

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Adapt a skill to the demands of the environment (e.g., stopping, passing, kicking, striking, throwing, catching, bounce or chest pass).

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Apply teacher and peer feedback to improve motor performance.

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Demonstrate mature form in object control skills (e.g., dribbling a soccer ball).

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Demonstrate object control skills to complete a task (e.g., throwing, catching).

**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**

Apply basic offensive/defensive strategies (e.g., screening, movement away from the ball) in physical activities and games in small and large groups.

**Grade** 5                    **FitwareNo** 2.2                    **FitwareSpecific** 5.2.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Apply concepts (e.g., appropriate practice improves performance) that impact quality of movement.

**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**

Apply concepts (e.g., appropriate practice improves performance) that impact quality of movement.

**Grade** 5                    **FitwareNo** 2.1                    **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**

Apply concepts (e.g., appropriate practice improves performance) that impact quality of movement.

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

**Fitware Grade Level Standard**

Describes the physical benefits of regular participation in physical activity.

**Fitware Unit Level Standard**

**State Standard**

Identify health benefits associated with muscular strength and endurance (e.g., increase stamina, increase power).

**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 moderate to vigorous physical activity (e.g., free play, play with peers, organized activity).

**Grade** 5                    **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**

Apply fitness assessments to set a fitness goal (e.g., show improvement in one or more health related components of fitness).

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

**Fitware Grade Level Standard**

Describes the physical benefits of regular participation in physical activity.

**Fitware Unit Level Standard**

**State Standard**

Describe the relationship between regular participation in physical activity and physical fitness (e.g., how different levels of activity can affect physical fitness, using the Fitness Education Pyramid).

**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**

Identify immediate physiological responses to muscular strength and endurance activities (e.g., muscular fatigue, muscular discomfort).

**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**

Accept responsibility for their actions during physical activities without displaying negative reactions toward others.

**Grade** 5                    **FitwareNo** 5.1                    **FitwareSpecific** 5.5.1.02

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

Contributes ideas and listens with empathy to the ideas of everyone in a cooperative activity.

**State Standard**

Demonstrate appropriate communication skills during small group physical activities (e.g., listening to the needs of others, using appropriate tone of voice).

**Grade** 5                    **FitwareNo** 5.1                    **FitwareSpecific** 5.5.1.02

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

Contributes ideas and listens with empathy to the ideas of everyone in a cooperative activity.

**State Standard**

Demonstrate cooperation and respect to others, in large groups, to achieve a common goal during physical activities.

**Grade** 5                    **FitwareNo** 5.2                    **FitwareSpecific** 5.5.2.03

**Fitware Grade Level Standard**

Accepts responsibility for personal safety during physical activity.

**Fitware Unit Level Standard**

Follows class procedures.

**State Standard**

Demonstrate the ability to work independently on task until completed.

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

**Fitware Grade Level Standard**

Expresses personal feelings through a movement-based routine.

**Fitware Unit Level Standard**

**State Standard**

Combine non-locomotor skills in a sequence (e.g., tuck and straddle, bend and squat).

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Demonstrate the combination of locomotor, non-locomotor, and object control skills in modified team or individual sports (e.g., trapping and dribbling in soccer).

**Grade** 6                    **FitwareNo** 2.1                    **FitwareSpecific** 6.2.1

**Fitware Grade Level Standard**

Explains how to provide appropriate feedback to a partner who is developing or improving specialized skills.

**Fitware Unit Level Standard**

**State Standard**

Provide feedback (e.g., verbal, nonverbal, and constructive) to others on a variety of motor skills to improve motor performance.

**Grade** 6                    **FitwareNo** 6.4                    **FitwareSpecific** 6.6.4

**Fitware Grade Level Standard**

Describes the health benefits of regular participation in physical activity.

**Fitware Unit Level Standard**

**State Standard**

Identify health benefits (e.g., disease prevention) and risks (e.g., obesity) associated with the effect of physical activity on body composition.

**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 for physical activity within the school setting (e.g., intramural and interscholastic sports).

**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 regularly in moderate to vigorous physical activity (e.g., during school day, before and after school, organized outside school 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**

Demonstrate ways to monitor the body's response to physical activity (e.g., checking pulse with fingers, using a heart rate monitor).

**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**

Identify physical activities (e.g., swimming, jogging for cardio respiratory fitness) for the development and maintenance of each component of health-related 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**

Set goals related to personal fitness assessments (e.g., use the results of fitness assessment to set specific goals, such as increasing the number of sit-ups completed in one minute).

**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**

Demonstrate appropriate communication skills during large group physical activities (e.g., listening to the needs of others, using appropriate tone of voice).

