

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate developmentally mature applications combining locomotor, nonlocomotor, and selected manipulative skills to participate in developmentally appropriate movement and fitness activities..

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate increasing competence in more advanced specialized skills.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Adapt and combine skills to meet the demands of increasing complex environments.

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

Participate in a variety of individual, dual and team tasks, activities, creative movement, dance, play, games, and sports.

Grade 5 **FitwareNo** **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 developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Grade 5 **FitwareNo** **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

Use self, peer, teacher and technological resources to recognize and suggest performance improvements in self and others.

Grade 5 **FitwareNo** **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 the understanding of physical activity concepts to increasingly complex movement and game forms.

Grade 5 **FitwareNo** **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 an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in increasingly more complex movement and game forms.

Grade 5 **FitwareNo** **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

Apply the understanding of physical activity concepts to increasingly complex movement and game forms.

Grade 5 **FitwareNo** **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

Use self, peer, teacher and technological resources to recognize and suggest performance improvements in self and others.

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

Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in increasingly more complex movement and game forms.

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

Apply the understanding of physical activity concepts to increasingly complex movement and game forms.

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

Apply the understanding of physical activity concepts to increasingly complex movement and game forms.

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

Fitware Grade Level Standard

Describes critical elements of fundamental movement and manipulative skills.

Fitware Unit Level Standard

State Standard

Use self, peer, teacher and technological resources to recognize and suggest performance improvements in self and others.

Grade 5 **FitwareNo** **FitwareSpecific** 5.3.1

Fitware Grade Level Standard

Engages in moderate physical activity for 60 minutes 5 days each week.

Fitware Unit Level Standard

State Standard

Engage in an increased variety of moderate to vigorous developmentally appropriate physical activities on a regular basis.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Engage in a variety of appropriate physical activities during and outside of school that promote the development and improvement of physical fitness level.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Demonstrate the skills and knowledge to assess levels of physical fitness and participate in activities that develop and maintain each component.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess physiological responses to exercise associated with one's level of physical fitness and nutritional balance.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Analyze the results of one or more components of health-related fitness.

Grade 5 **FitwareNo** **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

Apply an understanding of the connections between the purposes of movements and their effect on fitness.

Grade 5 **FitwareNo** **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

Plan a wellness program demonstrating an understanding of basic exercise (e.g., frequency, intensity, duration) and nutritional principles designed to meet personal wellness goals.

Grade 5 **FitwareNo** **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

Demonstrate the skills and knowledge to assess levels of physical fitness and participate in activities that develop and maintain each component.

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

Apply appropriate skills for resolving conflicts peacefully.

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

Continue to develop skills to participate productively in groups, in both cooperative and competitive activities.

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

Develop strategies for including all persons, despite individual differences, in physical activity settings.

Grade 5 **FitwareNo** 6.4 **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

Use physical activity as a positive opportunity for social and group interaction and development of leadership skills.

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

Demonstrate knowledge of rules, safety practices and procedures as they apply to an increasing range of movement situations.

Grade 5 **FitwareNo** 5.1 **FitwareSpecific** 5.5.2

Fitware Grade Level Standard

Accepts responsibility for personal safety during physical activity.

Fitware Unit Level Standard

State Standard

Understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.

Grade 5 **FitwareNo** 5.1 **FitwareSpecific** 5.6.2

Fitware Grade Level Standard

Expresses personal feelings through a movement-based routine.

Fitware Unit Level Standard

State Standard

Use physical activity as a means of self- and group expression.

Grade 5 **FitwareNo** 5.1 **FitwareSpecific** 5.6.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Recognize that physical activity and challenges present opportunities for personal growth.

Grade 5 **FitwareNo** 5.1 **FitwareSpecific** 5.6.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Make decisions about participating in different physical activities based on feelings and interests.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate developmentally mature applications combining locomotor, nonlocomotor, and selected manipulative skills to participate in developmentally appropriate movement and fitness activities..

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate increasing competence in more advanced specialized skills.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Adapt and combine skills to meet the demands of increasing complex environments.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Participate in a variety of individual, dual and team tasks, activities, creative movement, dance, play, games, and sports.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Grade 6 **FitwareNo** **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 self, peer, teacher and technological resources to recognize and suggest performance improvements in self and others.

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

Apply the understanding of physical activity concepts to increasingly complex movement and game forms.

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

Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in increasingly more complex movement and game forms.

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

Apply the understanding of physical activity concepts to increasingly complex movement and game forms.

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

Use self, peer, teacher and technological resources to recognize and suggest performance improvements in self and others.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in increasingly more complex movement and game forms.

Grade 6 **FitwareNo** **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

Apply the understanding of physical activity concepts to increasingly complex movement and game forms.

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

Apply the understanding of physical activity concepts to increasingly complex movement and game forms.

