

Grade 5

FitwareNo 1

FitwareSpecific 5.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify and apply the intermediate elements of movement forms.

Grade 5

FitwareNo 1

FitwareSpecific 5.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Utilize locomotor and nonlocomotor movements in physical activities.

Grade 5

FitwareNo 1

FitwareSpecific 5.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Execute a combination of skills in a new and dynamic environment.

Grade 5

FitwareNo 1

FitwareSpecific 5.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Clearly demonstrate a range of qualities of movement.

Grade 5

FitwareNo 1

FitwareSpecific 5.1.0.10

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates control using the mature form for dance steps (forearm swing, right hand star, do si do, two step, heel toe, grapevine, chug steps, cross kick, stomp, knee lift, slide, and polka).

State Standard

Perform more technically complex folk, and/or social, dances, and identifying the cultural and historical contexts.

Grade 5

FitwareNo 1

FitwareSpecific 5.1.0.10

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates control using the mature form for dance steps (forearm swing, right hand star, do si do, two step, heel toe, grapevine, chug steps, cross kick, stomp, knee lift, slide, and polka).

State Standard

Move to a musical beat and respond to changes in tempo.

Grade 5

FitwareNo 1

FitwareSpecific 5.6.1.10

Fitware Grade Level Standard

Describes the development and role of movement-related activities in the United States during the 17th and 16/7/8th centuries.

Fitware Unit Level Standard

Describes the development of dance in the United States during the 17th and 16/7/8th centuries.

State Standard

Perform more technically complex folk, and/or social, dances, and identifying the cultural and historical contexts.

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

Utilize vocabulary to differentiate between more complex game-like strategies.

Grade 5

FitwareNo 2.3

FitwareSpecific 5.2.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Apply simple strategies to game like situations.

Grade 5

FitwareNo 2.4

FitwareSpecific 5.2.4

Fitware Grade Level Standard

Describes changes from birth through puberty along with their impact on physical performance.

Fitware Unit Level Standard

State Standard

Explain the physiological factors affecting individual differences in physical fitness levels.

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

Identify the characteristics of highly skilled performance in a few movement forms.

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

Observe and identify the action and movement elements of brief movement sequences.

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

Recognize the elements of movement found in dance, sports, and everyday actions.

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

Identify and apply the intermediate elements of movement forms.

Grade 5

FitwareNo 4.1

FitwareSpecific 5.4.1.01

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

Participates in fitness pre-assessment.

State Standard

Create personal goals related to fitness assessment.

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 a continuous aerobic activity for a specified time.

Grade 5

FitwareNo 4.2

FitwareSpecific 5.4.2

Fitware Grade Level Standard

Designs a cardiorespiratory and body composition fitness plan including a warm-up and cool-down for 1 day.

Fitware Unit Level Standard

State Standard

Identify the health-related components of fitness in various 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

Utilize proper warm-up, conditioning, and cool-down techniques.

Grade 5

FitwareNo 5.1

FitwareSpecific 5.5.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Manage conflict positively and demonstrate teamwork and sportsmanship while interacting with others regardless of differences.

Grade 5

FitwareNo 5.2

FitwareSpecific 5.5.2

Fitware Grade Level Standard

Accepts responsibility for personal safety during physical activity.

Fitware Unit Level Standard

State Standard

Make proper decisions about applying rules, procedures, and etiquette.

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 similarities and differences in games, sports and dance from other cultures.

Grade 5

FitwareNo 6.2

FitwareSpecific 5.6.2

Fitware Grade Level Standard

Expresses personal feelings through a movement-based routine.

Fitware Unit Level Standard

State Standard

Create and perform sequence, alone or with a group, that combines weight transfer and balance movements.

Grade 5

FitwareNo 6.2

FitwareSpecific 5.6.2

Fitware Grade Level Standard

Expresses personal feelings through a movement-based routine.

Fitware Unit Level Standard

State Standard

Create, within a group, movement sequences which clearly demonstrate the use of shapes, levels, and pathways.

Grade 5

FitwareNo 6.2

FitwareSpecific 5.6.2

Fitware Grade Level Standard

Expresses personal feelings through a movement-based routine.

Fitware Unit Level Standard

State Standard

Create and perform various movements to a steady beat with or without a prop.

