

**Grade 5**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Recognize and accept the existence of individual uniqueness in physical activity settings.

**Grade 5**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Identify individual similarities and differences in physical activity 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 developmentally mature patterns in a wide variety of locomotor, non-locomotor and 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**

Apply fundamental motor skills in a variety of physical activities, such as low organized games, rhythmic activities, fitness activities, tumbling/gymnastics.

**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**

Begin to combine fundamental motor skills to develop more complex motor 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**

Begin to use more complex motor skills in a variety of physical activities.

**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**

Use feedback from teachers, peers, and other mediums (visual aids, computers, etc.) to improve motor skill performance and cognitive understanding.

**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**

Transfer concepts learned in other skills and games for performance of new skill and game.

**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**

Use a movement vocabulary when describing motor skill performance.

**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**

Explain the use of movement concepts during motor skill performance.

**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**

Describe critical elements of fundamental motor skills and begin to identify the critical elements of more complex skills.

**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**

Explain the use of movement concepts during motor skill performance.

**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**

Use a movement vocabulary when describing motor skill performance.

**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 daily physical activities that promote healthy lifestyles. *student logs* based on personal abilities and interests.

**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 daily health-enhancing physical activities.

**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**

Participate in formal physical fitness assessment.

**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**

Use personal fitness assessment data to enhance his/her understanding of 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**

Show improvement in all components of health-related 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**

Participate in aerobic, anaerobic, muscular strength/endurance and flexibility activities.

**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**

Use a beginning level of technology to record physical fitness assessment data.

**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 health-related fitness components inherent in various activities.

**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 productively and respectfully with others to achieve a group goal.

**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**

Display acceptance of others through verbal and non-verbal behaviors.

**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 a tolerance for individual differences.

**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**

Resolve conflict in socially acceptable 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**

Describe responsible behavior in physical activity settings.

**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**

Identify and follow safety rules for all activities.

**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**

Demonstrate responsible behavior in physical activity settings.

**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**

Discuss reasons for participating in physical activity.

**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 personal reasons for participating in physical activity.

**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 health benefits that result from regular and appropriate participation in physical activity.

**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 short and long term benefits of engaging in health-related 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**

Identify the value of participation in physical activities.

**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 benefits and challenges of working in a group.

**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**

Combine and refine fundamental motor skills to competently participate in a variety of physical activities.

**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**

Apply fundamental and complex motor skills in a variety of physical activities

**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**

Use feedback from teachers, peers, other mediums, and a beginning level of self-assessment to improve motor skill performance and cognitive understanding.

**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**

Use feedback from teachers, peers, other mediums, and a beginning level of self-assessment to improve motor skill performance and cognitive understanding.

**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**

Analyze the use of movement concepts during motor skill 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**

Use a movement vocabulary when describing motor skill 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**

Analyze the use of movement concepts during motor skill performance.

**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 use of strategies/tactics within a variety of physical activities.

**Grade** 6

**FitwareNo** 2.3

**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 when, why, and how to use 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**

Describe critical elements of complex motor skills.

**Grade 6**

**FitwareNo 3.1**

**FitwareSpecific 6.3.1**

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Participate in daily physical activities that promote a healthy lifestyle based on personal abilities and interests.

**Grade 6**

**FitwareNo 3.1**

**FitwareSpecific 6.3.1**

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Participate in daily health-enhancing physical activities.

**Grade** 6

**FitwareNo** 4.1

**FitwareSpecific** 6.4.1.01

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

Participates in fitness pre-assessment.

**State Standard**

Use personal fitness assessment data to enhance his/her understanding of 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**

Show improvement in all components 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**

Participate in aerobic, anaerobic, muscular strength/endurance and flexibility activities

**Grade** 6

**FitwareNo** 4.1

**FitwareSpecific** 6.4.1.01

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

Participates in fitness pre-assessment.

**State Standard**

Participate in formal physical fitness assessment.

**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**

Use a beginning level of technology to analyze, assess and improve one's fitness level

**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**

Design a comprehensive personal fitness plan based upon fitness assessment results.

**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 health-related fitness components inherent in various 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**

Articulate the various roles of group members.

**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**

Reflect on personal role(s) within a group.

**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 productively in both cooperative and competitive group 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**

Demonstrate positive attitudes towards self and others through verbal and non-verbal behaviors.

**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**

Display sensitivity toward others in physical activity settings.

**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**

Develop strategies for including others in physical activity settings.

**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**

Accept responsibility for being part of a group by contributing toward group success.

**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**

Identify, follow and when appropriate, create safety guidelines for participation in activities.

**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**

Demonstrate responsible behavior in physical activity settings.

