.

Grade 5 **FitwareNo** 4.2 **FitwareSpecific** 5.4.2

Fitware Grade Level Standard

Designs a cardiorespiratory and body composition fitness plan including a warm-up and cool-down for 1 day.

Fitware Unit Level Standard

State Standard

Understand and apply basic principles of training to improving physical fitness.

Grade 5 **FitwareNo** 4.2 **FitwareSpecific** 5.4.2

Fitware Grade Level Standard

Designs a cardiorespiratory and body composition fitness plan including a warm-up and cool-down for 1 day.

Fitware Unit Level Standard

State Standard

Connect the health-related fitness components to the body systems.

Grade 5 **FitwareNo** 4.2 **FitwareSpecific** 5.4.2

Fitware Grade Level Standard

Designs a cardiorespiratory and body composition fitness plan including a warm-up and cool-down for 1 day.

Fitware Unit Level Standard

State Standard

Understand and utilize safe and appropriate warm-up, pacing, and cool-down techniques for injury prevention and safe participation.

Grade 5 **FitwareNo** 5.1 **FitwareSpecific** 5.5.1

Fitware Grade Level Standard

Works with an individual who is differently abled in physical activity settings.

Fitware Unit Level Standard

State Standard

Choose to participate cooperatively and productively in group and individual physical activities.

Grade 5 **FitwareNo** 5.2 **FitwareSpecific** 5.5.2

Fitware Grade Level Standard

Accepts responsibility for personal safety during physical activity.

Fitware Unit Level Standard

State Standard

Assess and take responsibility for personal behavior and stress management.

Grade 5 **FitwareNo** 6.3 **FitwareSpecific** 5.6.3

Fitware Grade Level Standard

Chooses to engage in skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Fitware Unit Level Standard

State Standard

Identify personal activity interests and abilities.

Grade 5 **FitwareNo** 6.4 **FitwareSpecific** 5.6.4

Fitware Grade Level Standard

Describes the physical benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Connect the health-related fitness components to the body systems.

Grade 6 **FitwareNo** 1.0 **FitwareSpecific** 6.1.0

Fitware Grade Level Standard

Demonstrates the mature form for specialized skills and combinations during cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Fitware Unit Level Standard

State Standard

Demonstrate beginning strategies for a variety of games and sports.

Grade 6 **FitwareNo** 2.1 **FitwareSpecific** 6.2.1

Fitware Grade Level Standard

Explains how to provide appropriate feedback to a partner who is developing or improving specialized skills.

Fitware Unit Level Standard

State Standard

Use information from a variety of resources to improve performance.

Grade 6 **FitwareNo** 2.3 **FitwareSpecific** 6.2.3

Fitware Grade Level Standard

Describes offensive strategies for cooperative and bowling activities, and offensive and defensive strategies for simple invasion, field, and net activities.

Fitware Unit Level Standard

State Standard

Demonstrate beginning strategies for a variety of games and sports.

Grade 6 **FitwareNo** 3.2 **FitwareSpecific** 6.3.2

Fitware Grade Level Standard

Describes opportunities in the local community for regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Identify opportunities in school and in the community for regular participation in physical activity to enhance physical fitness.

Grade 6 **FitwareNo** 4.1 **FitwareSpecific** 6.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Set personal goals for improving health-related fitness.

Grade 6 **FitwareNo** 4.1 **FitwareSpecific** 6.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Demonstrate the ability to perform self-paced cardiovascular endurance activities.

Grade 6 **FitwareNo** 5.1 **FitwareSpecific** 6.5.1

Fitware Grade Level Standard

Works cooperatively with a small group in physical activity settings.

Fitware Unit Level Standard

State Standard

Recognize diverse skill performance in others and how that diversity affects game, activity, and sport participation.

Grade 6 **FitwareNo** 5.1 **FitwareSpecific** 6.5.1

Fitware Grade Level Standard

Works cooperatively with a small group in physical activity settings.

Fitware Unit Level Standard

State Standard

Work cooperatively and productively in a group

Grade 6 **FitwareNo** 5.2 **FitwareSpecific** 6.5.2

Fitware Grade Level Standard

Accepts responsibility for safely completing assigned role when working with a small group during physical activity.

Fitware Unit Level Standard

State Standard

Participate in activities that require problem-solving, cooperation, skill assessment, and team building.

Grade 6 **FitwareNo** 5.2 **FitwareSpecific** 6.5.2

Fitware Grade Level Standard

Accepts responsibility for safely completing assigned role when working with a small group during physical activity.

Fitware Unit Level Standard

State Standard

Demonstrate knowledge of safe practices in a physical activity setting.

