

Grade 5

FitwareNo 1

FitwareSpecific 5.1.0.10

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates control using the mature form for dance steps (forearm swing, right hand star, do si do, two step, heel toe, grapevine, chug steps, cross kick, stomp, knee lift, slide, and polka).

State Standard

Demonstrate various aerobic dances.

Grade 5

FitwareNo 1

FitwareSpecific 5.1.0.10

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates control using the mature form for dance steps (forearm swing, right hand star, do si do, two step, heel toe, grapevine, chug steps, cross kick, stomp, knee lift, slide, and polka).

State Standard

Demonstrate various popular folk and square dances, and mixer and couple dances.

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 throwing, passing, dribbling, catching, and shooting skills in team sports.

Grade 5

FitwareNo 1

FitwareSpecific 5.1.0.09

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates speed and accuracy using the mature form for striking with a bat, hockey stick, and racket/paddle (forehand and backhand).

State Standard

Demonstrate forehand and backhand striking skills in dual and individual sports.

Grade 5

FitwareNo 1

FitwareSpecific 5.1.0.02

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 jumping and running.

State Standard

Demonstrate skills necessary for participation in non-traditional games and activities.

Grade 5

FitwareNo 1

FitwareSpecific 5.1.0.04

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 walk, run, hop, skip, jump for distance, jump for height, leap, gallop, and slide.

State Standard

Demonstrate the ability to perform skills of jumping rope with a partner or small group.

Grade 5

FitwareNo 1

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

Create a variety of combinations using balance skills and rolling movements.

Grade 5

FitwareNo 2.4

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

Identify and demonstrate the skill related components of fitness. [addressed in grade 9]

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

Participates regularly in physical activities for the purpose of improving skill and health.

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 a variety of physical activities as both leader and follower.

Grade 5

FitwareNo 3.2

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

Identify opportunities for regular physical activity in school and at home.

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

Complete a valid and reliable pre and post health-enhancing fitness assessment and show personal improvement toward achievement of fitness scores at an acceptable level, including monitoring of the heart.

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

Utilize safe and appropriate warm-up, pacing and cool down techniques.

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 elements of the FIT guidelines to develop personal cardiovascular fitness levels.

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 elements of the FIT guidelines to develop personal cardiovascular fitness levels.

Grade 5

FitwareNo 5.1

FitwareSpecific 5.5.1

Fitware Grade Level Standard

Works with an individual who is differently abled in physical activity settings.

Fitware Unit Level Standard

State Standard

Participate in a variety of physical activities as both leader and follower.

Grade 5

FitwareNo 5.1

FitwareSpecific 5.5.1

Fitware Grade Level Standard

Works with an individual who is differently abled in physical activity settings.

Fitware Unit Level Standard

State Standard

Interacts with others by helping with their physical activity challenges.

Grade 5

FitwareNo 5.1

FitwareSpecific 5.5.1

Fitware Grade Level Standard

Works with an individual who is differently abled in physical activity settings.

Fitware Unit Level Standard

State Standard

Demonstrate behavior that will resolve conflicts in socially appropriate ways.

Grade 5

FitwareNo 5.2

FitwareSpecific 5.5.2

Fitware Grade Level Standard

Accepts responsibility for personal safety during physical activity.

Fitware Unit Level Standard

State Standard

Display the ability to follow rules, procedures and safe practices while working independently for short periods of time.

Grade 5

FitwareNo 5.2

FitwareSpecific 5.5.2

Fitware Grade Level Standard

Accepts responsibility for personal safety during physical activity.

Fitware Unit Level Standard

State Standard

Assesses and takes responsibility for his/her won behavior problems without blaming others.

Grade 5

FitwareNo 6.1

FitwareSpecific 5.6.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Analyze the variety of sports and movement forms from countries around the world.

Grade 5

FitwareNo 6.1

FitwareSpecific 5.6.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify the origins of a variety of sports and movement forms.

Grade 5

FitwareNo 6.2

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

Create movement sequence routines using balance, jumping, landing, weight transfer, and rolling movements.

Grade 5

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

Identify social and psychological benefits from participation in physical activities. [addressed in grade 7]

Grade 5

FitwareNo 6.4

FitwareSpecific 8.6.4

Fitware Grade Level Standard

Explains the cognitive and psychological benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Identify social and psychological benefits from participation in physical activities. [addressed in grade 8]

Grade 6

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Sets realistic physical activity goals and strive to attain them through participation in physical activity of his/her choosing.

