

Grade 5

FitwareNo 1

FitwareSpecific 5.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate a variety of physical skills which encompass lead-up games, rhythms and dance, and individual, dual, and team sports.

Grade 5

FitwareNo 2.3

FitwareSpecific 5.2.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Understand and apply movement concepts to game strategies.

Grade 5

FitwareNo 2.3

FitwareSpecific 5.2.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify and understand the application of basic rules and strategies in a variety of physical activities.

Grade 5

FitwareNo 2.5

FitwareSpecific 5.2.5

Fitware Grade Level Standard

Describes critical elements of fundamental movement and manipulative skills.

Fitware Unit Level Standard

State Standard

Identify and refine the critical elements of advanced movement skills.

Grade 5

FitwareNo 3.1

FitwareSpecific 5.3.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Participate in health-enhancing physical activity outside of school.

Grade 5

FitwareNo 4.1

FitwareSpecific 5.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Participate in a variety of developmentally appropriate fitness activities involving each component of health-related physical fitness.

Grade 5

FitwareNo 4.1

FitwareSpecific 5.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Demonstrate individual progress toward each component of health-related physical fitness.

Grade 5

FitwareNo 4.2

FitwareSpecific 5.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Understand and apply basic principles of training to improve health-related physical fitness.

Grade 5

FitwareNo 4.2

FitwareSpecific 5.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate strategies to improve or maintain personal and family health.

Grade 5

FitwareNo 6.3

FitwareSpecific 5.6.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Enjoy participation in physical activity.

Grade 6

FitwareNo 1

FitwareSpecific 6.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate a variety of physical skills which encompass lead-up games, rhythms and dance, and individual, dual, and team sports.

Grade 6

FitwareNo 2.3

FitwareSpecific 6.2.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Understand and apply movement concepts to game strategies.

Grade 6

FitwareNo 2.3

FitwareSpecific 6.2.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify and understand the application of basic rules and strategies in a variety of physical activities.

Grade 6

FitwareNo 2.5

FitwareSpecific 6.2.5

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify and refine the critical elements of advanced movement skills.

Grade 6

FitwareNo 3.1

FitwareSpecific 6.3.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Participate in health-enhancing physical activity outside of school.

Grade 6

FitwareNo 4.1

FitwareSpecific 5.4.1.01

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

Participates in fitness pre-assessment.

State Standard

Identify personal fitness goals.

Grade 6

FitwareNo 4.1

FitwareSpecific 6.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Participate in a variety of developmentally appropriate fitness activities involving each component of health-related physical fitness.

Grade 6

FitwareNo 4.1

FitwareSpecific 6.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Demonstrate individual progress toward each component of health-related physical fitness.

Grade 6

FitwareNo 4.1

FitwareSpecific 6.4.1.01

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

Participates in fitness pre-assessment.

State Standard

Identify personal fitness goals.

Grade 6

FitwareNo 4.2

FitwareSpecific 6.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Understand and apply basic principles of training to improve health-related physical fitness.

Grade 6

FitwareNo 4.2

FitwareSpecific 6.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate strategies to improve or maintain personal and family health.

Grade 6

FitwareNo 5.1

FitwareSpecific 6.5.1

Fitware Grade Level Standard

Works cooperatively with a small group in physical activity settings.

Fitware Unit Level Standard

State Standard

Work cooperatively with a group to achieve group goals in both cooperative and competitive settings.

Grade 6

FitwareNo 6.3

FitwareSpecific 6.6.3

Fitware Grade Level Standard

Chooses to engage in new activities.

Fitware Unit Level Standard

State Standard

Enjoy participation in physical activity.

Grade 7

FitwareNo 1

FitwareSpecific 7.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate a variety of physical skills which encompass lead-up games, rhythms and dance, and individual, dual, and team sports.

Grade 7

FitwareNo 2.3

FitwareSpecific 7.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for net and target sports.

Fitware Unit Level Standard

State Standard

Understand and apply movement concepts to game strategies.

Grade 7

FitwareNo 2.3

FitwareSpecific 7.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for net and target sports.

