

Grade 5 **FitwareNo** **FitwareSpecific** 5.2.5.05

Fitware Grade Level Standard

Describes critical elements of fundamental movement and manipulative skills.

Fitware Unit Level Standard

Describes the critical elements for a throw, catch, chest pass, jump stop, two-step stop, and pivot.

State Standard

Identify cue words and terms associated with punting and fielding.

Grade 5 **FitwareNo** **FitwareSpecific** 5.2.4

Fitware Grade Level Standard

Describes changes from birth through puberty along with their impact on physical performance.

Fitware Unit Level Standard

State Standard

Describe relationships among strength, flexibility, balance, and coordination in successfully executing physical activities.

Grade 5 **FitwareNo** **FitwareSpecific** 5.2.3

Fitware Grade Level Standard

Describes how the qualities of movement (e.g., space, time, force) are used in basic game tactics.

Fitware Unit Level Standard

State Standard

Identify basic rules, player positions, and offensive and defensive strategies in organized games and in sport modified games.

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

Fitware Grade Level Standard

Accepts responsibility for personal safety during physical activity.

Fitware Unit Level Standard

State Standard

Explain good sportsmanship techniques for use in settling disputes (remain calm, control voice level, listen to others).

Grade 5 **FitwareNo** **FitwareSpecific** 5.5.1.03

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Acknowledges orally the contributions and strengths of others.

State Standard

Explain physical activity and safety benefits of exercising with a partner (promoting adherence to regiment, reducing safety hazards).

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

Fitware Grade Level Standard

Describes the physical benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Describe how aerobic exercise affects the efficiency and longevity of the heart and lungs.

Grade 5 **FitwareNo** **FitwareSpecific** 5.4.2.03

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

Describes overload, specificity, regularity, individual differences, and progression and how they relate to each area of health-related fitness.

State Standard

Categorize physical activities according to their most beneficial health-related fitness component.

Grade 5 **FitwareNo** **FitwareSpecific** 5.4.2.03

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

Describes overload, specificity, regularity, individual differences, and progression and how they relate to each area of health-related fitness.

State Standard

Describe the four components of the frequency, intensity, time, and type principle as they relate to a successful fitness program.

Grade 5 **FitwareNo** **FitwareSpecific** 5.2.5.08

Fitware Grade Level Standard

Describes critical elements of fundamental movement and manipulative skills.

Fitware Unit Level Standard

Describes the critical elements for instep kick, instep trap, punting, sole-of-foot trap, outside-of-foot kick, and dribbling.

State Standard

Identify cue words and terms associated with punting and fielding.

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

Fitware Grade Level Standard

Describes the physical benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Categorize physical activities according to their most beneficial health-related fitness component.

Grade 5 **FitwareNo** **FitwareSpecific** 5.4.2.04

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

Describes the FITT concepts related to cardiorespiratory endurance.

State Standard

Describe the four components of the frequency, intensity, time, and type principle as they relate to a successful fitness program.

Grade 5 **FitwareNo** **FitwareSpecific** 5.4.2.05

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

Describes the FITT concepts for body composition.

State Standard

Describe the four components of the frequency, intensity, time, and type principle as they relate to a successful fitness program.

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.1.0.02

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates control using the mature form for jumping and running.

State Standard

Demonstrate correct form while sprinting and running for distance.

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.1.0.05

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates speed and accuracy using the mature form for a throw, catch, chest pass, jump stop, two-step stop, and pivot.

State Standard

Demonstrate correct form while fielding and punting a ball.

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.1.0.04

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates control using the mature form for walk, run, hop, skip, jump for distance, jump for height, leap, gallop, and slide.

State Standard

Execute single and dual long-rope activities and stunts (routines, ball manipulation).

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.1.0.10

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates control using the mature form form for dance steps (forearm swing, right hand star, do si do, two step, heel toe, grapevine, chug steps, cross kick, stomp, knee lift, slide, and polka).

State Standard

Demonstrate rhythmic dance, including modern, aerobic, and ethnic.

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.1.0.03

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates control using the mature form for front scale, knee scale, squat forward roll, back squat roll, tip up, and tripod.

State Standard

Demonstrate weight transfer and balance on mats and apparatus by smoothly transitioning between combinations of traveling and rolling.

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

Apply appropriate skills (e.g., dribbling, serving, shooting, punting) in sport modified games.

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.1.0.08

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates speed and accuracy using the mature form for instep kick, sole-of-foot trap, instep trap, outside-of-foot kick, punting, and dribbling.

State Standard

Demonstrate correct form while fielding and punting a ball.

