

**Grade 5**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Explore various physical education/fitness careers and the important services they provide.

**Grade 5**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Explore the personal attributes required for selected physical education/fitness careers.

**Grade 5**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Explain how physical education/fitness careers relate to other employment fields.

**Grade 5**

**FitwareNo 1**

**FitwareSpecific 5.1.0.04**

**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 walk, run, hop, skip, jump for distance, jump for height, leap, gallop, and slide.

**State Standard**

Demonstrate mature form in all locomotor skills within movement patterns.

**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 smooth transitions between sequential locomotor skills within activities and/or games.

**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 mature form in all manipulative skills within movement patterns.

**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 smooth transitions between sequential manipulative skills within activities and/or games.

**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**

Maintain body equilibrium in basic movement patterns in modified physical activities and/or games.

**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**

Determine the effectiveness of transferring fundamental locomotor skills into modified activities and/or games.

**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**

Determine the effectiveness of transferring fundamental manipulative movement patterns into modified activities and/or games.

**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**

Model appropriate training and conditioning practices to improve skill acquisition.

**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**

Explore performance strategies to use in various situations.

**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**

Apply appropriate performance strategies in various situations.

**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**

Determine the effectiveness of various performance strategies.

**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**

Explore training and conditioning practices that impact skill acquisition and performance.

**Grade** 5

**FitwareNo** 2.2

**FitwareSpecific** 5.2.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Respond to various forces to maintain static or dynamic balance while performing basic skills.

**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**

Determine the effectiveness of kinesthetic adjustments made during basic non-locomotor/stability movement patterns.

**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**

Understand there are connections between scientific principles and a specific movement.

**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**

Model the correct application of scientific principles while performing a skill.

**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**

Determine if the use of a specific scientific concept enhances skill performance.

**Grade** 5

**FitwareNo** 2.2

**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**

Model the correct application of scientific principles while performing a skill.

**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**

Explore and share the results of on-going physical activity.

**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**

Engage in on-going physical activity and encourage the participation of others.

**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**

Participate in physical activity to experience enjoyment.

**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**

Explore available options of school/community health-related facilities and human resources.

**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**

Examine scientifically based data to determine personal health-related fitness level.

**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**

Record specific fitness data to track personal progress.

**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**

Explore various activities to meet personal health-related fitness needs.

**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**

Understand the concepts of frequency, intensity, time, and type within physical activity.

**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**

Explore training and conditioning practices that impact skill acquisition and performance.

**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**

Apply appropriate performance strategies in various situations.

**Grade** 5

**FitwareNo** 5.1

**FitwareSpecific** 8.5.1

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Apply conflict resolution processes in physical activity settings. [addressed in 8th grade]

**Grade** 5

**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**

Recognize and support various roles in group settings. [addressed in grade 6]

**Grade** 5

**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**

Recognize and support the productive efforts each individual brings to physical activity settings.  
[addressed in grade 6]

**Grade** 5

**FitwareNo** 5.1

**FitwareSpecific** 10.5.1

### **Fitware Grade Level Standard**

Displays leadership skills during physical activity.

### **Fitware Unit Level Standard**

### **State Standard**

Recognize various roles and purposes of leadership in group settings. [addressed in grade 10]

**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**

Support the inclusion of all students in physical activity settings.

**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**

Explore the positive contributions derived from diversity in physical activity settings.

**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**

Interact positively with peers while participating in 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 the importance of using safe, beneficial techniques and related theory in physical activity.

**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**

Perceive one's personal role in maintaining a safe physical activity environment.

**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**

Practice acceptable etiquette and sportsmanship in physical activity settings.

**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 how physical, emotional, and cognitive factors affect performance.

**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 how to balance the mental, physical, and social aspects of participation in physical activity.

**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**

Explore a variety of challenging physical activities based on personal success and satisfaction.

**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**

Investigate the healthful benefits of a specific physical activity.

**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**

Explore the effects of an individual's uniqueness within physical activity settings.

**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**

Describe the emotional benefits gained from 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**

Explain the benefits of maintaining a positive attitude while participating in challenging 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**

Maintain mature form in complex locomotor movement patterns.

**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**

Adapt locomotor movement patterns to the demands of an unpredictable situation within activities and/or games.

**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**

Maintain mature form in complex manipulative movement patterns.

**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**

Adapt manipulative movement patterns to the demands of an unpredictable situation within activities and/or games.

**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**

Maintain body equilibrium in intermediate movement patterns in modified physical activities and/or games.

