

Grade 5

FitwareNo

FitwareSpecific 5.2.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Use basic offensive and defensive roles in physical activities, or games, or sports.

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 the use of a foot dribble, hand dribble, strike, throw, catch, and volley with a partner.

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 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 one dance or rhythmic activity to music.

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

Through feedback and practice, demonstrate improvement in performance of a new motor skill.

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

Identify and assess the health-related components of fitness.

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 changes in his/her body before, during, and after moderate to vigorous exercise.

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 and assess the health-related components of fitness.

Grade 5

FitwareNo 5.2

FitwareSpecific 5.5.2

Fitware Grade Level Standard

Accepts responsibility for personal safety during physical activity.

Fitware Unit Level Standard

State Standard

Identify rules and procedures in specified physical activities.

Grade 5

FitwareNo 5.2

FitwareSpecific 5.5.2

Fitware Grade Level Standard

Accepts responsibility for personal safety during physical activity.

Fitware Unit Level Standard

State Standard

Explain and demonstrate safety, rules, procedures, and etiquette to be followed during 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

Identify changes in his/her body before, during, and after moderate to vigorous exercise.

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

Demonstrate one of the following rhythmic activities: folk, square, social, creative dance, aerobic.

Grade 6

FitwareNo 2.1

FitwareSpecific 6.2.1

Fitware Grade Level Standard

Explains how to provide appropriate feedback to a partner who is developing or improving specialized skills.

Fitware Unit Level Standard

State Standard

Describe and apply principles of training, conditioning, and practice for specific physical activities.

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

Demonstrate movement principles (mechanics, force, speed) in performing skills related to a team activity and an individual or partner activity.

Grade 6

FitwareNo 2.3

FitwareSpecific 6.2.3

Fitware Grade Level Standard

Describes offensive strategies for cooperative and bowling activities, and offensive and defensive strategies for simple invasion, field, and net activities.

Fitware Unit Level Standard

State Standard

Demonstrate basic strategies specific to one team activity and one dual or individual activity.

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

Detect and correct errors of a critical element of movement.

Grade 6

FitwareNo 4.1

FitwareSpecific 6.4.1.01

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

Participates in fitness pre-assessment.

State Standard

Correctly interpret results of physical fitness assessment and use them to develop a written fitness program.

Grade 6

FitwareNo 4.2

FitwareSpecific 6.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify the principles of fitness training using the FITT model.

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

Correctly interpret results of physical fitness assessment and use them to develop a written fitness program.

Grade 6

FitwareNo 5.2

FitwareSpecific 6.5.2.01

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Follows class rules for safe participation.

State Standard

Demonstrate an understanding of the rules to be followed during participation in specified physical activities.

Grade 6

FitwareNo 5.2

FitwareSpecific 6.5.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Apply rules, procedures, and etiquette that are safe and effective for specific activities/situations.

Grade 6

FitwareNo 6.2

FitwareSpecific 6.6.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Execute a floor exercise, jump rope, or manipulative routine with intentional changes in direction, speed, and flow.

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

Analyze and categorize physical activities according to potential fitness benefits.

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

Develop personal activity goals and describe benefits that results from regular participation in physical education.

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

Demonstrate one of the following rhythmic activities: folk, square, social, creative dance, aerobic.

Grade 7

FitwareNo 2.1

FitwareSpecific 7.2.1

Fitware Grade Level Standard

Explains the process of setting appropriate goals, appropriate practice, and monitoring changes in the development of specialized skills.

Fitware Unit Level Standard

State Standard

Describe and apply principles of training, conditioning, and practice for specific physical 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

Demonstrate movement principles (mechanics, force, speed) in performing skills related to a team activity and an individual or partner activity.

Grade 7

FitwareNo 2.3

FitwareSpecific 7.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for net and target sports.

Fitware Unit Level Standard

State Standard

Demonstrate basic strategies specific to one team activity and one dual or individual activity.

