

Grade 5

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Recognize competitive activity from cooperative activity

Grade 5

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Come to class prepared for participation

Grade 5

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Participate fully during physical education class

Grade 5

FitwareNo 1

FitwareSpecific 5.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Perform and demonstrate advanced characteristics of motor skills.

Grade 5

FitwareNo 1

FitwareSpecific 5.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate spatial awareness in self and others.

Grade 5

FitwareNo 1

FitwareSpecific 5.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Perform and develop cooperative activities

Grade 5

FitwareNo 1

FitwareSpecific 5.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Follow, cue and expand – apply to other movement experiences.

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 cooperatively in competitive and non-competitive activities

Grade 5

FitwareNo 2.1

FitwareSpecific 5.2.1

Fitware Grade Level Standard

Explains the types of practice that improve motor skill performance for speed and accuracy.

Fitware Unit Level Standard

State Standard

Apply movement concepts to fundamental skills

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

Apply movement concepts to fundamental skills

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

Apply knowledge of anatomy for performance.

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

Apply movement concepts to fundamental skills

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

Follow, cue and expand – apply to other movement experiences.

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

Self-assess participation in physical activity

Grade 5

FitwareNo 3.2

FitwareSpecific 5.3.2

Fitware Grade Level Standard

Describes opportunities in the school setting for regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Identify physical activity opportunities at school and within the community, for regular participation in physical activity

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

Count their pulse rate and record (resting and active)

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

Logically connect health related components of fitness with specific movements

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

Provide examples of the five (5) components of fitness and of activities or exercises

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

Predict how the body will respond to various/different 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

How to improve personal 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

Build own fitness plan within context of physical education class constraints.

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

Create a list of activities that builds fitness

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

Perform individually and as part of a group.

Grade 5

FitwareNo 5.1

FitwareSpecific 5.5.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate cooperation in a variety of physical activity settings (diversity)

Grade 5

FitwareNo 5.1

FitwareSpecific 10.5.1

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Model by leading a small group activity (teacher directed) [addressed in grade 10]

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

Work independently and groups while staying on task

Grade 5

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

Use multiple strategies for solving differences or disagreements [addressed in grades 7 and 8]

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

Participate in physical activity social settings

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

Participate cooperatively in competitive and non-competitive activities

Grade 5

FitwareNo 5.2

FitwareSpecific 5.5.2

Fitware Grade Level Standard

Accepts responsibility for personal safety during physical activity.

Fitware Unit Level Standard

State Standard

Move safely through general and self space.

Grade 5

FitwareNo 5.2

FitwareSpecific 7.5.2

Fitware Grade Level Standard

Accepts responsibility for individual improvement during challenging physical activity.

Fitware Unit Level Standard

State Standard

Improve personal effort and engagement level of exertion during class [addressed in grade 7]

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

Apply and demonstrate rules and safe practices for a specific activity

Grade 5

FitwareNo 5.2

FitwareSpecific 5.5.2

Fitware Grade Level Standard

Accepts responsibility for personal safety during physical activity.

Fitware Unit Level Standard

State Standard

Demonstrate independence in physical activity settings

Grade 5

FitwareNo 6.3

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

Apply movement in challenging context with self, and another person or groups of people

Grade 5

FitwareNo 6.3

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

Perform a variety of physical activities that they enjoy

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 importance of maintaining a healthy body

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 physical activity/physical education

Grade 6

FitwareNo 1

FitwareSpecific 6.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Perform basic sports skills (i.e. dribble, pass, shoot, serve, kick).

Grade 6

FitwareNo 1

FitwareSpecific 6.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Transfer fundamental motor skills to a variety of activities safely.

Grade 6

FitwareNo 1

FitwareSpecific 6.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Recognize the difference in skill levels and participate accordingly.

Grade 6

FitwareNo 2.1

FitwareSpecific 6.2.1

Fitware Grade Level Standard

Explains how to provide appropriate feedback to a partner who is developing or improving specialized skills.

Fitware Unit Level Standard

State Standard

Choose an appropriate practice to master a specific skill.

Grade 6

FitwareNo 2.3

FitwareSpecific 6.2.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Perform basic tactics of sports activities (risks, strategies, positioning).

