

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Demonstrates mature forms in locomotor, non- locomotor, and manipulative skills.

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Combines a variety of motor skills for specific sports.

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Exhibits ability to manipulate objects with the skills necessary to participate in games and lead-up activities.

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

**Fitware Grade Level Standard**

Expresses personal feelings through a movement-based routine.

**Fitware Unit Level Standard**

**State Standard**

Demonstrates the ability to create rhythmic movement patterns and dances.

**Grade** 5                    **FitwareNo**                    **FitwareSpecific** 5.2.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Integrates movement concepts with other content areas.

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Applies critical elements to improve personal performance in fundamental and selected specialized motor skills.

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

**Fitware Grade Level Standard**

Describes critical elements of fundamental movement and manipulative skills.

**Fitware Unit Level Standard**

**State Standard**

Recognizes and describes critical elements of more complex movement patterns.

**Grade** 5                    **FitwareNo**                    **FitwareSpecific** 5.2.1

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Employs the concept of efficient and effective practice to improve skills in appropriate settings.

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

**Fitware Grade Level Standard**

Describes the physical benefits of regular participation in physical activity.

**Fitware Unit Level Standard**

**State Standard**

Describes the physical, emotional, and psychological benefits of participation in health-related activities.

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Identifies several moderate to vigorous physical activities that provide personal pleasure.

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Selects and participates regularly in physical activities for the purpose of improving skills and health.

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Identifies several activities related to each component of health-related fitness.

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

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Participates in self-assessment for health-related fitness and meets the standards for that particular test for their appropriate fitness.

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Selects an activity program designed to improve health-related fitness.

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

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Adopts personal goals based upon results of fitness assessments.

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

**Fitware Grade Level Standard**

Accepts responsibility for personal safety during physical activity.

**Fitware Unit Level Standard**

**State Standard**

Demonstrates good sportsmanship and fair play in a variety of settings.

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

**Fitware Grade Level Standard**

Accepts responsibility for personal safety during physical activity.

**Fitware Unit Level Standard**

**State Standard**

Recognizes and avoids unsafe practices and situations.

**Grade** 5                    **FitwareNo**                    **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**

Works cooperatively with teachers and peers to reach a common goal.

**Grade** 5                    **FitwareNo**                    **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**

Accepts and gives constructive feedback.

**Grade** 5                    **FitwareNo**                    **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**

Demonstrates a tolerance for individual differences.

**Grade** 5                    **FitwareNo**                    **FitwareSpecific** 5.6.1

**Fitware Grade Level Standard**

Describes the development and role of movement-related activities in the United States during the 17th and 18th centuries.

**Fitware Unit Level Standard**

**State Standard**

Explores the role of culture in physical activities of other countries.

**Grade** 5                      **FitwareNo**                      **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**

Exhibits positive feelings about participation in physical activity.

**Grade** 5                      **FitwareNo**                      **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**

Engages in the challenge of new activities.

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Participates enthusiastically in independent and interactive physical activities.

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Participates in and designs games, gymnastics, and dance to increase skill competence.

**Grade** 5                    **FitwareNo**                    **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**

Acknowledges the roles of games, sports, and dance in getting to know and understand self and others.

**Grade** 5                    **FitwareNo**                    **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**

Displays positive attitudes toward self and others through physical activity.

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Integrates movement concepts with other content areas.

**Grade** 5                    **FitwareNo**                    **FitwareSpecific** 5.2.1

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Integrates movement concepts with other content areas.

**Grade** 5                    **FitwareNo**                    **FitwareSpecific** 5.2.3

**Fitware Grade Level Standard**

Describes how the qualities of movement (e.g., space, time, force) are used in basic game tactics.

**Fitware Unit Level Standard**

**State Standard**

Integrates movement concepts with other content areas.

**Grade** 5                    **FitwareNo**                    **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**

Selects and participates regularly in physical activities for the purpose of improving skills and health.

**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**

Demonstrates ability to combine 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**

Analyzes and applies advanced movement and game strategies.

**Grade** 6                    **FitwareNo** 1.0                    **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**

Analyzes, describes, and participates in simple forms of dances and games of various cultures from around the world.

**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**

Demonstrates basic competency in more complex motor and advanced specialized skills related to specific sports activities.

**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**

Analyzes and applies basic concepts to improve movement, dance, fitness, game and sports skills being practiced.

**Grade** 6                    **FitwareNo** 2.1                    **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**

Analyzes and applies basic concepts to improve movement, dance, fitness, game and sports skills being practiced.

**Grade** 6                    **FitwareNo** 2.1                    **FitwareSpecific** 6.2.4

**Fitware Grade Level Standard**

Describes the characteristics of physical activities appropriate for early adolescents.

**Fitware Unit Level Standard**

**State Standard**

Analyzes and applies basic concepts to improve movement, dance, fitness, game and sports skills being practiced.

**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**

Analyzes and applies basic concepts to improve movement, dance, fitness, game and sports skills being practiced.

**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**

Demonstrates how practicing movement skills improves performance.

**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**

Analyzes and applies advanced movement and game strategies.

**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**

Demonstrates strategies for net and invasion games.

