

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

Classify and show the fundamental movement skills needed in a variety of physical activities such as: fitness, adventure and cooperative games, rhythms and dance, tumbling and gymnastics, recreational games, individual and team 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

Demonstrate skill themes including basic offensive and defensive strategies such as: creating space on offense and preventing scoring on defense in games and 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

Employ a variety of acquired skills in order to demonstrate skill proficiency.

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

Apply feedback to solve and correct errors in personal skill performance.

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

Use the skill-related fitness components: agility, balance, coordination, power, speed, and reaction time through participation in selected 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

Show a movement pattern that includes static and dynamic balance such as: a throw or a kick in a variety of physical activities and describe how balance affects performance.

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

Perform a creative individual/partner/group movement sequence using a movement theme, music, or other rhythmic accompaniment.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Demonstrate a self-designed tumbling sequence that includes a beginning and ending shape, and skills for rolling, transfer of weight, and balance.

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

Show the relationship between effort and skill improvement over a determined amount of time through charting a performance.

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

Demonstrate and discuss how the changes in motion of objects are determined by the mass of an object and the amount of the force applied to it. Examples such as a yarn ball, whiffle ball, or softball (same size, different mass) will travel different distances when thrown with the same force.

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

Demonstrate and discuss how raising the body's center of gravity and narrowing the base of support allows for quicker starts such as: runners leaning forward to start a race.

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

Provide feedback to solve and correct errors in a peer's performance.

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

Show a movement pattern that includes static and dynamic balance such as: a throw or a kick in a variety of physical activities and describe how balance affects performance.

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

Demonstrate skill themes including basic offensive and defensive strategies such as: creating space on offense and preventing scoring on defense in games and activities.

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

Classify and show the fundamental movement skills needed in a variety of physical activities such as: fitness, adventure and cooperative games, rhythms and dance, tumbling and gymnastics, recreational games, individual and team sports.

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

Provide feedback to solve and correct errors in a peer's performance.

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

Develop and implement a personal activity plan to allow opportunities for daily physical activity.

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

Discuss factors that limit physical activity and describe strategies to address the factors.

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

Calculate personal aerobic capacity/cardiorespiratory fitness through standardized fitness tests.

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

Use various methods for measuring individual heart rate.

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

Calculate muscular strength and muscular endurance through standardized fitness tests.

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

Organize and use muscular strength and muscular endurance task for specific muscle groups of the lower body.

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

Calculate flexibility through standardized fitness tests.

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

Distinguish between the three parts of an aerobic workout while performing an aerobic activity.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Discuss the function of the components of the skeletal and muscular systems such as: bones, cartilage, ligaments, and tendons. [specifically addressed in grade 6]

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

Classify and demonstrate activities that develop the cardiorespiratory and muscular systems.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Describe the relationship between the FITT guidelines for the components: Frequency, Intensity, Type and Time.

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

Discuss and use the components of the FITT guidelines to develop a short- term fitness goal.

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

Investigate activities that will improve the health-related fitness components: cardio respiratory endurance/aerobic capacity, muscular strength, muscular endurance, flexibility, and body composition.

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

Classify various forms of hydration such as water, sports drink, juice, soda, milk, tea, coffee and their effects on physical activity.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Distinguish between the three parts of an aerobic workout while performing an aerobic activity.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Compare developmentally appropriate muscular strength and muscular endurance activities. [specifically addressed in grade 6]

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

Distinguish between static and dynamic stretches for the upper and lower body. [specifically addressed in grade 6]

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

Investigate contraindicated exercises for flexibility and their relationship to safe stretching. [specifically addressed in grade 6]

Grade 5 **FitwareNo** **FitwareSpecific** 5.4.2.01

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

Describes the elements of a warm-up.

State Standard

Demonstrate how the cardio respiratory and muscular systems respond to exercise during the warm-up, aerobic, and cool-down phases of physical activity.

Grade 5 **FitwareNo** **FitwareSpecific** 5.4.2.02

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

Describes the elements of a cool-down.

State Standard

Demonstrate how the cardio respiratory and muscular systems respond to exercise during the warm-up, aerobic, and cool-down phases of physical activity.

Grade 5 **FitwareNo** **FitwareSpecific** 5.4.2.03

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

Describes overload, specificity, regularity, individual differences, and progression and how they relate to each area of health-related fitness.

State Standard

Investigate range of motion as it relates to flexibility and safety.

Grade 5 **FitwareNo** **FitwareSpecific** 5.4.2.04

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

Describes the FITT concepts related to cardiorespiratory endurance.

State Standard

Categorize activities to compare the difference between aerobic and anaerobic activity and the effect on heart rate.

Grade 5 **FitwareNo** **FitwareSpecific** 5.4.2.05

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

Describes the FITT concepts for body composition.

State Standard

Interpret the relationship between caloric expenditure and caloric intake in relationship to body composition including maintaining weight and modifying weight.

Grade 5 **FitwareNo** **FitwareSpecific** 5.4.2.05

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

Describes the FITT concepts for body composition.

State Standard

Define elements of body composition and its relationship in maintaining a healthy body.

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

Discuss appropriate cooperative strategies in a variety of physical activity settings.

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

Discuss and use problem- solving techniques which build and maintain healthy relationships and promote good sportsmanship. [addressed specifically in grade

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

List ways to include students with different abilities into group and individual activities.

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

Show a variety of ways to communicate empathy, caring, consideration, and respect for self and others.

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

Demonstrate safe practices for self and others in physical activity 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

Show a variety of ways to communicate empathy, caring, consideration, and respect for self and others.

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

Perform a creative individual/partner/group movement sequence using a movement theme, music, or other rhythmic accompaniment.

Grade 5 **FitwareNo** **FitwareSpecific** 5.6.2.03

Fitware Grade Level Standard

Expresses personal feelings through a movement-based routine.

