

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate the ability to integrate locomotor and nonlocomotor movements in more complex skills.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Develop the ability to manipulate objects with the skills necessary to participate in games and leadup activities.

Grade 5 **FitwareNo** 2.2 **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

Describe and demonstrate critical elements of mature movement patterns.

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

Demonstrate the ability to perform more complex rhythmic skills alone and with a partner.

Grade 5 **FitwareNo** 2.2 **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

Identify movement concepts used to refine movement 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

Identify movement concepts used to refine movement 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

Critique the performance of a partner by providing feedback to help improve skill.

Grade 5 **FitwareNo** 2.2 **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

Describe and demonstrate critical elements of mature movement patterns.

Grade 5 **FitwareNo** 2.2 **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 movement concepts used to refine movement skills.

Grade 5 **FitwareNo** 2.2 **FitwareSpecific** 5.2.4

Fitware Grade Level Standard

Describes changes from birth through puberty along with their impact on physical performance.

Fitware Unit Level Standard

State Standard

Identify movement concepts used to refine movement skills.

Grade 5 **FitwareNo** 2.2 **FitwareSpecific** 5.2.5

Fitware Grade Level Standard

Describes critical elements of fundamental movement and manipulative skills.

Fitware Unit Level Standard

State Standard

Identify movement concepts used to refine movement skills.

Grade 5 **FitwareNo** 2.2 **FitwareSpecific** 5.2.5

Fitware Grade Level Standard

Describes critical elements of fundamental movement and manipulative skills.

Fitware Unit Level Standard

State Standard

Critique the performance of a partner by providing feedback to help improve skill.

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 health enhancing 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

Establish personal goals to achieve an age appropriate fitness level in all components of health-related physical fitness.

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

Demonstrate age appropriate levels of muscular strength and muscular endurance for major muscle groups.

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

Demonstrate a healthy level of cardiorespiratory endurance.

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

Demonstrate a healthy level of flexibility.

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

Demonstrate a healthy level of body composition.

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

Resolve conflict in socially acceptable ways.

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

Accept partners and teammates regardless of personal differences.

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 positive attitude towards self and others during physical activity.

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

Fitware Grade Level Standard

Accepts responsibility for personal safety during physical activity.

Fitware Unit Level Standard

State Standard

Perform activities safely and follow rules.

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

Fitware Grade Level Standard

Accepts responsibility for personal safety during physical activity.

Fitware Unit Level Standard

State Standard

Demonstrate positive attitude towards self and others during physical activity.

Grade 5 **FitwareNo** 6.2 **FitwareSpecific** 5.6.2

Fitware Grade Level Standard

Expresses personal feelings through a movement-based routine.

Fitware Unit Level Standard

State Standard

Use physical activity as a means of self-expression.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate the qualities of a competent and enthusiastic physical activity participant.

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

Exhibit positive feelings about participation in physical activity.

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

Engage in the challenge of new activities.

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

Engage in and enjoys independent and interactive physical activity.

Grade 5 **FitwareNo** 6.4 **FitwareSpecific** 5.6.4

Fitware Grade Level Standard

Describes the physical benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Recognize the positive effects of participation in leisure time physical activity.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate more advanced forms in locomotor, nonlocomotor, and manipulative skills.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate basic competency in more specialized movement skills related to specific physical activities.

Grade 6 **FitwareNo** 5.2 **FitwareSpecific** 6.1.0.04

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates the mature form for dance steps used in folk and line dances: step hop, elbow swing, toes out/heels out/heels in/toes in, 1/4 pivot, turn under, step swing, schottische, and bleking.

State Standard

Participate in dances and games from various world cultures.

Grade 6 **FitwareNo** 5.2 **FitwareSpecific** 6.1.0.10

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 sprinting, long jump, javelin throw, shot put, and discus throw.

State Standard

Participate in dances and games from various world cultures.

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

Explain how practicing movement skills improves performance.

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

Identify basic concepts that apply to the movement and sports skills being practiced.

Grade 6 **FitwareNo** 2.1 **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

Identify basic concepts that apply to the movement and sports skills being practiced.

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

Describe basic strategies for offense and defense in simple lead-up games.

