

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Perform simple small-group balance stunts by distributing weight and base of support.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Jump for height and for distance, using proper takeoff and landing form.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Throw a flying disc accurately at a target and to a partner, using the backhand movement pattern.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Field a thrown ground ball.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Throw and catch an object underhand and overhand while avoiding an opponent.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Pass a ball back and forth with a partner, using a chest pass and bounce pass.

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.1.0.07

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates speed and accuracy using the mature form for underhand and overhand striking with hand(s) and hand dribbling.

State Standard

Volley a tossed ball to an intended location.

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.1.0.07

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates speed and accuracy using the mature form for underhand and overhand striking with hand(s) and hand dribbling.

State Standard

Serve a lightweight ball over a low net, using the underhand movement pattern.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Punt a ball, dropped from the hands, at a target.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Stop a kicked ball by trapping it with the foot while moving or standing still.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Dribble a ball and kick it toward a goal while being guarded preventing another person from stealing the ball.

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.1.0.09

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates speed and accuracy using the mature form for striking with a bat, hockey stick, and racket/paddle (forehand and backhand).

State Standard

Strike a dropped ball, with a racket or paddle, toward a target by using the forehand movement pattern; a softly tossed ball backhanded with a paddle or racket; a tossed ball, with different implements, from a side orientation.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Design and perform a creative dance combining locomotor patterns with intentional changes in speed and direction.

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

Describe how muscle strength and muscle endurance enhance motor skill performance.

Grade 5 **FitwareNo** 2.2 **FitwareSpecific** 5.2.2.04

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Describes how internal force is generated.

State Standard

Explain the differences in applying and receiving force when jumping for height and distance.

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

Explain the importance of open space in playing sport-related games.

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

Fitware Grade Level Standard

Describes critical elements of fundamental movement and manipulative skills.

Fitware Unit Level Standard

State Standard

Identify the following phases for striking a ball: preparation, application of force, followthrough, and recovery.

Grade 5 **FitwareNo** 2.5 **FitwareSpecific** 5.2.5.05

Fitware Grade Level Standard

Describes critical elements of fundamental movement and manipulative skills.

Fitware Unit Level Standard

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

State Standard

Explain how to adjust body position to catch a ball thrown off -center.

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.2.5.07

Fitware Grade Level Standard

Describes critical elements of fundamental movement and manipulative skills.

Fitware Unit Level Standard

Describes the critical elements for underhand and overhand striking with hand(s) and hand dribbling.

State Standard

Describe different appropriate body orientations to serve a ball in various sports settings.

Grade 5 **FitwareNo** 2.5 **FitwareSpecific** 5.2.5.08

Fitware Grade Level Standard

Describes critical elements of fundamental movement and manipulative skills.

Fitware Unit Level Standard

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

State Standard

Distinguish between punting and kicking and describe the similarities and differences.

Grade 5 **FitwareNo** 3.1 **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

Participate in physical activity a minimum of four days, each week and measure and evaluate changes in health-related physical fitness based on physical activity patterns.

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

Participate in continuous moderate to vigorous physical activities a minimum of three to four days each week that require sustained movement of the large muscle groups to increase breathing and heart rate.

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

Perform abdominal curl-ups and modified or traditional push-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

Measure and record changes in aerobic capacity and muscular strength, using scientifically based health-related physical fitness assessments.

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

Meet age- and gender-specific fitness standards for aerobic capacity, muscular strength, flexibility, and body composition, using a scientifically based health-related fitness assessment, and identify one or more ways to improve performance in areas that do not meet minimum standards.

Grade 5 **FitwareNo** 3.1 **FitwareSpecific** 5.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Participate in physical activity a minimum of four days, each week and measure and evaluate changes in health-related physical fitness based on physical activity patterns.

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

Perform elementary flexibility exercises that stretch particular muscle areas for given physical activities.

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

Develop and describe three short-term and three long-term fitness goals.