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.1.0.04

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates control using the mature form for walk, run, hop, skip, jump for distance, jump for height, leap, gallop, and slide.

State Standard

Demonstrate correct form while sprinting and running for distance.

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.6.2.03

Fitware Grade Level Standard

Expresses personal feelings through a movement-based routine.

Fitware Unit Level Standard

Expresses personal feelings through a movement-based routine that involves tumbling skills.

State Standard

Demonstrate weight transfer and balance on mats and apparatus by smoothly transitioning between combinations of traveling and rolling.

Grade 6 **FitwareNo** **FitwareSpecific** 6.1.0.02

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

Demonstrates the mature form for static and dynamic balance, running and changing directions, and jumping in coordination with others.

State Standard

Demonstrate rope-jumping and original dance routines that incorporate varying lengths, skill sequences, and musical accompaniments.

Grade 6 **FitwareNo** **FitwareSpecific** 6.6.2

Fitware Grade Level Standard

Expresses personal feelings through a manipulative/movement-based routine.

Fitware Unit Level Standard

State Standard

Combine a variety of skills into sequenced routines (tumbling, jumping rope, rhythmic, ball)

Grade 6 **FitwareNo** **FitwareSpecific** 6.1.0.07

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

Demonstrates the mature form for basketball dribbling, passing, and shooting.

State Standard

Demonstrate dribbling, shooting, and striking skills.

Grade 6 **FitwareNo** **FitwareSpecific** 6.1.0.08

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

Demonstrates the mature form for the pickleball serve, forehand, and backhand strokes.

State Standard

Demonstrate forehand and backhand striking skills.

Grade 6 **FitwareNo** **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

Identify rules and regulations for a variety of sports and lifetime activities.

Grade 6 **FitwareNo** **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 the importance of repetition and practice as a means for skill improvement.

Grade 6 **FitwareNo** **FitwareSpecific** 6.2.4

Fitware Grade Level Standard

Describes the characteristics of physical activities appropriate for early adolescents.

Fitware Unit Level Standard

State Standard

Modify physical activities, games, and sports to meet specified criteria (eg for personal enjoyment).

Grade 6 **FitwareNo** **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

Explain sport-specific etiquette and good sportsmanship for team, individual, and dual sports.

Grade 6 **FitwareNo** **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 positive social interactions in situations that include members of different genders, cultures, ethnicities, abilities, and disabilities.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Describe progress toward achieving personal fitness goals for each of the health-related fitness components. (logs)

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Analyze exercise and heart rate data to determine adjustments to health fitness plans.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2.01

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Describes the elements of an appropriate warm-up.

State Standard

Identify possible injuries resulting from improper exercise routines [Demonstrating proper warm-up and cool-down techniques]

Grade 6 **FitwareNo** **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

Describe the structure and function of the muscular and skeletal systems as they relate to physical performance (muscles pull on bones, muscles work in pairs, contract/relax).

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Analyze exercise and heart rate data to determine adjustments to health fitness plans.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2.07

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Explains the FITT concepts related to muscular strength.

State Standard

Describe the structure and function of the muscular and skeletal systems as they relate to physical performance (muscles pull on bones, muscles work in pairs, contract/relax).

Grade 6 **FitwareNo** **FitwareSpecific** 6.1.0.09

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

Demonstrates the mature form for softball catching, fielding, overhand throw, pitching, and batting.

State Standard

Demonstrate dribbling, shooting, and striking skills.

Grade 6 **FitwareNo** **FitwareSpecific** 6.1.0.04

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

Demonstrates the mature form for dance steps used in folk and line dances: step hop, elbow swing, toes out/heels out/heels in/toes in, 1/4 pivot, turn under, step swing, schottische, and bleking.

State Standard

Demonstrate rope-jumping and original dance routines that incorporate varying lengths, skill sequences, and musical accompaniments.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2.02

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Describes an effective cool down.

State Standard

Identify possible injuries resulting from improper exercise routines [Demonstrating proper warm-up and cool-down techniques]

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2.06

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Identifies contraindicated exercises and their adverse effects on the body.

State Standard

Identify possible injuries resulting from improper exercise routines [Demonstrating proper warm-up and cool-down techniques]

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2.05

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Explains the FITT concepts related to muscular endurance.

State Standard

Describe the structure and function of the muscular and skeletal systems as they relate to physical performance (muscles pull on bones, muscles work in pairs, contract/relax).

Grade 6 **FitwareNo** **FitwareSpecific** 6.6.3

Fitware Grade Level Standard

Chooses to engage in new activities.