**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 long-term benefits that may result from regular participation in physical activity

**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 effects of activity on stress levels.

**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 the value of personally participating in physical activities.

**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**

Combine and refine fundamental motor skills to competently participate in a variety of physical activities.

**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**

Apply fundamental and complex motor skills in a variety of physical activities

**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**

Use feedback from teachers, peers, other mediums, and a beginning level of self-assessment to improve motor skill performance and cognitive understanding.

**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**

Analyze the use of movement concepts during motor skill 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**

Analyze the use of movement concepts during motor skill 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**

Use a movement vocabulary when describing motor skill performance.

**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 use of strategies/tactics within a variety of physical activities.

**Grade** 7

**FitwareNo** 2.3

**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 when, why, and how to use 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**

Describe critical elements of complex motor skills.

**Grade** 7

**FitwareNo** 3.1

**FitwareSpecific** 7.3.1

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Participate in daily physical activities that promote a healthy lifestyle based on personal abilities and interests.

**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 daily health-enhancing physical activities.

**Grade** 7

**FitwareNo** 4.1

**FitwareSpecific** 7.4.1

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Participate in aerobic, anaerobic, muscular strength/endurance and flexibility activities

**Grade** 7

**FitwareNo** 4.1

**FitwareSpecific** 7.4.1.01

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

Participates in fitness pre-assessment.

**State Standard**

Participate in formal physical fitness assessment.

**Grade** 7

**FitwareNo** 4.1

**FitwareSpecific** 7.4.1.01

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

Participates in fitness pre-assessment.

**State Standard**

Use personal fitness assessment data to enhance his/her understanding of 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**

Show improvement in all components 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**

Use a beginning level of technology to analyze, assess and improve one's fitness level

**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 health-related fitness components inherent in various 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**

Design a comprehensive personal fitness plan based upon fitness assessment results.

**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**

Resolve conflicts and accept decisions of judgment in socially acceptable ways.

**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 responsible behavior in physical activity settings.

**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**

Identify, follow and when appropriate, create safety guidelines for participation in activities.

**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 long-term benefits that may result from regular participation in physical activity

**Grade** 7

**FitwareNo** 6.4

**FitwareSpecific** 7.6.4

### **Fitware Grade Level Standard**

Describes the social benefits of regular participation in physical activity.

### **Fitware Unit Level Standard**

### **State Standard**

Identify the value of personally participating in physical activities.

**Grade 8**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Set personal physical activity goals.

**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**

Combine and refine fundamental motor skills to competently participate in a variety of physical activities.

**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**

Apply fundamental and complex motor skills in a variety of physical activities

**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**

Use feedback from teachers, peers, other mediums, and a beginning level of self-assessment to improve motor skill performance and cognitive understanding.

**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**

Analyze the use of movement concepts during motor skill 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**

Analyze the use of movement concepts during motor skill 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**

Use a movement vocabulary when describing motor skill performance.

**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**

Demonstrate use of strategies/tactics within a variety of physical activities.

**Grade 8**

**FitwareNo 2.3**

**FitwareSpecific 8.3.2**

**Fitware Grade Level Standard**

Explains ways of increasing physical activity in routine daily activities.

**Fitware Unit Level Standard**

**State Standard**

Identify when, why, and how to use 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**

Describe critical elements of complex motor skills.

**Grade 8**

**FitwareNo 3.1**

**FitwareSpecific 8.3.1**

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Participate in daily physical activities that promote a healthy lifestyle based on personal abilities 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 in daily health-enhancing physical activities.

**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 aerobic, anaerobic, muscular strength/endurance and flexibility activities

**Grade** 8

**FitwareNo** 4.1

**FitwareSpecific** 8.4.1.01

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

Participates in fitness pre-assessment.

**State Standard**

Participate in formal physical fitness assessment.

**Grade** 8

**FitwareNo** 4.1

**FitwareSpecific** 8.4.1.01

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

Participates in fitness pre-assessment.

**State Standard**

Use personal fitness assessment data to enhance his/her understanding of 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**

Show improvement in all components of 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**

Use a beginning level of technology to analyze, assess and improve one's fitness level

**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 health-related fitness components inherent in various 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**

Design a comprehensive personal fitness plan based upon fitness assessment results.

**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**

Discuss the difference between ethical and unethical behavior in physical activity 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**

Demonstrate ethical behavior in physical activity 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**

Resolve conflicts and accept decisions of judgment in socially acceptable ways.

**Grade** 8

**FitwareNo** 5.2

**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**

Accept the existence of individual uniqueness in physical activity settings. [addressed in fifth grade]

**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**

Accept responsibility for being part of a group by contributing toward group success.

**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**

Demonstrate responsible behavior in physical activity settings.