Grade 6

FitwareNo 2.4

FitwareSpecific 6.2.4

Fitware Grade Level Standard

Describes the characteristics of physical activities appropriate for early adolescents.

Fitware Unit Level Standard

State Standard

Recognize, explain and apply development difference to movement activities.

Grade 6

FitwareNo 2.4

FitwareSpecific 6.2.4

Fitware Grade Level Standard

Describes the characteristics of physical activities appropriate for early adolescents.

Fitware Unit Level Standard

State Standard

Choose activities consistent with interests and physical and mental development

Grade 6

FitwareNo 2.4

FitwareSpecific 6.2.4

Fitware Grade Level Standard

Describes the characteristics of physical activities appropriate for early adolescents.

Fitware Unit Level Standard

State Standard

Develop a comprehensive list of physical activities that can be enjoyed throughout a life span [also addressed in grades 9 and 10]

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

Monitor and document physical education/physical activity involvement

Grade 6

FitwareNo 3.2

FitwareSpecific 6.3.2

Fitware Grade Level Standard

Describes opportunities in the local community for regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Access a variety of resources

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 activities designed to maintain each component of fitness

Grade 6

FitwareNo 4.1

FitwareSpecific 6.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Self assess fitness level

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

Use and apply the FITT concepts in a variety of activities.

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 and utilize the FITT components.

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

Identify strengths and weaknesses and create an action plan.

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

Calculate heart rate and determine if it is in the proper range

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

Explore and apply the training principles within the context of PE class

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

Logically sequence planned activities to obtain optimal health benefits

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

Recognize and work with the diverse levels of ability within a variety of physical activities

Grade 6

FitwareNo 5.2

FitwareSpecific 6.5.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate appropriate etiquette during all physical education 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

Play safely within the rules of an activity

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

Exhibit self control in a variety of activities (sport/game)

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

Design and perform aerobic activities (dance, fitness routine).

Grade 6

FitwareNo 6.2

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 benefits of and participate in daily exercise

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

Exhibit unique self-expression through physical activity

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

Discuss or describe how physical activity enhances their quality of life

Grade 7

FitwareNo 1

FitwareSpecific 7.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Perform basic sports skills (i.e. dribble, pass, shoot, serve, kick).

Grade 7

FitwareNo 1

FitwareSpecific 7.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Recognize the difference in skill levels and participate accordingly.

Grade 7

FitwareNo 1

FitwareSpecific 7.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Transfer fundamental motor skills to a variety of activities safely.

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

Choose an appropriate practice to master a specific skill.

Grade 7

FitwareNo 2.3

FitwareSpecific 7.2.3.05

Fitware Grade Level Standard

Explains offensive/defensive strategies for net and target sports.

Fitware Unit Level Standard

Creates a new aquatics game that uses a manipulative.

State Standard

Create and design a new game that can be played fairly by all.

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

Perform basic tactics of sports activities (risks, strategies, positioning).

Grade 7

FitwareNo 2.4

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

Recognize, explain and apply development difference to movement activities.

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

Explain the benefits of and participate in daily exercise

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

Monitor and document physical education/physical activity involvement

Grade 7

FitwareNo 3.2

FitwareSpecific 7.3.2

Fitware Grade Level Standard

Describes opportunities in the larger community for participation in individual and/or dual physical activities.

Fitware Unit Level Standard

State Standard

Access a variety of resources

Grade 7

FitwareNo 4.1

FitwareSpecific 7.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Participate in activities designed to maintain each component of fitness

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

Self assess fitness level

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 and utilize the FITT components.

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

Use and apply the FITT concepts in a variety of 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

Calculate heart rate and determine if it is in the proper range

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 strengths and weaknesses and create an action plan.

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

Logically sequence planned activities to obtain optimal health benefits

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

Explore and apply the training principles within the context of PE class

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

Create and use multiple ways (strategies for solving differences/disagreements)

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

Recognize and work with the diverse levels of ability within a variety of physical activities

Grade 7

FitwareNo 5.2

FitwareSpecific 7.5.2

Fitware Grade Level Standard

Accepts responsibility for individual improvement during challenging physical activity.

