

Grade 5

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Identify the skill-related fitness components of balance, coordination, agility, and speed.

Grade 5

FitwareNo 1

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 correct technique for a variety of manipulative skills.

Grade 5

FitwareNo 1

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 locomotor skills and manipulative skills in combination using changes in direction, level, or pathway.

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

Describe why practice is important to skill improvement.

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 movements that change the center of gravity and line of gravity during dynamic balances.

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

Show how increasing speed and mass can change the force on an object.

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 how body position can be changed to absorb force and decrease risk for injury.

Grade 5

FitwareNo 4.1

FitwareSpecific 5.4.1.01

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

Participates in fitness pre-assessment.

State Standard

Participate in multiple *health-related fitness assessments* (including a cardiovascular assessment) and reassess to observe changes over time.

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

Participate in physical activities that address each of the five *health-related fitness components including flexibility, cardiovascular endurance, muscular endurance, muscular strength, and body composition.*

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

Describe and give examples of the five *health-related fitness components.*

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

Demonstrate cooperative skills while participating in 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

Demonstrate safe behaviors and appropriate equipment use while participating in 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

Describe safety rules and rules of play for games/physical activities.

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

Identify physical and mental benefits and bodily responses related to regular participation in physical activity.

Grade 6

FitwareNo 1

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 correct technique for *motor skills* and *manipulative skills* during drills or modified games/physical activities.

Grade 6

FitwareNo 1

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

Combine *manipulative skills* with *motor skills* during drills or modified games/physical activities.

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

Explain how specific, positive, and correct feedback affect skill improvement.

Grade 6

FitwareNo 2.2

FitwareSpecific 6.2.2

Fitware Grade Level Standard

Explains ways to use force to increase speed or distance of a body or propelled object.

Fitware Unit Level Standard

State Standard

Demonstrate how the point of release changes the path of an object.

Grade 6

FitwareNo 4.1

FitwareSpecific 6.4.1.01

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

Participates in fitness pre-assessment.

State Standard

Participate in a *health-related fitness assessment* that addresses a variety of health-related fitness components to establish personal fitness goals.

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

Participate in physical activities that address personal fitness goals for the health-related fitness components including flexibility, cardiovascular endurance, muscular endurance, muscular strength, and body composition.

Grade 6

FitwareNo 4.2

FitwareSpecific 6.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Demonstrate lifts and actions that decrease risk for injury.

Grade 6

FitwareNo 4.2

FitwareSpecific 6.4.2

Fitware Grade Level Standard

Designs a 1-day personal health-related fitness plan.

Fitware Unit Level Standard

State Standard

Design a fitness program from established goals which addresses the five *health-related fitness components* and applies the frequency, intensity, time, and type (*FITT*) *guidelines*.

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

Demonstrate cooperative and inclusive skills while participating in physical activities.

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 responsible personal behaviors while participating in physical activities.

Grade 6

FitwareNo 6.4

FitwareSpecific 6.6.4

Fitware Grade Level Standard

Describes the health benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Describe physiological responses and physical, mental/intellectual, emotional, and social benefits related to regular participation in physical activity.

Grade 7

FitwareNo 1

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

Demonstrate correct technique for *motor skills* and *manipulative skills* during drills or modified games/physical activities.

Grade 7

FitwareNo 1

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 *manipulative skills* with *motor skills* during drills or modified games/physical activities.

Grade 7

FitwareNo 2.2

FitwareSpecific 7.2.2

Fitware Grade Level Standard

Explains how force can be used to make an object spin.

Fitware Unit Level Standard

State Standard

Demonstrate how the point of contact changes the path of an object.

Grade 7

FitwareNo 4.1

FitwareSpecific 7.4.1.01

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

Participates in fitness pre-assessment.

State Standard

Participate in a *health-related fitness assessment* that addresses a variety of health-related fitness components to establish personal fitness goals.

