

**Grade 5**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Compare and contrast competitive and lifetime sports

**Grade 5**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Understand that beat awareness and beat *competency* enhance the internal dialogue for better silent reading

**Grade 5**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Understand proper attitudes toward winning and losing (e.g., self-control and sportsmanship)

**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 and describe how the muscular and skeletal systems interact during movement activities

**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 mature motor skills in *lead-up games* situations:

**Grade** 5

**FitwareNo** 1

**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**

Perform simple dances in time to music (e.g., square dances, line dances, “cha-cha”, etc.)

**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**

Apply appropriate rules and plans to improve performance in individual, dual, team, and recreational sports and activities

**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 and describe how the muscular and skeletal systems interact during movement activities

**Grade** 5

**FitwareNo** 2.3

**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**

Apply *spatial awareness* to lead-up game situations

**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 a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving levels of *cardio-respiratory* endurance (e.g., mile run, half-mile run, PACER, heart rate recovery, walk test)

**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 a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving levels of *body composition* (e.g., *body mass index (BMI)*, body fat percentage, waist-hip ratio, skin fold assessment)

**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 a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving muscular strength (e.g., push-ups, modified push-ups, pull-ups, bicep strength, grip strength, flexed arm hang)

**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 a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving muscular endurance (e.g., curl-ups, grip endurance, push-ups, step-ups)

**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 high- intensity and low-intensity exercises

**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 a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving levels of *flexibility* (e.g., v-sit, back-saver sit and reach, trunk lift, shoulder stretch, body rotation)

**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**

Identify short-term and long-term goals related to muscular strength (e.g., individual goals, test results)

**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**

Calculate the intensity of exercise (e.g., heart rate, breathing, perceived exertion, recovery rate)

**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 the *FITT* principle as it relates to *cardio-respiratory* endurance: FITT

**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**

Identify metabolic factors contributing to *body composition* (e.g., heredity, caloric intake, caloric expenditure, life patterns, environment)

**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**

Show respect for persons of similar and different skill levels (e.g., refrain from put-downs, encourage classmates)

**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**

Make responsible decisions about using time, applying rules, and following through with decisions made (e.g., using time wisely, staying on task, staying in an appropriate area, deciding to walk away from an altercation, and avoiding conflict)

**Grade** 5

**FitwareNo** 6.2

**FitwareSpecific** 5.6.2

### **Fitware Grade Level Standard**

Expresses personal feelings through a movement-based routine.

### **Fitware Unit Level Standard**

### **State Standard**

Use sequences that combine rolling, balance, and *weight transfer*

**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**

Recognize the physical, mental, emotional benefits of participating in regular physical activity.

**Grade** 5

**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**

Understand the *FITT* principle as it relates to muscular strength: [addressed in 6th and 7th grade]

**Grade** 5

**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**

Understand the *FITT* principle as it relates to muscular endurance: [addressed in 6th and 7th grade]

**Grade** 5

**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**

Recognize the correlation between the stretch and the muscle group involved (e.g., toe-touch stretches, the hamstrings, and glutes) [addressed in 7th grade]

**Grade** 5

**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**

Understand the *FITT* principle as it relates to *flexibility*: [addressed in 6th and 7th grade]

**Grade** 6

**FitwareNo**

**FitwareSpecific**

### **Fitware Grade Level Standard**

### **Fitware Unit Level Standard**

### **State Standard**

Keep the importance of winning and losing in perspective with other established goals and participation

**Grade** 6

**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**

Understand the physical and *environmental* dangers associated with decisions made during different physical activities (e.g., standing too close to the batter, and terrain awareness)

**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**

Use developed movement and motor skills to perform the following: individual, dual, team recreation.

**Grade** 6

**FitwareNo** 1

**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**

Appraise and perform a variety of social and/or multi cultural dances

**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**

Implement necessary rules and strategies for competition in individual, dual, team, and recreational sports and activities

**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**

Examine *spatial awareness* when performing two or more elements of individual, dual, team, and lifetime sports (e.g., appropriate spacing during activities such as flag football, soccer)

**Grade** 6

**FitwareNo** 2.5

**FitwareSpecific** 6.2.5

### **Fitware Grade Level Standard**

Describes the critical elements of specialized skills and combinations in cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

### **Fitware Unit Level Standard**

### **State Standard**

Analyze and differentiate basic musculoskeletal techniques necessary to participate in selected movement forms (e.g., correct musculoskeletal errors while performing stretching, yoga, modified weightlifting, etc.)