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

Record and analyze food consumption for one day and make a plan to replace foods with healthier choices and adjust quantities to enhance performance in physical activity.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Describe the principles of training and the application to each of the components of health-related physical fitness.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain why dehydration impairs temperature regulation and physical and mental performance.

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

Explain why body weight is maintained when calorie intake is equal to the calories expended.

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

Explain why some people have more body fat than others.

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

Compare target heart rate and perceived exertion during physical activity.

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

Name and locate the major muscles of the body.

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

Describe and demonstrate how to relieve a muscle cramp.

Grade 5 **FitwareNo** 4.1 **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

Meet age- and gender-specific fitness standards for aerobic capacity, muscular strength, flexibility, and body composition, using a scientifically based health-related fitness assessment, and identify one or more ways to improve performance in areas that do not meet minimum standards.

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

Explain the benefits of stretching after warm-up activities, and why it is safer to stretch a warm muscle rather than a cold muscle.

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

Model support towards individuals of all ability levels and encourage others to be supportive and inclusive of all individuals.

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

Accommodate individual differences in others' physical abilities in small-group activities.

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

Abide by the decisions of the officials, accept the outcomes of the game and show appreciation towards participants.

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

Act in a safe and healthy manner when confronted with negative peer pressure during physical activity.

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.6.2.10

Fitware Grade Level Standard

Expresses personal feelings through a movement-based routine.

Fitware Unit Level Standard

Expresses personal feelings through the creation of a creative dance.

State Standard

Design and perform a creative dance combining locomotor patterns with intentional changes in speed and direction.

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

Explain the benefits of stretching after warm-up activities, and why it is safer to stretch a warm muscle rather than a cold muscle.

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

Strike an object consistently: using a body part, so that the object travels in the intended direction at the desired height; using an implement, so that the object travels in the intended direction at the desired height.

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

Throw an object accurately and with applied force, using the underhand, overhand, and sidearm throwing patterns.

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

Analyze and correct errors in movement patterns.

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

Combine relationships, levels, speed, direction, and pathways in individual and group physical activities.

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

Design and perform smooth, flowing sequences of stunts, tumbling, and rhythmic patterns that combine traveling, rolling, balancing, and transferring weight.

Grade 6 **FitwareNo** 6.2 **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

Develop, refine, and demonstrate routines to music.

Grade 6 **FitwareNo** 1.0 **FitwareSpecific** 6.1.0.01

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates the mature form for the forearm pass.

State Standard

Volley an object repeatedly with a partner, using the forearm pass.

Grade 6 **FitwareNo** 1.0 **FitwareSpecific** 6.1.0.07

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Dribble and pass a ball to a partner while being guarded

Grade 6 **FitwareNo** 1.0 **FitwareSpecific** 6.1.0.08

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Strike a ball continuously against a wall and with a partner, using a paddle for the forehand stroke and the backhand stroke.

Grade 6 **FitwareNo** 2.2 **FitwareSpecific** 6.2.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain how increasing the duration of impact reduces impact force. [addressed specifically in grade 5]

Grade 6 **FitwareNo** 2.2 **FitwareSpecific** 6.2.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Analyze and correct errors in movement patterns.

Grade 6 **FitwareNo** 2.2 **FitwareSpecific** 6.2.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain the role of the legs, shoulders, and forearms in a forearm pass.

Grade 6 **FitwareNo** **FitwareSpecific** 6.2.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Describe the role of muscle strength and proper lifting in the prevention of back injuries, including how to lift and carry objects correctly and how to push and pull large and/or heavy objects correctly.

Grade 6 **FitwareNo** 1.0 **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

Combine relationships, levels, speed, direction, and pathways in individual and group physical activities.

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

Identify the time necessary to prepare for and begin a forehand stroke and a backhand stroke.

Grade 6 **FitwareNo** 2.2 **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 correct errors in movement patterns.