**Grade 6**

**FitwareNo 1.0**

**FitwareSpecific 6.1.0**

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Analyze the effectiveness of transferring complex locomotor movement patterns into specific activities and/or games.

**Grade** 6

**FitwareNo** 1.0

**FitwareSpecific** 6.1.0

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Analyze the effectiveness of transferring complex manipulative movement patterns into specific activities and/or games.

**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 training and conditioning principles and practices that impact skill acquisition and performance.

**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**

Select appropriate practice/training procedures based on evaluative feedback of skill acquisition and performance.

**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**

Compare the effectiveness of selected performance strategies.

**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**

Apply complex performance strategies in specific situations.

**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**

Select appropriate practice/training procedures based on evaluative feedback of skill acquisition and performance.

**Grade 6**

**FitwareNo 2.2**

**FitwareSpecific 6.2.2**

**Fitware Grade Level Standard**

Explains ways to use force to increase speed or distance of a body or propelled object.

**Fitware Unit Level Standard**

**State Standard**

Analyze the effectiveness of kinesthetic adjustments made during intermediate non-locomotor/stability movement patterns.

**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**

Correlate pertinent scientific concepts and principles to a specific movement.

**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**

Apply pertinent scientific concepts and principles to achieve a desired 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**

Assess the results of using specific scientific concepts and principles within a performance.

**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**

Performance strategies appropriate for specific situations.

**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**

Interpret and share the results of on-going physical activity.

**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**

Model and share the results of a commitment to on-going physical activity.

**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**

Participate in various physical activities to experience personal satisfaction.

**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**

Analyze available options of school/community health-related facilities and human resources.

**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**

Compare personal data with scientifically based data to determine health-related fitness level.

**Grade** 6

**FitwareNo** 4.1

**FitwareSpecific** 6.4.1

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Maintain personal fitness log to monitor changes in health-related fitness.

**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**

Adjust frequency, intensity, time, and type of physical activity based on personal need.

**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 the effectiveness of selected performance strategies.

**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**

Correlate the practice of a specific physical activity with the resulting benefit to health-related fitness.

**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**

Choose safe, beneficial techniques and apply related theory to improve health-related fitness.

**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**

Analyze and adapt personal fitness activities to meet changing needs.

**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 training and conditioning principles and practices that impact skill acquisition and performance.

**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**

Apply complex performance strategies in specific situations.

**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**

Acknowledge and appreciate the worth of the various roles inherent to a group setting.

**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**

Determine and incorporate strengths of each individual in physical activity settings.

**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**

Determine how an individual's uniqueness enhances physical activity settings and/or endeavors.

**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**

Apply strategies for maintaining inclusion of all students in physical activity settings.

**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**

Model respect for diversity in physical activity settings.

**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**

Accept personal responsibility for maintaining a physically and emotionally safe environment.

**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**

Seek personally challenging physical activities in pursuance of personal success and satisfaction.

**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**

Adapt locomotor movement patterns to the demands of an unpredictable situation within activities and/or games.

**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**

Maintain mature form in complex manipulative movement patterns.

**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**

Maintain mature form in complex locomotor movement patterns.

**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**

Adapt manipulative movement patterns to the demands of an unpredictable situation within activities and/or games.

**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**

Maintain body equilibrium in intermediate movement patterns in modified physical activities and/or games.

**Grade** 7

**FitwareNo** 1.0

**FitwareSpecific** 7.1.0

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Analyze the effectiveness of transferring complex locomotor movement patterns into specific activities and/or games.

**Grade** 7

**FitwareNo** 1.0

**FitwareSpecific** 7.1.0

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Analyze the effectiveness of transferring complex manipulative movement patterns into specific activities and/or games.

**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**

Apply complex performance strategies in specific situations.

**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**

Compare the effectiveness of selected performance strategies.

**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 training and conditioning principles and practices that impact skill acquisition and performance.

**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**

Select appropriate practice/training procedures based on evaluative feedback of skill acquisition and performance.

**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**

Select appropriate practice/training procedures based on evaluative feedback of skill acquisition and performance.

**Grade** 7

**FitwareNo** 2.2

**FitwareSpecific** 7.2.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Apply pertinent scientific concepts and principles to achieve a desired outcome.

**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 the effectiveness of kinesthetic adjustments made during intermediate non-locomotor/stability movement patterns.

**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**

Assess the results of using specific scientific concepts and principles within a performance.

**Grade** 7

**FitwareNo** 2.2

**FitwareSpecific** 7.2.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Correlate pertinent scientific concepts and principles to a specific movement.