Grade 6

FitwareNo 1

FitwareSpecific 6.1.0.04

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Demonstrate square, folk, and rhythmic movement skills.

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 increasing competence in more advanced specialized skills.

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

Demonstrate beginning strategies through small-sided games for net and invasion small-sided games for net and invasion games.

Grade 6

FitwareNo 2.3

FitwareSpecific 6.2.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Use basic understanding of the knowledge of offensive and defensive strategies in activity settings.

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

Recognize the general characteristics of movement that can be applied to specific settings such as moving to open space or speeding up or slow down to intercept an object.

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 daily for a minimum of 60 minutes in some form of health-enhancing physical activity.

Grade 6

FitwareNo 3.2

FitwareSpecific 6.3.2

Fitware Grade Level Standard

Describes opportunities in the local community for regular participation in physical activity.

Fitware Unit Level Standard

State Standard

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

Grade 6

FitwareNo 4.1

FitwareSpecific 6.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Complete a valid and reliable pre and post health-enhancing fitness assessment and show personal improvement toward achievement of fitness scores at an acceptable level, including monitoring of the heart.

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 proper stretching exercises.

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 the ability to perform self-paced aerobic activity.

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

Explore personal wellness by gathering information, considering alternatives and consequences that accompany such choices.

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 and productively in a group to accomplish a set goal in both cooperative and competitive activities.

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

Resolves interpersonal conflicts with sensitivity to the rights and feelings of others.

Grade 6

FitwareNo 5.2

FitwareSpecific 6.5.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Make conscious decisions about playing within the rules, procedures, and etiquette of a game or activity.

Grade 6

FitwareNo 5.2

FitwareSpecific 6.5.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Utilize time effectively to complete assigned tasks.

Grade 6

FitwareNo 6.2

FitwareSpecific 6.6.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Create short movement compositions.

Grade 6

FitwareNo 6.2

FitwareSpecific 6.6.2.03

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Expresses personal feelings through the creation of a stunts/tumbling routine.

State Standard

Create routines that focus on rolling combinations with variations of positions.

Grade 6

FitwareNo 6.2

FitwareSpecific 7.6.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Appreciates the aesthetic and creative aspects of skilled performance in others and self. [addressed in grade 7]

Grade 6

FitwareNo 6.2

FitwareSpecific 8.6.2

Fitware Grade Level Standard

Appreciates other's stylistic approach to creating a dance or routine.

Fitware Unit Level Standard

State Standard

Appreciates the aesthetic and creative aspects of skilled performance in others and self. [addressed in grade 8]

Grade 7

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Establish personal physical activity goals to accumulate a recommended number of minutes of moderate to vigorous physical activity outside of the physical education class on 5 or more days during the week.

Grade 7

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Engage in fair play and show self-control by accepting a controversial decision.

Grade 7

FitwareNo 1

FitwareSpecific 7.1.0.08

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Demonstrate country western dance and social dance forms.

Grade 7

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 competence in skills needed for team sports through small-sided games. [addressed in sixth grade]

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 competence in skills needed for individual physical activity.

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

Demonstrate strategies in a variety of games and sports.

Grade 7

FitwareNo 2.3

FitwareSpecific 7.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for net and target sports.

Fitware Unit Level Standard

State Standard

Apply advanced movement and game strategies.

Grade 7

FitwareNo 2.4

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

Identify characteristics of skilled performance in a few movement forms.

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 critical elements of advanced movement skills such as “give and go” or “pick and roll.”

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 characteristics of skilled performance in a few movement forms.

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

Regulates physical activity behavior by using personal cues and movement principles.

Grade 7

FitwareNo 3.2

FitwareSpecific 7.3.2

Fitware Grade Level Standard

Describes opportunities in the larger community for participation in individual and/or dual physical activities.

Fitware Unit Level Standard

State Standard

Identify resources in the community that can be accessed to maintain a physically active lifestyle.

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

Complete a valid and reliable pre and post health-enhancing fitness assessment, examine the data and develop a plan to show personal improvement toward achievement of fitness scores at an acceptable, including monitoring of the heart.

Grade 7

FitwareNo 4.1

FitwareSpecific 7.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Complete a valid and reliable pre and post health-enhancing fitness assessment, examine the data and develop a plan to show personal improvement toward achievement of fitness scores at an acceptable, including monitoring of the heart.