Grade 6 **FitwareNo** 2.2 **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

Explain the role of the legs, shoulders, and forearms in a forearm pass.

Grade 6 **FitwareNo** 3.1 **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

Participate in moderate to vigorous physical activity a minimum of four days each week and measure and evaluate changes in health-related physical fitness based on physical activity patterns.

Grade 6 **FitwareNo** 3.1 **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

Participate a minimum of three to four days each week, in continuous moderate to vigorous physical activities that require sustained movement of the large muscle groups to increase breathing and heart rate.

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

Measure and record changes in aerobic capacity and muscular strength, using scientifically based health-related physical fitness assessments.

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

Meet age- and gender-specific fitness standards for aerobic capacity, muscular strength, flexibility, and body composition, using scientifically based health-related fitness assessment, and identify one or more ways to improve performance in areas that do not meet minimum standards.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Participate in physical activity a minimum of four days, each week and measure and evaluate changes in health-related physical fitness based on physical activity patterns.

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 continuous moderate to vigorous physical activities a minimum of three to four days each week that require sustained movement of the large muscle groups to increase breathing and heart rate.

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

Monitor the intensity of one's heart rate during physical activity.

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

Perform abdominal curl-ups; modified, traditional and triceps push-ups with hands on a bench; oblique curl-ups on each side, forward lunges, and side lunges to enhance endurance and increase muscle efficiency.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Demonstrate the proper form for stretching the hamstrings, quadriceps, shoulders, biceps, and triceps.

Grade 6 **FitwareNo** 4.1 **FitwareSpecific** 6.4.1.01

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

Participates in fitness pre-assessment.

State Standard

Develop individual goals for each of the components of health-related physical fitness.

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

Develop week-long personal physical fitness plan using the F.I.T.T. principle that addresses each component of health-related physical fitness.

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

Describe the role of physical activity and nutrition in achieving physical fitness.

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

Explain that fluid needs are linked to energy expenditure.

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

Explain how the intensity and duration of exercise, as well as nutritional choices, affect fuel use during physical 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

Explain that the body is composed of bones, muscles, organs, fat, and other tissue; describe their differences in density and weight.

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

Classify physical activities as aerobic or anaerobic; explain the different types of conditioning for different physical activities.

Grade 6 **FitwareNo** 6.4 **FitwareSpecific** 6.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain the effects of physical activity on heart rate during exercise, during the recovery phase, and while the body is at rest.

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

Explain why muscular endurance or muscular strength activities do not increase muscle mass in preadolescent children.

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

Describe the role of muscle strength and proper lifting in the prevention of back injuries, including how to lift and carry objects correctly and how to push and pull large and/or heavy objects correctly.

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

Explain why a particular stretch is appropriate preparation for a particular physical activity.

Grade 6 **FitwareNo** 4.1 **FitwareSpecific** 6.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Meet age- and gender-specific fitness standards for aerobic capacity, muscular strength, flexibility, and body composition, using scientifically based health-related fitness assessment, and identify one or more ways to improve performance in areas that do not meet minimum standards.

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

Fitware Grade Level Standard

Works cooperatively with a small group in physical activity settings.

Fitware Unit Level Standard

State Standard

Accept differences in physical development and personal preferences as they affect participation in physical activity.

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

Organize and work cooperatively with a group to achieve the physical activity goals of the group, including identifying and defining the role of each participant and evaluating individual responsibility in group efforts.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify practices and procedures necessary for safe participation in physical activities.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify appropriate and inappropriate risks involved in adventure, individual, and dual physical activities.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Accept responsibility for individual improvement. [specifically addressed in grade 7]

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, refine, and demonstrate routines to music.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate routines set to music.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Combine relationships, levels, speed, direction, and pathways in individual and group physical activities.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Design and perform smooth, flowing sequences of stunts, tumbling, and rhythmic patterns that combine traveling, rolling, balancing, and transferring weight.