Grade 6 **FitwareNo** 2.1 **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 basic concepts that apply to the movement and sports skills being practiced.

Grade 6 **FitwareNo** 4.2 **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

Identify and participate in activities that, when done consistently, can contribute to an active lifestyle.

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 activities, outside of school, that are health enhancing and can be continued throughout a lifetime.

Grade 6 **FitwareNo** 4.2 **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 and participate in activities that, when done consistently, can contribute to an active lifestyle.

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

Increase the intensity and duration of an activity while performing locomotor skills.

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 personal fitness levels in each of the health-related physical fitness components in relation to age.

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 personal goals for each of the health-related physical fitness 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

Describe the elements of a healthy lifestyle.

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

Participate in cooperative activities in a leadership or followership role.

Grade 6 **FitwareNo** 5.2 **FitwareSpecific** 6.5.1

Fitware Grade Level Standard

Works cooperatively with a small group in physical activity settings.

Fitware Unit Level Standard

State Standard

Illustrate an appreciation of the accomplishments of all group members in group or team physical activities.

Grade 6 **FitwareNo** 3.1 **FitwareSpecific** 6.5.1

Fitware Grade Level Standard

Works cooperatively with a small group in physical activity settings.

Fitware Unit Level Standard

State Standard

Engage in physical activities as an opportunity to socialize with friends and family.

Grade 6 **FitwareNo** 5.2 **FitwareSpecific** 6.5.1

Fitware Grade Level Standard

Works cooperatively with a small group in physical activity settings.

Fitware Unit Level Standard

State Standard

Acknowledge and apply rules to game situations to ensure personal and group safety.

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

Acknowledge and apply rules to game situations to ensure personal and group safety.

Grade 6 **FitwareNo** 5.2 **FitwareSpecific** 6.6.1

Fitware Grade Level Standard

Describes the development and role of movement-related activities in the ancient world and their influences on physical activities today.

Fitware Unit Level Standard

State Standard

Participate in dances and games from various world cultures.

Grade 6 **FitwareNo** 6.3 **FitwareSpecific** 6.6.3

Fitware Grade Level Standard

Chooses to engage in new activities.

Fitware Unit Level Standard

State Standard

Participate in challenging activities requiring the utilization of newly acquired skills.

Grade 6 **FitwareNo** 6.3 **FitwareSpecific** 6.6.4

Fitware Grade Level Standard

Describes the health benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Identify the social, emotional, and physical benefits of participation in 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

Demonstrate a movement sequence in a physical activity or game.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate more complex combinations of movement forms in various sport and rhythmic activities.

Grade 7 **FitwareNo** 2.2 **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 the difference between being on offense and defense in various activities.

Grade 7 **FitwareNo** 2.1 **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

Identify and practice a physical activity/exercise or movement that is difficult to perform in order to increase skill/fitness level.

Grade 7 **FitwareNo** 5.2 **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

Identify and participate in sports or activities that are native to a selected country.

Grade 7 **FitwareNo** 2.2 **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

Learn and apply principles necessary for skilled performance.

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

Identify and practice a physical activity/exercise or movement that is difficult to perform in order to increase skill/fitness level.

Grade 7 **FitwareNo** 2.2 **FitwareSpecific** 7.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for net and target sports.

Fitware Unit Level Standard

State Standard

Recognize the open person concept in team sport activities.

Grade 7 **FitwareNo** 2.2 **FitwareSpecific** 7.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for net and target sports.

Fitware Unit Level Standard

State Standard

Describe and demonstrate the difference between being on offense and defense in various activities.

Grade 7 **FitwareNo** 5.2 **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

Adapt games to allow the participation of individuals of varying abilities.

Grade 7 **FitwareNo** 2.2 **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 variations of movement skills that occur in sport 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

Select and participate in activities that will build a repertoire of lifetime activities.

Grade 7 **FitwareNo** 3.2 **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

Select and participate in a new sport or physical activity.

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

Select and participate in activities that will build a repertoire of lifetime activities.

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

Select and participate in a new sport or physical activity.

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

Utilize self-assessment of physical fitness to identify strengths and weaknesses and uses this information to develop a personalized fitness program.