Fitware Unit Level Standard

Expresses personal feelings through a movement-based routine that involves tumbling skills.

State Standard

Demonstrate a self-designed tumbling sequence that includes a beginning and ending shape, and skills for rolling, transfer of weight, and balance.

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

Express the emotional benefits developed through physical activity such as stress reduction.

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

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Discuss the three components of the central nervous system, brain, spinal cord, and neurons.

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

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Discuss the functions of the central nervous system needed for physical activity such as: sending and receiving messages from other body systems and controlling all thoughts and movements.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Assess and rate improvement of skills learned in a closed or isolated environment (closed skills).

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Analyze and improve a specific motor skill based on feedback and discussion.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Assess for improvement the skill-related fitness components: agility, balance, coordination, power, speed, and reaction time using standard performance measurements such as: 40 yard dash, shuttle run, vertical jump, and balance beam travel.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Calculate and demonstrate how applying force effects the movement of a projectile.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain and show how absorption of force increases control such as: sport examples of bunting a softball, collecting a soccer ball, catching a football.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain and show how efficient movements decrease injuries in a variety of activities such as: striking a soccer ball with the instep instead of the toes.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explore how the center of gravity effects balance and performance during a variety of movement activities. [specifically addressed in lower grade levels]

Grade 6 **FitwareNo** **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

Organize physical activities into the four basic categories of tactical games (net/wall, invasion, striking/fielding, and target).

Grade 6 **FitwareNo** **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

Categorize movement concepts and strategies used in each game category such as: on- the-ball skills and off-the-ball movements.

Grade 6 **FitwareNo** **FitwareSpecific** 6.2.5

Fitware Grade Level Standard

Describes the critical elements of specialized skills and combinations in cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Fitware Unit Level Standard

State Standard

Compare fundamental movement skills that will enhance skill themes in physical activities such as: fitness, adventure and cooperative games, rhythms and dance, tumbling and gymnastics, recreational games, individual and team sports.

Grade 6 **FitwareNo** **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

Organize a checklist to correct errors in skills for improvement in personal performance.

Grade 6 **FitwareNo** **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

Categorize factors affecting daily physical activity as personal, environmental, or social.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Develop and explore personal fitness goals.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Identify, compare, and implement the components of a fitness plan such as: goals, baseline scores, and physical activity log.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Investigate nutrition logs for recording personal caloric intake and analyze the logs for balance using the "My Food Pyramid."

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess and predict aerobic capacity/cardiorespiratory fitness through standardized fitness tests.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Choose and use aerobic activities to improve personal goals related to aerobic capacity/cardio respiratory fitness.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Compare and use principles of overload, progression, specificity, regularity, and individuality to enhance aerobic capacity/cardiorespiratory fitness.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess and predict muscular strength and muscular endurance fitness through standardized fitness tests.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Choose and use developmentally appropriate activities to improve personal goals related to muscular strength and endurance fitness.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess and predict flexibility through standardized fitness tests.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Investigate and perform exercises that improve proper posture to minimize injury.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Choose and use appropriate activities to improve personal goals related to flexibility.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Compare and use the principles of overload, progression, specificity, regularity, and individuality and how they enhance muscular strength and muscular endurance.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Compare and use the principles of overload, progression, specificity, regularity, and individuality to enhance flexibility.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Organize a fitness plan using the FITT guidelines.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Investigate the principles of overload, progression, specificity, regularity, and individuality.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Predict activities that maintain or improve the specific health-related fitness components: cardio respiratory endurance/aerobic capacity, muscular strength, muscular endurance, flexibility, and body composition.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Discuss various marketing practices and strategies aimed at people interested in improving their fitness levels. [specifically addressed in grade 9]

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify, compare, and implement the components of a fitness plan such as: goals, baseline scores, and physical activity log.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Investigate and perform exercises that improve proper posture to minimize injury.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2.03

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Refines 1-day body composition plan.

State Standard

Explore the importance of monitoring hydration based on levels of physical activity.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2.03

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Refines 1-day body composition plan.

State Standard

Investigate the impact nutrients such as protein, carbohydrates, and fats have on physical activity performance.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2.03

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Refines 1-day body composition plan.

State Standard

Identify the need for measuring body composition and its relationship to maintaining a healthy body.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2.04

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Refines 1-day cardiorespiratory endurance plan.

State Standard

Choose technology to assess individual heart rate during the three phases of an aerobic workout.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2.04

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Refines 1-day cardiorespiratory endurance plan.

State Standard

Investigate resting heart rate, target heart rate, and maximum heart rate.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2.04

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Refines 1-day cardiorespiratory endurance plan.

State Standard

Choose and use aerobic activities to improve personal goals related to aerobic capacity/cardio respiratory fitness.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2.04

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Refines 1-day cardiorespiratory endurance plan.

State Standard

Compare and use principles of overload, progression, specificity, regularity, and individuality to enhance aerobic capacity/cardiorespiratory fitness.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2.05

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Explains the FITT concepts related to muscular endurance.

State Standard

Choose and use developmentally appropriate activities to improve personal goals related to muscular strength and endurance fitness.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2.05

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Explains the FITT concepts related to muscular endurance.

State Standard

Compare and use the principles of overload, progression, specificity, regularity, and individuality and how they enhance muscular strength and muscular endurance.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2.06

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Identifies contraindicated exercises and their adverse effects on the body.

State Standard

Criticize the use of contraindicated exercises for flexibility and their relationship to safe stretching.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2.07

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Explains the FITT concepts related to muscular strength.

State Standard

Compare and use the principles of overload, progression, specificity, regularity, and individuality and how they enhance muscular strength and muscular endurance.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2.07

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Explains the FITT concepts related to muscular strength.

State Standard

Investigate core strength and proper posture when performing exercises to increase muscular strength and muscular endurance.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2.07

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Explains the FITT concepts related to muscular strength.

