

**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**

Explain and apply the basic skills and concepts to create and perform movement sequences and advanced skills.

**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**

Describe the relationship between practice and skill development.

**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**

Identify and apply the concepts of motor skills development to a variety of basic skills. (transfer between skills, cues, types of feedback, movement efficiency, product outcome).

**Grade 5**

**FitwareNo 2.2**

**FitwareSpecific 5.2.2**

**Fitware Grade Level Standard**

Describes how to generate and absorb force when performing movement and motor skills.

**Fitware Unit Level Standard**

**State Standard**

Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary. (Newton's, app of force, balance, levers, flight),

**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**

Identify and apply game strategies to basic games and physical activities. (give and go, one on one, peer communication).

**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**

Explain and apply the basic skills and concepts to create and perform movement sequences and advanced skills.

**Grade** 5

**FitwareNo** 3.1

**FitwareSpecific** 5.3.1

**Fitware Grade Level Standard**

Engages in moderate physical activity for 60 minutes 5 days each week.

**Fitware Unit Level Standard**

**State Standard**

Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

**Grade** 5

**FitwareNo** 3.2

**FitwareSpecific** 5.3.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

**Grade** 5

**FitwareNo** 4.2

**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 apply ways to monitor and assess the body's response to moderate to vigorous physical activity (heart rate, blood pressure, fitness assessment).

**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**

Describe and apply the principles of exercise to the components of health-related and skill-related 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 and describe positive and negative interactions of group members in physical activities. (leading, following, teamwork, etiquette, adherence to rules).

**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**

Describe factors that affect childhood physical activity preferences. (enjoyment, personal interest, social experience, opportunities to learn new activities, parental preference, environment).

**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**

Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.

**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**

Explain and apply the basic skills and concepts to create and perform movement sequences and advanced skills.

**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**

Identify and apply the concepts of motor skills development to a variety of basic skills. (transfer between skills, cues, types of feedback, movement efficiency, product outcome).

**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**

Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary. (Newton's, app of force, balance, levers, flight),

**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**

Identify and apply game strategies to basic games and physical activities. (give and go, one on one, peer communication).

**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**

Explain and apply the basic skills and concepts to create and perform movement sequences and advanced skills.

**Grade** 6

**FitwareNo** 3.1

**FitwareSpecific** 6.3.1

**Fitware Grade Level Standard**

Engages in moderate and vigorous physical activity for 5/5/60 minutes 5 days each week.

**Fitware Unit Level Standard**

**State Standard**

Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

**Grade** 6

**FitwareNo** 3.2

**FitwareSpecific** 6.3.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

**Grade** 6

**FitwareNo** 4.2

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement. (success oriented activities, school community resources, variety of activities, time on task).

**Grade** 6

**FitwareNo** 4.2

**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**

Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity (heart rate, blood pressure, fitness assessment).

**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**

Describe and apply the principles of exercise to the components of health-related and skill-related fitness.

**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**

Identify and describe positive and negative interactions of group members in physical activities. (leading, following, teamwork, etiquette, adherence to rules).

**Grade** 6

**FitwareNo** 6.4

**FitwareSpecific** 6.2.4

### **Fitware Grade Level Standard**

Describes the characteristics of physical activities appropriate for early adolescents.

### **Fitware Unit Level Standard**

### **State Standard**

Describe factors that affect childhood physical activity preferences. (enjoyment, personal interest, social experience, opportunities to learn new activities, parental preference, environment.

**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**

Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.

**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**

Identify and apply practice strategies for skill improvement.

**Grade** 7

**FitwareNo** 2.2

**FitwareSpecific** 7.2.2

### **Fitware Grade Level Standard**

Explains how force can be used to make an object spin.

### **Fitware Unit Level Standard**

### **State Standard**

Analyze and apply scientific and biomechanical principles to complex movements. (centripetal, centrifugal, linear, rotary, friction, resistance, equilibrium, moving segments).