**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**

Explore recreational activities in the community that meet the needs of various skill levels and interests

**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 a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving levels of *cardio-respiratory* endurance (e.g., mile run, half-mile run, PACER, heart rate recovery, walk test)

**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 a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving levels of *body composition* (e.g., *body mass index (BMI)*, body fat percentage, waist-hip ratio, skin fold assessment)

**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 a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving muscular strength (e.g., push-ups, modified push-ups, pull-ups, bicep strength, grip strength, flexed arm hang)

**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**

Explore muscular strength building activities guided by the teacher (e.g., lunges, wall sits, resistance bands)

**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 a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving muscular endurance (e.g., curl-ups, grip endurance, push-ups, step-ups)

**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 exercises that can successfully build *flexibility* as a component of 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**

Participate in a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving levels of *flexibility* (e.g., v-sit, back-saver sit and reach, trunk lift, shoulder stretch, body rotation)

**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**

Apply safe practices of the *FITT* principle as it relates to *cardio-respiratory* endurance: FITT

**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**

Understand that heart rate is directly proportional to the intensity of activity

**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**

Compare caloric intake versus caloric expenditure to promote a proper level of fitness (e.g., daily food log, caloric intake calculator, caloric expenditure calculator)

**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**

Apply safe practices of the *FITT* principle as it relates to muscular strength:

**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**

Apply safe practices of the *FITT* principle as it relates to muscular endurance:

**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**

Apply safe practices of the *FITT* principle as it relates to *flexibility*:

**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**

Analyze and differentiate basic musculoskeletal techniques necessary to participate in selected movement forms (e.g., correct musculoskeletal errors while performing stretching, yoga, modified weightlifting, etc.)

**Grade** 6

**FitwareNo** 6.2

**FitwareSpecific** 6.6.2

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Develop and refine the sequences of rolling, balance, and *weight transfer* demonstrating smooth transition (e.g., gymnastic sequences, aerobic dance)

**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**

Evaluate benefits that result from muscular endurance

**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**

Understand that movement facilitates cognition

**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**

Compare and contrast various levels of health related fitness (e.g., low resting heart rate vs. high resting heart rate, high body fat percentage vs. low body fat percentage, strong bones vs. osteoporosis)

**Grade** 7

**FitwareNo**

**FitwareSpecific**

### **Fitware Grade Level Standard**

### **Fitware Unit Level Standard**

### **State Standard**

Discuss the role that sports and recreation play in career and social environments (e.g., golf, tennis, health clubs)

**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**

Execute more advanced musculoskeletal techniques of movement necessary to perform a variety of activities (e.g., posture, stretching, yoga, modified weightlifting, tennis and golf swings, archery, etc.)

**Grade** 7

**FitwareNo** 2.1

**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**

Assess movement concepts and principles of motor skills to develop fundamental skills in the following: individual, dual, team, recreation

**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**

Assess movement concepts and principles of motor skills to develop fundamental skills in the following: individual, dual, team, recreation

**Grade** 7

**FitwareNo** 2.3

**FitwareSpecific** 7.2.3

### **Fitware Grade Level Standard**

Explains offensive/defensive strategies for net and target sports.

### **Fitware Unit Level Standard**

### **State Standard**

Develop *spatial awareness* when performing a variety of physical activities (e.g., scooters, soccer, speedball, volleyball, etc.)

**Grade** 7

**FitwareNo** 2.3

**FitwareSpecific** 7.2.3

### **Fitware Grade Level Standard**

Explains offensive/defensive strategies for net and target sports.