Grade 6 **FitwareNo** **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

Use self, peer, teacher and technological resources to recognize and suggest performance improvements in self and others.

Grade 6 **FitwareNo** **FitwareSpecific** 6.3.1

Fitware Grade Level Standard

Engages in moderate and vigorous physical activity for 5/5/60 minutes 5 days each week.

Fitware Unit Level Standard

State Standard

Engage in an increased variety of moderate to vigorous developmentally appropriate physical activities on a regular basis.

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

Engage in a variety of appropriate physical activities during and outside of school that promote the development and improvement of physical fitness level.

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

Demonstrate the skills and knowledge to assess levels of physical fitness and participate in activities that develop and maintain each component.

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

Assess physiological responses to exercise associated with one's level of physical fitness and nutritional balance.

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 the results of one or more components of health-related fitness.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Apply an understanding of the connections between the purposes of movements and their effect on fitness.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Plan a wellness program demonstrating an understanding of basic exercise (e.g., frequency, intensity, duration) and nutritional principles designed to meet personal wellness goals.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate the skills and knowledge to assess levels of physical fitness and participate in activities that develop and maintain each component.

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

Fitware Grade Level Standard

Works cooperatively with a small group in physical activity settings.

Fitware Unit Level Standard

State Standard

Apply appropriate skills for resolving conflicts peacefully.

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

Fitware Grade Level Standard

Works cooperatively with a small group in physical activity settings.

Fitware Unit Level Standard

State Standard

Continue to develop skills to participate productively in groups, in both cooperative and competitive activities.

Grade 6 **FitwareNo** 6.4 **FitwareSpecific** 6.5.1

Fitware Grade Level Standard

Works cooperatively with a small group in physical activity settings.

Fitware Unit Level Standard

State Standard

Use physical activity as a positive opportunity for social and group interaction and development of leadership skills.

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

Demonstrate knowledge of rules, safety practices and procedures as they apply to an increasing range of movement situations.

Grade 6 **FitwareNo** 5.1 **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

Understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.

Grade 6 **FitwareNo** 5.1 **FitwareSpecific** 6.6.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Use physical activity as a means of self- and group expression.

Grade 6 **FitwareNo** 5.1 **FitwareSpecific** 6.6.3

Fitware Grade Level Standard

Chooses to engage in new activities.

Fitware Unit Level Standard

State Standard

Recognize that physical activity and challenges present opportunities for personal growth.

Grade 6 **FitwareNo** 5.1 **FitwareSpecific** 6.6.3

Fitware Grade Level Standard

Chooses to engage in new activities.

Fitware Unit Level Standard

State Standard

Demonstrate willingness to attempt a variety of new physical activities.

Grade 6 **FitwareNo** 5.1 **FitwareSpecific** 6.6.3

Fitware Grade Level Standard

Chooses to engage in new activities.

Fitware Unit Level Standard

State Standard

Make decisions about participating in different physical activities based on feelings and interests.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate developmentally mature applications combining locomotor, nonlocomotor, and selected manipulative skills to participate in developmentally appropriate movement and fitness activities..

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate increasing competence in more advanced specialized skills.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Adapt and combine skills to meet the demands of increasing complex environments.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Participate in a variety of individual, dual and team tasks, activities, creative movement, dance, play, games, and sports.

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

Demonstrate developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

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

Use self, peer, teacher and technological resources to recognize and suggest performance improvements in self and others.

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

Apply the understanding of physical activity concepts to increasingly complex movement and game forms.

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

Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in increasingly more complex movement and game forms.

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

Apply the understanding of physical activity concepts to increasingly complex movement and game forms.

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

Use self, peer, teacher and technological resources to recognize and suggest performance improvements in self and others.

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 an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in increasingly more complex movement and game forms.

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

Apply the understanding of physical activity concepts to increasingly complex movement and game forms.

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

Use self, peer, teacher and technological resources to recognize and suggest performance improvements in self and others.

Grade 7 **FitwareNo** **FitwareSpecific** 7.3.1

Fitware Grade Level Standard

Engages in moderate and vigorous physical activity for 5/5/60 minutes 5/5/6 days each week.

Fitware Unit Level Standard

State Standard

Engage in an increased variety of moderate to vigorous developmentally appropriate physical activities on a regular basis.

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

Engage in a variety of appropriate physical activities during and outside of school that promote the development and improvement of physical fitness level.

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 the skills and knowledge to assess levels of physical fitness and participate in activities that develop and maintain each component.

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

Assess physiological responses to exercise associated with one's level of physical fitness and nutritional balance.

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

Analyze the results of one or more components of health-related fitness.

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

Apply an understanding of the connections between the purposes of movements and their effect on fitness.

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

Plan a wellness program demonstrating an understanding of basic exercise (e.g., frequency, intensity, duration) and nutritional principles designed to meet personal wellness goals.