**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 game strategies to complex games and physical activities (offensive, defensive, and time management).

**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**

7.4.2.01

### **State Standard**

Identify and describe the principles of training using appropriate vocabulary. (specificity, overload, progression, aerobic/anaerobic, circuit/interval, repetition/set).

**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 the effects of positive and negative interactions of adolescent group members in physical activities. (group dynamics, social pressure).

**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**

Identify and apply practice strategies for skill improvement.

**Grade 8**

**FitwareNo 2.2**

**FitwareSpecific 8.2.2**

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Analyze and apply scientific and biomechanical principles to complex movements. (centripetal, centrifugal, linear, rotary, friction, resistance, equilibrium, moving segments).

**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 game strategies to complex games and physical activities (offensive, defensive, and time management).

**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 and describe the principles of training using appropriate vocabulary. (specificity, overload, progression, aerobic/anaerobic, circuit/interval, repetition/set).

**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**

Analyze the effects of positive and negative interactions of adolescent group members in physical activities. (group dynamics, social pressure).

**Grade 9**

**FitwareNo 2.1**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement. (personal choice, developmental differences, amount of physical activity, authentic practice).

**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**

Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement. (response selection, stages of learning, types of skill).

**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**

Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement. (response selection, stages of learning, types of skill).

**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**

Describe and apply the components of skill-related fitness to movement performance.

**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**

Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.

**Grade** 9

**FitwareNo** 4.1

**FitwareSpecific** 9.4.2

### **Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

### **Fitware Unit Level Standard**

### **State Standard**

Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.

**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 and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific**

### **Fitware Grade Level Standard**

### **Fitware Unit Level Standard**

### **State Standard**

Analyze the factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, health fit zone, fitness status).

**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**

Analyze the effects of positive and negative interactions of adolescent group members in physical activities. (group dynamics, social pressure).

**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**

Analyze factors that affect physical activity preferences of adolescents. (skill competence, social benefits, previous experience, activity confidence).

**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 the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement (stress management, disease prevention, weight management).

**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**

Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills. (open and closed skills, short term and long term memory, aspects of good performance).

**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**

Evaluate the impact of practice strategies on skill development and improvement.

**Grade** 10

**FitwareNo** 2.1

**FitwareSpecific** 10.2.1

### **Fitware Grade Level Standard**

Creates a practice plan for combatives, gymnastics/tumbling, and team activities.

### **Fitware Unit Level Standard**

### **State Standard**

Apply knowledge of movement skills, skill-related fitness, and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

**Grade** 10

**FitwareNo** 2.2

**FitwareSpecific** 10.2.2

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Evaluate movement forms for appropriate application of scientific and biomechanical principles. (efficiency of movement, mechanical advantage, kinetic energy, potential energy, inertia, safety)

**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 knowledge of movement skills, skill-related fitness, and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

**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**

Analyze the application of game strategies for different categories of physical activities. (individual, team, lifetime, outdoor).

**Grade** 10

**FitwareNo** 2.4

**FitwareSpecific**

### **Fitware Grade Level Standard**

### **Fitware Unit Level Standard**

### **State Standard**

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

**Grade** 10

**FitwareNo** 2.4

**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**

Evaluate factors that affect physical activity and exercise preferences of adults. (personal challenge, physical benefits, finances, motivation, access to activity, self-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**

Apply knowledge of movement skills, skill-related fitness, and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

**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**

Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.

**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**

Apply knowledge of movement skills, skill-related fitness, and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

**Grade** 10

**FitwareNo** 3.1

**FitwareSpecific** 10.3.1

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.

**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**

Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. (aging, injury, disease)

**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**

Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.

**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**

Assess and use strategies for enhancing adult group interaction in physical activities. (shared responsibility, open communication, goal setting).

**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 the effects of regular participation in a self-selected program of moderate to vigorous physical activities (social, physiological, psychological).