Fitware Unit Level Standard

State Standard

Identify and understand the application of basic rules and strategies in a variety of physical activities.

Grade 7

FitwareNo 2.5

FitwareSpecific 7.2.5

Fitware Grade Level Standard

Explains the critical elements of specialized skills and combinations in individual and dual sports.

Fitware Unit Level Standard

State Standard

Identify and refine the critical elements of advanced movement skills.

Grade 7

FitwareNo 3.1

FitwareSpecific 7.3.1

Fitware Grade Level Standard

Engages in moderate and vigorous physical activity for 5/5/60 minutes 5/5/6 days each week.

Fitware Unit Level Standard

State Standard

Participate in health-enhancing physical activity outside of school.

Grade 7

FitwareNo 4.1

FitwareSpecific 7.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Participate in a variety of developmentally appropriate fitness activities involving each component of health-related physical fitness.

Grade 7

FitwareNo 4.1

FitwareSpecific 7.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Demonstrate individual progress toward each component of health-related physical fitness.

Grade 7

FitwareNo 4.1

FitwareSpecific 7.4.1.01

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

Participates in fitness pre-assessment.

State Standard

Identify personal fitness goals.

Grade 7

FitwareNo 4.2

FitwareSpecific 7.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Understand and apply basic principles of training to improve health-related physical fitness.

Grade 7

FitwareNo 4.2

FitwareSpecific 7.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate strategies to improve or maintain personal and family health.

Grade 7

FitwareNo 6.3

FitwareSpecific 7.6.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Enjoy participation in physical activity.

Grade 7

FitwareNo 6.4

FitwareSpecific 7.6.4

Fitware Grade Level Standard

Describes the social benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Recognize the social benefits of physical activity.

Grade 8

FitwareNo 1

FitwareSpecific 8.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate a variety of physical skills which encompass lead-up games, rhythms and dance, and individual, dual, and team sports.

Grade 8

FitwareNo 2.3

FitwareSpecific 8.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for invasion and field sports.

Fitware Unit Level Standard

State Standard

Understand and apply movement concepts to game strategies.

Grade 8

FitwareNo 2.3

FitwareSpecific 8.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for invasion and field sports.

Fitware Unit Level Standard

State Standard

Identify and understand the application of basic rules and strategies in a variety of physical activities.

Grade 8

FitwareNo 2.5

FitwareSpecific 8.2.5

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify and refine the critical elements of advanced movement skills.

Grade 8

FitwareNo 3.1

FitwareSpecific 8.3.1

Fitware Grade Level Standard

Engages in moderate and vigorous physical activity for 5/60 minutes 5/6 days each week.

Fitware Unit Level Standard

State Standard

Participate in health-enhancing physical activity outside of school.

Grade 8

FitwareNo 4.1

FitwareSpecific 8.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Participate in a variety of developmentally appropriate fitness activities involving each component of health-related physical fitness.

Grade 8

FitwareNo 4.1

FitwareSpecific 8.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Demonstrate individual progress toward each component of health-related physical fitness.

Grade 8

FitwareNo 4.1

FitwareSpecific 8.4.1.01

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

Participates in fitness pre-assessment.

State Standard

Identify personal fitness goals.

Grade 8

FitwareNo 4.2

FitwareSpecific 8.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Understand and apply basic principles of training to improve health-related physical fitness.

Grade 8

FitwareNo 4.2

FitwareSpecific 8.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate strategies to improve or maintain personal and family health.

Grade 8

FitwareNo 5.1

FitwareSpecific 8.5.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Work cooperatively with a group to achieve group goals in both cooperative and competitive settings.

Grade 8

FitwareNo 6.3

FitwareSpecific 8.6.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Enjoy participation in physical activity.

Grade 9

FitwareNo 1

FitwareSpecific 9.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate a variety of physical skills which encompass dance, individual, dual and team sports, and lifetime physical activities.

Grade 9

FitwareNo 2.2

FitwareSpecific 9.2.2

Fitware Grade Level Standard

Explains the use of biomechanic principles in rhythm and dance, aquatics, and individual and dual sports.