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 of a critical element of movement.

Grade 7

FitwareNo 4.1

FitwareSpecific 7.4.1.01

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

Participates in fitness pre-assessment.

State Standard

Correctly interpret results of physical fitness assessment and use them to develop a written fitness program.

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

Correctly interpret results of physical fitness assessment and use them to develop a written fitness program.

Grade 7

FitwareNo 4.2

FitwareSpecific 7.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify the principles of fitness training using the FITT model.

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

Execute a floor exercise, jump rope, or manipulative routine with intentional changes in direction, speed, and flow.

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

Develop personal activity goals and describe benefits that results from regular participation in physical education.

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

Demonstrate one of the following rhythmic activities: folk, square, social, creative dance, aerobic.

Grade 8

FitwareNo 2.1

FitwareSpecific 8.2.1

Fitware Grade Level Standard

Analyzes the effect of positive transfer on specialized skill improvement.

Fitware Unit Level Standard

State Standard

Describe and apply principles of training, conditioning, and practice for specific physical activities.

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

Demonstrate movement principles (mechanics, force, speed) in performing skills related to a team activity and an individual or partner activity.

Grade 8

FitwareNo 2.3

FitwareSpecific 8.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for invasion and field sports.

Fitware Unit Level Standard

State Standard

Demonstrate basic strategies specific to one team activity and one dual or individual activity.

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 of a critical element of movement.

Grade 8

FitwareNo 3.1

FitwareSpecific 8.3.1.04

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week based on personal goals.

State Standard

Develop personal activity goals and describe benefits that results from regular participation in physical education.

Grade 8

FitwareNo 4.1

FitwareSpecific 8.4.1.01

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

Participates in fitness pre-assessment.

State Standard

Correctly interpret results of physical fitness assessment and use them to develop a written fitness program.

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

Correctly interpret results of physical fitness assessment and use them to develop a written fitness program.

Grade 8

FitwareNo 4.2

FitwareSpecific 8.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify the principles of fitness training using the FITT model.

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

Identify the elements of socially acceptable conflict resolution and sportsmanship.

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

Apply rules, procedures, and etiquette that are safe and effective for specific activities/situations.

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

Develop personal activity goals and describe benefits that results from regular participation in physical education.

Grade 9

FitwareNo 1

FitwareSpecific 9.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate competency (basic skills) in complex versions of three or more of the following categories of movement forms and more advanced skills in one or more movement forms: individual activities; dual activities; aerobic/cardio lifetime activities; outdoor pursuits; dance, self-defense, yoga, martial arts; team sports, strength training and conditioning; aquatics

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

Utilize the following components to critique an activity: skills and strategies, use of feedback, positive and negative aspects of personal performance, appropriate practice and conditioning procedures.

Grade 9

FitwareNo 2.3

FitwareSpecific 9.2.3

Fitware Grade Level Standard

Explains advanced offensive, defensive, and transition strategies in aquatics and individual and dual activities.

Fitware Unit Level Standard

State Standard

Communicate to others basic strategies specific to one team activity and one dual or individual activity.

Grade 9

FitwareNo 2.3

FitwareSpecific 9.2.3

Fitware Grade Level Standard

Explains advanced offensive, defensive, and transition strategies in aquatics and individual and dual activities.

Fitware Unit Level Standard

State Standard

Demonstrate rules and strategies in complex versions of at least two different categories of the following movement forms: individual activities; dual activities; aerobic/cardio lifetime activities; outdoor pursuits; dance, self-defense, yoga, martial arts; team sports; strength training and conditioning; aquatics.

Grade 9

FitwareNo 2.3

FitwareSpecific 9.2.3

Fitware Grade Level Standard

Explains advanced offensive, defensive, and transition strategies in aquatics and individual and dual activities.