State Standard

Choose and use developmentally appropriate activities to improve personal goals related to muscular strength and endurance fitness.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2.09

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Explains the FITT concepts related to flexibility.

State Standard

Choose and use appropriate activities to improve personal goals related to flexibility.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2.09

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Explains the FITT concepts related to flexibility.

State Standard

Compare and use the principles of overload, progression, specificity, regularity, and individuality to enhance flexibility.

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

Fitware Grade Level Standard

Works cooperatively with a small group in physical activity settings.

Fitware Unit Level Standard

State Standard

Choose and compare cooperative strategies employed in physical activity settings.

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

Fitware Grade Level Standard

Works cooperatively with a small group in physical activity settings.

Fitware Unit Level Standard

State Standard

Choose and use problem- solving techniques which maximize personal potential and demonstrate sensitivity to the rights and feelings of others while promoting good sportsmanship.

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

Fitware Grade Level Standard

Works cooperatively with a small group in physical activity settings.

Fitware Unit Level Standard

State Standard

Assess cooperation with peers who are using verbal and nonverbal behaviors.

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

Fitware Grade Level Standard

Works cooperatively with a small group in physical activity settings.

Fitware Unit Level Standard

State Standard

Investigate challenges that people with varying abilities face when participating in physical activity.
[addressed specifically in grade 5]

Grade 6 **FitwareNo** **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

Investigate rules, procedures, and etiquette for safe physical activity settings.

Grade 6 **FitwareNo** **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

Assess the relationship between effort and skill improvement in a variety of physical activities.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify and demonstrate strategies for effective time management to allow for daily physical activity in a personal activity plan.

Grade 6 **FitwareNo** **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

Organize different activities from a variety of cultures as a means for developing inclusiveness in classroom settings.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Compare and contrast two creative movement patterns for common themes such as: self expression, rhythmical interpretation, form, or style

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

Fitware Grade Level Standard

Chooses to engage in new activities.

Fitware Unit Level Standard

State Standard

Organize different activities from a variety of cultures as a means for developing inclusiveness in classroom settings.

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

Fitware Grade Level Standard

Describes the health benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Classify the effects of physical activity on personal wellness such as: relaxation, healthy attitude, and self-image.

Grade 7 FitwareNo FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Discuss the function of neurons such as: carrying information from the rest of the body to the spinal cord and bringing messages from the spinal cord to the appropriate body parts.

Grade 7 FitwareNo FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Investigate the function of the spinal cord such as: taking information from the neurons to the brain and taking messages from the brain back to the neurons.

Grade 7 FitwareNo 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

Assess personal fundamental movement skills, skill combinations, and skill themes in a variety of small group physical activity settings such as: fitness, adventure and cooperative games, rhythms and dance, tumbling and gymnastics, recreational games, individual and team sports.

Grade 7 **FitwareNo** **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

Assess and rate improvement of skills learned in an open or changing environment (open skills).

Grade 7 **FitwareNo** **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

Analyze and improve a combination of motor skills based on peer feedback.

Grade 7 **FitwareNo** **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

Organize a practice plan, based on a checklist, to correct errors in skills to improve performance for self or a peer.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Choose activities that will provide opportunities to improve or maintain specific personal skill-related fitness components as part of personal goal setting.

Grade 7 **FitwareNo** **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

Demonstrate how to apply and control force of a projectile in order to move it toward a stationary target.

Grade 7 **FitwareNo** **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

Demonstrate and discuss how longer and/or heavier implements such as: bats and clubs tend to produce more force than shorter or lighter ones. [specifically addressed in previous grade levels]

Grade 7 **FitwareNo** **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

Compare how changing levels while moving effects your center of gravity and performance.
[specifically addressed in previous grades]

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

Fitware Grade Level Standard

Explains offensive/defensive strategies for net and target sports.

Fitware Unit Level Standard

State Standard

Organize and choose different concepts/ strategies for each tactical game category (net/wall, invasion, striking/fielding, and target).

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

Fitware Grade Level Standard

Explains offensive/defensive strategies for net and target sports.

Fitware Unit Level Standard

State Standard

Investigate the importance of utilizing offensive and defensive strategies in game category in relationship to scoring and preventing scoring.

Grade 7 **FitwareNo** **FitwareSpecific** 7.2.4

Fitware Grade Level Standard

Explains individual differences and how these differences impact performance in physical activities.

Fitware Unit Level Standard

State Standard

Organize and assess strategies to maximize participation for individuals with varying abilities in a physical activity setting.

Grade 7 **FitwareNo** **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

Organize a practice plan, based on a checklist, to correct errors in skills to improve performance for self or a peer.

Grade 7 **FitwareNo** **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

Identify and put into place strategies to overcome personal time barriers for daily physical activity in a personal activity plan.

Grade 7 **FitwareNo** **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

Organize strategies to address the environmental factors that limit physical activity.

Grade 7 **FitwareNo** **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

Compare ads/commercials that focus on physical activity and target specific audiences such as runners, weight lifters, to determine the level of influence the media has on participation.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Identify personal fitness goals based on a fitness assessment.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Choose, implement, and assess a fitness plan using the health- related fitness components.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess and predict aerobic capacity/cardiorespiratory fitness through standardized fitness tests.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess and use aerobic activities to improve personal goals related to aerobic capacity/cardio respiratory fitness.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess and predict muscular strength and muscular endurance fitness through standardized fitness tests.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess and use developmentally appropriate activities to improve personal goals related to muscular strength and endurance fitness.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess and predict flexibility through standardized fitness tests.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess and use appropriate activities to improve personal goals related to flexibility.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Choose and use the principles of overload, progression, specificity, regularity, and individuality to enhance flexibility.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Categorize and perform exercises that improve core strength for lower back care.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Choose and implement a fitness plan using the FITT guidelines.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Choose and use principles of overload, progression, specificity, regularity, and individuality to enhance aerobic capacity/cardiorespiratory fitness.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Choose and use the principles of overload, progression, specificity, regularity, and individuality to enhance muscular strength and muscular endurance.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Justify and perform various exercises that help develop core strength and proper posture for personal fitness and safety.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate and discuss how efficient movements decrease injuries in a variety of activities to improve fitness such as: bending knees to only 90 degrees when completing a squat lift to develop muscular strength.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Choose and implement a fitness plan using the FITT guidelines.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Justify activities chosen to improve or maintain specific health-related fitness components.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Choose, implement, and assess a fitness plan using the health-related fitness components.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2.01

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Define the terms: warm up, cool down, progression, overload, and specificity.