Grade 7 **FitwareNo** 1.0 **FitwareSpecific** 7.1.0

Fitware Grade Level Standard

Demonstrates the mature form for specialized skills and combinations during individual and dual activities.

Fitware Unit Level Standard

State Standard

Combine the critical elements of movement and skills concepts.

Grade 7 **FitwareNo** 5.1 **FitwareSpecific** 7.5.1

Fitware Grade Level Standard

Applies problem-solving techniques when working with another person in physical activity settings.

Fitware Unit Level Standard

State Standard

Develop strategies to communicate ideas and feelings.

Grade 7 **FitwareNo** 5.1.08 **FitwareSpecific** 7.5.1.08

Fitware Grade Level Standard

Applies problem solving techniques when working with another person in physical activity settings.

Fitware Unit Level Standard

Applies problem-solving techniques when working with a person who is differently-abled in medieval times activities.

State Standard

Demonstrate inclusiveness in and out of classroom settings.

Grade 7 **FitwareNo** 5.2 **FitwareSpecific** 7.5.2

Fitware Grade Level Standard

Accepts responsibility for individual improvement during challenging physical activity.

Fitware Unit Level Standard

State Standard

Implement safety procedures in the utilization of space and equipment.

Grade 8 **FitwareNo** 1.0 **FitwareSpecific** 8.1.0

Fitware Grade Level Standard

Demonstrates the mature form for specialized skills and combinations during modified team and dance activities.

Fitware Unit Level Standard

State Standard

Understand and apply game strategies to physical activities and sports.

Grade 8 **FitwareNo** 1.0.06 **FitwareSpecific** 8.1.0.06

Fitware Grade Level Standard

Demonstrates the mature form for specialized skills and combinations during modified team and dance activities.

Fitware Unit Level Standard

Demonstrates the mature form for circle left, right, shuffle step, do-si-do, swing, promenade, right-hand star, allemande left, single-file promenade, split ring, grade right and left, courtesy turn, forearm turn, right and left through, pass partner, circle to line, allemande left from a line of four, two ladies chain, four ladies chain, chain straight across, seesaw, grand square, half sashay, and shoot the star.

State Standard

Demonstrate knowledge of principles and concepts for effective rhythmic motor development.

Grade 8 **FitwareNo** 2.3 **FitwareSpecific** 8.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for invasion and field sports.

Fitware Unit Level Standard

State Standard

Understand and apply game strategies to physical activities and sports.

Grade 8 **FitwareNo** 2.5.06 **FitwareSpecific** 8.2.5.06

Fitware Grade Level Standard

Explains critical elements of specialized skills and combinations in team sports.

Fitware Unit Level Standard

Explains critical elements of specialized skills and combinations for circle left/right, shuffle step, do-si-do, swing, promenade, right-hand star, allemande left, single-file promenade, split ring, grand right and left, courtesy turn, forearm turn, right and left through, pass partner, circle to line, allemande left from a line of four, two ladies chain, four ladies chain, chain straight across, see saw, grand square,

State Standard

Demonstrate knowledge of principles and concepts for effective rhythmic motor development.

Grade 8 **FitwareNo** 5.2 **FitwareSpecific** 8.5.2

Fitware Grade Level Standard

Accepts responsibility for one's own actions and decisions during physical activity.

Fitware Unit Level Standard

State Standard

Determine one's responsibility for developing skills, acquiring knowledge, and achieving fitness.

Grade 8 **FitwareNo** 6.3 **FitwareSpecific** 8.6.3

Fitware Grade Level Standard

Chooses to engage in physical activities at the appropriate level of social, physical, and emotional challenge.

Fitware Unit Level Standard

State Standard

Identify preferences for lifetime physical activity.

Grade 8 **FitwareNo** 6.4 **FitwareSpecific** 8.6.4

Fitware Grade Level Standard

Explains the cognitive and psychological benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Identify the personal, physiological, and fitness benefits of participating in a variety of physical activities.

Grade 9 **FitwareNo** 1.0 **FitwareSpecific** 9.1.0

Fitware Grade Level Standard

Demonstrates proficiency for specialized skills and combinations during rhythms and dance, aquatics, and individual and dual sports.

Fitware Unit Level Standard

State Standard

Participate at a competent level in a variety of lifelong physical activities.

Grade 9 **FitwareNo** 3.2 **FitwareSpecific** 9.3.2

Fitware Grade Level Standard

Lists available fitness resources in the community.

Fitware Unit Level Standard

State Standard

Identify community resources to maintain lifelong physical activity.

Grade 9 **FitwareNo** 4.1 **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Establish goals based on fitness assessment data, and develop, implement, achieve, and monitor an individual health and fitness plan.