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

Determine the link between physical activity and weight control.

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 knowledge of the terms aerobic and anaerobic, body composition, cardiovascular endurance, flexibility, muscular strength, and endurance.

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

Develop a strategy to improve personal level of fitness within each of the five components.

Grade 7

FitwareNo 5.1

FitwareSpecific 7.5.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Invites all students, regardless of ability, race, gender, etc., to participate in physical activity and displays sensitivity to the needs and feelings of others during physical activities.

Grade 7

FitwareNo 5.1

FitwareSpecific 7.5.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Develop strategies to communicate ideas and feelings: body language, gestures, and body management.

Grade 7

FitwareNo 5.1

FitwareSpecific 7.5.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Seeks out participants with and shows respect for a peer with varying skill ability.

Grade 7

FitwareNo 6.2

FitwareSpecific 7.5.2.08

Fitware Grade Level Standard

Accepts responsibility for individual improvement during challenging physical activity.

Fitware Unit Level Standard

Accepts responsibility for individual improvement during medieval times activities.

State Standard

Create dances that use the various elements of time, space, force, and flow.

Grade 7

FitwareNo 6.2

FitwareSpecific 7.6.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Create a short movement sequence routine.

Grade 7

FitwareNo 6.4

FitwareSpecific 7.6.4

Fitware Grade Level Standard

Describes the social benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Demonstrate the importance and value of regular 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

Recognizes physical activity as a positive opportunity for social and group interaction to promote a safe school environment.

Grade 8

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Establish and implement personal physical activity goals and evaluate progress toward goals.

Grade 8

FitwareNo 1

FitwareSpecific 8.1.0.06

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates the mature form for circle left, right, shuffle step, do-si-do, swing, promenade, right-hand star, allemande left, single-file promenade, split ring, grade right and left, courtesy turn, forearm turn, right and left through, pass partner, circle to line, allemande left from a line of four, two ladies chain, four ladies chain, chain straight across, seesaw, grand square, half sashay, and shoot the star.

State Standard

Successfully perform a variety of contemporary and popular dances.

Grade 8

FitwareNo 1

FitwareSpecific 8.1.0.06

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates the mature form for circle left, right, shuffle step, do-si-do, swing, promenade, right-hand star, allemande left, single-file promenade, split ring, grade right and left, courtesy turn, forearm turn, right and left through, pass partner, circle to line, allemande left from a line of four, two ladies chain, four ladies chain, chain straight across, seesaw, grand square, half sashay, and shoot the star.

State Standard

Demonstrate square, folk, and social dance skills.

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 competence in advanced skills needed for team or dual games and sports.

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 competence in advanced skills needed for individual physical activity such as creating open space on offense or defensive strategies in a variety of activities.

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 offensive and defensive strategies in relation to 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

Demonstrate knowledge for effective timing and sequencing for skill performance.

Grade 8

FitwareNo 3.1

FitwareSpecific 8.3.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Participate in a variety of vigorous physical activities to achieve personal fitness program goals within the school or community setting.

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 vigorous physical activities to achieve personal fitness program goals within the school or community setting.

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

Complete a valid and reliable pre and post health-enhancing fitness assessment and show personal improvement toward achievement of fitness scores at an acceptable level, including monitoring of the heart.

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

Monitor resting, exercise, and recovery heart rates in a variety of activities.

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

Explain the importance and implications of the principles of cardiovascular and strength training.

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

Explain the relationship between physical activity, nutrition, and adequate rest/sleep and weight management.

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

Willingly join others of diverse culture, ethnicity, and gender during physical activity.

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 peers of differing skill to promote a safe school environment.

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 competitive as well as cooperative settings.

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

Display empathy to the feelings of others during physical activities.

Grade 8

FitwareNo 5.2

FitwareSpecific 8.5.2

Fitware Grade Level Standard

Accepts responsibility for one's own actions and decisions during physical activity.

Fitware Unit Level Standard

State Standard

Know and apply rules and safe practices in a variety of physical activities.

Grade 8

FitwareNo 5.2

FitwareSpecific 8.5.2

Fitware Grade Level Standard

Accepts responsibility for one's own actions and decisions during physical activity.

Fitware Unit Level Standard

State Standard

Recognize causes and then demonstration potential solutions to issues as related to a safe school environment and the physical activity setting: controversial decisions and safe areas of play.

