

Grade 5

FitwareNo 1

FitwareSpecific 5.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate competency in a variety of physical activities (games, sports, exercises) that provide conditioning for each fitness area.

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

Combine and integrate fundamental skills and adjust technique based on feedback, including self-assessment.

Grade 5

FitwareNo 2.1

FitwareSpecific 5.2.1

Fitware Grade Level Standard

Explains the types of practice that improve motor skill performance for speed and accuracy.

Fitware Unit Level Standard

State Standard

Know that motor skills progress in complexity and need to be used in the context of games and sports with additional environment constraints.

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

Should be informed consumers, aware of alternatives available to them within their communities for physical activity and should be able to evaluate facilities and programs available.

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

Demonstrate the ability to locate physical activity information, products, and services.

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

Develop and implement a personal fitness plan based on self-assessment and goal setting, understand physiological changes that results from training, and understand the health benefits of regular participation in activity.

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

Develop skills of cooperation and collaboration, as well as fairness, sportsmanship, and respect for others.

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

Understand the risks of injury if physical activity is performed incorrectly or performed in extreme environmental conditions, and recognize the importance of safe physical conditions (equipment, facilities) as well as the emotional conditions essential for safety.

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

Understand the physical and environment dangers associated with particular activities and demonstrate proper procedures for safe participation in games, sports, and recreation pursuits.

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

Understand the role of physical activity, sport, and games as a balance between cooperative and competitive behaviors and as a possible arena in which to develop and sharpen leadership and problem solving skills, and understand the physical, emotional, social benefits of participation in physical activities.

Grade 5

FitwareNo 6.4

FitwareSpecific 5.6.4

Fitware Grade Level Standard

Describes the physical benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Understand the relationship between physical activity and the prevention of illness, disease, and premature death.

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

Understand the role of physical activity, sport, and games as a balance between cooperative and competitive behaviors and as a possible arena in which to develop and sharpen leadership and problem solving skills, and understand the physical, emotional, social benefits of participation in physical activities.

Grade 6

FitwareNo 1

FitwareSpecific 6.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Combine and integrate fundamental skills and adjust technique based on feedback, including self-assessment.

Grade 6

FitwareNo 1

FitwareSpecific 6.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate competency in a variety of physical activities (games, sports, exercises) that provide conditioning for each fitness area.

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

Demonstrate the ability to locate physical activity information, products, and services.

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

Should be informed consumers, aware of alternatives available to them within their communities for physical activity and should be able to evaluate facilities and programs available.

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

Develop and implement a personal fitness plan based on self-assessment and goal setting, understand physiological changes that results from training, and understand the health benefits of regular participation in activity.

Grade 6

FitwareNo 5.1

FitwareSpecific 6.5.1

Fitware Grade Level Standard

Works cooperatively with a small group in physical activity settings.

Fitware Unit Level Standard

State Standard

Develop leadership, problem solving, cooperation, and team work by participating in group activities.

Grade 6

FitwareNo 5.1

FitwareSpecific 6.5.1

Fitware Grade Level Standard

Works cooperatively with a small group in physical activity settings.

Fitware Unit Level Standard

State Standard

Work constructively with others to accomplish a goal in a group activity, demonstrating consideration for others involved.

Grade 6

FitwareNo 5.1

FitwareSpecific 6.5.1

Fitware Grade Level Standard

Works cooperatively with a small group in physical activity settings.

Fitware Unit Level Standard

State Standard

Develop skills of cooperation and collaboration, as well as fairness, sportsmanship, and respect for others.

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

Understand the risks of injury if physical activity is performed incorrectly or performed in extreme environmental conditions, and recognize the importance of safe physical conditions (equipment, facilities) as well as the emotional conditions essential for safety.

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

Understand the physical and environment dangers associated with particular activities and demonstrate proper procedures for safe participation in games, sports, and recreation pursuits.

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

Understand the role of physical activity, sport, and games as a balance between cooperative and competitive behaviors and as a possible arena in which to develop and sharpen leadership and problem solving skills, and understand the physical, emotional, social benefits of participation in physical activities.

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

Understand the relationship between physical activity and the prevention of illness, disease, and premature death.