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

List the long-term benefits of participation in regular physical activity and discuss how prolonged physical activity increases endurance, allowing movement to occur for longer periods of time.

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

Explain the health benefits of having strong arm, chest, and back muscles.

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

Describe and demonstrate mature techniques for the following patterns in game play: Striking; overhand, sidearm, and underhand throwing; catching; kicking/punting; trapping dribbling (hand and foot); and volleying

Grade 7 **FitwareNo** 2.3 **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

Diagram and demonstrate basic offensive and defensive strategies for individual and dual physical 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

Develop, refine, and demonstrate routines set to music.

Grade 7 **FitwareNo** 1.0 **FitwareSpecific** 7.1.0.02

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Demonstrate fundamental gymnastic//tumbling skills.

Grade 7 **FitwareNo** 1.0 **FitwareSpecific** 7.1.0.03

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates the correct technique for: holding a compass, reading a compass, taking a bearing, following a bearing, and reading topographic maps.

State Standard

Demonstrate body management and object manipulation skills needed for successful participation in introductory adventure/outdoor activities.

Grade 7 **FitwareNo** 1.0 **FitwareSpecific** 7.1.0.08

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Demonstrate body management and locomotor skills needed for successful participation in track and field and competitive activities.

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

Provide feedback to a partner to assist in developing and improving movement skills.

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

Explain and demonstrate spin and rebound principles for performing manipulative skills.

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

Diagram and demonstrate basic offensive and defensive strategies for individual and dual physical activities.

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

Explain how height and weight affects performance and influences the selection of developmentally appropriate physical activities.

Grade 7 **FitwareNo** 2.5 **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

Describe and demonstrate mature techniques for the following patterns in game play: Striking; overhand, sidearm, and underhand throwing; catching; kicking/punting; trapping dribbling (hand and foot); and volleying

Grade 7 **FitwareNo** 3.1 **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

Participate in continuous moderate to vigorous physical activity a minimum of three to four days each week that require sustained movement of the large muscle groups to increase breathing and heart rate.

Grade 7 **FitwareNo** 3.1 **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 continuous moderate to vigorous physical activity a minimum of three to four days each week that require sustained movement of the large muscle groups to increase breathing and heart rate.

Grade 7 **FitwareNo** 3.1 **FitwareSpecific** 7.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Participate in physical activity a minimum of four days each week and measure and evaluate changes in health-related physical fitness based on physical activity patterns.

Grade 7 **FitwareNo** 4.2 **FitwareSpecific** 7.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Determine the intensity of personal physical activity, using the concept of perceived exertion.

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

Measure and record changes in aerobic capacity and muscular strength, using scientifically based health-related physical fitness assessments.

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

Meet age- and gender-specific fitness standards for aerobic capacity, muscular strength, flexibility, and body composition, using a scientifically based health-related fitness assessment, and identify one or more ways to improve performance in areas that do not meet minimum standards.

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

Develop individual goals for each of the components of health-related physical fitness; periodically assess the attainment of, or progress toward these goals; and make necessary adjustments to a personal physical fitness program.

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

Perform abdominal curl-ups; modified, traditional, and triceps push-ups with hands on a bench; oblique curl-ups on each side, forward lunges, and side lunges to enhance and increase muscle efficiency.

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 a two-week personal physical fitness plan specifying the proper warm-up and cool-down activities and the principles of exercise for each component of health-related physical fitness. [2-week plan developed in grade 8]

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

Explain the principles of physical fitness: frequency, intensity, time, and type

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

Identify and apply the principles of overload in safe, age-appropriate activities.

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

Discuss how body temperature and blood volume are maintained during physical activity, when an adequate amount of water is consumed. [addressed in fifth grade]

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

Discuss the need for oxygen and fuel to be available during ongoing muscle contraction so that heat and waste products are removed.

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

Identify the heart rate intensity (target heart-rate range) that is necessary to increase aerobic capacity.