**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**

Explain the importance of rules, procedures, and etiquette in physical activities (e.g., safety, fairness, organization, inclusion).

**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**

Use safety precautions and procedures (e.g., safety gear, appropriate use of equipment, spotting techniques) in physical activity settings.

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Demonstrate a variety of rhythmic movements (e.g., square dance, line dance, folk dance, jump rope routines).

**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**

Apply the principles of training and conditioning (e.g., using target heart rate zone to monitor intensity, warm up and cool down) to various activities

**Grade** 7                    **FitwareNo** 2.5                    **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 the components of skill-related fitness (i.e., agility, balance, coordination, power, speed, reaction time).

**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 opportunities for physical activity in the community (e.g., sports, parks and recreation leagues, health clubs, walking and biking paths)

**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**

Identify relationships between physical activity and effects on the body (e.g., reduce stress, social interaction, increased energy).

**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 moderate to vigorous physical activity (e.g., during school day, before and after school, organized outside school activity).

**Grade** 7                    **FitwareNo** 4.1                    **FitwareSpecific** 7.4.1

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Analyze the body's physiological response to various types of exercise or activity (e.g., maintaining target heart rate zone in a variety of activities).

**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**

Identify physical activities that enhance each component of health-related fitness (e.g., swimming and jogging for cardio respiratory fitness).

**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**

Demonstrate appropriate conflict resolution skills (e.g., using "I" messages, allowing the right to agree and disagree)

**Grade** 7                    **FitwareNo** 5.2                    **FitwareSpecific** 7.5.2

**Fitware Grade Level Standard**

Accepts responsibility for individual improvement during challenging physical activity.

**Fitware Unit Level Standard**

**State Standard**

Demonstrate self-control (e.g., positive attitude, sportsmanship, etiquette) during physical activities

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Demonstrate movement patterns (e.g., screening in basketball, move to the open space) in modified team and individual 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**

Apply offensive and defensive strategies (e.g., home base, ready position, strategies for singles vs. doubles) in a variety of modified team and individual sports.

**Grade** 8            **FitwareNo** 2.2            **FitwareSpecific** 8.2.2

**Fitware Grade Level Standard**

Explains how force can be used to alter the outcome of a skill performance.

**Fitware Unit Level Standard**

**State Standard**

Identify biomechanical concepts (e.g., range of motion, angle of contact, leverage, force, speed, center of gravity) that govern different types of movement.

**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**

Explain the long-term physiological benefits (e.g., increased energy, improved health related fitness, disease prevention) of physical activity.

**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 moderate to vigorous physical activity (e.g., during school day, before and after school, organized outside of school activity).

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

Analyze the body's physiological response to caloric consumption and expenditure.

**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**

Interpret the results of a physical fitness assessment to establish personal fitness goals.

**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**

Demonstrate respect for others (regardless of gender, ability level, physical or mental challenges, ethnic background, and socioeconomic status) 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**

Identify potentially dangerous consequences of participation in physical activities (e.g., physical injury, dehydration, overheating, overuse).

**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**

Identify potentially dangerous consequences of participation in physical activities (e.g., physical injury, dehydration, overheating, overuse).

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Apply intermediate skills in physical activities (e.g., arm strokes in swimming, balance in dance, arm swing in serving).

**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 intermediate biomechanical concepts that govern different types of movement (e.g., running on various surfaces, releasing a thrown object at different angles)

**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**

Explain intermediate biomechanical concepts that govern different types of movement (e.g., how friction of different surfaces affects movement, how angle of launch affects trajectory and distance of a throw).

**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**

Explain the psychological principles (e.g., positive self-talk, visualization, relaxation) that govern achievement, maintenance, and improvement of motor skills.

**Grade** 9                    **FitwareNo** 2.5                    **FitwareSpecific** 9.2.5

**Fitware Grade Level Standard**

Analyzes performance strategies for improved performance in rhythms and dance, aquatics, and individual and dual sports.

**Fitware Unit Level Standard**

**State Standard**

Explain the psychological principles (e.g., positive self-talk, visualization, relaxation) that govern achievement, maintenance, and improvement of motor skills.

**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**

Explain the skill-related components (i.e., agility, power, balance, coordination, reaction time, speed) that govern achievement, maintenance, and improvement of motor skills.

**Grade** 9            **FitwareNo** 6.4            **FitwareSpecific** 9.6.4

**Fitware Grade Level Standard**

Explains the role of physical activity in the prevention of disease and the reduction of health care costs.

**Fitware Unit Level Standard**

**State Standard**

Compare physical fitness activities for their health enhancing potential and benefits.

**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**

Evaluate personal participation in physical activity in and out of school using various methods of documentation (e.g., physical activity log, pedometer steps).