Grade 5

FitwareNo 6.2

FitwareSpecific 5.6.2

Fitware Grade Level Standard

Expresses personal feelings through a movement-based routine.

Fitware Unit Level Standard

State Standard

Create and perform an identifiable beginning, middle, and end of a movement sequence both with and without rhythmic accompaniment.

Grade 5

FitwareNo 6.2

FitwareSpecific 5.6.2

Fitware Grade Level Standard

Expresses personal feelings through a movement-based routine.

Fitware Unit Level Standard

State Standard

Apply partner skills while creating a movement sequence.

Grade 5

FitwareNo 6.2

FitwareSpecific 5.6.2

Fitware Grade Level Standard

Expresses personal feelings through a movement-based routine.

Fitware Unit Level Standard

State Standard

Create a movement phrase, accurately repeat it and then vary it, making changes in the time, space, and/or qualities of movement.

Grade 5

FitwareNo 6.2

FitwareSpecific 5.6.2

Fitware Grade Level Standard

Expresses personal feelings through a movement-based routine.

Fitware Unit Level Standard

State Standard

Create a movement sequence to express an idea/concept.

Grade 5

FitwareNo 6.2

FitwareSpecific 5.6.2

Fitware Grade Level Standard

Expresses personal feelings through a movement-based routine.

Fitware Unit Level Standard

State Standard

Discuss interpretations and reactions to a movement sequence.

Grade 5

FitwareNo 6.3

FitwareSpecific 5.6.3

Fitware Grade Level Standard

Chooses to engage in skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Fitware Unit Level Standard

State Standard

Demonstrate positive responses to challenges, successes and failures in physical activity.

Grade 6

FitwareNo 1

FitwareSpecific 6.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Refine locomotor and nonlocomotor movements in a sport setting.

Grade 6

FitwareNo 1

FitwareSpecific 6.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Refine previously learned manipulative skills.

Grade 6

FitwareNo 1

FitwareSpecific 6.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate the elements of more advanced manipulative skills.

Grade 6

FitwareNo 1

FitwareSpecific 6.1.0.04

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

Demonstrates the mature form for dance steps used in folk and line dances: step hop, elbow swing, toes out/heels out/heels in/toes in, 1/4 pivot, turn under, step swing, schottische, and bleking.

State Standard

Identify and demonstrate basic dance steps, positions and patterns from two different theatrical styles and/or traditional styles of dance.

Grade 6

FitwareNo 1

FitwareSpecific 6.1.0.04

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

Demonstrates the mature form for dance steps used in folk and line dances: step hop, elbow swing, toes out/heels out/heels in/toes in, 1/4 pivot, turn under, step swing, schottische, and bleking.

State Standard

Perform traditional and/or theatrical style dances of different time period or cultures and describe differences in steps and movement styles.

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

Evaluate movement forms for skill improvement.

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

Describe a strategy for sport utilizing appropriate vocabulary.

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

Describe and apply the advanced elements of movement forms and game strategies.

Grade 6

FitwareNo 2.5

FitwareSpecific 6.2.5

Fitware Grade Level Standard

Describes the critical elements of specialized skills and combinations in cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Fitware Unit Level Standard

State Standard

Describe and apply the advanced elements of movement forms and game strategies.

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

Evaluate movement forms for skill improvement.

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

Identify and/or participate in a variety of health-related fitness activities in both school and community.

Grade 6

FitwareNo 4.2

FitwareSpecific 6.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Design a personal health-related fitness program based on an accurately assessed fitness profile.

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

Understand and apply principles of training/conditioning to regular fitness activities.

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

Compare safe and unsafe exercises and demonstrate safe exercise alternatives.

Grade 6

FitwareNo 5.1

FitwareSpecific 6.5.1

Fitware Grade Level Standard

Works cooperatively with a small group in physical activity settings.

Fitware Unit Level Standard

State Standard

Work cooperatively within a group to achieve goals in cooperative or competitive situations.

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

Demonstrate multicultural physical activity to others.

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

Recognize physiological benefits of exercise during and after physical activity.

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

Observe and describe the actions and qualities of movement in a dance sequence using appropriate dance vocabulary.

Grade 7

FitwareNo 1

FitwareSpecific 7.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Refine locomotor and nonlocomotor movements in a sport setting.

Grade 7

FitwareNo 1

FitwareSpecific 7.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Refine previously learned manipulative skills.