**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, follow and when appropriate, create safety guidelines for participation in activities.

**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**

Identify long-term benefits that may result from regular participation in physical activity

**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**

Identify the value of personally participating in physical activities.

**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**

Identify effects of activity on stress levels.

**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 many and proficiency in a few complex motor skills.

**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**

Apply complex motor skills in a wide variety of leisure and work-related physical activities.

**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**

Use feedback from teachers, peers, other mediums, and self to improve motor skill performance and cognitive understanding.

**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**

Identify movement concepts and principles to independently refine their skills and apply them to the learning of new skills.

**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**

Use a movement vocabulary when describing motor skill performance.

**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**

Evaluate the use of movement concepts during motor skill performance.

**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**

Identify movement concepts and principles to independently refine their skills and apply them to 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**

Demonstrate use of strategies/tactics within a variety of physical activities.

**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**

Explain appropriate strategical and tactical decisions during game play (what to do when and why).

**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**

Differentiate between health-related and skill-related fitness components inherent in various activities.

**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**

Describe critical elements of complex motor skills. [addressed in grades 5-8]

**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**

Evaluate the use of movement concepts during motor skill performance.

**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 daily enhancing and personally rewarding physical activities.

**Grade** 9

**FitwareNo** 4.1

**FitwareSpecific** 9.4.1

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Participate in annual fitness assessment.

**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 the minimum level on all health-related fitness components.

**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**

Use technology to analyze, assess and improve one's physical activity and fitness levels.

**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**

Develop and implement a personal fitness program based on his/her fitness profile.

**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**

Differentiate between health-related and skill-related fitness components inherent in various activities.

**Grade** 9

**FitwareNo** 4.2

**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**

Examine the correlation between modifiable health-related risk factors and health-related 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**

Analyze the contributions of group members.

**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**

Reflect on personal contribution(s) within a group.

**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 positive attitudes towards self and others through verbal and non-verbal behaviors.

**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 strategies for including others 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**

Advocate for including all people in physical activity settings. [addressed in grade 5]

**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, follow and, when appropriate, create safety guidelines for participation in physical activity 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**

Demonstrate ethical behavior in physical activity settings

**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**

Identify the value of personally participating in physical activities.

**Grade 10**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Develop a physical activity plan based on individual needs and interests.

**Grade 10**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Analyze the difference between ethical and unethical behavior in physical activity settings.

**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 many and proficiency in a few complex motor skills.

**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**

Apply complex motor skills in a wide variety of leisure and work-related physical activities.

**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**

Use feedback from teachers, peers, other mediums, and self to improve motor skill performance and cognitive understanding.

**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**

Identify movement concepts and principles to independently refine their skills and apply them to the learning of new skills.

**Grade** 10

**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**

Use a movement vocabulary when describing motor skill 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**

Identify movement concepts and principles to independently refine their skills and apply them to the learning of new 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**

Evaluate the use of movement concepts during motor skill performance.

**Grade** 10

**FitwareNo** 2.3

**FitwareSpecific** 10.2.3

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Explain appropriate strategical and tactical decisions during game play (what to do when and why).

**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**

Demonstrate use of strategies/tactics within a variety of physical activities.

**Grade** 10

**FitwareNo** 2.4

**FitwareSpecific** 10.2.4

### **Fitware Grade Level Standard**

Explains how to select and modify physical activities to allow for participation by younger children, the elderly, and individuals with special needs.

### **Fitware Unit Level Standard**

### **State Standard**

Describe how activity participation patterns are likely to change throughout life and identify strategies to deal with those changes.

**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**

Evaluate the use of movement concepts during motor skill performance.

**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**

Describe critical elements of complex motor skills. [addressed in grades 5-8]

**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 daily enhancing and personally rewarding physical activities.

**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**

Use technology to analyze, assess and improve one's physical activity and fitness levels.

**Grade** 10

**FitwareNo** 4.1

**FitwareSpecific** 10.4.1

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Participate in annual fitness assessment.

**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 the minimum level on all health-related fitness components.

**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**

Recognize the role of the leader and follower within a group in order to achieve physical activity 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**

Resolve conflicts and accept decisions of judgment in socially acceptable ways. [addressed more specifically in grades 7 and 8]

**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**

Advocate for including all people in physical activity settings. [addressed in grade 5]

**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 positive attitudes towards self and others through verbal and non-verbal behaviors.

**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**

Analyze the contributions of group members.

**Grade** 10

**FitwareNo** 5.2

**FitwareSpecific** 10.5.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Initiate independent responsible behaviors in order to be a positive influence on others in physical activity settings.

**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**

Identify the value of personally participating in physical activities.

**Grade** 9/10

**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 in daily health-enhancing and personally rewarding physical activities.