Grade 7

FitwareNo 4.1

FitwareSpecific 7.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Participate in physical activities that address personal fitness goals for the health-related fitness components including flexibility, cardiovascular endurance, muscular endurance, muscular strength, and body composition.

Grade 7

FitwareNo 4.2

FitwareSpecific 7.4.2

Fitware Grade Level Standard

Designs a 1-week personal health-related fitness plan.

Fitware Unit Level Standard

State Standard

Design a fitness program from established goals which addresses the five *health-related fitness components* and applies the frequency, intensity, time, and type (*FITT*) guidelines.

Grade 7

FitwareNo 4.2

FitwareSpecific 7.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Demonstrate lifts and actions that decrease risk for injury.

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

Demonstrate responsible personal behaviors while participating in physical activities.

Grade 7

FitwareNo 6.4

FitwareSpecific 7.6.4

Fitware Grade Level Standard

Describes the social benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Describe physiological responses and physical, mental/intellectual, emotional, and social benefits related to regular participation in physical activity.

Grade 8

FitwareNo 1

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

Demonstrate correct technique for *motor skills* and *manipulative skills* during drills or modified games/physical activities.

Grade 8

FitwareNo 1

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

Combine *manipulative skills* with *motor skills* during drills or modified games/physical activities.

Grade 8

FitwareNo 2.2

FitwareSpecific 8.2.2

Fitware Grade Level Standard

Explains how force can be used to alter the outcome of a skill performance.

Fitware Unit Level Standard

State Standard

Demonstrate the *principle of opposition*.

Grade 8

FitwareNo 4.1

FitwareSpecific 8.4.1.01

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

Participates in fitness pre-assessment.

State Standard

Participate in a *health-related fitness assessment* that addresses a variety of health-related fitness components to establish personal fitness goals.

Grade 8

FitwareNo 4.1

FitwareSpecific 8.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Participate in physical activities that address personal fitness goals for the health-related fitness components including flexibility, cardiovascular endurance, muscular endurance, muscular strength, and body composition.

Grade 8

FitwareNo 4.2

FitwareSpecific 8.4.2

Fitware Grade Level Standard

Designs a 2-week personal health-related fitness plan taking into account the possibility of inclement weather, minor injury, and/or travel.

Fitware Unit Level Standard

State Standard

Design a fitness program from established goals which addresses the five *health-related fitness components* and applies the frequency, intensity, time, and type (*FITT*) guidelines.

Grade 8

FitwareNo 4.2

FitwareSpecific 8.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Demonstrate lifts and actions that decrease risk for injury.

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

Demonstrate responsible personal behaviors while participating in physical activities.

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

Describe physiological responses and physical, mental/intellectual, emotional, and social benefits related to regular participation in physical activity.

Grade 9

FitwareNo 1

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

Demonstrate a variety of *specialized movement skills* specific to a game/physical activity while participating in a game/physical activity.

Grade 9

FitwareNo 2.1

FitwareSpecific 9.2.1

Fitware Grade Level Standard

Creates a practice plan for aquatics, rhythms/dance, and individual and dual activities.

Fitware Unit Level Standard

State Standard

Design appropriate practice sessions, utilizing *fundamental movement skills* to improve performance.

Grade 9

FitwareNo 2.2

FitwareSpecific 9.2.2

Fitware Grade Level Standard

Explains the use of biomechanic principles in rhythm and dance, aquatics, and individual and dual sports.

Fitware Unit Level Standard

State Standard

Demonstrate how spin and rebound affect the motion of an object.

Grade 9

FitwareNo 2.2

FitwareSpecific 9.2.2

Fitware Grade Level Standard

Explains the use of biomechanic principles in rhythm and dance, aquatics, and individual and dual sports.

Fitware Unit Level Standard

State Standard

Use the *principle of opposition*, point of contact, and point of release to change the path of an object during a game/physical activity.