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

Demonstrate the skills and knowledge to assess levels of physical fitness and participate in activities that develop and maintain each component.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Apply appropriate skills for resolving conflicts peacefully.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Continue to develop skills to participate productively in groups, in both cooperative and competitive activities.

Grade 7 **FitwareNo** 6.4 **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

Use physical activity as a positive opportunity for social and group interaction and development of leadership skills.

Grade 7 **FitwareNo** 5.1 **FitwareSpecific** 7.5.2

Fitware Grade Level Standard

Accepts responsibility for individual improvement during challenging physical activity.

Fitware Unit Level Standard

State Standard

Value the skill competence that results from practice.

Grade 7 **FitwareNo** 5.1 **FitwareSpecific** 7.6.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Use physical activity as a means of self- and group expression.

Grade 7 **FitwareNo** 5.1 **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

Make decisions about participating in different physical activities based on feelings and interests.

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

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Apply the understanding of physical activity concepts to increasingly complex movement and game forms.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate developmentally mature applications combining locomotor, nonlocomotor, and selected manipulative skills to participate in developmentally appropriate movement and fitness activities..

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate increasing competence in more advanced specialized skills.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Adapt and combine skills to meet the demands of increasing complex environments.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Participate in a variety of individual, dual and team tasks, activities, creative movement, dance, play, games, and 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 developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

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

Use self, peer, teacher and technological resources to recognize and suggest performance improvements in self and others.

Grade 8 **FitwareNo** **FitwareSpecific** 8.2.1

Fitware Grade Level Standard

Analyzes the effect of positive transfer on specialized skill improvement.

Fitware Unit Level Standard

State Standard

Apply the understanding of physical activity concepts to increasingly complex movement and game forms.

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

Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in increasingly more complex movement and game forms.

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 the understanding of physical activity concepts to increasingly complex movement and game forms.

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

Use self, peer, teacher and technological resources to recognize and suggest performance improvements in self and others.

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 an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in increasingly more complex movement and game forms.

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

Apply the understanding of physical activity concepts to increasingly complex movement and game forms.

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 the understanding of physical activity concepts to increasingly complex movement and game forms.

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

Use self, peer, teacher and technological resources to recognize and suggest performance improvements in self and others.

Grade 8 **FitwareNo** **FitwareSpecific** 8.3.1

Fitware Grade Level Standard

Engages in moderate and vigorous physical activity for 5/60 minutes 5/6 days each week.

Fitware Unit Level Standard

State Standard

Engage in an increased variety of moderate to vigorous developmentally appropriate physical activities on a regular basis.

Grade 8 **FitwareNo** **FitwareSpecific 8.4.1**

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Engage in a variety of appropriate physical activities during and outside of school that promote the development and improvement of physical fitness level.

Grade 8 **FitwareNo** **FitwareSpecific 8.4.1**

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Demonstrate the skills and knowledge to assess levels of physical fitness and participate in activities that develop and maintain each component.

Grade 8 **FitwareNo** **FitwareSpecific 8.4.1**

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess physiological responses to exercise associated with one's level of physical fitness and nutritional balance.

Grade 8 **FitwareNo** **FitwareSpecific** 8.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Analyze the results of one or more components of health-related fitness.

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 an understanding of the connections between the purposes of movements and their effect on fitness.

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

Plan a wellness program demonstrating an understanding of basic exercise (e.g., frequency, intensity, duration) and nutritional principles designed to meet personal wellness goals.

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

Demonstrate the skills and knowledge to assess levels of physical fitness and participate in activities that develop and maintain each component.

Grade 8 **FitwareNo** 6.4 **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

Use physical activity as a positive opportunity for social and group interaction and development of leadership skills.

Grade 8 **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

Apply appropriate skills for resolving conflicts peacefully.

Grade 8 **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

Continue to develop skills to participate productively in groups, in both cooperative and competitive activities.

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

Demonstrate knowledge of rules, safety practices and procedures as they apply to an increasing range of movement situations.

Grade 8 **FitwareNo** 5.1 **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

Understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.

Grade 8 **FitwareNo** 5.1 **FitwareSpecific** 8.6.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Use physical activity as a means of self- and group expression.

Grade 8 **FitwareNo** 5.1 **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

Recognize that physical activity and challenges present opportunities for personal growth.

Grade 8 **FitwareNo** 5.1 **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

Make decisions about participating in different physical activities based on feelings and interests.

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

Demonstrate competence in applying basic locomotor, nonlocomotor, and manipulative skills in the execution of more complex skills.

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

Develop advanced skills in selected physical activities.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Use complex movements and patterns within a variety of dynamic environments.

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 wide variety of activities, including dance, games, sports, and lifetime physical activities.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Maintain and further develop the fundamental movement skills in open environments.

