

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 mature forms of locomotor patterns and nonlocomotor skill combinations.

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 the mature forms of manipulative skills.

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 the ability to adapt and adjust a combination of movement skills in applied settings.

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 beginning skills of selected specialized movement forms.

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

Identify and apply principles of skill development to improve and enhance performance.

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

Demonstrate basic strategies in non-complex settings.

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 physical activity in both school and non-school settings.

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

Monitor physiological indicators that accompany moderate to vigorous physical activity and adjust activity accordingly.

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

Identify strengths and weaknesses based upon health-related fitness testing.

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

Engage in physical activities specifically related to each component of 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

Achieve desired levels of health-related fitness.

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

Work individually and cooperatively to develop an awareness of and appreciation for individual differences.

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

Follow activity-specific safe practices, rules, procedures, and etiquette during physical activity.

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

Attribute success and improvement to effort and practice.

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

Recognize physical activity as a positive opportunity for social development and group interaction.

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 physiological and psychological benefits that result from 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 competency in modified versions in at least one activity from three of the following categories: aquatics, dance, fitness activities, individual/dual sports, outdoor pursuits, self-defense, team sports, tumbling/gymnastics.

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

Explain principles of practice that enhance movement performance.

Grade 6

FitwareNo 2.2

FitwareSpecific 6.2.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain biomechanical principles related to skill development.

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 apply strategies and tactics within game play.

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

Define the critical elements of more 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 regularly in physical activities in both school and non-school settings to accomplish personal activity 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

Utilize criterion-referenced standards 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

Achieve personal fitness based on criterion-referenced standards, taking into account variation in entry level and the long-term goal of achieving health-related fitness.

Grade 6

FitwareNo 4.2

FitwareSpecific 6.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain principles of conditioning that enhance health-related fitness.

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

Participate cooperatively in physical activity with persons of diverse characteristics and backgrounds.

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

Assist in establishing class rules related to safety practices and procedures.

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

Analyze the physical, emotional, and social benefits of 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 competency in modified versions in at least one activity from three of the following categories: aquatics, dance, fitness activities, individual/dual sports, outdoor pursuits, self-defense, team sports, tumbling/gymnastics.

Grade 7

FitwareNo 2.1

FitwareSpecific 7.2.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain principles of practice that enhance movement performance.

Grade 7

FitwareNo 2.2

FitwareSpecific 7.2.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain biomechanical principles related to skill development.

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 apply strategies and tactics within game play.

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

Define the critical elements of more 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 regularly in physical activities in both school and non-school settings to accomplish personal activity goals.

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

Utilize criterion-referenced standards of health-related 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

Achieve personal fitness based on criterion-referenced standards, taking into account variation in entry level and the long-term goal of achieving health-related fitness.

Grade 7

FitwareNo 4.2

FitwareSpecific 7.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain principles of conditioning that enhance health-related fitness.

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

Seek personally enjoyable and challenging experiences in physical activity opportunities.

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

Analyze the physical, emotional, and social benefits of physical activity.

Grade 8

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Explore career/employment opportunities in fields related to 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 competency in modified versions in at least one activity from three of the following categories: aquatics, dance, fitness activities, individual/dual sports, outdoor pursuits, self-defense, team sports, tumbling/gymnastics.

Grade 8

FitwareNo 2.1

FitwareSpecific 8.2.1

Fitware Grade Level Standard

Analyzes the effect of positive transfer on specialized skill improvement.

Fitware Unit Level Standard

State Standard

Explain principles of practice that enhance movement performance.

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

Explain biomechanical principles related to skill development.

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 apply strategies and tactics within game play.

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

Define the critical elements of more advanced movement skills.

Grade 8

FitwareNo 3.1

FitwareSpecific 8.3.1.04

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week based on personal goals.

State Standard

Set personal physical activity goals independently to meet needs and interests.

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 regularly in physical activities in both school and non-school settings to accomplish personal activity goals.

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

Achieve personal fitness based on criterion-referenced standards, taking into account variation in entry level and the long-term goal of achieving health-related 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

Utilize criterion-referenced standards of health-related fitness.

Grade 8

FitwareNo 4.2

FitwareSpecific 8.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain principles of conditioning that enhance health-related fitness.

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

Make responsible decisions to resolve and/or avoid conflicts.

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

Seek personally enjoyable and challenging experiences in physical activity opportunities.

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

Analyze the physical, emotional, and social benefits of 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 competency in basic and advanced skills and tactics in at least one activity from each of three of the following categories: aquatics, dance, fitness activities, individual/dual sports, outdoor pursuits, self-defense, and team sports.

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

Apply concepts and principles of human movement to the development of motor skills and the learning of new skills.

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

Analyze movement forms and apply proper strategies and tactics 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

Pursue lifetime physical activities that meet individual needs.

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

Refine skills, expand knowledge, cultivate interest and strengthen desire to independently maintain an active lifestyle.

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

Refine skills, expand knowledge, cultivate interest and strengthen desire to independently maintain an active lifestyle.

Grade 9

FitwareNo 4.1

FitwareSpecific 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Achieve desired levels of health-related fitness.

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

Apply scientific and medical knowledge to aspects of exercise and injury prevention.

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 skill and knowledge to create a fitness program based on personal 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

Apply scientific and medical knowledge to aspects of exercise and injury prevention.

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

Refine skills, expand knowledge, cultivate interest and strengthen desire to independently maintain an active lifestyle.

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 and implement strategies in physical activity to promote inclusion of people of varying abilities and diverse cultural backgrounds.

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 responsible behavior, function independently and responsibly, and positively influence the behavior of others.

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

Refine skills, expand knowledge, cultivate interest and strengthen desire to independently maintain an active lifestyle.

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

Justify why participation in physical activity can be enjoyable and desirable.

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

Refine skills, expand knowledge, cultivate interest and strengthen desire to independently maintain an active 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 competency in basic and advanced skills and tactics in at least one activity from each of three of the following categories: aquatics, dance, fitness activities, individual/dual sports, outdoor pursuits, self-defense, and team sports.

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 concepts and principles of human movement to the development of motor skills and the learning of new skills.

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

Analyze movement forms and apply proper strategies and tactics to a variety of physical activities.

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

Refine skills, expand knowledge, cultivate interest and strengthen desire to independently maintain an active lifestyle.

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

Pursue lifetime physical activities that meet individual needs.

Grade 10

FitwareNo 3.2

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Investigate opportunities for employment related to physical activity.

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

Refine skills, expand knowledge, cultivate interest and strengthen desire to independently maintain an active lifestyle.

Grade 10

FitwareNo 4.1

FitwareSpecific 10.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Achieve desired levels of health-related 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

Refine skills, expand knowledge, cultivate interest and strengthen desire to independently maintain an active lifestyle.

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 scientific and medical knowledge to aspects of exercise and injury prevention.

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 skill and knowledge to create a fitness program based on personal 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 responsible behavior, function independently and responsibly, and positively influence the behavior of others.

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

Refine skills, expand knowledge, cultivate interest and strengthen desire to independently maintain an active lifestyle.

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

Refine skills, expand knowledge, cultivate interest and strengthen desire to independently maintain an active lifestyle.

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

Justify why participation in physical activity can be enjoyable and desirable.