State Standard

Compare the principles of overload, progression, specificity, regularity, and individuality to improve health related fitness.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2.02

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Creates a 1-week flexibility plan.

State Standard

Investigate various examples of specific stretching techniques to enhance personal flexibility such as: partner assisted stretching.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2.03

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Creates a 1-week nutrition plan.

State Standard

Choose an exercise and nutrition log for recording personal caloric expenditure and caloric intake and analyze the log for caloric balance.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2.03

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Creates a 1-week nutrition plan.

State Standard

Assess various types of performance-enhancing drinks and energy drinks and their effect on the body.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2.03

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Creates a 1-week nutrition plan.

State Standard

Assess various types of nutritional supplements and performance enhancing foods such as energy bars and their effect of the body.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2.04

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Creates a 1-week body composition plan.

State Standard

Identify different methods of measuring body composition such as: calipers, bio-impedance equipment, scales, and underwater weighing for accuracy, cost, and reliability in identifying personal body composition and maintaining a healthy body.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2.05

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Creates a 1-week cardiorespiratory plan.

State Standard

Choose technology to assess individual heart rates for various activities using heart rate monitors or instapulses.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2.05

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Creates a 1-week cardiorespiratory plan.

State Standard

Choose and use principles of overload, progression, specificity, regularity, and individuality to enhance aerobic capacity/cardiorespiratory fitness.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2.05

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Creates a 1-week cardiorespiratory plan.

State Standard

Justify target heart rate to evaluate improvement in aerobic capacity and fitness.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2.05

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Creates a 1-week cardiorespiratory plan.

State Standard

Investigate recovery time in relationship to target heart rate and resting heart rate.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2.06

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Creates a 1-week muscular endurance plan.

State Standard

Choose and use the principles of overload, progression, specificity, regularity, and individuality to enhance muscular strength and muscular endurance.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2.07

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Creates a 1-week muscular strength plan.

State Standard

Justify and perform various exercises that help develop core strength and proper posture for personal fitness and safety.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2.07

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Creates a 1-week muscular strength plan.

State Standard

Categorize and perform exercises that improve core strength for lower back care.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2.07

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Creates a 1-week muscular strength plan.

State Standard

Choose and use the principles of overload, progression, specificity, regularity, and individuality to enhance muscular strength and muscular endurance.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Organize strategies to address the social factors that limit physical activity.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Assess effectiveness of cooperative strategies employed in physical activity settings. [addressed specifically in previous grade levels]

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Justify conflict resolution skills and negotiation tactics which promote a peaceful and positive classroom environment for all.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Assess different activities as a means for developing inclusiveness in classroom settings such as: wheelchair basketball. [addressed specifically in previous grade levels]

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

Fitware Grade Level Standard

Accepts responsibility for individual improvement during challenging physical activity.

Fitware Unit Level Standard

State Standard

Choose and use rules, procedures, and etiquette for safe physical activity settings. [specifically addressed in previous grade levels]

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

Fitware Grade Level Standard

Accepts responsibility for individual improvement during challenging physical activity.

Fitware Unit Level Standard

State Standard

Defend the relationship between effort and persistence as they relate to skill improvement.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Assess an individual/partner performance sequence that exhibits quality movement based on common themes such as: self expression, rhythmical interpretation, form, or style. [addressed specifically in grade 8]

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

Fitware Grade Level Standard

Describes the social benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Compare personal wellness and identify those components that can benefit from physical activity.

Grade 8 FitwareNo FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Investigate the function of the brain when the body is participating in physical activity such as: cerebellum controls balance and coordination, the brain stem controls digestion, and heart beat, and the cerebral cortex controls the senses.

Grade 8 FitwareNo 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

Investigate and use different concepts/strategies for each tactical game category (net/wall, invasion, striking/fielding, and target) such as: scoring and preventing scoring.

Grade 8 FitwareNo 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

Rate and predict improvement for various personal skills learned in an open or changing environment.

Grade 8 **FitwareNo** **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 and appraise a practice plan for skill improvement based on a checklist for self or peers.

Grade 8 **FitwareNo** **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 and improve a complex motor task based on a plan of improvement.

Grade 8 **FitwareNo** **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

Demonstrate how to change and control the amount of force applied to a projectile in order to move it toward a moving target.

Grade 8 FitwareNo 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

Calculate and show how accuracy of projectiles is dependent on factors such as: speed of projectile, distance from target, weight of object, size of the implement, and number of body parts used.

Grade 8 FitwareNo 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

Choose and integrate efficient movements in order to decrease injuries in a variety of activities.

Grade 8 FitwareNo 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

Investigate how changes in the center of gravity affect balance and performance in a variety of physical activities. [specifically addressed in previous grade level]

Grade 8 FitwareNo 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 and improve a complex motor task based on a plan of improvement.

Grade 8 FitwareNo FitwareSpecific 8.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for invasion and field sports.

Fitware Unit Level Standard

State Standard

Compare and choose movement strategies that add to student success during participation in net/wall, invasion, striking/fielding, and target activities.