Fitware Unit Level Standard

State Standard

Know and understand scientifically based information regarding movement performance.

Grade 9

FitwareNo 2.3

FitwareSpecific 9.2.3

Fitware Grade Level Standard

Explains advanced offensive, defensive, and transition strategies in aquatics and individual and dual activities.

Fitware Unit Level Standard

State Standard

Apply rules and advanced strategies to a variety of physical activities.

Grade 9

FitwareNo 3.1

FitwareSpecific 9.3.1

Fitware Grade Level Standard

Participates in moderate to vigorous physical activities at least four days each week.

Fitware Unit Level Standard

State Standard

Participate in activities that promote community well-being.

Grade 9

FitwareNo 4.1

FitwareSpecific 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Participate in a variety of fitness activities involving each component of health-related fitness.

Grade 9

FitwareNo 4.1

FitwareSpecific 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Demonstrate individual progress toward each component of health-related physical fitness.

Grade 9

FitwareNo 4.1

FitwareSpecific 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Regularly participate in health-enhancing physical fitness activities to promote personal well-being on a voluntary basis.

Grade 9

FitwareNo 4.1

FitwareSpecific 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Demonstrate strategies to improve or maintain personal, family, and community health.

Grade 9

FitwareNo 4.2

FitwareSpecific 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Demonstrate the knowledge, skills, and desire to monitor and adjust levels to meet personal fitness needs.

Grade 9

FitwareNo 4.2

FitwareSpecific 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Design a personal fitness program.

Grade 9

FitwareNo 5.2

FitwareSpecific 9.5.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Initiate independent and responsible health-enhancing personal behavior.

Grade 9

FitwareNo 6.3

FitwareSpecific 9.6.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Experience enjoyment from physical activity and a health lifestyle.

Grade 10

FitwareNo 1

FitwareSpecific 10.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate a variety of physical skills which encompass dance, individual, dual and team sports, and lifetime physical activities.

Grade 10

FitwareNo 2.2

FitwareSpecific 10.2.2

Fitware Grade Level Standard

Explains the use of biomechanic principles in tumbling and gymnastics, combatives, and team sports.

Fitware Unit Level Standard

State Standard

Know and understand scientifically based information regarding movement performance.

Grade 10

FitwareNo 2.3

FitwareSpecific 10.2.3

Fitware Grade Level Standard

Explains advanced offensive, defensive, and transition strategies in combatives, gymnastics/tumbling, and team sports.

Fitware Unit Level Standard

State Standard

Apply rules and advanced strategies to a variety of physical activities.

Grade 10

FitwareNo 2.5

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Identify the characteristics of technically correct performance in a variety of movement forms.

Grade 10

FitwareNo 3.1

FitwareSpecific 10.3.1

Fitware Grade Level Standard

Participates in moderate to vigorous physical activities at least four days each week.

Fitware Unit Level Standard

State Standard

Participate in activities that promote community well-being.

Grade 10

FitwareNo 4.1

FitwareSpecific 10.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Participate in a variety of fitness activities involving each component of health-related fitness.

Grade 10

FitwareNo 4.1

FitwareSpecific 10.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Demonstrate individual progress toward each component of health-related physical fitness.

Grade 10

FitwareNo 4.1

FitwareSpecific 10.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Regularly participate in health-enhancing physical fitness activities to promote personal well-being on a voluntary basis.

Grade 10

FitwareNo 4.1

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

Demonstrate strategies to improve or maintain personal, family, and community health.

Grade 10

FitwareNo 4.2

FitwareSpecific 10.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Design a personal fitness program.

Grade 10

FitwareNo 4.2

FitwareSpecific 10.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate the knowledge, skills, and desire to monitor and adjust levels to meet personal fitness needs.

Grade 10

FitwareNo 5.2

FitwareSpecific 10.5.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Initiate independent and responsible health-enhancing personal behavior.

Grade 10

FitwareNo 6.3

FitwareSpecific 10.6.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Experience enjoyment from physical activity and a health lifestyle.