Fitware Unit Level Standard

State Standard

Improve personal effort/engagement/level of exertions during physical education class

Grade 7

FitwareNo 5.2

FitwareSpecific 7.5.2

Fitware Grade Level Standard

Accepts responsibility for individual improvement during challenging physical activity.

Fitware Unit Level Standard

State Standard

Demonstrate appropriate etiquette during all physical education activities.

Grade 7

FitwareNo 6.2

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 benefits of and participate in daily exercise

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

Design and perform aerobic activities (dance, fitness routine).

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

Exhibit unique self-expression through physical activity

Grade 7

FitwareNo 6.3

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

Choose activities consistent with interests and physical and mental development

Grade 7

FitwareNo 6.3

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

Identify their likes and dislikes of a variety of physical activities, including reasons for each

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

Discuss or describe how physical activity enhances their quality of life

Grade 8

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Come to class prepared to participate

Grade 8

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Participate fully in physical education class

Grade 8

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Identify differences between personal motivation and peer pressure

Grade 8

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Explain their skill level for variety of physical activities, including reasons for each and does the skill level impact their value of that activity

Grade 8

FitwareNo 1

FitwareSpecific 8.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Perform basic sports skills (i.e. dribble, pass, shoot, serve, kick).

Grade 8

FitwareNo 1

FitwareSpecific 8.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Recognize the difference in skill levels and participate accordingly.

Grade 8

FitwareNo 1

FitwareSpecific 8.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Transfer fundamental motor skills to a variety of activities safely.

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

Choose an appropriate practice to master a specific skill.

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

Perform basic tactics of sports activities (risks, strategies, positioning).

Grade 8

FitwareNo 2.4

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

Choose activities consistent with interests and physical and mental development

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

Recognize, explain and apply development difference to movement 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

Explain the benefits of and participate in daily exercise

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

Explain the benefits of and participate in daily exercise

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

Monitor and document physical education/physical activity involvement

Grade 8

FitwareNo 3.2

FitwareSpecific 8.3.2

Fitware Grade Level Standard

Explains ways of increasing physical activity in routine daily activities.

Fitware Unit Level Standard

State Standard

Access a variety of resources

Grade 8

FitwareNo 4.1

FitwareSpecific 8.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Participate in activities designed to maintain each component of fitness

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

Self assess fitness level

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 and utilize the FITT components.

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

Use and apply the FITT concepts in a variety of 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

Calculate heart rate and determine if it is in the proper range

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 strengths and weaknesses and create an action plan.

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

Logically sequence planned activities to obtain optimal health benefits

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

Explore and apply the training principles within the context of PE class

Grade 8

FitwareNo 5.1

FitwareSpecific 10.5.1

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Lead a small and large group activity (with teacher assistance) [addressed in grade 10]

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

Create and use multiple ways (strategies for solving differences/disagreements)

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

Recognize and work with the diverse levels of ability within a variety of physical activities

Grade 8

FitwareNo 5.2

FitwareSpecific 8.5.2

Fitware Grade Level Standard

Accepts responsibility for one's own actions and decisions during physical activity.

Fitware Unit Level Standard

State Standard

Demonstrate appropriate etiquette during all physical education activities.

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

Exhibit self control in a variety of activities (sport/game)

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

Play safely within the rules of an activity

Grade 8

FitwareNo 6.2

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 benefits of and participate in daily exercise

Grade 8

FitwareNo 6.2

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

Design and perform aerobic activities (dance, fitness routine).

Grade 8

FitwareNo 6.2

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

Exhibit unique self-expression through physical activity

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 their likes and dislikes of a variety of physical activities, including reasons for each

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

Discuss or describe how physical activity enhances their quality of life

Grade 9

FitwareNo 1

FitwareSpecific 9.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Refine sports skills and movement concepts to focus on a specific sport

Grade 9

FitwareNo 2.1

FitwareSpecific 9.2.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Design an appropriate practice plan for a variety of motor skills.

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

Practice to improve.

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

Break down a game into its tactical, strategic and skill components.

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

Plan personal conditioning program.

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

Apply training principles for self improvement

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

Maintain/create activity log

Grade 9

FitwareNo 3.2

FitwareSpecific 9.3.2

Fitware Grade Level Standard

Lists available fitness resources in the community.