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 and apply an understanding of the concepts of health-related physical fitness to an individual exercise program.

Grade 7 **FitwareNo** 5.2 **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 in cooperative games that require a contribution from all team members.

Grade 7 **FitwareNo** 2.1 **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 in challenge and adventure activities that require the development of strategies and teamwork.

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

Contribute to the development and maintenance of and adhere to rules that provide for safe participation in physical activities. [addressed specifically in grade 6]

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

Accept responsibilities of being a part of a team and strive to make contributions toward team success.

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

Follow the rules of games and activities to ensure a safe environment for participants. [addressed specifically in grade 6]

Grade 7 **FitwareNo** 5.2 **FitwareSpecific** 7.6.1

Fitware Grade Level Standard

Describes the development and role of movement-related activities in the medieval times and their influences on physical activities today.

Fitware Unit Level Standard

State Standard

Identify and participate in sports or activities that are native to a selected country.

Grade 7 **FitwareNo** 2.1 **FitwareSpecific** 7.6.3

Fitware Grade Level Standard

Chooses to engage in activities at the appropriate level of physical challenge.

Fitware Unit Level Standard

State Standard

Identify and practice a physical activity/exercise or movement that is difficult to perform in order to increase skill/fitness level.

Grade 7 **FitwareNo** 2.1 **FitwareSpecific** 7.6.3

Fitware Grade Level Standard

Chooses to engage in activities at the appropriate level of physical challenge.

Fitware Unit Level Standard

State Standard

Participate in challenge and adventure activities that require the development of strategies and teamwork.

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

Demonstrate the importance of all components of physical fitness in achieving a desired level of health-enhancing physical fitness.

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

Combine and refine fundamental techniques in games and sports and work towards achieving competence in increasingly complex physical activity contexts.

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 rhythmic movement patterns demonstrating an understanding of steady beat, tempo, and phrasing of music to maintain and improve fitness.

Grade 8 **FitwareNo** 2.2 **FitwareSpecific** 8.2.1

Fitware Grade Level Standard

Analyzes the effect of positive transfer on specialized skill improvement.

Fitware Unit Level Standard

State Standard

Analyze an athlete's performance of a sport skill, using technology, and provide suggestions for improving the performance.

Grade 8 **FitwareNo** 2.1 **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

Analyze an athlete's performance of a sport skill, using technology, and provide suggestions for improving the performance.

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

Explore basic physics principles (action-reaction, trajectory, levers, linear velocity) that are utilized in specific sport activities.

Grade 8 **FitwareNo** 2.2 **FitwareSpecific** 8.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for invasion and field sports.

Fitware Unit Level Standard

State Standard

Describe strategies used in a net/wall game situation.

Grade 8 **FitwareNo** 2.1 **FitwareSpecific** 8.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for invasion and field sports.

Fitware Unit Level Standard

State Standard

Analyze an athlete's performance of a sport skill, using technology, and provide suggestions for improving the performance.

Grade 8 **FitwareNo** 2.1 **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

Analyze an athlete's performance of a sport skill, using technology, and provide suggestions for improving the performance.

Grade 8 **FitwareNo** 2.1 **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

Analyze an athlete's performance of a sport skill, using technology, and provide suggestions for improving the performance.

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

Choose health enhancing activities for leisure time.

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 a variety of activities based upon likes, dislikes, fitness needs, environment and availability of resources.

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

Locate and participate in new activities available in the community.

Grade 8 **FitwareNo** 3.1 **FitwareSpecific** 8.3.2

Fitware Grade Level Standard

Explains ways of increasing physical activity in routine daily activities.

Fitware Unit Level Standard

State Standard

Locate and participate in new activities available in the community.

Grade 8 **FitwareNo** 4.1 **FitwareSpecific** 8.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Participate in a personal health-related physical fitness program.

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

Assess fitness levels and develop a personal exercise program that will maintain or improve all fitness components.

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

Develop leadership and followership skills and personal choice in physical activity settings.

Grade 8 **FitwareNo** 6.2 **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

Exhibit winning and losing gracefully within the physical activity context.