Fitware Unit Level Standard

State Standard

Demonstrate rules and strategies in complex versions of at least two different categories of the following movement forms: individual activities; dual activities; aerobic/cardio lifetime activities; outdoor pursuits; dance, self-defense, yoga, martial arts; team sports; strength training and conditioning; aquatics.

Grade 9

FitwareNo 2.3

FitwareSpecific 9.2.3

Fitware Grade Level Standard

Explains advanced offensive, defensive, and transition strategies in aquatics and individual and dual activities.

Fitware Unit Level Standard

State Standard

Utilize the following components to critique an activity: skills and strategies, use of feedback, positive and negative aspects of personal performance, appropriate practice and conditioning procedures.

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

Utilize the following components to critique an activity: skills and strategies, use of feedback, positive and negative aspects of persona performance, appropriate practice and conditioning procedures.

Grade 9

FitwareNo 3.1

FitwareSpecific 9.3.1

Fitware Grade Level Standard

Participates in moderate to vigorous physical activities at least four days each week.

Fitware Unit Level Standard

State Standard

Participate in physical activities and evaluate personal factors that impact participation.

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

Assess and analyze personal health-related fitness status.

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

Analyze and apply rules, procedures, and etiquette that are safe and effective for specific activities/situations.

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

Participate in physical activities and evaluate personal factors that impact participation.

Grade 10

FitwareNo 1

FitwareSpecific 10.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate competency (basic skills) in complex versions of three or more of the following categories of movement forms and more advanced skills in one or more movement forms: individual activities; dual activities; aerobic/cardio lifetime activities; outdoor pursuits; dance, self-defense, yoga, martial arts; team sports, strength training and conditioning; aquatics

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

Utilize the following components to critique an activity: skills and strategies, use of feedback, positive and negative aspects of personal performance, appropriate practice and conditioning procedures.

Grade 10

FitwareNo 2.3

FitwareSpecific 10.2.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Utilize the following components to critique an activity: skills and strategies, use of feedback, positive and negative aspects of personal performance, appropriate practice and conditioning procedures.

Grade 10

FitwareNo 2.3

FitwareSpecific 10.2.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate rules and strategies in complex versions of at least two different categories of the following movement forms: individual activities; dual activities; aerobic/cardio lifetime activities; outdoor pursuits; dance, self-defense, yoga, martial arts; team sports; strength training and conditioning; aquatics.

Grade 10

FitwareNo 2.3

FitwareSpecific 10.2.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Communicate to others basic strategies specific to one team activity and one dual or individual activity.

Grade 10

FitwareNo 2.3

FitwareSpecific 10.2.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate rules and strategies in complex versions of at least two different categories of the following movement forms: individual activities; dual activities; aerobic/cardio lifetime activities; outdoor pursuits; dance, self-defense, yoga, martial arts; team sports; strength training and conditioning; aquatics.

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

Through physical activity understand ways in which personal characteristics, performance styles, and activity preferences will change over the life span.

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

Utilize the following components to critique an activity: skills and strategies, use of feedback, positive and negative aspects of persona performance, appropriate practice and conditioning procedures.

Grade 10

FitwareNo 3.1

FitwareSpecific 10.3.1

Fitware Grade Level Standard

Participates in moderate to vigorous physical activities at least four days each week.

Fitware Unit Level Standard

State Standard

Participate in physical activities and evaluate personal factors that impact participation.

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

Assess and analyze personal health-related fitness status.

Grade 10

FitwareNo 5.1

FitwareSpecific 8.5.1.02

Fitware Grade Level Standard

Collaborates with others to solve group problems in physical activity settings.

Fitware Unit Level Standard

Demonstrates the steps for conflict resolution.

State Standard

Apply conflict resolution strategies in appropriate ways and analyze potential consequences when confronted with unsportsman-like behavior.

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

Analyze and apply rules, procedures, and etiquette that are safe and effective for specific activities/situations.

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

Participate in physical activities and evaluate personal factors that impact participation.