Grade 9

FitwareNo 2.2

FitwareSpecific 9.2.2

Fitware Grade Level Standard

Explains the use of biomechanic principles in rhythm and dance, aquatics, and individual and dual sports.

Fitware Unit Level Standard

State Standard

Adjust movements to accommodate external forces that decrease risk for injury.

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

Participate in a health-*related fitness assessment* to establish personal fitness goals and reassess their fitness over time.

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

Design and critique a personal fitness plan, from established goals, that applies the five *health-related fitness components* and the *principles of training* (specificity, overload, and progression).

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

Select and participate in physical activities that address their personal fitness plans and apply the five [health-related fitness components](#).

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 collaborative skills while participating in physical activities.

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 responsible and ethical personal behavior while participating in physical activities.

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

Explain the interrelationship of physiological responses and physical, mental/intellectual, emotional, and social benefits related to regular participation in physical activity.

Grade 10

FitwareNo 1

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

Demonstrate a variety of *specialized movement skills* specific to a game/physical activity while participating in a game/physical activity.

Grade 10

FitwareNo 2.1

FitwareSpecific 10.2.1

Fitware Grade Level Standard

Creates a practice plan for combatives, gymnastics/tumbling, and team activities.

Fitware Unit Level Standard

State Standard

Design appropriate practice sessions, utilizing *fundamental movement skills* to improve performance.

Grade 10

FitwareNo 2.2

FitwareSpecific 10.2.2

Fitware Grade Level Standard

Explains the use of biomechanic principles in tumbling and gymnastics, combatives, and team sports.

Fitware Unit Level Standard

State Standard

Demonstrate how spin and rebound affect the motion of an object.

Grade 10

FitwareNo 2.2

FitwareSpecific 10.2.2

Fitware Grade Level Standard

Explains the use of biomechanic principles in tumbling and gymnastics, combatives, and team sports.

Fitware Unit Level Standard

State Standard

Use the *principle of opposition*, point of contact, and point of release to change the path of an object during a game/physical activity.

Grade 10

FitwareNo 2.2

FitwareSpecific 10.2.2

Fitware Grade Level Standard

Explains the use of biomechanic principles in tumbling and gymnastics, combatives, and team sports.

Fitware Unit Level Standard

State Standard

Adjust movements to accommodate external forces that decrease risk for injury.

Grade 10

FitwareNo 2.5

FitwareSpecific 10.2.5

Fitware Grade Level Standard

Analyzes performance strategies for improved performance in tumbling and gymnastics, combatives, and team sports.

Fitware Unit Level Standard

State Standard

Explain the relationship of skill-related fitness components to *specialized movement skills*.

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

Participate in a health-*related fitness assessment* to establish personal fitness goals and reassess their fitness over time.

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

Design and critique a personal fitness plan, from established goals, that applies the five *health-related fitness components* and the *principles of training* (specificity, overload, and progression).

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

Select and participate in physical activities that address their personal fitness plans and apply the five [health-related fitness components](#).

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 and ethical personal behavior while participating in physical activities.

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

Explain the interrelationship of physiological responses and physical, mental/intellectual, emotional, and social benefits related to regular participation in physical activity.

Grade 6/7/8

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Describe the following skill-related fitness components: balance, coordination, agility, speed, and power.

Grade 6/7/8

FitwareNo 5.2

FitwareSpecific 6.5.2.01

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Follows class rules for safe participation.

State Standard

Describe game/physical activity rules and safety rules and their purposes.

Grade 6/7/8

FitwareNo 5.2

FitwareSpecific 6.2.4.08

Fitware Grade Level Standard

Describes the characteristics of physical activities appropriate for early adolescents.

Fitware Unit Level Standard

Describes the importance of early adolescents participating in games with concrete rules and directions.

State Standard

Describe game/physical activity rules and safety rules and their purposes.

Grade 9/10

FitwareNo 5.1

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Predict how etiquette/rules improve games/activities.