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

Use self, peer, teacher and technological resources as tools to implement performance improvements in self and others.

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

Apply characteristics of performance in a variety of activities for purposeful, recreational, skill and fitness outcomes.

Grade 9 **FitwareNo** **FitwareSpecific** 9.2.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Persist in practicing activities to increase specific skill competence in areas of interest.

Grade 9 **FitwareNo** **FitwareSpecific** 9.2.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performance.

Grade 9 **FitwareNo** **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

Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performance.

Grade 9 **FitwareNo** **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

Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performance.

Grade 9 **FitwareNo** **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

Apply, evaluate and analyze critical elements of physical activity concepts to increasingly complex game forms.

Grade 9 **FitwareNo** **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

Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performance.

Grade 9 **FitwareNo** **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

Regularly engage in moderate to vigorous physical activities of their choice on a regular basis.

Grade 9 **FitwareNo** **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

Make decisions and implement plans to participate in different physical activities based on interests and positive feelings of accomplishment in daily living.

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

Use the results of fitness assessments to guide changes in her or his personal programs of physical activity.

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

Engage in a variety of appropriate physical activities with individualized goals, during and outside of school, that promote the development and improvement of physical fitness level.

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

Assess and adjust activities to maintain or improve personal level of health-related 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

Use physiological data to adjust levels of exercise and nutrient intake to promote wellness.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Design and implement a personal wellness program based upon information obtained from the fitness assessment and in accordance with appropriate training and nutritional principles.

Grade 9 **FitwareNo** 5.2 **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

Develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings.

Grade 9 **FitwareNo** 5.2 **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 initiative in using appropriate skills for resolving conflicts peacefully and encouraging others to do the same.

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

Use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Apply safe practices, rules, procedures, etiquette, and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.

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 understanding of how rules, and safety practices and procedures need to be adjusted for different movement situations.

Grade 9 **FitwareNo** **FitwareSpecific** 9.6.2

Fitware Grade Level Standard

Creates a line dance routine.

Fitware Unit Level Standard

State Standard

Use physical activity as a means of creative expression.

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

Seek personally challenging experiences through physical activity as a means to personal growth.

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

Experiment with new physical activities as part of a personal improvement plan.

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

Develop advanced skills in selected physical activities.

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

Use complex movements and patterns within a variety of dynamic environments.

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

Demonstrate competence in applying basic locomotor, nonlocomotor, and manipulative skills in the execution of more complex 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 wide variety of activities, including dance, games, sports, and lifetime physical activities.

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

Maintain and further develop the fundamental movement skills in open environments.

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 self, peer, teacher and technological resources as tools to implement performance improvements in self and others.

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

Apply characteristics of performance in a variety of activities for purposeful, recreational, skill and fitness outcomes.

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

Persist in practicing activities to increase specific skill competence in areas of interest.

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

Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performance.

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

Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performance.

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

Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performance.

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

Apply, evaluate and analyze critical elements of physical activity concepts to increasingly complex game forms.

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

Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performance.

Grade 10 **FitwareNo** **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

Regularly engage in moderate to vigorous physical activities of their choice on a regular basis.

Grade 10 **FitwareNo** **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

Make decisions and implement plans to participate in different physical activities based on interests and positive feelings of accomplishment in daily living.

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

Use the results of fitness assessments to guide changes in her or his personal programs of physical activity.

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

Engage in a variety of appropriate physical activities with individualized goals, during and outside of school, that promote the development and improvement of physical fitness level.

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

Assess and adjust activities to maintain or improve personal level of health-related 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

Use physiological data to adjust levels of exercise and nutrient intake to promote wellness.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Design and implement a personal wellness program based upon information obtained from the fitness assessment and in accordance with appropriate training and nutritional principles.

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

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Demonstrate leadership and cooperation in order to accomplish the goals of different physical activities.

Grade 10 **FitwareNo** 5.2 **FitwareSpecific** 10.5.1

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Demonstrate initiative in using appropriate skills for resolving conflicts peacefully and encouraging others to do the same.

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

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships.

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 understanding of how rules, and safety practices and procedures need to be adjusted for different movement situations.

Grade 10 **FitwareNo** **FitwareSpecific** 10.6.2

Fitware Grade Level Standard

Creates a tumbling/gymnastics routine.

Fitware Unit Level Standard

State Standard

Use physical activity as a means of creative expression.

Grade 10 **FitwareNo** **FitwareSpecific** 10.6.3

Fitware Grade Level Standard

Analyzes the role of individual attitude, motivation, and determination in achieving personal satisfaction from challenging physical activities.

Fitware Unit Level Standard

State Standard

Seek personally challenging experiences through physical activity as a means to personal growth.

Grade 10

FitwareNo 5.2

FitwareSpecific 9.5.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Apply safe practices, rules, procedures, etiquette, and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.