Grade 7 **FitwareNo** 6.4 **FitwareSpecific** 7.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Describe the relationship between the heart and lungs during physical activity

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

Describe the difference between muscular strength and muscular endurance.

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

Identify which muscles are used in performing muscular endurance activities.

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

Demonstrate the proper form for stretching the back, neck, abducts, hip flexors and adductors, and calves.

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

Identify the correct body alignment for performing upper- and lower-body stretches.

Grade 7 **FitwareNo** 6.4 **FitwareSpecific** 7.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain the value of increased flexibility when participating in physical activity and diagram how flexible muscles allow more range of motion in physical activity.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Evaluate the effect of expressing encouragement to others while participating in a group physical activity.

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

Participate as a leader and a follower during group physical activities, and identify the responsibilities of a leader in physical activity. (leadership is specifically addressed in grade 10)

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Discuss factors that influence internal and external motivation and employ motivational techniques to enhance group productivity.

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

Fitware Grade Level Standard

Accepts responsibility for individual improvement during challenging physical activity.

Fitware Unit Level Standard

State Standard

Abide by the decisions of the officials, accept the outcome of the game, and show appreciation toward participants.

Grade 7 **FitwareNo** 6.2 **FitwareSpecific** 7.6.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain how movement qualities contribute to the aesthetic dimension of physical activity.

Grade 7 **FitwareNo** 1.0 **FitwareSpecific** 7.6.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Develop, refine, and demonstrate routines set to music.

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

Explain the value of increased flexibility when participating in physical activity and diagram how flexible muscles allow more range of motion in physical activity.

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

Fitware Grade Level Standard

Describes the social benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Describe the short- and long-term benefits of maintaining a healthy body composition.

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 mature techniques for the following patterns in game play: Striking; overhand, sidearm, and underhand throwing; catching; kicking/punting; trapping; dribbling (hand and foot); and volleying

Grade 8 **FitwareNo** 2.3` **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

Diagram, justify, and demonstrate basic offensive and defensive skills and strategies in team physical activities.

Grade 8 **FitwareNo** 1.0 **FitwareSpecific** 8.1.0.02

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrate tumbling skills.

State Standard

Create and perform a routine using fundamental gymnastic/tumbling skills, locomotor and non-locomotor movement patterns, and the elements of speed, direction, and level.

Grade 8 **FitwareNo** 1.0 **FitwareSpecific** 8.1.0.06

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Create and perform a rhythmic dance.

Grade 8 **FitwareNo** 2.1 **FitwareSpecific** 8.2.1

Fitware Grade Level Standard

Analyzes the effect of positive transfer on specialized skill improvement.

Fitware Unit Level Standard

State Standard

Describe and demonstrate how movement skills learned in one physical activity can be transferred and used to help learn another physical activity.

Grade 8 **FitwareNo** 2.2 **FitwareSpecific** 8.2.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain the rotation principles used in performing various manipulative skills.

Grade 8 **FitwareNo** 2.2 **FitwareSpecific** 8.2.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Develop and teach a team game that uses elements of spin or rebound, designated offensive and defensive space, a penalty system, and a scoring system.

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

Diagram, justify, and demonstrate basic offensive and defensive skills and strategies in team physical activities.

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

Develop and teach a team game that uses elements of spin or rebound, designated offensive and defensive space, a penalty system, and a scoring system.

Grade 8 **FitwareNo** 5.1 **FitwareSpecific** 8.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for invasion and field sports.

Fitware Unit Level Standard

State Standard

Accept the roles of group members within the structure of a game or activity.

Grade 8 **FitwareNo** 2.4 **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

Explain how growth in height and weight affects performance and influences the selection of developmentally appropriate physical activities.

Grade 8 **FitwareNo** 3.1 **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

Participate in continuous moderate to vigorous physical activities a minimum of three to four days each week that require sustained movement of the large muscle groups to increase breathing and heart rate.