Fitware Unit Level Standard

State Standard

Access and utilize a variety of resources

Grade 9

FitwareNo 3.2

FitwareSpecific 9.3.2

Fitware Grade Level Standard

Lists available fitness resources in the community.

Fitware Unit Level Standard

State Standard

Create and determine physical activity opportunities for self fulfillment

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

Personalize the HRC's as it applies to helping one become fit for life.

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

Develop realistic short and long term fitness goals.

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 their heart rate during various levels of activity

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

Interpret and utilize the results of the self assessment

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

Self assess their personal fitness levels

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

Interpret Fitnessgram/fitness test results

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

Apply training principles for self improvement

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

Apply knowledge, components and self-assessment to a personal fitness plan

Grade 9

FitwareNo 4.2

FitwareSpecific 9.4.2.04

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

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

State Standard

Recognize factors influencing their health-related fitness

Grade 9

FitwareNo 4.2

FitwareSpecific 9.4.2.04

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

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

State Standard

Link physical activity with health related component of fitness

Grade 9

FitwareNo 5.1

FitwareSpecific 9.5.1

Fitware Grade Level Standard

Uses the strengths of each individual in the group during physical activity.

Fitware Unit Level Standard

State Standard

Demonstrate the inclusion of diverse populations in a variety of physical activities

Grade 9

FitwareNo 5.2

FitwareSpecific 9.5.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Apply concepts to personal activities and authentic games to ensure safety.

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

Create and identify a physically safe environment

Grade 9

FitwareNo 6.2

FitwareSpecific 9.6.2

Fitware Grade Level Standard

Creates a line dance routine.

Fitware Unit Level Standard

State Standard

Demonstrate self expression through 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

Identify activities for personal enjoyment

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

Monitor/adapt participation for improvement and enjoyment

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

Select and perform a variety of 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

Reflect on choices of physical activity

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

Identify intrinsic and extrinsic influences to participation

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

Provide reasons for participation

Grade 10

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Assume the role of an official/referee during an activity

Grade 10

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Demonstrate (sport) etiquette in a variety of physical activity settings

Grade 10

FitwareNo 1

FitwareSpecific 10.1.0

Fitware Grade Level Standard

Demonstrates proficiency for specialized skills and combinations during tumbling and gymnastics, combatives, and team sports.

Fitware Unit Level Standard

State Standard

Refine sports skills and movement concepts to focus on a specific sport

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

Practice to improve.

Grade 10

FitwareNo 2.1

FitwareSpecific 10.2.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Design an appropriate practice plan for a variety of motor skills.

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

Break down a game into its tactical, strategic and skill components.

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

Choose activities to participate in regularly for lifespan wellness

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

Adapt physical activity choices based on life circumstances

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

Apply training principles for self improvement

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

Plan personal conditioning program.

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

Maintain/create activity log

Grade 10

FitwareNo 3.2

FitwareSpecific 10.3.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Access and utilize a variety of resources

Grade 10 **FitwareNo** 3.2 **FitwareSpecific** 10.3.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Create and determine physical activity opportunities for self fulfillment

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

Interpret and utilize the results of the self assessment

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

Interpret Fitnessgram/fitness test results

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

Develop realistic short and long term fitness goals.

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

Self assess their personal fitness levels

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

Personalize the HRC's as it applies to helping one become fit for life.

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 their heart rate during various levels of activity

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

Apply training principles for self improvement

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

Apply knowledge, components and self-assessment to a personal fitness plan

Grade 10

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

Resolve conflicts during activities [addressed in grade 8]

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/Participate leadership – in a game, as an official, as a coach, as a teacher, in creating a new game

Grade 10

FitwareNo 6.2

FitwareSpecific 10.6.2

Fitware Grade Level Standard

Creates a tumbling/gymnastics routine.

Fitware Unit Level Standard

State Standard

Demonstrate self expression through physical activity

Grade 10

FitwareNo 6.3

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

Select and perform a variety of activities

Grade 10

FitwareNo 6.3

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

Reflect on choices of physical activity

Grade 10

FitwareNo 6.3

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

Identify activities for personal enjoyment

Grade 10

FitwareNo 6.3

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

Monitor/adapt participation for improvement and enjoyment

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

Provide reasons for participation

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

Identify intrinsic and extrinsic influences to participation