### **Fitware Unit Level Standard**

### **State Standard**

Choose an individual, dual, team, and recreational activity and use the necessary rules and strategies to participate

**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 a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving levels of *cardio-respiratory* endurance (e.g., mile run, half-mile run, PACER, heart rate recovery, walk test)

**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**

Evaluate individual cardio-respiratory endurance (e.g., mile walk, mile run, pacer test, target heart rate, pedometer)

**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**

Evaluate individual *body composition* (e.g., skin fold, BMI)

**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 a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving levels of *body composition* (e.g., *body mass index (BMI)*, body fat percentage, waist-hip ratio, skin fold assessment)

**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 a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving muscular strength (e.g., push-ups, modified push-ups, pull-ups, bicep strength, grip strength, flexed arm hang)

**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 a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving muscular endurance (e.g., curl-ups, grip endurance, push-ups, step-ups)

**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 a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving levels of *flexibility* (e.g., v-sit, back-saver sit and reach, trunk lift, shoulder stretch, body rotation)

**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**

Develop and follow a personal fitness plan that integrates the *FITT* principle: FITT

**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**

Develop and use physical activities to improve *body composition* (e.g., walking, jogging, aerobics, relays, calisthenics)

**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**

Develop and follow a personal fitness plan using the *FITT* to improve muscular strength:

**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**

Develop and follow a personal fitness plan to improve muscular endurance that integrates the *FITT* principle:

**Grade** 7

**FitwareNo** 6.2

**FitwareSpecific** 7.6.2.08

### **Fitware Grade Level Standard**

Appreciates one's own stylistic approach to creating a routine.

### **Fitware Unit Level Standard**

Appreciates one's own stylistic approach to dance.

### **State Standard**

Create alternative steps for established dance routines (e.g., "chicken dance", "hand jive", "cotton-eyed Joe", "electric slide", "cha-cha slide", "line dance")

**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**

Evaluate benefits that result from improved *flexibility*

**Grade** 7

**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**

Compare and contrast skill related fitness with health related fitness.

**Grade** 7

**FitwareNo** 5.1

**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**

Seek and participate with persons of similar and different skill levels (e.g., partner with others, peer coaching, and refrain from put-downs)

**Grade** 7

**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**

Accept and respect the decisions made by game officials and other authority figures (e.g., official calls are accepted as final, no verbal or non-verbal contesting)

**Grade** 7

**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**

Understand that physical activity forces oxygen and glucose to the brain at greater rates to feed the brain its needed nutrients [addressed in grade 8]

**Grade 8**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Investigate career opportunities available in the field of sports and recreation

**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**

Refine movement concepts and principles of motor skills to perform the following: individual, dual, team, recreation

**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**

Evaluate and correct errors of advanced musculoskeletal techniques of movement in a variety of activities  
(e.g., using video analysis, peer coaching, or observation with a variety of movements such as tennis swings, golf swings, running, shooting a basketball, throwing, etc.)

**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**

Assess position with relationship to participants and boundaries in a variety of sports (e.g., front line in volleyball, service line in tennis, create a strategy plan for a team in an activity)

**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 a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving levels of *cardio-respiratory* endurance (e.g., mile run, half-mile run, PACER, heart rate recovery, walk test)

**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 a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving levels of *body composition* (e.g., *body mass index (BMI)*, body fat percentage, waist-hip ratio, skin fold assessment)

**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 a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving muscular strength (e.g., push-ups, modified push-ups, pull-ups, bicep strength, grip strength, flexed arm hang)

**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 a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving muscular endurance (e.g., curl-ups, grip endurance, push-ups, step-ups)

**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 a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving levels of *flexibility* (e.g., v-sit, back-saver sit and reach, trunk lift, shoulder stretch, body rotation)

**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**

Choose personal goals that affect *body composition* in nutrition and exercise: nutrition, exercise, physical activity

**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**

Apply the five principles of training using the *FITT* guidelines to develop a personal fitness plan to improve cardio-respiratory endurance:

**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**

Apply the five principles of training using *FITT* guidelines to develop a personal fitness plan to improve muscular strength:

**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**

Apply the five principles of training using *FITT* guidelines to develop a personal fitness plan to improve muscular endurance:

**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**

Display preventative tactics associated with dangerous behaviors to prevent negative outcomes during physical activities (e.g., avoiding horseplay)

**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**

Develop an understanding and respect for the decisions made by classmates, game officials, and other authority figures (e.g., officiate a game, lead a team, captain a team, and coach a team)

**Grade** 8

**FitwareNo** 6.2

**FitwareSpecific** 8.6.2.06

### **Fitware Grade Level Standard**

Appreciates other's stylistic approach to creating a dance or routine.