Grade 8 **FitwareNo** 3.1 **FitwareSpecific** 8.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Participate in physical activity a minimum of four days each week and measure and evaluate changes in health-related physical fitness based on physical activity patterns.

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

Compile and analyze a log noting the food intake/calories consumed and energy expended through physical 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

Measure and record changes in aerobic capacity and muscular strength, using scientifically based health- related physical fitness assessments.

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

Meet age- and gender-specific fitness standards for aerobic capacity, muscular strength, flexibility, and body composition, using a scientifically based health-related fitness assessment, and identify one or more ways to improve performance in areas that do not meet minimum standards.

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

Refine individual personal physical fitness goals for each of the five components of health related physical fitness, using research-based criteria.

Grade 8 **FitwareNo** 4.2 **FitwareSpecific** 8.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Demonstrate and hold basic stretches using proper alignment for hamstrings, quadriceps, hip flexors and abducts, triceps, biceps, back, neck, shoulders, hip adductors, and calves.

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

Perform abdominal curl-ups; modified, traditional, and triceps push-ups with hands on a bench; oblique curl-ups on each side, forward lunges, and side lunges to enhance endurance and increase muscle efficiency.

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

Develop individual goals for each of the components of health-related physical fitness; periodically assess the attainment of, or progress toward these goals; and make necessary adjustments to a personal physical fitness program.

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

Develop a three-week personal physical fitness plan specifying the proper warm-up and cool-down activities and the principles of exercise for each of the five components of health related physical fitness.

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

Identify the body's normal reactions to moderate to vigorous physical activity; recognize that the body will adapt to increased workloads.

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

Explain progression, overload, and specificity as they relate to principles of conditioning.

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

Explain how and why the body uses a higher percentage of carbohydrates and fats for fuel during high and low intensity physical activities.

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

Identify incorrect exercises and their adverse effects on the body.

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

Describe the relationship between the heart, lungs, muscles, blood, and oxygen during 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

Explain why a strong heart is able to return quickly to its resting rate after exertion.

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

Identify muscles being strengthened during the performance of particular physical activities.

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

Identify flexibility exercises that are not safe for the joints and should be avoided.

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

Identify basic principles in weight/ resistance training and safety practices and explain the role that weight bearing activities play in bone strength.

Grade 8 **FitwareNo** 4.1 **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

Compile and analyze a log noting the food intake/calories consumed and energy expended through physical activity.

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

Identify the contributions of members of a group or team and give positive reinforcement to members for accomplishing a task or goal.

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

Accept the roles of group members within the structure of a game or activity.

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

Analyze possible solutions to a problem that develops in a cooperative physical activity.

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

Identify and evaluate preferences for lifelong physical activity and determine one's responsibility for developing skills, acquiring knowledge of concepts, and achieving fitness.

Grade 8 **FitwareNo** 6.2 **FitwareSpecific** 8.6.2.02

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Optional: Create a routine.

State Standard

Create and perform a routine using fundamental gymnastic/tumbling skills, locomotor and non-locomotor movement patterns, and the elements of speed, direction, and level.

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

Create and perform a rhythmic dance.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify and evaluate preferences for lifelong physical activity and determine one's responsibility for developing skills, acquiring knowledge of concepts, and achieving fitness.

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

Explain the effects of nutrition and participation in physical activity on weight control, self-concept, and physical performance.

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

Combine and apply movement patterns and skills, simple to complex.

Grade 9 **FitwareNo** 2.3 **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

Explain and demonstrate offensive, defensive, and transition strategies.

Grade 9 **FitwareNo** 2.4 **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

Identify and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed to enhance performance levels in various activities.

Grade 9 **FitwareNo** 2.1 **FitwareSpecific** 9.2.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Develop personal goals to improve one's performance in physical activities.

