

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

Using basic team sport skills, students will reproduce sequences of combined skills in practice situations and modified games (i.e. basketball: pivot and shoot; receive a pass and dribble, soccer: receive and control; dribble and shoot, baseball/softball: run and slide; catch and throw, etc.)

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

Using basic individual activity skills, students will reproduce sequences of combined skills in practice situations and modified activities, (i.e. table tennis: stance, grip, serve, return-forehand, backhand, aerobic, in rhythm, high step, squat step, boxers, grapevine, low march, roller blades: stand up, "V" push, turn, stop, etc.).

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

For dual sports, during practice and game situations, students will reproduce sequences of basic techniques and skills consisting of: foot work, court position, offensive and defensive strokes, placement of projectile and court position in relation to partner.

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

For team sports, in a practice situation, defensive players will show and maintain proper position and techniques while offensive players use practiced plays and deception to attempt to move to open space.

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 increasingly complex skills and movements to achieve the desired level of motor skill and performances (i.e. progress from dribbling without opposition to dribbling with opposition to dribbling in a game situation, etc.).

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Apply knowledge of results to correct and improve future 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

Describe how changing effort affects the outcome of a sport skill, (i.e. tennis: smash versus lob, basketball lay up versus three point shot, track: long distant run versus sprint, etc.).

Grade 5 **FitwareNo** 2.3 **FitwareSpecific** 5.2.3

Fitware Grade Level Standard

Describes how the qualities of movement (e.g., space, time, force) are used in basic game tactics.

Fitware Unit Level Standard

State Standard

For dual sports, during practice and game situations, students will reproduce sequences of basic techniques and skills consisting of: foot work, court position, offensive and defensive strokes, placement of projectile and court position in relation to partner.

Grade 5 **FitwareNo** 2.3 **FitwareSpecific** 5.2.3

Fitware Grade Level Standard

Describes how the qualities of movement (e.g., space, time, force) are used in basic game tactics.

Fitware Unit Level Standard

State Standard

For team sports, in a practice situation, defensive players will show and maintain proper position and techniques while offensive players use practiced plays and deception to attempt to move to open space.

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 how changing effort affects the outcome of a sport skill, (i.e. tennis: smash versus lob, basketball lay up versus three point shot, track: long distant run versus sprint, etc.).

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

Demonstrate ability to analyze a movement pattern by using knowledge of its critical elements (i.e. self-analysis and peer observation, etc.).

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

Actively choose and join in on new activities in and out of the school environment (i.e. recess, self-selection times, after school clubs, family recreation time, etc.).

Grade 5 **FitwareNo** 3.2 **FitwareSpecific** 5.3.2

Fitware Grade Level Standard

Describes opportunities in the school setting for regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Identify opportunities in school and community that encourage/allow for regular participation in physical activity (i.e. community bulletin board, online searches, class discussions, etc.).

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

Maintain heart rate within the target heart rate zone (i.e. demonstrate proper technique of taking heart rate, explain target heart rate zone, etc.).

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

Choose physical activities with the intent to improve and or maintain each health related fitness components.

Grade 5 **FitwareNo** 4.1 **FitwareSpecific** 5.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Engage in appropriate physical activity that results in the development of cardiovascular endurance.

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

Comprehends personal fitness data and recognizes individual strengths and weaknesses.

Grade 5 **FitwareNo** 4.2 **FitwareSpecific** 5.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Chooses appropriate physical activities to maintain and or improve strengths and weaknesses.

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

Recognize the difference between anaerobic and aerobic fitness activities.

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

Chooses appropriate physical activities to maintain and or improve strengths and weaknesses.

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

Identifies the components of a fitness program and applies them to personal fitness plans (i.e. include more aerobic activities, adjusts sets and reps in strength programs, etc.).

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

Use equipment appropriately (i.e. use specific equipment for intended purposes, proper care and management of equipment, etc.).

Grade 5 **FitwareNo** 6.1 **FitwareSpecific** 5.6.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify/explain the role of games, sports and dance in getting to know and understand various cultures.

Grade 5 **FitwareNo** 6.1 **FitwareSpecific** 5.6.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Distinguish the differences between varying cultures and their "native" sports/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

Comprehends the benefits of physical activity (i.e. list and describe the health risks associated with an inactive lifestyle, list and describe the benefits of an active lifestyles, etc.).

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

Comprehends the benefits of flexibility.

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

Explains the benefits of a healthy body composition.

Grade 6 **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 how changing effort affects the outcome of a sport skill, (i.e. tennis: smash versus lob, basketball lay up versus three point shot, track: long distant run versus sprint, etc.).

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Using basic team sport skills, students will reproduce sequences of combined skills in practice situations and modified games (i.e. basketball: pivot and shoot; receive a pass and dribble, soccer: receive and control; dribble and shoot, baseball/softball: run and slide; catch and throw, etc.)