### **Fitware Unit Level Standard**

Appreciates other's stylistic approach to creating a dance.

### **State Standard**

Devise and perform specialized dance routines

**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**

Through verbal and non-verbal behavior, recognize the role of games, sports, and dance in getting to know and understand others of like and different gender, race, ethnicity in a physical activity (e.g., activities with diverse groups, participate on co-ed teams, refrain from put-downs)

**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**

Evaluate the benefits of individual, dual, team, and recreational sports and activities to create participation opportunities (e.g., personal journal)

**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**

Evaluate the benefits resulting from participation in a cardio- respiratory endurance 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**

Analyze the benefits of participating in regular physical activity to reduce *chronic disease* risks.

**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**

Understand that crossing the mid-line aids in the development of brain circuits needed for learning

**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 in a variety of traditional and *adventure activities* using strategies, tactics, and fundamental movement patterns to perform complex skills (e.g., dance, team and individual sports, aerobics, *strength training*, casting a fishing rod, canoeing, hiking, cycling)

**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**

Exhibit a basic level of competency, advancing to a level of proficiency, in a variety of lifetime activities (e.g., golf skills, racquet sports, camping skills, fishing skills)

**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**

Evaluate movement in a variety of activities by utilizing technology (e.g., video, digital camera, stop watch, heart monitors, pedometers, computer programs)

**Grade** 9

**FitwareNo** 2.3

**FitwareSpecific** 9.2.3

### **Fitware Grade Level Standard**

Explains advanced offensive, defensive, and transition strategies in aquatics and individual and dual activities.

### **Fitware Unit Level Standard**

### **State Standard**

Participate in a variety of traditional and *adventure activities* using strategies, tactics, and fundamental movement patterns to perform complex skills (e.g., dance, team and individual sports, aerobics, *strength training*, casting a fishing rod, canoeing, hiking, cycling)

**Grade** 9

**FitwareNo** 2.4

**FitwareSpecific** 9.2.4

### **Fitware Grade Level Standard**

Explains the skill-related components that enhance performance levels in rhythms and dance, aquatics, and individual and dual sports.

### **Fitware Unit Level Standard**

### **State Standard**

Compare and contrast skill related fitness with *health* related fitness while participating in lifetime sports and recreation during the life-cycle

**Grade** 9

**FitwareNo** 2.5

**FitwareSpecific** 9.2.5

### **Fitware Grade Level Standard**

Analyzes performance strategies for improved performance in rhythms and dance, aquatics, and individual and dual sports.

### **Fitware Unit Level Standard**

### **State Standard**

Analyze sports specific training versus lifetime fitness

**Grade** 9

**FitwareNo** 3.1

**FitwareSpecific** 9.3.1

### **Fitware Grade Level Standard**

Participates in moderate to vigorous physical activities at least four days each week.

### **Fitware Unit Level Standard**

### **State Standard**

Demonstrate behaviors that promote a physically active lifestyle

**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**

Investigate and utilize local, state, national, and/or international fitness and recreational resources and organizations

**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 traditional and *adventure activities* that promote fitness (e.g., video exercises, yoga, *spinning*, mountain biking, canoeing, hiking, repelling)

**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**

Engage in a variety of *health*-enhancing activities that promote improvement in each *health*-related component of fitness:

**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**

Create and monitor *health* fitness goals based on a variety of physical activities, fitness profiles and nutritional guidelines

**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**

Evaluate movement in a variety of activities by utilizing technology (e.g., video, digital camera, stop watch, heart monitors, pedometers, computer programs)

**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**

Compare and contrast skill related fitness with *health* related fitness while participating in lifetime sports and recreation during the life-cycle

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific** 9.4.2.04

### **Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

### **Fitware Unit Level Standard**

Develops a one-month personal physical fitness plan; fitness require occupation; implement plan; analyze consumer products/programs; explain inherent risks.