Grade 9 **FitwareNo** 2.1 **FitwareSpecific** 9.2.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Analyze and explain which training and conditioning practices have the greatest impact on skill acquisition and performance; create or modify practice/training plans based on evaluative feedback of skill acquisition and performance.

Grade 9 **FitwareNo** 2.1 **FitwareSpecific** 9.2.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Analyze situations; evaluate feedback, determine appropriate strategies for improved performance; and assess the effect/outcome of a particular performance strategy.

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

Create or modify practice/training plans based on evaluative feedback of skill acquisition and performance in various activities.

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

Explain the use of the principles of biomechanics (leverage, force, inertia, rotary motion, opposition, and buoyancy); apply the principles to achieve proficient performance; and evaluate the performance based on the use of the principles.

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

Explain and demonstrate offensive, defensive, and transition strategies.

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

Identify and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed to enhance performance levels in various activities.

Grade 9 **FitwareNo** 2.4 **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

Examine the physical, emotional, cognitive, and scientific factors that affect performance and explain the relationship between those factors.

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 and explain which training and conditioning practices have the greatest impact on skill acquisition and performance; create or modify practice/training plans based on evaluative feedback of skill acquisition and performance.

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 situations; evaluate feedback, determine appropriate strategies for improved performance; and assess the effect/outcome of a particular performance strategy.

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

Research and evaluate sport-specific conditioning programs.

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

Participate in moderate to vigorous physical activity at least four days each week that develop and maintain the five components of physical fitness.

Grade 9 **FitwareNo** 3.1 **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 sustained, moderate to vigorous physical activities that enhance each component 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 physical fitness test results to set and adjust goals to improve fitness.

Grade 9 **FitwareNo** 3.1 **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 moderate to vigorous physical activity at least four days each week that develop and maintain the five components of physical fitness.

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

Develop a four-week personal physical fitness plan specifying the proper warm-up and cool-down activities and the principles of exercise for each of the five components of health related physical fitness.

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

Create a weight training program that includes the basic principles in weight/resistance training and safety practices.

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

Analyze consumer physical fitness products and programs.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Explain the inherent risks associated with physical activity in extreme environments.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Identify the physical fitness requirements of various occupations.

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

Identify and utilize the potential strengths of each individual in physical activities and encourage others to be supportive and inclusive of individuals of all ability levels.

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

Assess personal and group contributions and strengths that lead to the achievement of specific goals.

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

Recognize and evaluate the role of cooperation and positive interactions with others when participating in physical activity.

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

Select members of a group or team and reward for accomplishing a task or goal.

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

Encourage support of group members regardless of skill or ability level.

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 character based on core ethical values and good sportsmanship.

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

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

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

Act independently of negative peer pressure during physical activity.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Discuss the changing psychological and sociological needs of a diverse society in relation to physical activity.

Grade 9 **FitwareNo** 6.3 **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

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

Grade 9 **FitwareNo** 6.3 **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

Analyze the role that physical activity plays in social interaction and cooperative opportunities in the family and the workplace, and in the promotion of multiculturalism.

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

Recognize the value of physical activity in understanding multiculturalism.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain the benefits that proper nutrition has on physical performance.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

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

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

Combine and apply movement patterns and skills, simple to complex.

Grade 10 **FitwareNo** 2.3 **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

Explain and demonstrate offensive, defensive, and transition strategies.

Grade 10 **FitwareNo** 2.1 **FitwareSpecific** 10.2.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Evaluate and refine personal goals to improve performance in physical activities.

Grade 10 **FitwareNo** 2.1 **FitwareSpecific** 10.2.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Analyze and explain which training and conditioning practices have the greatest impact on skill acquisition and performance; create or modify practice/training plans based on evaluative feedback of skill acquisition and performance.

Grade 10 **FitwareNo** 2.1 **FitwareSpecific** 10.2.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Analyze situations; evaluate feedback, determine appropriate strategies for improved performance; and assess the effect/outcome of a particular performance strategy.