**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**

Exhibits basic strategies related to specific lead-up games.

**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**

Establishes and pursues personal physical activity goals through regular physical activity.

**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**

Participates in and sustains moderate to vigorous physical activity in a variety of settings.

**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**

Identifies opportunities in the school and community for regular participation in physical activity.

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

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Develops individual goals for each of the health related fitness components.

**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**

Participates in self-assessment for health-related fitness and meets the standards of that age group.

**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**

Analyzes and applies basic principles of training to improve health-related fitness.

**Grade** 6                    **FitwareNo** 4.2                    **FitwareSpecific** 6.4.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Describes the elements of a healthy lifestyle.

**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**

Explores a variety of new physical activities for personal interest in and out of physical education class.

**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**

Participates in cooperative activities in both leadership and follower roles.

**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**

Participates in establishing and following rules, procedures and etiquette that are safe and effective for specific activity situations.

**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**

Recognizes and applies principles necessary for safe and skilled physical performance.

**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**

Utilizes time effectively to complete assigned tasks.

**Grade** 6                    **FitwareNo** 6.1                    **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**

Analyzes, describes, and participates in simple forms of dances and games of various cultures from around the world.

**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**

Demonstrates the ability to create rhythmic movement patterns.

**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**

Demonstrates enjoyment from participation in physical activities.

**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**

Participates in challenging activities and in activities requiring the utilization of newly acquired skills.

**Grade** 6                    **FitwareNo** 6.3                    **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**

Recognizes commonalties and differences in people of different genders, cultures, ethnicity, abilities and skill levels and seeks to learn more about them.

**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**

Identifies 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**

Demonstrates ability to combine skills.

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Analyzes and applies advanced movement and game strategies.

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

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

**State Standard**

Analyzes, describes, and participates in simple forms of dances and games of various cultures from around the world.

**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**

Demonstrates basic competency in more complex motor and advanced specialized skills related to specific sports activities.

**Grade** 7                    **FitwareNo** 2.1                    **FitwareSpecific** 7.2.1

**Fitware Grade Level Standard**

Explains the process of setting appropriate goals, appropriate practice, and monitoring changes in the development of specialized skills.

**Fitware Unit Level Standard**

**State Standard**

Analyzes and applies basic concepts to improve movement, dance, fitness, game and sports skills being practiced.

**Grade** 7                    **FitwareNo** 2.1                    **FitwareSpecific** 7.2.2

**Fitware Grade Level Standard**

Explains how force can be used to make an object spin.

**Fitware Unit Level Standard**

**State Standard**

Analyzes and applies basic concepts to improve movement, dance, fitness, game and sports skills being practiced.

**Grade** 7                    **FitwareNo** 2.1                    **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**

Analyzes and applies basic concepts to improve movement, dance, fitness, game and sports skills being practiced.

**Grade** 7                    **FitwareNo** 2.1                    **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**

Analyzes and applies basic concepts to improve movement, dance, fitness, game and sports skills being practiced.

**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**

Demonstrates how practicing movement skills improves performance.

**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**

Analyzes and applies advanced movement and game strategies.

**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**

Demonstrates strategies for net and invasion games.

**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**

Exhibits basic strategies related to specific lead-up games.

**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**

Establishes and pursues personal physical activity goals through regular 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**

Participates in and sustains moderate to vigorous physical activity in a variety of settings.

**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**

Identifies opportunities in the school and community for regular participation in 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**

Develops individual goals for each of the health related fitness components.

**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**

Participates in self-assessment for health-related fitness and meets the standards of that age group.

**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**

Analyzes and applies basic principles of training to improve health-related fitness.

**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**

Describes the elements of a healthy lifestyle.

**Grade** 7                    **FitwareNo** 4.2                    **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**

Explores a variety of new physical activities for personal interest in and out of physical education 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**

Participates in cooperative activities in both leadership and follower roles.

**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**

Participates in establishing and following rules, procedures and etiquette that are safe and effective for specific activity situations.

**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**

Recognizes and applies principles necessary for safe and skilled physical performance.

**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**

Utilizes time effectively to complete assigned tasks.

**Grade** 7                    **FitwareNo** 6.1                    **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**

Analyzes, describes, and participates in simple forms of dances and games of various cultures from around the world.

**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**

Demonstrates the ability to create rhythmic movement patterns.

**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**

Demonstrates enjoyment from participation in physical activities.

**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**

Participates in challenging activities and in activities requiring the utilization of newly acquired skills.

**Grade** 7            **FitwareNo** 6.3            **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**

Recognizes commonalities and differences in people of different genders, cultures, ethnicity, abilities and skill levels and seeks to learn more about them.

**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**

Identifies the social, emotional and physical benefits of participation in physical activities.

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Demonstrates ability to combine skills.

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Demonstrates basic competency in more complex motor and advanced specialized skills related to specific sports activities.

**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**

Analyzes, describes, and participates in simple forms of dances and games of various cultures from around the world.

**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**

Analyzes and applies advanced movement and game strategies.

**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**

Demonstrates how practicing movement skills improves performance.