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

Understand the role of physical activity, sport, and games as a balance between cooperative and competitive behaviors and as a possible arena in which to develop and sharpen leadership and problem solving skills, and understand the physical, emotional, social benefits of participation in physical activities.

Grade 7

FitwareNo 1

FitwareSpecific 7.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Combine and integrate fundamental skills and adjust technique based on feedback, including self-assessment.

Grade 7

FitwareNo 1

FitwareSpecific 7.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate competency in a variety of physical activities (games, sports, exercises) that provide conditioning for each fitness area.

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

Demonstrate the ability to locate physical activity information, products, and services.

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

Should be informed consumers, aware of alternatives available to them within their communities for physical activity and should be able to evaluate facilities and programs available.

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

Develop and implement a personal fitness plan based on self-assessment and goal setting, understand physiological changes that results from training, and understand the health benefits of regular participation in activity.

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

Develop leadership, problem solving, cooperation, and team work by participating in 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

Develop skills of cooperation and collaboration, as well as fairness, sportsmanship, and respect for others.

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

Understand the risks of injury if physical activity is performed incorrectly or performed in extreme environmental conditions, and recognize the importance of safe physical conditions (equipment, facilities) as well as the emotional conditions essential for safety.

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

Understand the physical and environment dangers associated with particular activities and demonstrate proper procedures for safe participation in games, sports, and recreation pursuits.

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

Understand the role of physical activity, sport, and games as a balance between cooperative and competitive behaviors and as a possible arena in which to develop and sharpen leadership and problem solving skills, and understand the physical, emotional, social benefits of participation in physical activities.

Grade 7

FitwareNo 6.4

FitwareSpecific 7.6.4

Fitware Grade Level Standard

Describes the social benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Understand the role of physical activity, sport, and games as a balance between cooperative and competitive behaviors and as a possible arena in which to develop and sharpen leadership and problem solving skills, and understand the physical, emotional, social benefits of participation in physical activities.

Grade 8

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Know some career options in the field of physical fitness and sports.

Grade 8

FitwareNo 1

FitwareSpecific 8.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Combine and integrate fundamental skills and adjust technique based on feedback, including self-assessment.

Grade 8

FitwareNo 1

FitwareSpecific 8.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate competency in a variety of physical activities (games, sports, exercises) that provide conditioning for each fitness area.

Grade 8

FitwareNo 3.2

FitwareSpecific 8.3.2

Fitware Grade Level Standard

Explains ways of increasing physical activity in routine daily activities.

Fitware Unit Level Standard

State Standard

Demonstrate the ability to locate physical activity information, products, and services.

Grade 8

FitwareNo 3.2

FitwareSpecific 8.3.2

Fitware Grade Level Standard

Explains ways of increasing physical activity in routine daily activities.

Fitware Unit Level Standard

State Standard

Should be informed consumers, aware of alternatives available to them within their communities for physical activity and should be able to evaluate facilities and programs available.

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

Develop and implement a personal fitness plan based on self-assessment and goal setting, understand physiological changes that results from training, and understand the health benefits of regular participation in activity.

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

Develop leadership, problem solving, cooperation, and team work by participating in 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

Develop skills of cooperation and collaboration, as well as fairness, sportsmanship, and respect for others.

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 constructively with others to accomplish a goal in a group activity, demonstrating consideration for others involved.

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

Understand the risks of injury if physical activity is performed incorrectly or performed in extreme environmental conditions, and recognize the importance of safe physical conditions (equipment, facilities) as well as the emotional conditions essential for safety.

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

Understand the physical and environment dangers associated with particular activities and demonstrate proper procedures for safe participation in games, sports, and recreation pursuits.

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

Understand the role of physical activity, sport, and games as a balance between cooperative and competitive behaviors and as a possible arena in which to develop and sharpen leadership and problem solving skills, and understand the physical, emotional, social benefits of participation in physical activities.

Grade 8

FitwareNo 6.4

FitwareSpecific 8.6.4

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Understand the role of physical activity, sport, and games as a balance between cooperative and competitive behaviors and as a possible arena in which to develop and sharpen leadership and problem solving skills, and understand the physical, emotional, social benefits of participation in physical activities.