Grade 8 **FitwareNo** 5.1 **FitwareSpecific** 8.5.1.02

Fitware Grade Level Standard

Collaborates with others to solve group problems in physical activity settings.

Fitware Unit Level Standard

Demonstrates the steps for conflict resolution.

State Standard

Resolve conflicts and accept decisions or judgments in socially acceptable ways.

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

Perform safely and follows class rules of conduct and game rules.

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

Recognize and correct unsafe situations related to participation in physical activities.

Grade 8 **FitwareNo** 2.4 **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 a positive attitude toward self and peers through physical activity.

Grade 8 **FitwareNo** 1.0 **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 rhythmic movement patterns demonstrating an understanding of steady beat, tempo, and phrasing of music to maintain and improve fitness.

Grade 8 **FitwareNo** 5.1 **FitwareSpecific** 8.6.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Value others during 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

Engage in challenging new physical activities.

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

Engage in independent and interactive physical activity.

Grade 8 **FitwareNo** 3.1 **FitwareSpecific** 8.6.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Choose activities based upon skill level and individual physical needs.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate activity-specific skills in individual, dual, and team physical activities.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Perform specific skills at an advanced performance level.

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

Apply previously learned strategies and tactics in the performance of selected physical activities.

Grade 9 **FitwareNo** 1.0 **FitwareSpecific** 9.1.0.03

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

Demonstrates proficiency for specialized skills and combinations during rhythms and dance.

State Standard

Perform creative rhythmic movement patterns with increasing degrees of difficulty.

Grade 9 **FitwareNo** 1.0 **FitwareSpecific** 9.1.0.05

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

Demonstrates proficiency for specialized skills and combinations during individual/dual sports. Demo strategies.

State Standard

Model or teach mature motor skills and movement patterns to another student.

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 evaluate information about motor skills and patterns that lead to improved physical performance.

Grade 9 **FitwareNo** 2.1 **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 and evaluate information about motor skills and patterns that lead to improved physical performance.

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

Apply previously learned strategies and tactics in the performance of selected physical activities.

Grade 9 **FitwareNo** 2.1 **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

Analyze and evaluate information about motor skills and patterns that lead to improved physical performance.

Grade 9 **FitwareNo** 2.1 **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

Analyze and evaluate information about motor skills and patterns that lead to improved physical performance.

Grade 9 **FitwareNo** 2.1 **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 evaluate information about motor skills and patterns that lead to improved physical performance.

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 regularly in lifetime physical activities, with consideration of frequency, duration, and intensity, that contribute to improved physical fitness and wellness.

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

Identify available community resources that promote an active lifestyle.

Grade 9 **FitwareNo** 4.2 **FitwareSpecific** 9.3.2

Fitware Grade Level Standard

Lists available fitness resources in the community.

Fitware Unit Level Standard

State Standard

Compare and contrast available community and/or online resources that provide active lifestyle products for purchase.

Grade 9 **FitwareNo** 5.2 **FitwareSpecific** 9.3.2

Fitware Grade Level Standard

Lists available fitness resources in the community.

Fitware Unit Level Standard

State Standard

Identify how age, gender, ethnicity, and economic status affect physical activity selection, participation, and personal abilities. [addressed specifically in grade 10]

Grade 9 **FitwareNo** 4.2 **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 physical activities that contribute to the improvement of specific health- related physical fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition).

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

Identify and evaluate personal physiological response to exercise.

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 regularly in lifetime physical activities, with consideration of frequency, duration, and intensity, that contribute to improved physical fitness and wellness.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Create a personal program to achieve and maintain an optimal level of personal 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

Identify basic principles of exercise, nutrition, and chemical substances and their effects on physical performance.

Grade 9 **FitwareNo** 5.2 **FitwareSpecific** 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Describe the potential physiological risks associated with physical activity in various environments.

Grade 9 **FitwareNo** 5.2 **FitwareSpecific** 9.5.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Develop strategies for inclusion of all students in physical activity.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate safe and appropriate use and care of equipment and facilities.

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 game rules accurately and fairly during activity.

Grade 9 **FitwareNo** 1.0 **FitwareSpecific** 9.6.2.03

Fitware Grade Level Standard

Creates a line dance routine.