Grade 7

FitwareNo 1

FitwareSpecific 7.1.0.08

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates the mature form for running in armor; juggling; fencing advance, retreat, lunge, ready position, and on-guard; jousting; use of a lance; and basic dance moves.

State Standard

Identify and demonstrate basic dance steps, positions and patterns from two different theatrical styles and/or traditional styles of dance.

Grade 7

FitwareNo 1

FitwareSpecific 7.1.0.08

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates the mature form for running in armor; juggling; fencing advance, retreat, lunge, ready position, and on-guard; jousting; use of a lance; and basic dance moves.

State Standard

Perform traditional and/or theatrical style dances of different time period or cultures and describe differences in steps and movement styles.

Grade 7

FitwareNo 1

FitwareSpecific 7.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate the elements of more advanced manipulative skills.

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

Evaluate movement forms for skill improvement.

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 and apply the advanced elements of movement forms and game strategies.

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 a strategy for sport utilizing appropriate vocabulary.

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

Evaluate movement forms for skill improvement.

Grade 7

FitwareNo 2.5

FitwareSpecific 7.2.5

Fitware Grade Level Standard

Explains the critical elements of specialized skills and combinations in individual and dual sports.

Fitware Unit Level Standard

State Standard

Describe and apply the advanced elements of movement forms and game strategies.

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

Identify and/or participate in a variety of health-related fitness activities in both school and community.

Grade 7

FitwareNo 4.2

FitwareSpecific 7.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Design a personal health-related fitness program based on an accurately assessed fitness profile.

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 safe and unsafe exercises and demonstrate safe exercise alternatives.

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

Understand and apply principles of training/conditioning to regular fitness 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

Analyze potential consequences when confronted with a behavior choice.

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

Work cooperatively within a group to achieve goals in cooperative or competitive situations.

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

Demonstrate multicultural physical activity to others.

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

Observe and describe the actions and qualities of movement in a dance sequence using appropriate dance vocabulary.

Grade 8

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Accurately transfer a rhythmic pattern from the aural, verbal and/or visual to the kinesthetic.

Grade 8

FitwareNo 1

FitwareSpecific 8.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Refine locomotor and nonlocomotor movements in a sport setting.

Grade 8

FitwareNo 1

FitwareSpecific 8.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Refine previously learned manipulative skills.

Grade 8

FitwareNo 1

FitwareSpecific 8.1.0.06

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates the mature form for circle left, right, shuffle step, do-si-do, swing, promenade, right-hand star, allemande left, single-file promenade, split ring, grade right and left, courtesy turn, forearm turn, right and left through, pass partner, circle to line, allemande left from a line of four, two ladies chain, four ladies chain, chain straight across, seesaw, grand square, half sashay, and shoot the star.

State Standard

Identify and demonstrate basic dance steps, positions and patterns from two different theatrical styles and/or traditional styles of dance.

Grade 8

FitwareNo 1

FitwareSpecific 8.1.0.06

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates the mature form for circle left, right, shuffle step, do-si-do, swing, promenade, right-hand star, allemande left, single-file promenade, split ring, grade right and left, courtesy turn, forearm turn, right and left through, pass partner, circle to line, allemande left from a line of four, two ladies chain, four ladies chain, chain straight across, seesaw, grand square, half sashay, and shoot the star.

State Standard

Perform traditional and/or theatrical style dances of different time period or cultures and describe differences in steps and movement styles.

Grade 8

FitwareNo 1

FitwareSpecific 8.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate the elements of more advanced manipulative skills.

Grade 8

FitwareNo 2.2

FitwareSpecific 8.2.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain how scientific principles apply to weight transfer and balance movements.

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

Evaluate movement forms for skill improvement.

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 and apply the advanced elements of movement forms and game strategies.

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 a strategy for sport utilizing appropriate vocabulary.

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

Evaluate movement forms for skill improvement.

Grade 8

FitwareNo 2.5

FitwareSpecific 8.2.5

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Describe and apply the advanced elements of movement forms and game strategies.

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

Identify and/or participate in a variety of health-related fitness activities in both school and community.

Grade 8

FitwareNo 4.2

FitwareSpecific 8.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Design a personal health-related fitness program based on an accurately assessed fitness profile.

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 safe and unsafe exercises and demonstrate safe exercise alternatives.

