

Grade 5 **FitwareNo** **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

Create and demonstrate planned movement sequences, individually and with others, based on tempo, beat, rhythm, and music (creative, cultural, social, and fitness dance).

Grade 5 **FitwareNo** **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

Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).

Grade 5 **FitwareNo** **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 self-evaluation and external feedback to detect and correct errors in one's movement performance.

Grade 5 **FitwareNo** **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 use of offensive, defensive, and cooperative strategies in individual, dual, and team activities.

Grade 5 **FitwareNo** **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

Compare and contrast strategies used to impact individual and team effectiveness and make modifications for improvement.

Grade 5 **FitwareNo** **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 and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).

Grade 5 **FitwareNo** **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 concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.

Grade 5 **FitwareNo** **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

Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).

Grade 5 **FitwareNo** **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 the use of offensive, defensive, and cooperative strategies in individual, dual, and team activities.

Grade 5 **FitwareNo** **FitwareSpecific** 5.2.5

Fitware Grade Level Standard

Describes critical elements of fundamental movement and manipulative skills.

Fitware Unit Level Standard

State Standard

Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).

Grade 5 **FitwareNo** **FitwareSpecific** 5.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Develop and implement a fitness plan based on the assessment of one's personal fitness level, and monitor health/fitness indicators before, during, and after the program.

Grade 5 **FitwareNo** **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

Determine to what extent various activities improve skill-related fitness versus health-related fitness.

Grade 5 **FitwareNo** **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

Develop and implement a fitness plan based on the assessment of one's personal fitness level, and monitor health/fitness indicators before, during, and after the program.

Grade 5 **FitwareNo** **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

Explain and apply the training principles of frequency, intensity, time, and type (FITT) to improve personal fitness.

Grade 5 **FitwareNo** **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

Evaluate the short- and long-term effects of anabolic steroids and other performance-enhancing substances on personal health.

Grade 5 **FitwareNo** **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

Relate physical activity, healthy eating, and body composition to personal fitness and health.

Grade 5 **FitwareNo** **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

Predict how factors such as health status, interests, environmental conditions, and available time may impact personal fitness.

Grade 5 **FitwareNo** **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

Compare the roles and responsibilities of players and observers and recommend strategies to enhance sportsmanship-like behavior.

Grade 5 **FitwareNo** **FitwareSpecific** 5.5.2

Fitware Grade Level Standard

Accepts responsibility for personal safety during physical activity.

Fitware Unit Level Standard

State Standard

Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.

Grade 5 **FitwareNo** **FitwareSpecific** 5.6.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Relate the origin and rules associated with certain games, sports, and dances to different cultures.

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

Fitware Grade Level Standard

Expresses personal feelings through a movement-based routine.

Fitware Unit Level Standard

State Standard

Create and demonstrate planned movement sequences, individually and with others, based on tempo, beat, rhythm, and music (creative, cultural, social, and fitness dance).

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

Fitware Grade Level Standard

Describes the physical benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Analyze the social, emotional, and health benefits of selected physical experiences.

Grade 6 **FitwareNo** **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

Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).

Grade 6 **FitwareNo** **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

Create and demonstrate planned movement sequences, individually and with others, based on tempo, beat, rhythm, and music (creative, cultural, social, and fitness dance).

Grade 6 **FitwareNo** **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 self-evaluation and external feedback to detect and correct errors in one's movement performance.

Grade 6 **FitwareNo** **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 use of offensive, defensive, and cooperative strategies in individual, dual, and team activities.

Grade 6 **FitwareNo** **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

Compare and contrast strategies used to impact individual and team effectiveness and make modifications for improvement.

Grade 6 **FitwareNo** **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 concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.

Grade 6 **FitwareNo** **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 and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).

Grade 6 **FitwareNo** **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

Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).

Grade 6 **FitwareNo** **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 the use of offensive, defensive, and cooperative strategies in individual, dual, and team activities.

Grade 6 **FitwareNo** **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

Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Develop and implement a fitness plan based on the assessment of one's personal fitness level, and monitor health/fitness indicators before, during, and after the program.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Determine to what extent various activities improve skill-related fitness versus health-related fitness.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Develop and implement a fitness plan based on the assessment of one's personal fitness level, and monitor health/fitness indicators before, during, and after the program.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Predict how factors such as health status, interests, environmental conditions, and available time may impact personal fitness.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Relate physical activity, healthy eating, and body composition to personal fitness and health.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain and apply the training principles of frequency, intensity, time, and type (FITT) to improve personal fitness.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Evaluate the short- and long-term effects of anabolic steroids and other performance-enhancing substances on personal health.