**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**

Explain a variety of factors (e.g., cost of activity, available facilities, required equipment, required time, physical limitations) that impact participation in physical activity.

**Grade** 9                    **FitwareNo** 6.4                    **FitwareSpecific** 9.6.4

**Fitware Grade Level Standard**

Explains the role of physical activity in the prevention of disease and the reduction of health care costs.

**Fitware Unit Level Standard**

**State Standard**

Explain the long-term psychological (e.g., healthy self-image, improved confidence, stress reduction) benefits of physical activity. [addressed more specifically in grade 10]

**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 moderate to vigorous physical activity (e.g., during the school day, before and after school, organized outside school 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**

Adjust activity levels to meet personal fitness needs (e.g., monitor target heart rate or rate of perceived exertion and adjust level of intensity as appropriate).

**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**

Compare physical fitness activities for their health enhancing potential and benefits.

**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**

Describe a physically active lifestyle across a lifespan (e.g., active lifestyle timeline, survey a relative about activity habits).

**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**

Explain the physiological principles (e.g., overload, progression, specificity, FITT) that govern achievement and maintenance of health-related fitness goals.

**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**

Interpret recorded health-related physical fitness data for maintaining or improving levels of fitness.

**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**

Explain appropriate behaviors (e.g., teamwork, tolerance, respect, compassion) while participating in group settings to achieve a common goal.

**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**

Explain the potential for physical injury (e.g., potential dangers of high sticking) and property/equipment damage (e.g., misuse of equipment) while participating in physical activities or sports.

**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**

Identify ethical decision-making, both independently and with others, in physical activity settings (e.g., respect for self and others, knowledge of rules, avoidance of inappropriate language, anger management, etiquette, fair play).

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Apply advanced skills in physical activities (e.g., arm and leg strokes in swimming, balance and change in levels in dance, arm swing and footwork in serving).

**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**

Analyze movement patterns (e.g., golf swing, basketball free throw, dance) to improve performance.

**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 advanced biomechanical concepts that govern different types of movement (e.g., running with different footwear on various surfaces, releasing a thrown object into and with the wind at different angles).

**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**

Apply the psychological principles (e.g., positive self-talk, visualization, relaxation) that govern achievement, maintenance, and improvement of motor skills.

**Grade** 10      **FitwareNo** 2.5      **FitwareSpecific** 10.2.5

**Fitware Grade Level Standard**

Analyzes performance strategies for improved performance in tumbling and gymnastics, combatives, and team sports.

**Fitware Unit Level Standard**

**State Standard**

Apply the skill-related components (i.e., agility, power, balance, coordination, reaction time, speed) that govern achievement, maintenance, and improvement of motor skills.

**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**

Explain advanced biomechanical concepts that govern different types of movement (e.g., how friction of different footwear and surfaces affects movement, how wind affects trajectory and distance of a thrown object).

**Grade** 10      **FitwareNo** 6.4      **FitwareSpecific** 10.6.4

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Analyze long-term physiological benefits (e.g., weight management, blood pressure regulation) of regular participation in physical activity. [addressed specifically in grade 9]

**Grade** 10      **FitwareNo** 6.4      **FitwareSpecific** 10.6.4

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Analyze the relationship between daily lifestyle choices and lifelong health (e.g., body composition-diabetes, heart disease-CPR/ First Aid training; muscle strength-low back pain, proper nutritional practices, drug awareness). [addressed specifically in grade 9]

**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 student-initiated physical activity both in and out of school (e.g., intramural and interscholastic sports, parks and recreation leagues, health clubs, walking and biking)

**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**

Analyze personal fitness data and compare scores to physiological changes over time (e.g., height, weight, age).

**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**

Analyze various methods (e.g., personal logs, data collection, self assessments) for monitoring activity levels to meet personal physical fitness needs (e.g., gaining weight, losing weight, increasing flexibility).

**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**

Apply strategies to monitor and adjust activity levels to meet personal fitness needs (e.g., monitor target heart rate or rate of perceived exertion and adjust level of intensity as appropriate).

**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 the physiological principles (e.g., overload, progression, specificity, FITT) that govern achievement and maintenance of personal health-related fitness goals.

**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 appropriate behaviors (e.g., teamwork, tolerance, respect, compassion) while participating in group settings to achieve a common goal.

**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**

Demonstrate ethical decision-making independently and with others in physical activity settings (e.g., respect for self and others, knowledge of rules, avoidance of inappropriate language, anger management, etiquette, fair play).

**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**

Explain procedures and safe practices for physical activity settings. [addressed specifically in grade 9]

**Grade** 19      **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**

Know how to monitor and adjust activity levels to meet personal fitness needs.