

**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 control when performing combinations and sequences in locomotor, non-locomotor and manipulative motor patterns.

**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**

Identify the principles of movement (e.g., absorption and application of force, equilibrium).

**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**

Identify offensive, defensive, and cooperative strategies in selected activities and games.

**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**

Regularly participate in physical activity for the purpose of sustaining or improving individual levels of health-related fitness.

**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**

Set a personal health-related fitness goal.

**Grade** 5

**FitwareNo** 4.2

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Monitor individual heart rate before, during, and after physical activity with and without the use of technology.

**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**

Match recognized assessments of health-related fitness to corresponding components of 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**

Demonstrate the relationship between movement and health-related fitness components (e.g., running/cardiorespiratory, tug-of-war/strength).

**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 cooperatively with a partner or small group to reach a shared goal during physical 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**

Identify and apply rules and safety procedures in physical 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**

Accept responsibility for their own actions in group physical 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**

Use identified procedures and safe practices without reminders during group physical activities.

**Grade** 5

**FitwareNo** 5.2

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Work independently on task until completed.

**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**

Describe the benefits of maintaining a health-enhancing level of fitness.

**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**

Demonstrate control when performing combinations and sequences of locomotor, non-locomotor, and manipulative motor patterns in selected activities, games, and sports.

**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**

Apply basic offensive, defensive, and cooperative strategies in selected activities, games, and sports.

**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**

Compare and contrast efficient and inefficient movement patterns.

**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**

Identify opportunities within the community for regular participation in physical activities.

**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**

Identify and participate in activities associated with the components of health-related 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**

Monitor through a variety of methods (e.g., perceived exertion, pulse monitors, targets heart rate), with and without the use of technology.

**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**

Evaluate the strengths and weaknesses of a personal fitness profile.

**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**

Set realistic short-term and long-term goals for a health-related fitness component.

**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 the principles of training: frequency, intensity, time, and type.

**Grade** 6

**FitwareNo** 4.2

**FitwareSpecific** 6.4.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Apply the principles of training to the health-related fitness goals.

**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**

Work cooperatively with others to accomplish a set goal in both competitive and non-competitive situations (e.g., baseball, choreographing a dance).

**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**

Apply rules and safety procedures 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**

Follow directions and decisions of responsible individuals (e.g., teachers, peer leaders, squad leaders).

**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**

Remain on task independent of distraction (e.g., peer pressure, environmental stressors).

**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**

Demonstrate control when performing combinations and sequences of locomotor, non-locomotor, and manipulative motor patterns in selected activities, games, and sports.

**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**

Apply basic offensive, defensive, and cooperative strategies in selected activities, games, and sports.

**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**

Compare and contrast efficient and inefficient movement patterns.

**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**

Identify opportunities within the community for regular participation in physical activities.

**Grade** 7

**FitwareNo** 4.1

**FitwareSpecific** 7.4.1.01

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

Participates in fitness pre-assessment.

**State Standard**

Evaluate the strengths and weaknesses of a personal fitness profile.

**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**

Identify and participate in activities associated with the components of health-related fitness.

**Grade** 7

**FitwareNo** 4.1

**FitwareSpecific** 7.4.1.01

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

Participates in fitness pre-assessment.

**State Standard**

Set realistic short-term and long-term goals for a health-related fitness component.

**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**

Apply the principles of training to the health-related fitness goals.

**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**

Demonstrate control when performing combinations and sequences of locomotor, non-locomotor, and manipulative motor patterns in selected activities, games, and sports.

**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**

Apply basic offensive, defensive, and cooperative strategies in selected activities, games, and sports.

**Grade 8**

**FitwareNo 2.5**

**FitwareSpecific 8.2.5**

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Compare and contrast efficient and inefficient movement patterns.

**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**

Identify opportunities within the community for regular participation in physical activities.

**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**

Evaluate the strengths and weaknesses of a personal fitness profile.

**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**

Identify and participate in activities associated with the components of health-related fitness.

**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**

Set realistic short-term and long-term goals for a health-related fitness component.

**Grade** 8

**FitwareNo** 4.2

**FitwareSpecific** 8.4.2

### **Fitware Grade Level Standard**

Designs a 2-week personal health-related fitness plan taking into account the possibility of inclement weather, minor injury, and/or travel.

### **Fitware Unit Level Standard**

### **State Standard**

Apply the principles of training to the health-related fitness goals.

**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**

Participate in establishing procedures for group 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**

Remain on task independent of distraction (e.g., peer pressure, environmental stressors).

**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**

Perform skills efficiently in a variety of leisure activities, sports, creative movement, and work-related 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**

Analyze various movement patterns for efficiency and effectiveness.

**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**

Select and apply offensive, defensive, and cooperative strategies in selected activities, games, and sports.

**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**

Record and interpret health-related physiological data (e.g., blood pressure, bmi, oxygen exchange), with and without the use of technology.

**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**

Prepare an individual health-related fitness profile and evaluate fitness level on each component.

**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**

Set realistic short-term, health-related fitness goals based on individual profiles.

**Grade** 9

**FitwareNo** 4.1

**FitwareSpecific** 9.4.1

### **Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

### **Fitware Unit Level Standard**

### **State Standard**

Participate in various types of fitness training programs (e.g., circuit, cross and interval training) and describe the characteristics and benefits of each.

**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**

Evaluate physical fitness services, products, and advertising.

**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**

Design and implement a personal fitness program.

**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**

Participate in various types of fitness training programs (e.g., circuit, cross and interval training) and describe the characteristics and benefits of each.

**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**

Work cooperatively with others to achieve group goals in competitive and non-competitive situations (e.g., challenge course, orienteering).

**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 identified procedures and safe practices to all group physical activity settings.

**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**

Participate in various types of fitness training programs (e.g., circuit, cross and interval training) and describe the characteristics and benefits of each.

**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**

Perform skills efficiently in a variety of leisure activities, sports, creative movement, and work-related activities.

**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**

Analyze various movement patterns for efficiency and effectiveness.

**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**

Select and apply offensive, defensive, and cooperative strategies in selected activities, games, and sports.

**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**

Prepare an individual health-related fitness profile and evaluate fitness level on each component.

**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**

Set realistic short-term, health-related fitness goals based on individual profiles.

**Grade** 10

**FitwareNo** 4.1

**FitwareSpecific** 10.4.1

### **Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

### **Fitware Unit Level Standard**

### **State Standard**

Participate in various types of fitness training programs (e.g., circuit, cross and interval training) and describe the characteristics and benefits of each.

**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**

Record and interpret health-related physiological data (e.g., blood pressure, bmi, oxygen exchange), with and without the use of technology.

**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**

Interpret the effects of exercise/physical activity on the level of health-related fitness.

**Grade** 10

**FitwareNo** 4.2

**FitwareSpecific** 10.4.2.06

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

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

### **State Standard**

Design and implement a personal fitness program.

**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**

Participate in various types of fitness training programs (e.g., circuit, cross and interval training) and describe the characteristics and benefits of each.

**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 when to lead and when to be supportive to accomplish group goals.

**Grade** 10

**FitwareNo** 5.2

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Develop rules and safety procedures for physical activities.

**Grade** 10

**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 decision-making skills both independently and with others during physical activities.

**Grade** 10

**FitwareNo** 5.2

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Complete a given task on time.

**Grade** 10

**FitwareNo** 5.2

**FitwareSpecific** 10.5.2

**Fitware Grade Level Standard**

Accepts personal responsibility for one's level of engagement in physical activities.

**Fitware Unit Level Standard**

**State Standard**

Apply identified procedures and safe practices to all group physical activity settings.