Fitware Unit Level Standard

Creates a line dance routine.

State Standard

Perform creative rhythmic movement patterns with increasing degrees of difficulty.

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

Express feelings of satisfaction and enjoyment as a result of participating in regular 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 positive mental and emotional aspects of participation in a variety of physical activities.
[addressed more specifically in other grade levels]

Grade 9 **FitwareNo** 5.2 **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

Relate the benefits of physical activities to social and emotional well-being. [addressed more specifically in other grade levels]

Grade 9 **FitwareNo** 5.2 **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

Reflect on reasons for choosing to participate in selected physical activities.

Grade 10 **FitwareNo** 1.0 **FitwareSpecific** 10.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Perform and analyze activity-specific skills in individual, dual, and team physical activities.

Grade 10 **FitwareNo** 1.0 **FitwareSpecific** 10.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Synthesize and perform creative rhythmic movement patterns with increasing degrees of difficulty.

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

Model or teach mature motor skills and movement patterns to other students.

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

Perform specific skills at a difficult performance level.

Grade 10 **FitwareNo** 2.1 **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

Apply previously learned strategies and tactics to advanced 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 evaluate information about complex motor skills that lead to improved physical performance.

Grade 10 **FitwareNo** 2.1 **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 and evaluate information about complex motor skills that lead to improved physical performance.

Grade 10 **FitwareNo** 2.1 **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

Apply previously learned strategies and tactics to advanced physical activities.

Grade 10 **FitwareNo** 6.4 **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 how age, gender, ethnicity, and economic status affect physical activity selection, participation, and personal abilities.

Grade 10 **FitwareNo** 2.1 **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

Analyze and evaluate information about complex motor skills that lead to improved physical performance.

Grade 10 **FitwareNo** 2.1 **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 evaluate information about complex motor skills that lead to improved physical performance.

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 regularly in lifetime physical activities (minimum accumulated total of 60 minutes of moderate intensity activity most days of the week) that contribute to improved physical fitness and wellness.

Grade 10 **FitwareNo** 4.2 **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

Summarize available community and/or online resources that provide active lifestyle products and services for purchase.

Grade 10 **FitwareNo** 4.2 **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

Compare and contrast available community resources that promote an active lifestyle and select an activity in which to participate.

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

Identify and evaluate personal physiological response to exercise.

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

Describe and demonstrate physical activities that contribute to the improvement of specific fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition).

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

Describe and demonstrate physical activities that contribute to the improvement of specific fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition).

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Design and implement a personal workout program to achieve and maintain an optimal level of health-related physical 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

Compare and contrast basic principles of exercise, nutrition, and chemical substances and their effects on the physical performance.

Grade 10 **FitwareNo** 6.4 **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

Examine how age, gender, ethnicity, and economic status affect physical activity selection, participation, and personal abilities.

Grade 10 **FitwareNo** 6.4 **FitwareSpecific** 10.5.1

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Develop a personal philosophy and practice that reflect inclusive practices of physical activity and sport participation.

Grade 10 **FitwareNo** 6.4 **FitwareSpecific** 10.5.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate safe and appropriate use and care of equipment and facilities. [addressed specifically in previous grade levels]

Grade 10 **FitwareNo** 6.4 **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

Assess the potential physiological risks associated with physical activity in various environments.
[addressed specifically in previous grade levels]

Grade 10 **FitwareNo** 6.4 **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 game rules accurately and fairly during physical activity. [addressed specifically in previous grade levels]

Grade 10 **FitwareNo** 1.0 **FitwareSpecific** 10.6.2

Fitware Grade Level Standard

Creates a tumbling/gymnastics routine.

Fitware Unit Level Standard

State Standard

Synthesize and perform creative rhythmic movement patterns with increasing degrees of difficulty.

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

Appraise feelings of satisfaction and enjoyment as a result of participating in regular physical activity.

Grade 10 **FitwareNo** 6.3 **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

Promote positive mental and emotional aspects of participation in a variety of 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

Advocate for the benefits of physical activities on social and emotional health.

Grade 10 **FitwareNo** 6.3 **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

Reflect on reasons for choosing to participate in lifetime physical activities.