Grade 8 FitwareNo FitwareSpecific 8.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for invasion and field sports.

Fitware Unit Level Standard

State Standard

Investigate and use different concepts/strategies for each tactical game category (net/wall, invasion, striking/fielding, and target) such as: scoring and preventing scoring.

Grade 8 FitwareNo 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

Justify the selection of the activities performed to improve or maintain skill-related fitness.

Grade 8 FitwareNo 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

Identify and discuss the term somatotype and discuss various body types such as: ectomorph, mesomorph, and endomorph and their relationship to physical activity selection.

Grade 8 FitwareNo 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

Justify the need to change activities to develop inclusiveness in classroom settings. [specifically addressed in previous grade levels]

Grade 8 **FitwareNo** **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

Assess a peer for fundamental movement skills, skill combinations, and skill themes in a variety of small and large group physical activity settings such as: fitness, adventure and cooperative games, rhythms and dance, tumbling and gymnastics, recreational games, individual and team sports.

Grade 8 **FitwareNo** **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 and appraise a practice plan for skill improvement based on a checklist for self or peers.

Grade 8 **FitwareNo** **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 and improve a complex motor task based on a plan of improvement.

Grade 8 **FitwareNo** **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

Demonstrate and modify a daily personal activity plan to overcome personal time barriers for daily physical activity.

Grade 8 **FitwareNo** **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

Compare and choose strategies to address personal, environmental, and/or social factors that effect maintaining or improving personal physical activity.

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

Fitware Grade Level Standard

Explains ways of increasing physical activity in routine daily activities.

Fitware Unit Level Standard

State Standard

Compare and choose strategies to address personal, environmental, and/or social factors that effect maintaining or improving personal physical activity.

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

Fitware Grade Level Standard

Explains ways of increasing physical activity in routine daily activities.

Fitware Unit Level Standard

State Standard

Demonstrate and modify a daily personal activity plan to overcome personal time barriers for daily physical activity.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Revise personal fitness goals based on a fitness assessment.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Choose, implement, assess, and defend a personal fitness plan using the health-related fitness components.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess and predict aerobic capacity/cardiorespiratory fitness through standardized fitness tests.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess and use principles of overload, progression, specificity, regularity, and individuality to enhance aerobic capacity/cardiorespiratory fitness.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess recovery time and its relationship to improved fitness and increased physical activity.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess and predict muscular strength and muscular endurance fitness through standardized fitness tests.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess and use the principles of overload, progression, specificity, regularity, and individuality to enhance muscular strength and muscular endurance.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess and predict flexibility through standardized fitness tests.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess and use the principles of overload, progression, specificity, regularity, and individuality to enhance flexibility.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Justify and use aerobic activities to improve personal goals related to aerobic capacity/cardio respiratory fitness.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Choose and perform exercises to improve posture and core strength for lower back care as part of a personal fitness plan.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Justify and use developmentally appropriate activities to improve personal goals related to muscular strength and endurance fitness.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Justify and use appropriate activities to improve personal goals related to flexibility.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Choose, implement, and assess, a personal fitness plan based on the FITT guidelines.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Choose, implement, and assess, a personal fitness plan based on the FITT guidelines.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Defend the relationship between improved health related fitness and the principles of overload, progression, specificity, regularity, and individuality.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Defend the selection of activities chosen to improve or maintain health-related fitness.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Investigate various marketing practices and strategies influencing consumer decisions on the selection of exercise equipment and programs. [specifically addressed in grade 9]

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Choose, implement, assess, and defend a personal fitness plan using the health-related fitness components.

Grade 8 **FitwareNo** **FitwareSpecific** 8.4.2.01

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

Analyzes 1-week health-related fitness plan.

State Standard

Assess a peer's personal goals to improve or maintain the skill- related components of fitness through selected activities.

Grade 8 **FitwareNo** **FitwareSpecific** 8.4.2.02

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

Creates a 2-week warm-up, cool-down, and flexibility plan.

State Standard

Justify and use appropriate activities to improve personal goals related to flexibility.

Grade 8 **FitwareNo** **FitwareSpecific** 8.4.2.02

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

Creates a 2-week warm-up, cool-down, and flexibility plan.

State Standard

Justify examples of sport/activity specific stretches to enhance personal flexibility.

Grade 8 **FitwareNo** **FitwareSpecific** 8.4.2.03

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

Creates 2-week cardiorespiratory plan.

State Standard

Justify and use aerobic activities to improve personal goals related to aerobic capacity/cardio respiratory fitness.

Grade 8 **FitwareNo** **FitwareSpecific** 8.4.2.03

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

Creates 2-week cardiorespiratory plan.

State Standard

Choose technology to defend the value of various activities for aerobic capacity/cardio respiratory fitness using heart rate monitors or instapulses.

Grade 8 **FitwareNo** **FitwareSpecific** 8.4.2.03

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

Creates 2-week cardiorespiratory plan.

State Standard

Defend the use of a target heart rate for improvement of aerobic capacity and fitness.

Grade 8 **FitwareNo** **FitwareSpecific** 8.4.2.04

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

Creates a 2-week muscular endurance and muscular strength plan.

State Standard

Justify and use developmentally appropriate activities to improve personal goals related to muscular strength and endurance fitness.

Grade 8 **FitwareNo** **FitwareSpecific** 8.4.2.04

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

Creates a 2-week muscular endurance and muscular strength plan.

State Standard

Defend personal exercises in a daily exercise program that address the need for core strength development, proper posture, and safety.

Grade 8 **FitwareNo** **FitwareSpecific** 8.4.2.04

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

Creates a 2-week muscular endurance and muscular strength plan.

State Standard

Choose and perform exercises to improve posture and core strength for lower back care as part of a personal fitness plan.