### **State Standard**

Refine personal *health* and fitness plans to include potential lifetime activities that promote *health*-related fitness, relieve tension, and maintain a healthy weight in both school and non-school settings

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific** 9.4.2.04

### **Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

### **Fitware Unit Level Standard**

Develops a one-month personal physical fitness plan; fitness require occupation; implement plan; analyze consumer products/programs; explain inherent risks.

### **State Standard**

Assess the dangers of performance enhancing products

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific** 9.4.2.04

### **Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

### **Fitware Unit Level Standard**

Develops a one-month personal physical fitness plan; fitness require occupation; implement plan; analyze consumer products/programs; explain inherent risks.

### **State Standard**

Analyze sports specific training versus lifetime fitness

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific** 9.4.2.04

### **Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

### **Fitware Unit Level Standard**

Develops a one-month personal physical fitness plan; fitness require occupation; implement plan; analyze consumer products/programs; explain inherent risks.

### **State Standard**

Discuss personal *health* and fitness as it relates to: leisure, employment, daily activities, economics

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific** 9.4.2.04

**Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

**Fitware Unit Level Standard**

Develops a one-month personal physical fitness plan; fitness require occupation; implement plan; analyze consumer products/programs; explain inherent risks.

**State Standard**

Assess the risks involved with the use of anabolic steroids and performance-enhancing supplements

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific** 9.4.2.04

**Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

**Fitware Unit Level Standard**

Develops a one-month personal physical fitness plan; fitness require occupation; implement plan; analyze consumer products/programs; explain inherent risks.

**State Standard**

Appraise economic factors associated with a physically active lifestyle

**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**

Discuss and display positive social behaviors associated with 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**

Identify and apply safety principles associated with participation in lifetime sports and *adventure activities* (e.g., proper weightlifting techniques, components of workout, stretching, safety equipment – helmets, life-vests, *fitness journal* entries)

**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**

Exhibit appropriate safe behaviors when participating in all 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**

Evaluate the benefits of participating in regular physical activity to reduce *chronic disease* risks:

**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**

Examine the *health* benefits of lifetime participation in traditional, adventure, or leisure activities:

**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**

Exhibit a basic level of competency, advancing to a level of proficiency, in a variety of lifetime activities (e.g., golf skills, racquet sports, camping skills, fishing skills)

**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 in a variety of traditional and *adventure activities* using strategies, tactics, and fundamental movement patterns to perform complex skills (e.g., dance, team and individual sports, aerobics, *strength training*, casting a fishing rod, canoeing, hiking, cycling)

**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**

Evaluate movement in a variety of activities by utilizing technology (e.g., video, digital camera, stop watch, heart monitors, pedometers, computer programs)

**Grade** 10

**FitwareNo** 2.3

**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**

Participate in a variety of traditional and *adventure activities* using strategies, tactics, and fundamental movement patterns to perform complex skills (e.g., dance, team and individual sports, aerobics, *strength training*, casting a fishing rod, canoeing, hiking, cycling)

**Grade** 10

**FitwareNo** 2.4

**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**

Identify ways to modify activities in order to include persons from diverse backgrounds and persons with diverse abilities

**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**

Analyze sports specific training versus lifetime fitness

**Grade** 10

**FitwareNo** 3.1

**FitwareSpecific** 10.3.1

### **Fitware Grade Level Standard**

Participates in moderate to vigorous physical activities at least four days each week.

### **Fitware Unit Level Standard**

### **State Standard**

Demonstrate behaviors that promote a physically active lifestyle

**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**

Investigate and utilize local, state, national, and/or international fitness and recreational resources and organizations

**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**

Create and monitor *health* fitness goals based on a variety of physical activities, fitness profiles and nutritional guidelines

**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**

Engage in a variety of *health*-enhancing activities that promote improvement in each *health*-related component of fitness:

**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**

Evaluate movement in a variety of activities by utilizing technology (e.g., video, digital camera, stop watch, heart monitors, pedometers, computer programs)

**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 traditional and *adventure activities* that promote fitness (e.g., video exercises, yoga, *spinning*, mountain biking, canoeing, hiking, repelling)

**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**

Discuss and display positive social behaviors associated with physical activity

**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**

Identify and employ responsible and considerate personal behaviors in physical activity