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Using basic individual activity skills, students will reproduce sequences of combined skills in practice situations and modified activities, (i.e. table tennis: stance, grip, serve, return-forehand, backhand, aerobic, in rhythm, high step, squat step, boxes, grapevine, low march, roller blades: stand up, "V" push, turn, stop, etc.).

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

For dual sports, during practice and game situations, students will reproduce sequences of basic techniques and skills consisting of: foot work, court position, offensive and defensive strokes, placement of projectile and court position in relation to partner.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

For team sports, in a practice situation, defensive players will show and maintain proper position and techniques while offensive players use practiced plays and deception to attempt to move to open space.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Use increasingly complex skills and movements to achieve the desired level of motor skill and performances (i.e. progress from dribbling without opposition to dribbling with opposition to dribbling in a game situation, etc.).

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Apply knowledge of results to correct and improve future 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

Describe how changing effort affects the outcome of a sport skill, (i.e. tennis: smash versus lob, basketball lay up versus three point shot, track: long distant run versus sprint, etc.).

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

For dual sports, during practice and game situations, students will reproduce sequences of basic techniques and skills consisting of: foot work, court position, offensive and defensive strokes, placement of projectile and court position in relation to partner.

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

For team sports, in a practice situation, defensive players will show and maintain proper position and techniques while offensive players use practiced plays and deception to attempt to move to open space.

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

Demonstrate ability to analyze a movement pattern by using knowledge of its critical elements (i.e. self-analysis and peer observation, etc.).

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

Actively choose and join in on new activities in and out of the school environment (i.e. recess, self-selection times, after school clubs, family recreation time, etc.).

Grade 6 **FitwareNo** 3.2 **FitwareSpecific** 6.3.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify opportunities in school and community that encourage/allow for regular participation in physical activity (i.e. community bulletin board, online searches, class discussions, etc.).

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

Comprehends personal fitness data and recognizes individual strengths and weaknesses.

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

Choose physical activities with the intent to improve and or maintain each health related fitness components.

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

Engage in appropriate physical activity that results in the development of cardiovascular endurance.

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

Maintain heart rate within the target heart rate zone (i.e. demonstrate proper technique of taking heart rate, explain target heart rate zone, etc.).

Grade 6 **FitwareNo** 4.2 **FitwareSpecific** 6.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Chooses appropriate physical activities to maintain and or improve strengths and weaknesses.

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

Chooses appropriate physical activities to maintain and or improve strengths and weaknesses.

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

Identifies the components of a fitness program and applies them to personal fitness plans (i.e. include more aerobic activities, adjusts sets and reps in strength programs, etc.).

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

Selects appropriate fitness activities that require muscular strength and muscular endurance.

Grade 6 **FitwareNo** 5.2 **FitwareSpecific** 6.5.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Use equipment appropriately (i.e. use specific equipment for intended purposes, proper care and management of equipment, etc.).

Grade 6 **FitwareNo** 6.1 **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

Distinguish the differences between varying cultures and their "native" sports/activities.

Grade 6 **FitwareNo** 6.1 **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

Identify/explain the role of games, sports and dance in getting to know and understand various cultures.

Grade 6 **FitwareNo** 6.3 **FitwareSpecific** 6.6.3

Fitware Grade Level Standard

Chooses to engage in new activities.

Fitware Unit Level Standard

State Standard

Actively choose and join in on new activities in and out of the school environment (i.e. recess, self-selection times, after school clubs, family recreation time, etc.).

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

Comprehends the benefits of flexibility.

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

Comprehends the benefits of physical activity (i.e. list and describe the health risks associated with an inactive lifestyle, list and describe the benefits of an active lifestyles, etc.).

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

Explains the benefits of a healthy body composition.

Grade 6 **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

List and describe the benefits of setting personal fitness goals. (addressed in grade 7)

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Using basic team sport skills, students will display a combination of skills in response to a variety of game situation, (i.e. basketball: receive, pivot, dribble, shoot, soccer: receive, control, dribble, pass/shoot, baseball/softball: batting, base running, sliding, etc.)

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Using basic individual activity skills, students will display a combination of skills in response to a variety of activity situation, (i.e. tennis serve, center court, forehand, golf: drive, chip, pitch, putt determined by lay of the ball, wall climbing "On Belay", 3-point contact, climb with legs, stabilize with arms, etc.).

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

For dual sports, during game situations, students will reproduce sequences of basic techniques and skills consisting of: foot work, court position, offensive and defensive strokes, placement of projectile and court position in relation to partner.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

For team sports, in a game situation, defensive players will show and maintain proper position and techniques while offensive players use practiced plays and deception to move to open space.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Apply knowledge of results to correct and improve future 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

Detect and correct errors in personal performance, based on knowledge of results, while participating in selected activities.