**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**

Analyzes and applies basic concepts to improve movement, dance, fitness, game and sports skills being practiced.

**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**

Analyzes and applies basic concepts to improve movement, dance, fitness, game and sports skills being practiced.

**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**

Analyzes and applies basic concepts to improve movement, dance, fitness, game and sports skills being practiced.

**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**

Analyzes and applies basic concepts to improve movement, dance, fitness, game and sports skills being practiced.

**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**

Exhibits basic strategies related to specific lead-up games.

**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**

Demonstrates strategies for net and invasion games.

**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**

Analyzes and applies advanced movement and game strategies.

**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**

Participates in and sustains moderate to vigorous physical activity in a variety of settings.

**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**

Establishes and pursues personal physical activity goals through regular physical activity.

**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**

Identifies opportunities in the school and community for regular participation in physical activity.

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

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Participates in self-assessment for health-related fitness and meets the standards of that age group.

**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**

Develops individual goals for each of the health related fitness 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**

Analyzes and applies basic principles of training to improve health-related fitness.

**Grade** 8            **FitwareNo** 4.2            **FitwareSpecific** 8.4.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Describes the elements of a healthy lifestyle.

**Grade** 8            **FitwareNo** 4.2            **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**

Explores a variety of new physical activities for personal interest in and out of physical education class.

**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**

Participates in cooperative activities in both leadership and follower roles.

**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**

Recognizes and applies principles necessary for safe and skilled physical performance.

**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**

Participates in establishing and following rules, procedures and etiquette that are safe and effective for specific activity situations.

**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**

Utilizes time effectively to complete assigned tasks.

**Grade** 8            **FitwareNo** 6.1            **FitwareSpecific** 8.6.1

**Fitware Grade Level Standard**

Explains the development and role of movement-related activities in the United States (19th-20th centuries) and their influence on physical activities today.

**Fitware Unit Level Standard**

**State Standard**

Analyzes, describes, and participates in simple forms of dances and games of various cultures from around the world.

**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**

Demonstrates the ability to create rhythmic movement patterns.

**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**

Participates in challenging activities and in activities requiring the utilization of newly acquired skills.

**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**

Demonstrates enjoyment from participation in physical activities.

**Grade** 8      **FitwareNo** 6.3      **FitwareSpecific** 8.6.1

**Fitware Grade Level Standard**

Explains the development and role of movement-related activities in the United States (19th-20th centuries) and their influence on physical activities today.

**Fitware Unit Level Standard**

**State Standard**

Recognizes commonalities and differences in people of different genders, cultures, ethnicity, abilities and skill levels and seeks to learn more about them.

**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**

Identifies the social, emotional and physical benefits of participation in 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**

Demonstrates proficiency in applying advanced skills, strategies, and rules for specific 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**

Develops outdoor and lifelong leisure pursuits.

**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**

Synthesizes previously learned skills and incorporates them into dynamic physical activity settings.

**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**

Demonstrates proficiency in applying advanced skills, strategies, and rules for specific activities.

**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**

Identifies and applies critical elements to enable the development of movement competence/proficiency.

**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**

Participates in a variety of health-enhancing physical activities in both school and non-school settings.

**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**

Participates regularly in physical activities 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**

Utilizes available community resources to promote an active lifestyle.

**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**

Participates in lifetime recreational activities specific to fitness components.

**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**

Designs health-related fitness programs based on accurately assessed fitness profiles.

**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**

Identifies and evaluates personal physiological response to exercise.

**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**

Develops and integrates strategies for inclusion of all in physical activities.

**Grade** 9            **FitwareNo** 5.1            **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**

Identifies positive aspects of participation in several different physical and social activities with others.

**Grade** 9            **FitwareNo** 5.1            **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**

Participates for enjoyment in a variety of physical activities in competitive and recreational settings.

**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**

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

**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**

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

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Demonstrates proficiency in applying advanced skills, strategies, and rules for specific 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**

Synthesizes previously learned skills and incorporates them into dynamic physical activity settings.

**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**

Demonstrates proficiency in applying advanced skills, strategies, and rules for specific activities.

**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**

Explores how age, ethnicity, culture and economic status affect physical activity selection and participation.

**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**

Identifies and applies critical elements to enable the development of movement competence/proficiency.

**Grade** 10      **FitwareNo** 3.1      **FitwareSpecific** 10.4.1

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Participates regularly in physical activities that contribute to improved physical fitness and wellness.

**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**

Participates in a variety of health-enhancing physical activities in both school and non-school settings.

**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**

Utilizes available community resources to promote an active lifestyle.

**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**

Participates in lifetime recreational activities specific to fitness components.

**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**

Designs health-related fitness programs based on accurately assessed fitness profiles.

**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**

Identifies and evaluates personal physiological response to exercise.

**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**

Develops and integrates strategies for inclusion of all in physical activities.

**Grade** 10      **FitwareNo** 5.1      **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**

Identifies positive aspects of participation in several different physical and social activities with others.

**Grade** 10      **FitwareNo** 5.1      **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**

Illustrates benefits of physical education on social and emotional well-being.

**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**

Initiates and models independent and interdependent personal behaviors in physical activity settings.