Fitware Unit Level Standard

State Standard

Modify physical activities, games, and sports to meet specified criteria (eg for personal enjoyment).

Grade 7 **FitwareNo** **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

Apply coordinated movements, strategies, and rules to achieve success in a variety of sports and activities.

Grade 7 **FitwareNo** **FitwareSpecific** 7.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for net and target sports.

Fitware Unit Level Standard

State Standard

Demonstrate strategic positioning for offense and defense in game situations.

Grade 7 **FitwareNo** **FitwareSpecific** 7.1.0.08

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates the mature form for running in armor; juggling; fencing advance, retreat, lunge, ready position, and on-guard; jousting; use of a lance; and basic dance moves

State Standard

Demonstrate dances used for social and recreational enjoyment and physical fitness enhancement.

Grade 7 **FitwareNo** **FitwareSpecific** 7.1.0.02

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates the mature form for: long horse vaulting (straddle dismount from croup, straddle vault); vaulting (squat vault; pommels (jump front support, hand walk, leg cut); floor exercises (front walkover, back extension); balance beam (straddle support mount, walk with dip, squat turn, jump dismount); horizontal bar (knee hang, front pullover, penny drop, forward hip circle); and parallel bars

State Standard

Demonstrate a sequence of balancing skills by traveling on apparatus while working cooperatively with a partner to create a balance sequence.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Demonstrate relaxation and stress reduction exercises.

Grade 7 **FitwareNo** **FitwareSpecific** 7.1.0.01

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates the mature form for the underhand toss, catch, foot pass, and trap.

State Standard

Demonstrate offensive skills, including pike, fake, and screen, for a variety of team sports. [addressed specifically in grade 8]

Grade 7 **FitwareNo** **FitwareSpecific** 7.2.1

Fitware Grade Level Standard

Explains the process of setting appropriate goals, appropriate practice, and monitoring changes in the development of specialized skills.

Fitware Unit Level Standard

State Standard

Identify appropriate drills and repetitions to improve performance.

Grade 7 **FitwareNo** **FitwareSpecific** 7.2.1

Fitware Grade Level Standard

Explains the process of setting appropriate goals, appropriate practice, and monitoring changes in the development of specialized skills.

Fitware Unit Level Standard

State Standard

Describe the concept of effort as it relates to improvement of skill execution (slowing/accelerating).

Grade 7 **FitwareNo** **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

Analyze peer skill performance for efficiency in sport and recreational activities.

Grade 7 FitwareNo FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Explain differences between legal and illegal behaviors (rules) in sports. [address more specifically in other grade levels]

Grade 7 FitwareNo 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

Apply methods for communicating with confrontational opponents (social courtesies)

Grade 7 FitwareNo FitwareSpecific 7.6.3

Fitware Grade Level Standard

Chooses to engage in activities at the appropriate level of physical challenge.

Fitware Unit Level Standard

State Standard

Demonstrate elements, including sport competency, literacy, and enthusiasm, needed to accomplish a team goal in competitive and cooperative environments (remain on task, problem-solving skills, safety procedures).

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify factors that can be manipulated to achieve an overload in muscular strength and cardiorespiratory endurance.

Grade 7 **FitwareNo** **FitwareSpecific** 7.6.4

Fitware Grade Level Standard

Describes the social benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Explain correlations among nutrition, exercise, and rest in the development of a healthy lifestyle.

Grade 7 **FitwareNo** **FitwareSpecific** 7.2.5

Fitware Grade Level Standard

Explains the critical elements of specialized skills and combinations in individual and dual sports.

Fitware Unit Level Standard

State Standard

Analyze peer skill performance for efficiency in sport and recreational activities.

Grade 7 **FitwareNo** **FitwareSpecific** 7.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for net and target sports.

Fitware Unit Level Standard

State Standard

Demonstrate offensive skills, including pike, fake, and screen, for a variety of team sports. [addressed specifically in grade 8]

Grade 7 **FitwareNo** **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

Describe the concept of effort as it relates to improvement of skill execution (slowing/accelerating).

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain correlations among nutrition, exercise, and rest in the development of a healthy lifestyle.

Grade 7 **FitwareNo** **FitwareSpecific** 7.2.4

Fitware Grade Level Standard

Explains individual differences and how these differences impact performance in physical activities.

Fitware Unit Level Standard

State Standard

Demonstrate elements, including sport competency, literacy, and enthusiasm, needed to accomplish a team goal in competitive and cooperative environments (remain on task, problem-solving skills, safety procedures).

Grade 7 **FitwareNo** **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

Demonstrate elements, including sport competency, literacy, and enthusiasm, needed to accomplish a team goal in competitive and cooperative environments (remain on task, problem-solving skills, safety procedures).