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 a task to identify movement skills, how they are sequenced, and how they are applied to produce a desired outcome.

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

Describe how spatial relationship with other players affect outcomes during playing situations (i.e. badminton: up and back or side by side position, basketball: one on one or zone, soccer: outcomes of passing and receiving, etc).

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

For dual sports, during game situations, students will reproduce sequences of basic techniques and skills consisting of: foot work, court position, offensive and defensive strokes, placement of projectile and court position in relation to partner.

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

For team sports, in a game situation, defensive players will show and maintain proper position and techniques while offensive players use practiced plays and deception to move to open space.

Grade 7 **FitwareNo** 2.4 **FitwareSpecific** 7.2.4

Fitware Grade Level Standard

Explains individual differences and how these differences impact performance in physical activities.

Fitware Unit Level Standard

State Standard

Understand the need for game modifications to allow persons with special needs to participate.

Grade 7 **FitwareNo** 2.4 **FitwareSpecific** 7.2.4

Fitware Grade Level Standard

Explains individual differences and how these differences impact performance in physical activities.

Fitware Unit Level Standard

State Standard

Analyze a task to identify movement skills, how they are sequenced, and how they are applied to produce a desired outcome.

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

Participate in games/activities in which handicapping conditions are simulated (i.e. wheelchair basketball, etc.).

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

Analyze a task to identify movement skills, how they are sequenced, and how they are applied to produce a desired outcome.

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

Demonstrate ability to analyze a movement pattern by using knowledge of its critical elements (i.e. self-analysis and peer observation, etc.).

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

Detect and correct errors in personal performance, based on knowledge of results, while participating in selected activities.

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

Choose to participate consistently in games, sports, dance and outdoor activities, both in and out of school, based on individual interests and capabilities (i.e. at school during self-selection times, after school free time, teams, lessons, family recreation, etc.).

Grade 7 **FitwareNo** 3.2 **FitwareSpecific** 7.3.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Develop a matrix of available school and community physical activity resources.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Analyze and interprets personal fitness data in order to establish personal fitness/activity goals.

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

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Maintain heart rate within the target heart rate zone (i.e. apply personal target heart rate data into an individualized personal physical activity, etc.).

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

Choose and record levels of participation in physical activities with the intent to improve and or maintain 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

Analyzes personal fitness data and evaluates individual strengths and weaknesses.

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

Compare and contrast the difference between aerobic and anaerobic fitness 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

Analyzes appropriate physical activity that results in the development of cardiovascular endurance.

Grade 7 **FitwareNo** 4.2 **FitwareSpecific** 7.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrates and identifies fitness activities that require muscular strength and muscular endurance.

Grade 7 **FitwareNo** 4.2 **FitwareSpecific** 7.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Selects appropriate flexibility 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

Generates an appropriate physical fitness plan to maintain and or improve strengths and weaknesses.

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

Analyzes the effectiveness of current fitness programs and revises physical fitness activities to meet fitness goals (i.e. include more aerobic activities, adjusts sets and reps in strength program, etc.).

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

When in conflict, use appropriate problem-solving techniques (i.e. conflict mediation, cooperative discipline techniques, small group discussion/processing, etc.).

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

Participate positively in team building/cooperative activities.

Grade 7 **FitwareNo** 5.1 **FitwareSpecific** 7.5.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Apply listening skills.

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

Identifies basic ideals of fair play, acceptance of rules and group communication (i.e. give appropriate feedback to partners and teammates, etc.).

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

List coping skills for dealing with negative behaviors (i.e. bully proofing, sexual harassment awareness, peer mediation, conflict resolution, etc.).

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

Recognize the diverse attributes of age, race, ethnicity, gender and ability level and acknowledge how these differences can enhance group activities.

Grade 7 **FitwareNo** 5.1 **FitwareSpecific** 7.5.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Describe the social dynamics that occur when peers participate in cooperative activities.

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

Show a desire to improve one's own physical ability, fitness level and performance (i.e. fitness journals, activity calendars, fitness level assessments, etc.).

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

Fitware Grade Level Standard

Accepts responsibility for individual improvement during challenging physical activity.

Fitware Unit Level Standard

State Standard

Analyze cause and effect during physical activities.

Grade 7 **FitwareNo** 6.1 **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

Describe why certain sports/dances/activities are more prevalent in specific countries/cultures.

Grade 7 **FitwareNo** 6.1 **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

Research and present an unfamiliar game or dance from another country.

Grade 7 **FitwareNo** 6.2 **FitwareSpecific** 7.6.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify and use a variety of physical activities and movements used to communicate ideas and feelings (i.e. dance, sports, gymnastics, intensity levels, etc.).