Grade 8

FitwareNo 6.1

FitwareSpecific 8.6.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Recognize the diversity and/or different cultures differences in participation in physical activity.

Grade 8

FitwareNo 6.2

FitwareSpecific 8.6.2

Fitware Grade Level Standard

Appreciates other's stylistic approach to creating a dance or routine.

Fitware Unit Level Standard

State Standard

Create and perform routines that use a variety of movement patterns.

Grade 8

FitwareNo 6.2

FitwareSpecific 8.6.2

Fitware Grade Level Standard

Appreciates other's stylistic approach to creating a dance or routine.

Fitware Unit Level Standard

State Standard

Create and perform sequential movement routines.

Grade 8

FitwareNo 6.4

FitwareSpecific 8.6.4

Fitware Grade Level Standard

Explains the cognitive and psychological benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Evaluate the benefits and value of various physical activities for personal fitness programs.

Grade 9

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Engage in various duties as they pertain to games and sport such as but not limited to the sport education model (official, team coach, and equipment manager).

Grade 9

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Demonstrate knowledge of officiating, judging, or refereeing concepts in three different activities.

Grade 9

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

Participate at a competent level in at least one team sport through small-sided games or experiences while demonstrating conceptual knowledge of biomechanical, physiological, and sports psychology principles. [addressed in grade 10]

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

Participate at a competent level in at least one individual or dual sport through small-sided games or experiences utilizing biomechanical, psychological, and physiological concepts.

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

Participate at a competent level in at least one other movement form utilizing biomechanical, psychological, and physiological concepts: Dance; Gymnastics; Aquatics; Outdoor pursuits or Other non-traditional activities.

Grade 9

FitwareNo 2.1

FitwareSpecific 9.2.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Analyze and apply information and statistical data about personal and group performance to the improvement of personal fitness and game play, such as fitness scores or statistics from game play to improve offense and defense.

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

Apply rules, biomechanical principles, problem solving and concepts to traditional and non-traditional movement settings.

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

Apply physiological principles, (e.g., warm-up/cool-down, overload, frequency, intensity, specificity, and progression) and biomechanical principles (e.g., force, leverage, and type of contraction) related to exercise and training.

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

Demonstrate competence in basic offensive and defensive strategies or tactics in traditional and non-traditional team, individual, and dual activities.

Grade 9

FitwareNo 2.4

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

Identify and evaluate the six skill related components of fitness.

Grade 9

FitwareNo 3.1

FitwareSpecific 9.3.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Participate regularly in health-enhancing and personally rewarding physical activity outside the physical education class setting

Grade 9

FitwareNo 3.2

FitwareSpecific 9.3.2

Fitware Grade Level Standard

Lists available fitness resources in the community.

Fitware Unit Level Standard

State Standard

Identify and utilize resources in the community that can be accessed to maintain regular physical activity.

Grade 9

FitwareNo 4.1

FitwareSpecific 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Identify and evaluate the health-related components of fitness.

Grade 9

FitwareNo 4.2

FitwareSpecific 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Apply physiological principles, (e.g., warm-up/cool-down, overload, frequency, intensity, specificity, and progression) and biomechanical principles (e.g., force, leverage, and type of contraction) related to exercise and training.

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

Analyze and apply information and statistical data about personal and group performance to the improvement of personal fitness and game play, such as fitness scores or statistics from game play to improve offense and defense.

Grade 9

FitwareNo 4.2

FitwareSpecific 9.4.2.04

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

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

State Standard

Investigate positive and negative attitudes towards exercise and physical activities.

Grade 9

FitwareNo 4.2

FitwareSpecific 9.4.2.04

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

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

State Standard

Identify the physical fitness requirements of an occupational choice.

Grade 9

FitwareNo 4.2

FitwareSpecific 9.4.2.04

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

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

State Standard

Recognize and apply current safety techniques and best practices as related to fitness and nutrition.

Grade 9

FitwareNo 5.1

FitwareSpecific 9.5.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate respect for individual differences in physical activity settings utilizing character education and sportsmanship.

Grade 9

FitwareNo 5.1

FitwareSpecific 9.5.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Develop group strategies and personal goals for including persons of diverse backgrounds and abilities in physical activity settings.