Grade 8 **FitwareNo** **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 skills utilized in lifetime health-enhancing activities (motor skills)

Grade 8 **FitwareNo** **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 aerobic movement skills and the performance of original dance routines.

Grade 8 **FitwareNo** **FitwareSpecific** 8.1.0.02

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrate tumbling skills.

State Standard

Demonstrate combinations of balancing and supporting skills.

Grade 8 **FitwareNo** **FitwareSpecific** 8.1.0.03

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: chest pass, one-handed overhead pass, two-handed overhead pass, bounce pass, two-step stop, pivot, catching, jump stop, hand dribbling, basketball set shot, team handball set shot, team handball jump shot, goalkeeping, offensive stance, defensive stance, instep kick, sole-of-foot trap, foot dribbling, layup, rebound, one-foot lift to self, two-foot stationary lift

State Standard

Demonstrate skills used in individual, dual, and team sports.

Grade 8 **FitwareNo** **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 skills associated with adventure, outdoor, and recreational activities. [outdoor ed is addressed in grade 7]

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

Fitware Grade Level Standard

Explains offensive/defensive strategies for invasion and field sports.

Fitware Unit Level Standard

State Standard

Demonstrate player-to-player defensive strategy skills.

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

Fitware Grade Level Standard

Explains offensive/defensive strategies for invasion and field sports.

Fitware Unit Level Standard

State Standard

Identify rules, regulations, tactics, strategies, and rituals utilized in individual, dual, and team sports.

Grade 8 **FitwareNo** **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

Apply movement concepts to sport, dance, gymnastics, recreational skill performances, and other physical activities (flow, speed, direction)

Grade 8 **FitwareNo** **FitwareSpecific** 8.6.1

Fitware Grade Level Standard

Explains the development and role of movement-related activities in the United States (19th-20th centuries) and their influence on physical activities today.

Fitware Unit Level Standard

State Standard

Summarize research findings of at least one local, national, or international game for its history, terminology, rules, and basic skills. (use internet to product mm projects)

Grade 8 **FitwareNo** **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

Solve problems in physical activity settings by identifying cause and potential solutions (describe appropriate responses to an unfair call made by an official).

Grade 8 **FitwareNo** **FitwareSpecific** 8.5.1

Fitware Grade Level Standard

Collaborates with others to solve group problems in physical activity settings.

Fitware Unit Level Standard

State Standard

Describe how recognizing opposing opinions and priorities, including displaying willingness to compromise, apply to teamwork and goal achievement.

Grade 8 **FitwareNo** **FitwareSpecific** 8.5.1

Fitware Grade Level Standard

Collaborates with others to solve group problems in physical activity settings.

Fitware Unit Level Standard

State Standard

Apply positive reinforcement to enhance peer physical performance during physical activity.

Grade 8 **FitwareNo** **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

Explain long-term physiological and psychological benefits resulting from regular participation in physical activity.

Grade 8 **FitwareNo** **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 role of exercise in stress reduction.

Grade 8 **FitwareNo** **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

Apply the FITT principle to an individualized fitness plan.

Grade 8 **FitwareNo** **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 personalized fitness plan.

Grade 8 **FitwareNo** **FitwareSpecific** 8.2.5

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Apply movement concepts to sport, dance, gymnastics, recreational skill performances, and other physical activities (flow, speed, direction)

Grade 8 **FitwareNo** **FitwareSpecific** 8.2.4

Fitware Grade Level Standard

Analyzes the role of physical abilities in the performance of specialized skills.

Fitware Unit Level Standard

State Standard

Apply movement concepts to sport, dance, gymnastics, recreational skill performances, and other physical activities (flow, speed, direction)

Grade 8 **FitwareNo** **FitwareSpecific** 8.1.0.05

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 pitch, bat, bunt, sidearm whip throw, fielding ground balls and flies, and baserunning.

State Standard

Demonstrate skills used in individual, dual, and team sports.

Grade 8 **FitwareNo** **FitwareSpecific** 8.1.0.04

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 forearm pass, underhand serve, overhand pass, overhand serve, standing spike, jumping spike, and block.

State Standard

Demonstrate skills used in individual, dual, and team sports.

Grade 9 **FitwareNo** **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 movement combinations from a variety of physical activities that enhance cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition (run, weight train, circuit train, aerobics).

Grade 9 **FitwareNo** **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 complex movement sequences in a variety of physical activities (martial arts, dance, games outdoor ed, sports).