Grade 7 **FitwareNo** 6.2 **FitwareSpecific** 7.6.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate aesthetic appreciation of skilled movement of the body (i.e. create body silhouettes, etc.).

Grade 7 **FitwareNo** 6.3 **FitwareSpecific** 7.6.3

Fitware Grade Level Standard

Chooses to engage in activities at the appropriate level of physical challenge.

Fitware Unit Level Standard

State Standard

Identify a variety of physical activities that will provide satisfaction and lead to continued participation.

Grade 7 **FitwareNo** 5.2 **FitwareSpecific** 7.6.3

Fitware Grade Level Standard

Chooses to engage in activities at the appropriate level of physical challenge.

Fitware Unit Level Standard

State Standard

Demonstrate a willingness to try an unfamiliar position within the context of a practice or a game situation (i.e. offense versus defense, guard versus forward, catcher versus pitcher, etc.).

Grade 7 **FitwareNo** 6.3 **FitwareSpecific** 7.6.3

Fitware Grade Level Standard

Chooses to engage in activities at the appropriate level of physical challenge.

Fitware Unit Level Standard

State Standard

Appreciate the challenging aspects of competition with self and others (i.e. praise opponents, accept teammates and opponents contributions, enjoy physical activity for its own sake, etc.).

Grade 7 **FitwareNo** 6.3 **FitwareSpecific** 7.6.3

Fitware Grade Level Standard

Chooses to engage in activities at the appropriate level of physical challenge.

Fitware Unit Level Standard

State Standard

Sharing feelings of satisfaction felt as a result of physical activity (i.e. improved individual self-esteem, good feelings gained from being part of a team, activity journals and class discussions, etc.).

Grade 7 **FitwareNo** 6.3 **FitwareSpecific** 7.6.3

Fitware Grade Level Standard

Chooses to engage in activities at the appropriate level of physical challenge.

Fitware Unit Level Standard

State Standard

Identify and describe personal feelings resulting from participation in physical activity (i.e. journals, activity calendars, peer mentoring, class discussions, etc.).

Grade 7 **FitwareNo** 6.4 **FitwareSpecific** 7.6.4

Fitware Grade Level Standard

Describes the social benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Analyze and illustrate the benefits of physical activity (i.e. differentiate inactive versus active lifestyles, outline the health risk factors associated with an inactive lifestyle versus an active lifestyle, etc.).

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

Identifies the benefits of a healthy body composition versus the risks of an unhealthy body composition.

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

Produce a media advertisement that promotes the benefits of an active and healthy lifestyle.

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 benefits of participating in physical activities throughout lifetime (i.e. discussion, lists, outline, role playing, etc.).

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

Outline the health risk factors associated with an inactive lifestyle versus an active lifestyle.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Using basic team sport skills, students will display a combination of skills in response to a variety of game situation, (i.e. basketball: receive, pivot, dribble, shoot, soccer: receive, control, dribble, pass/shoot, baseball/softball: batting, base running, sliding, etc.)

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Using basic individual activity skills, students will display a combination of skills in response to a variety of activity situation, (i.e. tennis serve, center court, forehand, golf: drive, chip, pitch, putt determined by lay of the ball, wall climbing "On Belay", 3-point contact, climb with legs, stabilize with arms, etc.).

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

For dual sports, during game situations, students will reproduce sequences of basic techniques and skills consisting of: foot work, court position, offensive and defensive strokes, placement of projectile and court position in relation to partner.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

For team sports, in a game situation, defensive players will show and maintain proper position and techniques while offensive players use practiced plays and deception to move to open space.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Apply knowledge of results to correct and improve future 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 a task to identify movement skills, how they are sequenced, and how they are applied to produce a desired outcome.

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

Detect and correct errors in personal performance, based on knowledge of results, while participating in selected activities.

Grade 8 **FitwareNo** 2.3 **FitwareSpecific** 8.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for invasion and field sports.

Fitware Unit Level Standard

State Standard

For dual sports, during game situations, students will reproduce sequences of basic techniques and skills consisting of: foot work, court position, offensive and defensive strokes, placement of projectile and court position in relation to partner.

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

For team sports, in a game situation, defensive players will show and maintain proper position and techniques while offensive players use practiced plays and deception to move to open space.

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

Describe how spatial relationship with other players affect outcomes during playing situations (i.e. badminton: up and back or side by side position, basketball: one on one or zone, soccer: outcomes of passing and receiving, etc).

Grade 8 **FitwareNo** 2.4 **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 a task to identify movement skills, how they are sequenced, and how they are applied to produce a desired outcome.

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

Analyze a task to identify movement skills, how they are sequenced, and how they are applied to produce a desired outcome.