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

Create or modify practice/training plans based on evaluative feedback of skill acquisition and performance in various activities.

Grade 10 **FitwareNo** 2.2 **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

Examine the physical, emotional, cognitive, and scientific factors that affect performance and explain the relationship between those factors.

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

Explain the use of the principles of biomechanics (leverage, force, inertia, rotary motion, opposition, and buoyancy); apply the principles to achieve proficient performance; and evaluate the performance based on the use of the principles.

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

Examine the physical, emotional, cognitive, and scientific factors that affect performance and explain the relationship between those factors.

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

Explain and demonstrate offensive, defensive, and transition strategies.

Grade 10 **FitwareNo** 2.2 **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

Examine the physical, emotional, cognitive, and scientific factors that affect performance and explain the relationship between those factors.

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

Examine and explain the ways in which personal characteristics, performance styles, and preferences for activities may change over a lifetime.

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 the effects of individual differences, such as age, gender, ethnicity, and culture, on preferences for and participation in physical activity.

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

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

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

Assess levels of physical fitness and adjust physical activity to accommodate changes in age, growth, and development.

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

Examine the physical, emotional, cognitive, and scientific factors that affect performance and explain the relationship between those factors.

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

Identify and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed to enhance performance levels in various activities.

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

Examine the physical, emotional, cognitive, and scientific factors that affect performance and explain the relationship between those factors.

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 and explain which training and conditioning practices have the greatest impact on skill acquisition and performance; create or modify practice/training plans based on evaluative feedback of skill acquisition and performance.

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 situations; evaluate feedback, determine appropriate strategies for improved performance; and assess the effect/outcome of a particular performance strategy.

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

Prescribe a conditioning program for specific sport.

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

Evaluate the relationships of physical, emotional, and cognitive factors affecting individual and team 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

Create or modify practice/training plans based on evaluative feedback of skill acquisition and performance in various activities.

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

Participate in moderate to vigorous physical activity at least four days each week, using the principles of exercise to meet individual needs and interests.

Grade 10 **FitwareNo** 2.4 **FitwareSpecific** 10.3.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

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

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 levels of physical fitness and adjust physical activity to accommodate changes in age, growth, and development.

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

Demonstrate age and gender-specific progress towards the achievement of fitness goals for each component of health-related and fitness.

Grade 10 **FitwareNo** 2.4 **FitwareSpecific** 10.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Use and analyze scientifically-based data and protocols to assess oneself on the five components of health-related physical fitness.

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

Participate in physical activities in order to build and maintain a healthy lifestyle.

Grade 10 **FitwareNo** 4.2 **FitwareSpecific** 10.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Develop and implement a training program to maximize health benefits and prevent exercise-related injuries and illnesses; evaluate aids that claim to enhance body composition, appearance, physical fitness, and performance.

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

Develop and implement a training program to maximize health benefits and prevent exercise-related injuries and illnesses; evaluate aids that claim to enhance body composition, appearance, physical fitness, and performance.

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

Compare and contrast the use of drugs, fitness products, and fads to achieve fitness.

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

Identify and evaluate ergogenic aids that claim to enhance body composition, appearance, physical fitness, and performance.

Grade 10 **FitwareNo** 2.4 **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

Develop and describe a physical fitness plan that enhances personal health and performance in various leisure and workplace activities.

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

Identify leadership skills, perform planned leadership assignments, and assume spontaneous leadership roles.

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

Complete a group project utilizing the strengths of each group member. [specifically addressed in grade 9]

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

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Critique the contributions of the members of a group or team.

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

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Encourage others to be supportive and inclusive of individuals of all ability levels. [specifically addressed in previous grade levels]

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

Analyze how role models, and the core ethical values they represent, influence participants in athletics.

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

Advocate for a lifestyle change to include preferences for lifelong physical activity and determine ones responsibility for developing skills, acquiring knowledge of concepts, and achieving fitness.

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

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

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

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