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 selected complex physical activities (games, sports, exercises) that provide conditioning for each fitness area.

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

Establish and maintain a high level of skilled performance, demonstrate mastery of fundamental movement forms and skills that can contribute to daily living tasks, and analyze skills 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

Use the basic principles of skill analysis to improve previously acquired skills and to continue to learn new skills and 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

Use the basic principles of skill analysis to improve previously acquired skills and to continue to learn new skills and activities.

Grade 9

FitwareNo 4.1

FitwareSpecific 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Follow a program that relates to wellness, including weight control and stress management.

Grade 9

FitwareNo 4.2

FitwareSpecific 9.4.2.04

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

Develops a one-month personal physical fitness plan; fitness require occupation; implement plan; analyze consumer products/programs; explain inherent risks.

State Standard

Recognize their role as concerned and discriminating consumers of physical activities programs and understand the importance of physical activity as a resource for everyone regardless of age or ability.

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 the components of personal wellness (nutrition and weight control, disease prevention, stress management, safety, and physical fitness), establish a personal profile with fitness/wellness goals, and engage in appropriate activities to improve or sustain their 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

Demonstrate competence in leading and participating in group activities.

Grade 9

FitwareNo 5.1

FitwareSpecific 9.5.1

Fitware Grade Level Standard

Uses the strengths of each individual in the group during physical activity.

Fitware Unit Level Standard

State Standard

Demonstrate responsible personal and social behavior while engaged in physical activities.

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

Create a positive climate for group activities by assuming a variety of roles.

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

Know the potential safety hazards associated with a wide variety of games and activities and are able to prevent and respond to accidents.

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 responsible personal and social behavior while engaged in physical activities.

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

Make physical activity an important part of their life and recognize such consequent benefits as self-renewal, greater productivity as a worker, more energy for family activities, and reduction in health care costs.

Grade 9

FitwareNo 6.4

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

Accept physical activity as an important part of life. Self-renewal, productivity as a worker, energy for family activities, fitness, weight control, stress management, and reduction in health-care costs are understood as benefits of 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

Understand the physical, social, and emotional benefits of physical activity and can demonstrate leadership and problem solving through participation in organized games or activities.

Grade 10

FitwareNo

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Identify a variety of career opportunities associated with sports and fitness and understand the qualifications, education requirements, and job responsibilities of those careers.

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 selected complex physical activities (games, sports, exercises) that provide conditioning for each fitness area.

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

Establish and maintain a high level of skilled performance, demonstrate mastery of fundamental movement forms and skills that can contribute to daily living tasks, and analyze skills activities.

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

Use the basic principles of skill analysis to improve previously acquired skills and to continue to learn new skills and activities.

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

Use the basic principles of skill analysis to improve previously acquired skills and to continue to learn new skills and activities.

Grade 10

FitwareNo 4.1

FitwareSpecific 10.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Follow a program that relates to wellness, including weight control and stress management.

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

Know the components of personal wellness (nutrition and weight control, disease prevention, stress management, safety, and physical fitness), establish a personal profile with fitness/wellness goals, and engage in appropriate activities to improve or sustain their 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

Create a positive climate for group activities by assuming a variety of roles.

Grade 10

FitwareNo 5.1

FitwareSpecific 10.5.1

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Demonstrate responsible personal and social behavior while engaged in 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

Demonstrate competence in leading and participating in group 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

Understand the physical, social, and emotional benefits of physical activity and can demonstrate leadership and problem solving through participation in organized games or activities.

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

Demonstrate responsible personal and social behavior while engaged in physical activities.

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 the benefits of engaging in appropriate physical activities with others, including both older and younger members of the community.

Grade 10

FitwareNo 6.4

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

Accept physical activity as an important part of life. Self-renewal, productivity as a worker, energy for family activities, fitness, weight control, stress management, and reduction in health-care costs are understood as benefits 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

Make physical activity an important part of their life and recognize such consequent benefits as self-renewal, greater productivity as a worker, more energy for family activities, and reduction in health care costs.

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

Understand the physical, social, and emotional benefits of physical activity and can demonstrate leadership and problem solving through participation in organized games or activities.