Grade 9 **FitwareNo** **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

Utilize rules and strategies for safe game play and selected lifetime activities (mod games).

Grade 9 **FitwareNo** **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

Identify short- and long-term health-enhancing benefits of physical activity. (lower rest heart rate, reduce stress, increase metabolism).

Grade 9 **FitwareNo** **FitwareSpecific** 9.6.1

Fitware Grade Level Standard

Describes the historical trends in physical fitness and their impact on physical fitness today.

Fitware Unit Level Standard

State Standard

Identify requirements for selected careers in physical education, health, and fitness.

Grade 9 **FitwareNo** **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

Identify strategies for positive behavior modification and for social interaction among diverse populations.

Grade 9 **FitwareNo** **FitwareSpecific** 9.6.3

Fitware Grade Level Standard

Describes the enjoyment, self-expression, challenge, multiculturalism, and social benefits experienced by achieving one's best in physical activities.

Fitware Unit Level Standard

State Standard

Explain the impact of participating in multicultural physical activities.

Grade 9 **FitwareNo** **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 personal and social behavior during physical activities.

Grade 9 **FitwareNo** **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 responsibilities of a leader or a follower to accomplish group goals. [addressed specifically in grade 10]

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

Fitware Grade Level Standard

Lists available fitness resources in the community.

Fitware Unit Level Standard

State Standard

Critique a community service project that involves physical activity by identifying benefits, problems, compromises, and outcomes.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Utilize health and fitness technologies (hr monitors, pedometers, spirometers).

Grade 9 **FitwareNo** **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

Utilize safe practices when participating in physical activities.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Compare goals for attaining and maintaining fitness.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Construct criteria for evaluation of commercial fitness and health products and services.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Create a nutrition program that targets goals for maintaining energy and recommended body composition.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Design a personal fitness plan that promotes activity for life (assess, principles, FITT, demonstrate).

Grade 9 **FitwareNo** **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 personal and social behavior during physical activities.

Grade 9 **FitwareNo** **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

Critique a community service project that involves physical activity by identifying benefits, problems, compromises, and outcomes.

Grade 10 **FitwareNo** **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 complex movement patterns in a variety of activity settings.

Grade 10 **FitwareNo** **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

Apply movement concepts and fitness principles to a variety of physical activity settings.

Grade 10 **FitwareNo** **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

Determine characteristics of highly skilled physical performance. (agility, alertness, accuracy)

Grade 10 **FitwareNo** **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

Analyze physical activity, sport, and recreational practices for safety, risks, and consequences.

Grade 10 **FitwareNo** **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

Use competence, proficiency, and strategy skills to solve problems in a physical education environment. (gather data/consider alternatives)

Grade 10 **FitwareNo** **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

Evaluate facilities and programs within the community that may be utilized for maintaining lifelong fitness.

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

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Identify characteristics of responsible leader, including honesty, respect for others, and self-control, in a physical education activity.

Grade 10 **FitwareNo** **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

Interpret research regarding social effects associated with engaging in physical activity with others.

Grade 10 **FitwareNo** **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 independence and self-responsibility in student-led physical activities. (creating a dance)

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Demonstrate the level of fitness required for successful participation in a variety of physical activities.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Describe personal goals implemented in an individualized physical fitness performance plan.

Grade 10 **FitwareNo** **FitwareSpecific** 10.2.4

Fitware Grade Level Standard

Explains how to select and modify physical activities to allow for participation by younger children, the elderly, and individuals with special needs.

Fitware Unit Level Standard

State Standard

Apply movement concepts and fitness principles to a variety of physical activity settings.

Grade 10 **FitwareNo** **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

Apply movement concepts and fitness principles to a variety of physical activity settings.

Grade 10 **FitwareNo** **FitwareSpecific** 10.2.3

Fitware Grade Level Standard

Explains advanced offensive, defensive, and transition strategies in combatives, gymnastics/tumbling, and team sports.

Fitware Unit Level Standard

State Standard

Apply movement concepts and fitness principles to a variety of physical activity settings.

Grade 10 **FitwareNo** **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

Apply movement concepts and fitness principles to a variety of physical activity settings.

Grade 10 **FitwareNo** **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

Use competence, proficiency, and strategy skills to solve problems in a physical education environment. (gather data/consider alternatives)

Grade 10 **FitwareNo** **FitwareSpecific** 10.2.3

Fitware Grade Level Standard

Explains advanced offensive, defensive, and transition strategies in combatives, gymnastics/tumbling, and team sports.

Fitware Unit Level Standard

State Standard

Use competence, proficiency, and strategy skills to solve problems in a physical education environment. (gather data/consider alternatives)