Grade 9

FitwareNo 5.1

FitwareSpecific 9.5.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate collaboration as a group and individually contribute to the group's success through a variety of noncompetitive duties.

Grade 9

FitwareNo 5.1

FitwareSpecific 9.5.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Apply rules, biomechanical principles, problem solving and concepts to traditional and non-traditional movement settings.

Grade 9

FitwareNo 5.2

FitwareSpecific 9.5.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Apply rules, biomechanical principles, problem solving and concepts to traditional and non-traditional movement settings.

Grade 10

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Engage in various duties as they pertain to games and sport such as but not limited to the sport education model (official, team coach, and equipment manager).

Grade 10

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Demonstrate knowledge of officiating, judging, or refereeing concepts in three different activities.

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

Participate at a competent level in at least one team sport through small-sided games or experiences while demonstrating conceptual knowledge of biomechanical, physiological, and sports psychology principles.

Grade 10

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

Participate at a competent level in at least one individual or dual sport through small-sided games or experiences utilizing biomechanical, psychological, and physiological concepts. [addressed in grade 9]

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

Participate at a competent level in at least one other movement form utilizing biomechanical, psychological, and physiological concepts: Dance; Gymnastics; Aquatics; Outdoor pursuits or Other non-traditional activities.

Grade 10

FitwareNo 2.1

FitwareSpecific 10.2.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Analyze and apply information and statistical data about personal and group performance to the improvement of personal fitness and game play, such as fitness scores or statistics from game play to improve offense and defense.

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

Apply rules, biomechanical principles, problem solving and concepts to traditional and non-traditional movement settings.

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

Apply physiological principles, (e.g., warm-up/cool-down, overload, frequency, intensity, specificity, and progression) and biomechanical principles (e.g., force, leverage, and type of contraction) related to exercise and training.

Grade 10

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

Demonstrate competence in basic offensive and defensive strategies or tactics in traditional and non-traditional team, individual, and dual activities.

Grade 10

FitwareNo 2.4

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

Identify and evaluate the six skill related components of fitness. [addressed in grade 9]

Grade 10

FitwareNo 3.1

FitwareSpecific 9.3.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Participate regularly in health-enhancing and personally rewarding physical activity outside the physical education class setting

Grade 10

FitwareNo 3.2

FitwareSpecific 10.3.2

Fitware Grade Level Standard

Evaluates the availability and quality of fitness resources in the community.

Fitware Unit Level Standard

State Standard

Identify and utilize resources in the community that can be accessed to maintain regular physical activity.

Grade 10

FitwareNo 4.1

FitwareSpecific 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Identify and evaluate the health-related components of fitness.

Grade 10

FitwareNo 4.2

FitwareSpecific 10.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Apply physiological principles, (e.g., warm-up/cool-down, overload, frequency, intensity, specificity, and progression) and biomechanical principles (e.g., force, leverage, and type of contraction) related to exercise and training.

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

Analyze and apply information and statistical data about personal and group performance to the improvement of personal fitness and game play, such as fitness scores or statistics from game play to improve offense and defense.

Grade 10

FitwareNo 4.2

FitwareSpecific 9.4.2.04

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

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

State Standard

Investigate positive and negative attitudes towards exercise and physical activities. [addressed in grade 9]

Grade 10

FitwareNo 4.2

FitwareSpecific 9.4.2.04

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

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

State Standard

Identify the physical fitness requirements of an occupational choice. [addressed in grade 9]

Grade 10

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

Recognize and apply current safety techniques and best practices as related to fitness and nutrition.
[addressed in grade 9]

Grade 10

FitwareNo 5.1

FitwareSpecific 10.5.1

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Demonstrate respect for individual differences in physical activity settings utilizing character education and sportsmanship.

Grade 10

FitwareNo 5.1

FitwareSpecific 10.5.1

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Develop group strategies and personal goals for including persons of diverse backgrounds and abilities in physical activity settings.

Grade 10

FitwareNo 5.1

FitwareSpecific 10.5.1

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Demonstrate collaboration as a group and individually contribute to the group's success through a variety of noncompetitive duties.

Grade 10

FitwareNo 5.1

FitwareSpecific 10.5.1

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Apply rules, biomechanical principles, problem solving and concepts to traditional and non-traditional movement settings.

Grade 10

FitwareNo 5.2

FitwareSpecific 10.5.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Apply rules, biomechanical principles, problem solving and concepts to traditional and non-traditional movement settings.