Grade 8 **FitwareNo** **FitwareSpecific** 8.4.2.05

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

Creates a 2-week body composition plan.

State Standard

Defend a personal nutrition log to determine ways to improve on diet and exercise.

Grade 8 **FitwareNo** **FitwareSpecific** 8.4.2.05

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

Creates a 2-week body composition plan.

State Standard

Assess a personal nutrition log to determine appropriateness of using performance enhancing drinks and foods.

Grade 8 **FitwareNo** **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

Defend choice of strategies to resolve conflict and make appropriate decisions that promote a sense of community and respect for others.

Grade 8 **FitwareNo** **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

Justify strategies that allow participation from individuals with varying ability in physical activity settings.

Grade 8 **FitwareNo** **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

Compare and use rules, procedures, and etiquette for safe physical activity settings.

Grade 8 **FitwareNo** **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

Predict the relationship between effort and persistence as they relate to the development of self-confidence.

Grade 8 **FitwareNo** **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

Justify strategies and practices related to self-regulation in a variety of challenging physical activity settings.

Grade 8 **FitwareNo** **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

Justify a personal opinion for an individual or partner performance sequence that exhibits quality movement based on common themes such as: self expression, rhythmical interpretation, form, or style.

Grade 8 **FitwareNo** **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

Justify strategies and practices related to self-regulation in a variety of challenging physical activity settings.

Grade 8 **FitwareNo** **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

Investigate how physical activity improves overall health and wellness.

Grade 9 **FitwareNo** **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 and differentiate fundamental movement skills, skill combinations, and skill themes while participating in physical activity.

Grade 9 **FitwareNo** **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

Categorize and perform a selection of activities that improve or maintain skill-related components of fitness.

Grade 9 **FitwareNo** **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

Design, demonstrate, and evaluate a group creative performance sequence that exhibits quality movement based on common themes such as: self expression, rhythmical interpretation, form, or style.

Grade 9 **FitwareNo** **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

Create, perform, and evaluate a practice plan for skill improvement based on a checklist developed from an evaluation by self or peers.

Grade 9 **FitwareNo** **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

Justify and use different concepts and strategies for each category of strategic games (net/wall, invasion, striking/fielding, and target activities) such as: offensive and defensive strategies or on and off the ball movements.

Grade 9 **FitwareNo** **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

Discuss and demonstrate how proficient performance of closed skills results in sustained quality performance in game situations.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Compare the similarities and differences between closed and open skills.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Develop a practice plan to progressively introduce closed skills into open skill environments.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Self evaluate, design, and revise a plan for attainment of personal goals.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Create, perform, and evaluate a practice plan for skill improvement based on a checklist developed from an evaluation by self or peers.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Predict factors to consider when performing open skills in a game situation such as the environment and skill level.

Grade 9 **FitwareNo** **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

Categorize and demonstrate how the number of muscles engaged in a movement affects force production.

Grade 9 **FitwareNo** **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

Choose and demonstrate how the size of muscle engaged affects the force produced.

Grade 9 **FitwareNo** **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

Contrast and demonstrate how the distance through which a muscle contracts affects the force produced.

Grade 9 **FitwareNo** **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

Investigate and demonstrate how forcefully stretching a muscle immediately before a concentric contraction increases the force of that contraction such as in plyometrics.

Grade 9 **FitwareNo** **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

Distinguish and demonstrate how projection speed and projection angle are related to accuracy such as: striking a tennis ball using a smash or a lob to have it land in the back corner of the court.

Grade 9 **FitwareNo** **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

Calculate and demonstrate the concept of projection angles such as changing the projection angle to discover the influence on distance achieved.

Grade 9 **FitwareNo** **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

Investigate and demonstrate the effect of spin such as in tennis when topspin rebounds on a higher trajectory and backspin rebounds on a lower trajectory.

Grade 9 **FitwareNo** **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

Investigate and demonstrate how balls can generate lift by spinning such as in soccer.

Grade 9 **FitwareNo** **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

Investigate changes in the center of gravity and balance of a dynamic skill such as a basketball lay-up.

Grade 9 **FitwareNo** **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

Justify and use different concepts and strategies for each category of strategic games (net/wall, invasion, striking/fielding, and target activities) such as: offensive and defensive strategies or on and off the ball movements.

Grade 9 **FitwareNo** **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

Justify activities chosen to improve or maintain specific skill-related fitness components agility, balance, coordination, reaction time, speed, and power as part of a personal fitness plan.

Grade 9 **FitwareNo** **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

Categorize and perform a selection of activities that improve or maintain skill-related components of fitness.

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

Fitware Grade Level Standard

Lists available fitness resources in the community.

Fitware Unit Level Standard

State Standard

Assess a daily physical activity plan and use appropriate solutions and strategies to overcome personal time barriers.

Grade 9 FitwareNo FitwareSpecific 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Design, execute and revise a personal plan for aerobic capacity/cardiorespiratory fitness based on a fitness assessment and incorporating the principles of overload, progression, specificity, regularity, and individuality.

Grade 9 FitwareNo FitwareSpecific 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Design, execute and revise a personal plan for flexibility based on principles of overload, progression, specificity, regularity and individuality.