Grade 6 **FitwareNo** **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

Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.

Grade 6 **FitwareNo** **FitwareSpecific** 6.6.1

Fitware Grade Level Standard

Describes the development and role of movement-related activities in the ancient world and their influences on physical activities today.

Fitware Unit Level Standard

State Standard

Relate the origin and rules associated with certain games, sports, and dances to different cultures.

Grade 6 **FitwareNo** **FitwareSpecific** 6.6.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Create and demonstrate planned movement sequences, individually and with others, based on tempo, beat, rhythm, and music (creative, cultural, social, and fitness dance).

Grade 6 **FitwareNo** **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 social, emotional, and health benefits of selected physical experiences.

Grade 7 **FitwareNo** **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

Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).

Grade 7 **FitwareNo** **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

Detect, analyze, and correct errors and apply to refine movement skills.

Grade 7 **FitwareNo** **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

Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).

Grade 7 **FitwareNo** **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 and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).

Grade 7 **FitwareNo** **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

Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.

Grade 7 **FitwareNo** **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

Detect, analyze, and correct errors and apply to refine movement skills.

Grade 7 **FitwareNo** **FitwareSpecific** 7.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for net and target sports.

Fitware Unit Level Standard

State Standard

Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.

Grade 7 **FitwareNo** **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

Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.

Grade 7 **FitwareNo** **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

Detect, analyze, and correct errors and apply to refine movement skills.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Analyze how medical and technological advances impact personal fitness.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.

Grade 7 **FitwareNo** **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

Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.

Grade 7 **FitwareNo** **FitwareSpecific** 7.6.1

Fitware Grade Level Standard

Describes the development and role of movement-related activities in the medieval times and their influences on physical activities today.

Fitware Unit Level Standard

State Standard

Analyze the impact of different world cultures on present-day games, sports, and dance.

Grade 7 **FitwareNo** **FitwareSpecific** 7.6.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).

Grade 7 **FitwareNo** **FitwareSpecific** 7.6.4

Fitware Grade Level Standard

Describes the social benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.

Grade 8 **FitwareNo** **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

Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).

Grade 8 **FitwareNo** **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

Detect, analyze, and correct errors and apply to refine movement skills.

Grade 8 **FitwareNo** **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

Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).

Grade 8 **FitwareNo** **FitwareSpecific** 8.2.1

Fitware Grade Level Standard

Analyzes the effect of positive transfer on specialized skill improvement.

Fitware Unit Level Standard

State Standard

Assess the effectiveness of specific mental strategies applied to improve performance. [addressed specifically at another grade level]

Grade 8 **FitwareNo** **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 and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).

Grade 8 **FitwareNo** **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

Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.

Grade 8 **FitwareNo** **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

Detect, analyze, and correct errors and apply to refine movement skills.

Grade 8 **FitwareNo** **FitwareSpecific** 8.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for invasion and field sports.

Fitware Unit Level Standard

State Standard

Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.

Grade 8 **FitwareNo** **FitwareSpecific** 8.2.4

Fitware Grade Level Standard

Analyzes the role of physical abilities in the performance of specialized skills.

Fitware Unit Level Standard

State Standard

Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.

Grade 8 **FitwareNo** **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

Detect, analyze, and correct errors and apply to refine movement skills.

Grade 8 **FitwareNo** **FitwareSpecific** 8.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Analyze how medical and technological advances impact personal fitness.

Grade 8 **FitwareNo** **FitwareSpecific** 8.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.

Grade 8 **FitwareNo** **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

Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.

Grade 8 **FitwareNo** **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

Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.

Grade 8 **FitwareNo** **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

Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.

Grade 8 **FitwareNo** **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

Determine the physical, behavioral, legal, and ethical consequences of the use of anabolic steroids and other performance-enhancing substances.

Grade 8 **FitwareNo** **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

Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.

Grade 8 **FitwareNo** **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

Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.

Grade 8 **FitwareNo** **FitwareSpecific** 8.6.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Analyze the impact of different world cultures on present-day games, sports, and dance.

Grade 8 **FitwareNo** **FitwareSpecific** 8.6.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).

Grade 8 **FitwareNo** **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

Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.

Grade 9 **FitwareNo** **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

Explain and demonstrate ways to transfer movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).