Grade 8 **FitwareNo** 2.5 **FitwareSpecific** 8.2.5

Fitware Grade Level Standard

Explains critical elements of specialized skills and combinations in team sports.

Fitware Unit Level Standard

State Standard

Demonstrate ability to analyze a movement pattern by using knowledge of its critical elements (i.e. self-analysis and peer observation, etc.).

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

Detect and correct errors in personal performance, based on knowledge of results, while participating in selected activities.

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

Choose to participate consistently in games, sports, dance and outdoor activities, both in and out of school, based on individual interests and capabilities (i.e. at school during self-selection times, after school free time, teams, lessons, family recreation, etc.).

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

Analyzes personal fitness data and evaluates individual strengths and weaknesses.

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

Analyze and interprets personal fitness data in order to establish personal fitness/activity goals.

Grade 8 **FitwareNo** 4.1 **FitwareSpecific** 8.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Maintain heart rate within the target heart rate zone (i.e. apply personal target heart rate data into an individualized personal physical activity, etc.).

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

Choose and record levels of participation in physical activities with the intent to improve and or maintain components of health related 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

Initiate discussion of media influences on behavior choices (i.e. print, radio, TV, etc.).

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

Describe differences between healthy bodies and media-generated bodies.

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

Generates an appropriate physical fitness plan to maintain and or improve strengths and weaknesses.

Grade 8 **FitwareNo** 4.2 **FitwareSpecific** 8.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain/describe how media influences our consumer choices and personal/physical self-concept.

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

Analyzes appropriate physical activity that results in the development of cardiovascular endurance.

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

Demonstrates and identifies fitness activities that require muscular strength and muscular endurance.

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

Selects appropriate flexibility 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

Analyzes the effectiveness of current fitness programs and revises physical fitness activities to meet fitness goals (i.e. include more aerobic activities, adjusts sets and reps in strength program, etc.).

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

Compare and contrast the difference between aerobic and anaerobic fitness activities.

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

Explain different styles of leadership skills. [addressed in grade 10]

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

Explain what it means to be a good team player.

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

Recognize the diverse attributes of age, race, ethnicity, gender and ability level and acknowledge how these differences can enhance group activities.

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

Describe the social dynamics that occur when peers participate in cooperative activities.

Grade 8 **FitwareNo** 5.2 **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 importance of positive attitudes (i.e. communication, body language, listening skills, etc.).

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

Apply listening skills.

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

Identifies basic ideals of fair play, acceptance of rules and group communication (i.e. give appropriate feedback to partners and teammates, etc.).

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

When in conflict, use appropriate problem-solving techniques (i.e. conflict mediation, cooperative discipline techniques, small group discussion/processing, etc.).

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

Participate positively in team building/cooperative activities.

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

Explain aspects of cooperative activities. [addressed in grade 6]

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

Use equipment appropriately (i.e. use specific equipment for intended purposes, proper care and management of equipment, etc.).

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

Follow general classroom and specific activity rules (i.e. treat each other with respect, honor specific boundaries, use appropriate personal contact, positive response to teachers' instruction/comments, distinguish between compliance and non-compliance with rules and regulations and apply agreed upon consequences when officiating, etc.).

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

Follow established emergency procedures (i.e. first aid, fire drills, etc.).

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

Wear appropriate activity attire properly (i.e. shoes/socks, clothing specific to activity, clothing specific to school/district rules, no potentially harmful accessories, etc.).

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

Identifies a bullying situation and responds appropriately (i.e. refers to specific district "bully proofing" programs/parameters, go to safe adult when in an unsafe situation, etc.).

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

Identifies a sexual harassment situation and responds appropriately (i.e. refers to specific district regulations/policies, go to safe adult when in an unsafe situation, demonstrate use of appropriate language and personal contact during physical activities, etc.).

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

Accepts responsibility for own actions and modifies behaviors accordingly (i.e. take self out of negative situation, go to safe adult in an unsafe situation, etc.).

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

Identifies/makes positive choices in a variety of physical education settings (i.e. no teasing, name calling – use positive language, follow physical safety rules, follow all game/activity rules, etc.).

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

Recognize and ignore poor behavior choices of peers (i.e. identifies bullying behaviors, identifies sexual harassment behaviors, etc.).

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 and list components of sportsmanship (i.e. differentiate between positive and negative sportsmanship, pair play, respect referee decisions, understand importance of following rules, adhere to good sportsmanship concepts/ideas, etc.).

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 ability to apply concepts of good sportsmanship (i.e. as participant, as spectator, as referee, as coach, etc.).

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

Analyze cause and effect during physical activities.

Grade 8 **FitwareNo** 5.2 **FitwareSpecific** 8.5.2.06

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Accepts responsibility for one's own actions and decisions during square dancing.