Grade 9 FitwareNo FitwareSpecific 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Design, execute and revise a personal plan for muscular strength and muscular endurance based on principles of overload, progression, specificity, regularity and individuality.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Design, execute, and revise a personal plan for body composition based on principles of overload, progression, specificity, regularity, and individuality.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Justify personal fitness goals based on fitness assessments.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Use technology to monitor and assess individual heart rate.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Perform a variety of activities designed to improve body composition.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Perform a variety of activities designed to enhance muscular strength and muscular endurance.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Perform a variety of activities designed to enhance flexibility for various muscle groups.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Perform a variety of activities designed to enhance aerobic capacity/cardiorespiratory fitness.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess personal levels of aerobic capacity/cardiorespiratory fitness using a standardized test.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess personal level of muscular strength and muscular endurance using a standardized test.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess personal level of flexibility using a standardized test.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess personal level of body composition using a standardized test such as BMI or through the use of technology.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Design, execute and revise a personal plan for aerobic capacity/cardiorespiratory fitness based on a fitness assessment and incorporating the principles of overload, progression, specificity, regularity, and individuality.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Design, execute and revise a personal plan for flexibility based on principles of overload, progression, specificity, regularity and individuality.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Design, execute and revise a personal plan for muscular strength and muscular endurance based on principles of overload, progression, specificity, regularity and individuality.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Design, execute, and revise a personal plan for body composition based on principles of overload, progression, specificity, regularity, and individuality.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Investigate and assess sport/activity specific muscular strength and muscular endurance programs.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Investigate and assess sport/activity specific body composition programs.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Investigate and assess sport/activity specific aerobic capacity/cardiorespiratory fitness programs.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Investigate and assess a sport/activity specific flexibility programs.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Justify the benefits of current fitness trends.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Calculate target heart rate to reflect personal activity goals.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Assess concepts important for safe participation in everyday muscular strength and endurance activities.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Assess concepts important for safe participation in everyday flexibility activities.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Assess concepts important for safe weight management programs.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Design a personal nutrition log to correlate with current physical activity levels and nutritional needs.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Defend a fitness plan using knowledge of the body systems and principles of overload, progression, specificity, regularity, and individuality.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Defend the use of components of the FITT guidelines in a personal fitness plan for consistency with fitness levels and goals.

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

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Defend a personal fitness plan based on an assessment of the health-related fitness components and personal fitness goals.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.2.04

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

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

State Standard

Assess various marketing practices and strategies that influence consumer decisions on the selection of exercise equipment, programs, and health clubs.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.2.04

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

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

State Standard

Discriminate between fitness products and programs that are based on scientific principles and those that are not scientifically based.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.2.04

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

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

State Standard

Determine a set of criteria to evaluate the validity of personal fitness products.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.2.04

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

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

State Standard

Discuss causes and effects associated with eating disorders such as: anorexia, bulimia, and binge eating.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.2.04

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

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

State Standard

Compare popular diets in relationship to the "My Food Pyramid."

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.2.04

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

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

State Standard

Compare various nutritional ergogenic aids and discriminate between the real and implied impacts on the body.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Create and evaluate strategies to resolve conflict and implement changes in a physical activity setting to foster a sense of community.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Rate and prioritize personal motivating factors for adhering to a physically active lifestyle.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Discuss how effort and motivation in a self-directed activity leads to attainment of a goal.

Grade 9 **FitwareNo** **FitwareSpecific** 9.6.2

Fitware Grade Level Standard

Creates a line dance routine.

Fitware Unit Level Standard

State Standard

Design, demonstrate, and evaluate a group creative performance sequence that exhibits quality movement based on common themes such as: self expression, rhythmical interpretation, form, or style.

Grade 9 **FitwareNo** **FitwareSpecific** 9.6.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Assess the benefits of physical activity as a motivating factor to positively affect exercise adherence.

Grade 9 **FitwareNo** **FitwareSpecific** 9.6.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Create challenging, attainable personal physical activity goals and make revisions based on personal values.

Grade 9 **FitwareNo** **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

Assess the physiological benefits achieved through the implementation of a personal fitness plan.

Grade 9 **FitwareNo** **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

Justify the importance of maintaining a healthy level of muscular strength and muscular endurance.

Grade 9 **FitwareNo** **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

Justify the importance of maintaining a healthy level of flexibility.

Grade 9 **FitwareNo** **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

Justify the importance of maintaining a healthy level of cardiorespiratory fitness.

Grade 9 **FitwareNo** **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

Justify the importance of maintaining a healthy level of body composition.

Grade 9 **FitwareNo** **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

Evaluate the value of physical activity for lifelong health and wellness.

Grade 10 **FitwareNo** **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

Demonstrate and differentiate fundamental movement skills, skill combinations, and skill themes while participating in physical activity.

Grade 10 **FitwareNo** **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

Categorize and perform a selection of activities that improve or maintain skill-related components of fitness.

Grade 10 **FitwareNo** **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

Design, demonstrate, and evaluate a group creative performance sequence that exhibits quality movement based on common themes such as: self expression, rhythmical interpretation, form, or style.

Grade 10 **FitwareNo** **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

Justify and use different concepts and strategies for each category of strategic games (net/wall, invasion, striking/fielding, and target activities) such as: offensive and defensive strategies or on and off the ball movements.

Grade 10 **FitwareNo** **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

Discuss and demonstrate how proficient performance of closed skills results in sustained quality performance in game situations.

Grade 10 **FitwareNo** **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

Create, perform, and evaluate a practice plan for skill improvement based on a checklist developed from an evaluation by self or peers.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Predict factors to consider when performing open skills in a game situation such as the environment and skill level.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Create, perform, and evaluate a practice plan for skill improvement based on a checklist developed from an evaluation by self or peers.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Compare the similarities and differences between closed and open skills.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Develop a practice plan to progressively introduce closed skills into open skill environments.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Self evaluate, design, and revise a plan for attainment of personal goals.

Grade 10 **FitwareNo** **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

Categorize and demonstrate how the number of muscles engaged in a movement affects force production.

Grade 10 **FitwareNo** **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

Choose and demonstrate how the size of muscle engaged affects the force produced.

Grade 10 **FitwareNo** **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

Contrast and demonstrate how the distance through which a muscle contracts affects the force produced.

Grade 10 **FitwareNo** **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

Investigate and demonstrate how forcefully stretching a muscle immediately before a concentric contraction increases the force of that contraction such as in plyometrics.