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

Understand and apply principles of training/conditioning to regular fitness activities.

Grade 8

FitwareNo 5.1

FitwareSpecific 5.5.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate behavior which is supportive and inclusive in physical activity settings. [addressed in fifth grade]

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

Work cooperatively within a group to achieve goals in cooperative or competitive situations.

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

Demonstrate multicultural physical activity to others.

Grade 9

FitwareNo

FitwareSpecific 9.2.2.03

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Explains the use of biomechanics principles in rhythm and dance; apply principles/eval results.

State Standard

Observe and analyze the action and qualities of movement in dances using appropriate dance vocabulary.

Grade 9

FitwareNo 1

FitwareSpecific 9.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate proficiency in at least three movement forms in two or more sports.

Grade 9

FitwareNo 1

FitwareSpecific 9.1.0.03

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

Demonstrates proficiency for specialized skills and combinations during rhythms and dance.

State Standard

Identify and demonstrate complex combinations of steps and patterns from different theatrical styles and/or traditional styles of dance.

Grade 9

FitwareNo 1

FitwareSpecific 9.1.0.03

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

Demonstrates proficiency for specialized skills and combinations during rhythms and dance.

State Standard

Demonstrate rhythmic acuity.

Grade 9

FitwareNo 1

FitwareSpecific 9.1.0.03

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

Demonstrates proficiency for specialized skills and combinations during rhythms and dance.

State Standard

Perform traditional and/or theatrical style dances of different time periods or cultures and compare and contrast steps and movement styles.

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

Integrate discipline-specific knowledge to new physical activities.

Grade 9

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

Integrate discipline-specific knowledge to new physical activities.

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

Integrate discipline-specific knowledge to new physical activities.

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

Analyze personal performance and apply results for 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 scientific principles to weight transfer and balance movements.

Grade 9

FitwareNo 2.4

FitwareSpecific 9.2.4

Fitware Grade Level Standard

Explains the skill-related components that enhance performance levels in rhythms and dance, aquatics, and individual and dual sports.

Fitware Unit Level Standard

State Standard

Integrate discipline-specific knowledge to new physical activities.

Grade 9

FitwareNo 2.5

FitwareSpecific 9.2.5

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Analyze personal performance and apply results for improvement.

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

Independently engage in physical activity that addresses fitness and wellness throughout life.

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

Refine health-related fitness goals as defined by a formal guideline.

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

Analyze a personal healthy lifestyle independent of teacher intervention

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

Independently engage in physical activity that addresses fitness and wellness throughout life.

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

Evaluate physical activity for injury potential.

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

Integrate discipline-specific knowledge to new physical activities.

Grade 9

FitwareNo 5.1

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

Evaluate the role of physical activity in a diverse society.

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

Independently engage in physical activity that addresses fitness and wellness throughout life.

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

Anticipate and avoid potentially dangerous outcomes and consequences during participation in physical activity.

Grade 9

FitwareNo 6.4

FitwareSpecific 9.6.4

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Analyze and compare health and fitness benefits derived from various physical activities.

Grade 10

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Apply appropriate vocabulary to coordinate a class or school-wide activity.

Grade 10

FitwareNo 1

FitwareSpecific 10.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate proficiency in at least three movement forms in two or more sports.

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 scientific principles to weight transfer and balance movements.

Grade 10

FitwareNo 2.2

FitwareSpecific 10.2.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Analyze personal performance and apply results for improvement.

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

Integrate discipline-specific knowledge to new physical activities.

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

Analyze personal performance and apply results for improvement.

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

Independently engage in physical activity that addresses fitness and wellness throughout life.

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

Refine health-related fitness goals as defined by a formal guideline.

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

Independently engage in physical activity that addresses fitness and wellness throughout life.

Grade 10

FitwareNo 4.1

FitwareSpecific 10.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Analyze a personal healthy lifestyle independent of teacher intervention

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

Integrate discipline-specific knowledge to new physical activities.

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

Accept leadership responsibility in a group setting.

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

Independently engage in physical activity that addresses fitness and wellness throughout life.

Grade 10

FitwareNo 6.4

FitwareSpecific 10.6.4

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Analyze and compare health and fitness benefits derived from various physical activities.

Grade 19

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

Integrate discipline-specific knowledge to new physical activities.