State Standard

Exhibit appropriate protocol during dance, fine arts or other physical activity events.

Grade 8 **FitwareNo** 6.1 **FitwareSpecific** 8.6.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Describe why "I" (student) participate in certain sports/dance/activities based on my culture.

Grade 8 **FitwareNo** 6.1 **FitwareSpecific** 8.6.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Describe why certain sports/dances/activities are more prevalent in specific countries/cultures.

Grade 8 **FitwareNo** 6.2 **FitwareSpecific** 8.6.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate aesthetic appreciation of skilled movement of the body (i.e. create body silhouettes, etc.).

Grade 8 **FitwareNo** 6.3 **FitwareSpecific** 8.6.3

Fitware Grade Level Standard

Chooses to engage in physical activities at the appropriate level of social, physical, and emotional challenge.

Fitware Unit Level Standard

State Standard

Identify and describe personal feelings resulting from participation in physical activity (i.e. journals, activity calendars, peer mentoring, class discussions, etc.).

Grade 8 **FitwareNo** 6.3 **FitwareSpecific** 8.6.3

Fitware Grade Level Standard

Chooses to engage in physical activities at the appropriate level of social, physical, and emotional challenge.

Fitware Unit Level Standard

State Standard

Identify a variety of physical activities that will provide satisfaction and lead to continued participation.

Grade 8 **FitwareNo** 6.3 **FitwareSpecific** 8.6.3

Fitware Grade Level Standard

Chooses to engage in physical activities at the appropriate level of social, physical, and emotional challenge.

Fitware Unit Level Standard

State Standard

Appreciate the challenging aspects of competition with self and others (i.e. praise opponents, accept teammates and opponents contributions, enjoy physical activity for its own sake, etc.).

Grade 8 **FitwareNo** 6.3 **FitwareSpecific** 8.6.3

Fitware Grade Level Standard

Chooses to engage in physical activities at the appropriate level of social, physical, and emotional challenge.

Fitware Unit Level Standard

State Standard

Sharing feelings of satisfaction felt as a result of physical activity (i.e. improved individual self-esteem, good feelings gained from being part of a team, activity journals and class discussions, etc.).

Grade 8 **FitwareNo** 5.2 **FitwareSpecific** 8.6.3

Fitware Grade Level Standard

Chooses to engage in physical activities at the appropriate level of social, physical, and emotional challenge.

Fitware Unit Level Standard

State Standard

Demonstrate a willingness to try an unfamiliar position within the context of a practice or a game situation (i.e. offense versus defense, guard versus forward, catcher versus pitcher, etc.).

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 benefits of participating in physical activities throughout lifetime (i.e. discussion, lists, outline, role playing, etc.).

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

Produce a media advertisement that promotes the benefits of an active and healthy lifestyle.

Grade 8 **FitwareNo** 6.4 **FitwareSpecific** 8.6.4

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Analyze and illustrate the benefits of physical activity (i.e. differentiate inactive versus active lifestyles, outline the health risk factors associated with an inactive lifestyle versus an active lifestyle, etc.).

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

Outline the health risk factors associated with an inactive lifestyle versus an active lifestyle.

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

Identifies the benefits of a healthy body composition versus the risks of an unhealthy body composition.

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

Modify and transition future skill performances based on self, peer and teacher feedback while utilizing sound principles of biomechanics to guide skill improvement.

Grade 9 **FitwareNo** 2.1 **FitwareSpecific** 9.2.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain and demonstrate motor learning cues to help regulate their physical performance.

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 and utilize biomechanical, motor development, exercise physiology, and motor learning concepts to learn and improve 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

Evaluate skill based on self, peer and teacher feedback while utilizing sound principles of biomechanics.

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

Modify and transition future skill performances based on self, peer and teacher feedback while utilizing sound principles of biomechanics to guide skill improvement.

Grade 9 **FitwareNo** 2.2 **FitwareSpecific** 9.2.2

Fitware Grade Level Standard

Explains the use of biomechanic principles in rhythm and dance, aquatics, and individual and dual sports.

Fitware Unit Level Standard

State Standard

Apply biomechanical concepts while identifying basic biomechanical principles of movement (i.e. leverage, torque, transfer of energy and angular velocity, mass and momentum, net joint torque, etc.).

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 and utilize biomechanical, motor development, exercise physiology, and motor learning concepts to learn and improve skills.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify the critical elements contained in the preparatory, action and follow through phases of movement.

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

Analyze the critical elements contained in the preparatory, action and follow through phases of movement.

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

Identify and utilize biomechanical, motor development, exercise physiology, and motor learning concepts to learn and improve skills.