Grade 10 **FitwareNo** **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

Distinguish and demonstrate how projection speed and projection angle are related to accuracy such as: striking a tennis ball using a smash or a lob to have it land in the back corner of the court.

Grade 10 **FitwareNo** **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

Calculate and demonstrate the concept of projection angles such as changing the projection angle to discover the influence on distance achieved.

Grade 10 **FitwareNo** **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

Investigate and demonstrate the effect of spin such as in tennis when topspin rebounds on a higher trajectory and backspin rebounds on a lower trajectory.

Grade 10 **FitwareNo** **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

Investigate and demonstrate how balls can generate lift by spinning such as in soccer.

Grade 10 **FitwareNo** **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

Investigate changes in the center of gravity and balance of a dynamic skill such as a basketball lay-up.

Grade 10 **FitwareNo** **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

Justify and use different concepts and strategies for each category of strategic games (net/wall, invasion, striking/fielding, and target activities) such as: offensive and defensive strategies or on and off the ball movements.

Grade 10 **FitwareNo** **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

Assess the effectiveness of strategies for overcoming personal, environmental, and/or social factors affecting physical activity level and revise those strategies that have been ineffective.

Grade 10 **FitwareNo** **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

Determine a set of criteria to evaluate health club facilities.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Justify personal fitness goals based on fitness assessments.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Perform a variety of activities designed to enhance aerobic capacity/cardiorespiratory fitness.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess personal levels of aerobic capacity/cardiorespiratory fitness using a standardized test.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Use technology to monitor and assess individual heart rate.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Perform a variety of activities designed to enhance muscular strength and muscular endurance.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess personal level of muscular strength and muscular endurance using a standardized test.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Design, execute and revise a personal plan for muscular strength and muscular endurance based on principles of overload, progression, specificity, regularity and individuality.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Perform a variety of activities designed to enhance flexibility for various muscle groups.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess personal level of flexibility using a standardized test.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Perform a variety of activities designed to improve body composition.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assess personal level of body composition using a standardized test such as BMI or through the use of technology.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Design, execute, and revise a personal plan for body composition based on principles of overload, progression, specificity, regularity, and individuality.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Design, execute and revise a personal plan for aerobic capacity/cardiorespiratory fitness based on a fitness assessment and incorporating the principles of overload, progression, specificity, regularity, and individuality.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Design, execute and revise a personal plan for flexibility based on principles of overload, progression, specificity, regularity and individuality.

Grade 10 **FitwareNo** **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

Defend a fitness plan using knowledge of the body systems and principles of overload, progression, specificity, regularity, and individuality.

Grade 10 **FitwareNo** **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

Defend the use of components of the FITT guidelines in a personal fitness plan for consistency with fitness levels and goals.

Grade 10 **FitwareNo** **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

Defend a personal fitness plan based on an assessment of the health-related fitness components and personal fitness goals.

Grade 10 **FitwareNo** **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 a personal nutrition log to correlate with current physical activity levels and nutritional needs.

Grade 10 **FitwareNo** **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

Justify the benefits of current fitness trends.

Grade 10 **FitwareNo** **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, execute and revise a personal plan for aerobic capacity/cardiorespiratory fitness based on a fitness assessment and incorporating the principles of overload, progression, specificity, regularity, and individuality.

Grade 10 **FitwareNo** **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

Calculate target heart rate to reflect personal activity goals.

Grade 10 **FitwareNo** **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

Investigate and assess sport/activity specific aerobic capacity/cardiorespiratory fitness programs.

Grade 10 **FitwareNo** **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

Assess concepts important for safe participation in everyday muscular strength and endurance activities.

Grade 10 **FitwareNo** **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

Investigate and assess sport/activity specific muscular strength and muscular endurance programs.

Grade 10 **FitwareNo** **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, execute and revise a personal plan for flexibility based on principles of overload, progression, specificity, regularity and individuality.

Grade 10 **FitwareNo** **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

Assess concepts important for safe participation in everyday flexibility activities.

Grade 10 **FitwareNo** **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

Investigate and assess a sport/activity specific flexibility programs.

Grade 10 **FitwareNo** **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

Assess concepts important for safe weight management programs.

Grade 10 **FitwareNo** **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

Investigate and assess sport/activity specific body composition programs.

Grade 10 **FitwareNo** **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, execute and revise a personal plan for muscular strength and muscular endurance based on principles of overload, progression, specificity, regularity and individuality.

Grade 10 **FitwareNo** **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, execute, and revise a personal plan for body composition based on principles of overload, progression, specificity, regularity, and individuality.

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

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Design strategies for a diverse group of individuals to encourage effective participation in physical activity settings.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Rate and prioritize personal motivating factors for adhering to a physically active lifestyle.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Discuss how effort and motivation in a self-directed activity leads to attainment of a goal.

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

Fitware Grade Level Standard

Creates a tumbling/gymnastics routine.

Fitware Unit Level Standard

State Standard

Design, demonstrate, and evaluate a group creative performance sequence that exhibits quality movement based on common themes such as: self expression, rhythmical interpretation, form, or style.

Grade 10 **FitwareNo** **FitwareSpecific** 10.6.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Create challenging, attainable personal physical activity goals and make revisions based on personal values.

Grade 10 **FitwareNo** **FitwareSpecific** 10.6.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Assess the benefits of physical activity as a motivating factor to positively affect exercise adherence.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Evaluate the value of physical activity for lifelong health and wellness.

Grade 10 **FitwareNo** **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

Justify the importance of maintaining a healthy level of cardiorespiratory fitness.

Grade 10 **FitwareNo** **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

Justify the importance of maintaining a healthy level of muscular strength and muscular endurance.

Grade 10 **FitwareNo** **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

Justify the importance of maintaining a healthy level of flexibility.

Grade 10 **FitwareNo** **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

Justify the importance of maintaining a healthy level of body composition.