Grade 9 **FitwareNo** **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 and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.

Grade 9 **FitwareNo** **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 a variety of mental strategies to improve performance.

Grade 9 **FitwareNo** **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 and demonstrate ways to transfer movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).

Grade 9 **FitwareNo** **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

Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.

Grade 9 **FitwareNo** **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 and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.

Grade 9 **FitwareNo** **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

Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Design, implement, and evaluate a fitness plan that reflects knowledge and application of fitness-training principals.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Compare and contrast the impact of health-related fitness components as a measure of fitness and health.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Debate the use of performance-enhancing substances (i.e., anabolic steroids and other legal and illegal substances) to improve performance.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Design, implement, and evaluate a fitness plan that reflects knowledge and application of fitness-training principals.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Determine the role of genetics, gender, age, nutrition, activity level, and exercise type on body composition.

Grade 9 **FitwareNo** **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 role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior.

Grade 9 **FitwareNo** **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

Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.

Grade 9 **FitwareNo** **FitwareSpecific** 9.6.1

Fitware Grade Level Standard

Describes the historical trends in physical fitness and their impact on physical fitness today.

Fitware Unit Level Standard

State Standard

Determine the current impact of globalization and technology on the development of, participation in, and viewing of games, sports, dance, and other movement activities, and predict future impact.

Grade 9 **FitwareNo** **FitwareSpecific** 9.6.2

Fitware Grade Level Standard

Creates a line dance routine.

Fitware Unit Level Standard

State Standard

Critique a movement skill/performance and discuss how each part can be made more interesting, creative, efficient, and effective.

Grade 9 **FitwareNo** **FitwareSpecific** 9.6.2

Fitware Grade Level Standard

Creates a line dance routine.

Fitware Unit Level Standard

State Standard

Design and lead a rhythmic activity that includes variations in time, space, force, flow, and relationships (creative, cultural, social, and fitness dance).

Grade 9 **FitwareNo** **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

Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.

Grade 9 **FitwareNo** **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

Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.

Grade 9 **FitwareNo** **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 the short- and long-term impact on wellness associated with physical inactivity.

Grade 10 **FitwareNo** **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

Explain and demonstrate ways to transfer movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).

Grade 10 **FitwareNo** **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 and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.

Grade 10 **FitwareNo** **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 a variety of mental strategies to improve performance.

Grade 10 **FitwareNo** **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

Explain and demonstrate ways to transfer movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).

Grade 10 **FitwareNo** **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 application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.

Grade 10 **FitwareNo** **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 and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.

Grade 10 **FitwareNo** **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

Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.

Grade 10 **FitwareNo** **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

Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.

Grade 10 **FitwareNo** **FitwareSpecific** 10.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Design, implement, and evaluate a fitness plan that reflects knowledge and application of fitness-training principals.

Grade 10 **FitwareNo** **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

Debate the use of performance-enhancing substances (i.e., anabolic steroids and other legal and illegal substances) to improve performance.

Grade 10 **FitwareNo** **FitwareSpecific** 10.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Design, implement, and evaluate a fitness plan that reflects knowledge and application of fitness-training principals.

Grade 10 **FitwareNo** **FitwareSpecific** 10.5.1

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior.

Grade 10 **FitwareNo** **FitwareSpecific** 10.6.1

Fitware Grade Level Standard

Analyzes the influence of events in world history on sport, games, and modern Olympics in society today.

Fitware Unit Level Standard

State Standard

Determine the current impact of globalization and technology on the development of, participation in, and viewing of games, sports, dance, and other movement activities, and predict future impact.

Grade 10 **FitwareNo** **FitwareSpecific** 10.6.2

Fitware Grade Level Standard

Creates a tumbling/gymnastics routine.

Fitware Unit Level Standard

State Standard

Design and lead a rhythmic activity that includes variations in time, space, force, flow, and relationships (creative, cultural, social, and fitness dance).

Grade 10 **FitwareNo** **FitwareSpecific** 10.6.2

Fitware Grade Level Standard

Creates a tumbling/gymnastics routine.

Fitware Unit Level Standard

State Standard

Critique a movement skill/performance and discuss how each part can be made more interesting, creative, efficient, and effective.

Grade 10 **FitwareNo** **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

Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.

Grade 10 **FitwareNo** **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

Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.

Grade 10 **FitwareNo** **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

Compare the short- and long-term impact on wellness associated with physical inactivity.