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

Use technology and scientific methods to collect data in order to analyze personal physical activity patterns (i.e. pedometers, heart rate monitors, Activity-Gram, etc.).

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

Choose activities outside of school that provide challenges and social interaction.

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

Create a time management plan to facilitate regular physical activity participation.

Grade 9 **FitwareNo** 3.2 **FitwareSpecific** 9.3.2

Fitware Grade Level Standard

Lists available fitness resources in the community.

Fitware Unit Level Standard

State Standard

Identify activities that best fit their individual needs.

Grade 9 **FitwareNo** 4.1 **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Identify realistic personal fitness goals based on a pre-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

Maintain a personal fitness program by using exercise strategies (i.e. goal statements, graphs, charts, software, log books, etc.).

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

Demonstrate the ability and knowledge to self-assess health-related fitness levels based upon health-related fitness criterion (i.e. resting heart rate, recovery heart rate, target heart rate, heart rate zone, muscular strength, endurance, flexibility, body composition, etc.).

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

Select activities that are enjoyable and promote fitness.

Grade 9 **FitwareNo** 4.2 **FitwareSpecific** 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Demonstrate an understanding of chronic sedentary diseases and at-risk behaviors as they pertain to health- related fitness (i.e. smoking, alcohol consumption, drug use, etc.).

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

Track, identify and draw conclusions about personal nutrition and physical activity and how it relates to their personal health.

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

Students will analyze different physical activities to determine a well-balanced health-related fitness program to help enhance overall fitness (i.e. cardiovascular, muscular endurance, muscular strength, flexibility activities, etc.).

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 strategies for achieving and maintaining a personal fitness program.

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

Provide rationale for the use of scientific concepts in the development of their fitness program.

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

Provide rationale for the principles of frequency, intensity, time and type (FITT) principles.

Grade 9 **FitwareNo** 4.2 **FitwareSpecific** 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Demonstrate a knowledge base on training principles (i.e. progression, overload, specificity, etc.).

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

Create a scientifically based personal fitness program that encompasses cardiovascular, muscular strength, muscular endurance, flexibility and body composition principles in the fitness plan.

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

Recognize that media messages are trying to sell products.

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

Know that billboards, magazines and television will show idealistic body types.

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

Critically analyze advertising messages.

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

Recognize the connections with lifestyle choices regarding activity and nutrition and the impact on health.

Grade 9 **FitwareNo** 3.2 **FitwareSpecific** 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Identify barriers and enablers to regular physical activity specific to his or her situation.

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

Identify and utilize biomechanical, motor development, exercise physiology, and motor learning concepts to learn and improve skills.

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

Analyze different physical activities to determine a well-balanced health-related fitness program to help enhance overall 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

Distinguishes between group member roles, leadership and follower-ship, and acts accordingly to accomplish group goals.

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

Acknowledge the attributes that individuals with differences bring to 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

Recognize the importance of working cooperatively with persons of diverse backgrounds and abilities during any activity.

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

Display a sensitive attitude and a willingness to participate with others in physical activities.

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

Adhere to the general classroom and specific activity rules as well as assisting with the care of the equipment and facilities.

Grade 9 **FitwareNo** 5.2 **FitwareSpecific** 9.5.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Apply appropriate etiquette in all activities.

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

Follow general classroom and specific activity rules to insure physical and emotional safety.

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 the ability to make responsible decisions regardless of peer pressure.

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

Accept consequences of personal choices.

Grade 9 **FitwareNo** 6.3 **FitwareSpecific** 9.6.3

Fitware Grade Level Standard

Describes the enjoyment, self-expression, challenge, multiculturalism, and social benefits experienced by achieving one's best in physical activities.

Fitware Unit Level Standard

State Standard

Experience the feeling of satisfaction about personal fitness accomplishments.

Grade 9 **FitwareNo** 6.3 **FitwareSpecific** 9.6.3

Fitware Grade Level Standard

Describes the enjoyment, self-expression, challenge, multiculturalism, and social benefits experienced by achieving one's best in physical activities.

Fitware Unit Level Standard

State Standard

Choose activities outside of school that provide challenges and social interaction.

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 key reasons to develop and maintain physical activity and healthy eating habits.

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

Reflect on reasons for choosing to participate in selected physical activity.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Evaluate the physical, social and psychological benefits of a healthy and active lifestyle.

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

Modify and transition future skill performances based on self, peer and teacher feedback while utilizing sound principles of biomechanics to guide skill improvement.

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 and utilize biomechanical, motor development, exercise physiology, and motor learning concepts to learn and improve skills.

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

Explain and demonstrate motor learning cues to help regulate their physical 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 and utilize biomechanical, motor development, exercise physiology, and motor learning concepts to learn and improve 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

Modify and transition future skill performances based on self, peer and teacher feedback while utilizing sound principles of biomechanics to guide skill improvement.