Grade 9 **FitwareNo** 4.2 **FitwareSpecific** 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Establish goals based on fitness assessment data, and develop, implement, achieve, and monitor an individual health and fitness plan.

Grade 9 **FitwareNo** 5.1 **FitwareSpecific** 9.5.1

Fitware Grade Level Standard

Uses the strengths of each individual in the group during physical activity.

Fitware Unit Level Standard

State Standard

Demonstrate respect for individual differences in physical activity settings.

Grade 9 **FitwareNo** 5.1 **FitwareSpecific** 9.5.1

Fitware Grade Level Standard

Uses the strengths of each individual in the group during physical activity.

Fitware Unit Level Standard

State Standard

Demonstrate collaboration, cooperation, and leadership skills.

Grade 9 **FitwareNo** 5.1 **FitwareSpecific** 9.5.1

Fitware Grade Level Standard

Uses the strengths of each individual in the group during physical activity.

Fitware Unit Level Standard

State Standard

Demonstrate responsible behavior in group settings.

Grade 9 **FitwareNo** 5.2 **FitwareSpecific** 9.5.2

Fitware Grade Level Standard

Accepts personal responsibility to create and maintain a physically and emotionally safe and non-threatening environment for physical activity.

Fitware Unit Level Standard

State Standard

Apply rules, principles, problem-solving skills, and concepts to traditional and nontraditional movement settings.

Grade 9 **FitwareNo** 5.2 **FitwareSpecific** 9.5.2

Fitware Grade Level Standard

Accepts personal responsibility to create and maintain a physically and emotionally safe and non-threatening environment for physical activity.

Fitware Unit Level Standard

State Standard

Understand the risks and safety factors that may affect participation in physical activity.

Grade 9 **FitwareNo** 5.2 **FitwareSpecific** 9.5.2

Fitware Grade Level Standard

Accepts personal responsibility to create and maintain a physically and emotionally safe and non-threatening environment for physical activity.

Fitware Unit Level Standard

State Standard

Demonstrate knowledge of safety and emergency response procedures.

Grade 9 **FitwareNo** 6.4 **FitwareSpecific** 9.6.4

Fitware Grade Level Standard

Explains the role of physical activity in the prevention of disease and the reduction of health care costs.

Fitware Unit Level Standard

State Standard

Understand the cognitive impact of movement.

Grade 10 **FitwareNo** 1.0 **FitwareSpecific** 10.1.0

Fitware Grade Level Standard

Demonstrates proficiency for specialized skills and combinations during tumbling and gymnastics, combatives, and team sports.

Fitware Unit Level Standard

State Standard

Participate at a competent level in a variety of lifelong physical activities

Grade 10 **FitwareNo** 3.2 **FitwareSpecific** 10.3.2

Fitware Grade Level Standard

Evaluates the availability and quality of fitness resources in the community.

Fitware Unit Level Standard

State Standard

Identify community resources to maintain lifelong physical activity

Grade 10 **FitwareNo** 4.1 **FitwareSpecific** 10.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Establish goals based on fitness assessment data, and develop, implement, achieve, and monitor an individual health and fitness plan

Grade 10 **FitwareNo** 4.2 **FitwareSpecific** 10.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness for use as an adult.

Fitware Unit Level Standard

State Standard

Establish goals based on fitness assessment data, and develop, implement, achieve, and monitor an individual health and fitness plan

Grade 10 **FitwareNo** 5.1 **FitwareSpecific** 10.5.1

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Demonstrate respect for individual differences in physical activity settings

Grade 10 **FitwareNo** 5.1 **FitwareSpecific** 10.5.1

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Demonstrate collaboration, cooperation, and leadership skills

Grade 10 **FitwareNo** 5.2 **FitwareSpecific** 10.5.2

Fitware Grade Level Standard

Accepts personal responsibility for one's level of engagement in physical activities.

Fitware Unit Level Standard

State Standard

Apply rules, principles, problem-solving skills, and concepts to traditional and nontraditional movement settings

Grade 10 **FitwareNo** 5.2 **FitwareSpecific** 10.5.2

Fitware Grade Level Standard

Accepts personal responsibility for one's level of engagement in physical activities.

Fitware Unit Level Standard

State Standard

Demonstrate responsible behavior in group settings

Grade 10 **FitwareNo** 5.2 **FitwareSpecific** 10.5.2

Fitware Grade Level Standard

Accepts personal responsibility for one's level of engagement in physical activities.

Fitware Unit Level Standard

State Standard

Understand the risks and safety factors that may affect participation in physical activity

Grade 10 **FitwareNo** 6.4 **FitwareSpecific** 10.6.4

Fitware Grade Level Standard

Evaluates the psychological benefits derived from regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Understand the cognitive impact of movement