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 skill based on self, peer and teacher feedback while utilizing sound principles of biomechanics.

Grade 10 **FitwareNo** 2.2 **FitwareSpecific** 10.2.2

Fitware Grade Level Standard

Explains the use of biomechanic principles in tumbling and gymnastics, combatives, and team sports.

Fitware Unit Level Standard

State Standard

Apply biomechanical concepts while identifying basic biomechanical principles of movement (i.e. leverage, torque, transfer of energy and angular velocity, mass and momentum, net joint torque, etc.).

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

Identify and explain the physiological challenges and metabolic changes that occur to the human body across the lifespan.

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

Identify and utilize biomechanical, motor development, exercise physiology, and motor learning concepts to learn and improve skills.

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

Choose activities outside of school that provide challenges and social interaction.

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

Create a time management plan to facilitate regular physical activity participation.

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

Use technology and scientific methods to collect data in order to analyze personal physical activity patterns (i.e. pedometers, heart rate monitors, Activity-Gram, etc.).

Grade 10 **FitwareNo** 3.2 **FitwareSpecific** 10.3.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify activities that best fit their individual needs.

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

Maintain a personal fitness program by using exercise strategies (i.e. goal statements, graphs, charts, software, log books, etc.).

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

Identify realistic personal fitness goals based on a pre-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

Demonstrate the ability and knowledge to self-assess health-related fitness levels based upon health-related fitness criterion (i.e. resting heart rate, recovery heart rate, target heart rate, heart rate zone, muscular strength, endurance, flexibility, body composition, etc.).

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

Select activities that are enjoyable and promote fitness.

Grade 10 **FitwareNo** 4.2 **FitwareSpecific** 10.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain the principles of exercise science and demonstrate the understanding of physiological changes that occur to the body due to the efficiency of movement, training and the aging process.

Grade 10 **FitwareNo** 4.2 **FitwareSpecific** 10.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Create a physical activity and nutrition plan for the different stages of life based on personal health history, areas of interest and desired individual outcomes.

Grade 10 **FitwareNo** 2.4 **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

Create a physical activity and nutrition plan for the different stages of life based on personal health history, areas of interest and desired individual outcomes.

Grade 10 **FitwareNo** 4.2 **FitwareSpecific** 10.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify and utilize biomechanical, motor development, exercise physiology, and motor learning concepts to learn and improve skills.

Grade 10 **FitwareNo** 4.2 **FitwareSpecific** 10.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Provide rationale for the principles of frequency, intensity, time and type (FITT) principles.

Grade 10 **FitwareNo** 4.2 **FitwareSpecific** 10.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Provide rationale for the use of scientific concepts in the development of their fitness program.

Grade 10 **FitwareNo** 4.2 **FitwareSpecific** 10.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate a knowledge base on training principles (i.e. progression, overload, specificity, etc.).

Grade 10 **FitwareNo** 4.2 **FitwareSpecific** 10.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Create a scientifically based personal fitness program that encompasses cardiovascular, muscular strength, muscular endurance, flexibility and body composition principles in the fitness plan.

Grade 10 **FitwareNo** 4.2 **FitwareSpecific** 10.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain the principles of exercise science and demonstrate the understanding of physiological changes that occur to the body due to the efficiency of movement, training and the aging process.

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

Analyze different physical activities to determine a well-balanced health-related fitness program to help enhance overall fitness.

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

Openly discuss conflicts with the teacher and others involved while using conflict resolution skills.

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

Distinguishes between group member roles, leadership and follower-ship, and acts accordingly to accomplish group goals.

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

Discuss why social differences and other aspects keep young adults from participating in an active lifestyle.

Grade 10 **FitwareNo** **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

Create self rewards for achieving personal fitness goals.

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

Adhere to the general classroom and specific activity rules as well as assisting with the care of the equipment and facilities.

Grade 10 **FitwareNo** 6.3 **FitwareSpecific** 10.6.3

Fitware Grade Level Standard

Analyzes the role of individual attitude, motivation, and determination in achieving personal satisfaction from challenging physical activities.

Fitware Unit Level Standard

State Standard

Choose activities outside of school that provide challenges and social interaction.

Grade 10 **FitwareNo** 6.3 **FitwareSpecific** 10.6.3

Fitware Grade Level Standard

Analyzes the role of individual attitude, motivation, and determination in achieving personal satisfaction from challenging physical activities.

Fitware Unit Level Standard

State Standard

Experience the feeling of satisfaction about personal fitness accomplishments.

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

Recognize intrinsic value of physical activity.

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

Evaluate the physical, social and psychological benefits of a healthy and active lifestyle.

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

Reflect on reasons for choosing to participate in selected physical activity.