**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**

Performance strategies appropriate for specific situations.

**Grade** 7

**FitwareNo** 3.1

**FitwareSpecific** 7.3.1

**Fitware Grade Level Standard**

Engages in moderate and vigorous physical activity for 5/5/60 minutes 5/5/6 days each week.

**Fitware Unit Level Standard**

**State Standard**

Participate in various physical activities to experience personal satisfaction.

**Grade** 7

**FitwareNo** 3.1

**FitwareSpecific** 7.3.1

**Fitware Grade Level Standard**

Engages in moderate and vigorous physical activity for 5/5/60 minutes 5/5/6 days each week.

**Fitware Unit Level Standard**

**State Standard**

Model and share the results of a commitment to on-going physical activity.

**Grade** 7

**FitwareNo** 3.1

**FitwareSpecific** 7.3.1

**Fitware Grade Level Standard**

Engages in moderate and vigorous physical activity for 5/5/60 minutes 5/5/6 days each week.

**Fitware Unit Level Standard**

**State Standard**

Interpret and share the results of on-going physical activity.

**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**

Analyze available options of school/community health-related facilities and human resources.

**Grade** 7

**FitwareNo** 4.1

**FitwareSpecific** 7.4.1

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Compare personal data with scientifically based data to determine health-related fitness level.

**Grade** 7

**FitwareNo** 4.1

**FitwareSpecific** 7.4.1

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Maintain personal fitness log to monitor changes in health-related fitness.

**Grade** 7

**FitwareNo** 4.1

**FitwareSpecific** 7.4.1

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Adjust frequency, intensity, time, and type of physical activity based on personal need.

**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**

Apply complex performance strategies in specific situations.

**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 the effectiveness of selected performance strategies.

**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**

Describe training and conditioning principles and practices that impact skill acquisition and performance.

**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**

Analyze and adapt personal fitness activities to meet changing needs.

**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**

Correlate the practice of a specific physical activity with the resulting benefit to health-related fitness.

**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**

Choose safe, beneficial techniques and apply related theory to improve health-related fitness.

**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**

Implement effective conflict resolution processes and techniques in physical activity settings.

**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**

Seek personally challenging physical activities in pursuance of personal success and satisfaction.

**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**

Describe the social benefits of participating in physical activities.

**Grade 8**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Analyze employment options affiliated with physical education/fitness careers and how they impact society.

**Grade 8**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Determine the requirements of and the personal qualifications needed for various physical education/fitness careers.

**Grade 8**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Determine the connections among physical education/fitness careers and other employment fields.

**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**

Adapt locomotor movement patterns to the demands of an unpredictable situation within activities and/or games.

**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**

Maintain mature form in complex manipulative movement patterns.

**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**

Maintain mature form in complex locomotor movement patterns.

**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**

Adapt manipulative movement patterns to the demands of an unpredictable situation within activities and/or games.

**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**

Maintain body equilibrium in intermediate movement patterns in modified physical activities and/or games.

**Grade 8**

**FitwareNo 1.0**

**FitwareSpecific 8.1.0**

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Analyze the effectiveness of transferring complex locomotor movement patterns into specific activities and/or games.

**Grade 8**

**FitwareNo 1.0**

**FitwareSpecific 8.1.0**

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Analyze the effectiveness of transferring complex manipulative movement patterns into specific activities and/or games.

**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**

Select appropriate practice/training procedures based on evaluative feedback of skill acquisition and performance.

**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**

Apply complex performance strategies in specific situations.

**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**

Compare the effectiveness of selected performance strategies.

**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 training and conditioning principles and practices that impact skill acquisition and performance.

**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**

Select appropriate practice/training procedures based on evaluative feedback of skill acquisition and performance.

**Grade** 8

**FitwareNo** 2.2

**FitwareSpecific** 8.2.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

React to various forces to maintain static or dynamic balance while performing intermediate 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**

Apply pertinent scientific concepts and principles to achieve a desired outcome.

**Grade 8**

**FitwareNo 2.2**

**FitwareSpecific 8.2.2**

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Analyze the effectiveness of kinesthetic adjustments made during intermediate non-locomotor/stability movement patterns.

**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**

Assess the results of using specific scientific concepts and principles within a performance.

**Grade 8**

**FitwareNo 2.2**

**FitwareSpecific 8.2.2**

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Correlate pertinent scientific concepts and principles to a specific movement.

**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**

Performance strategies appropriate for specific situations.

**Grade** 8

**FitwareNo** 2.4

**FitwareSpecific** 8.2.4

**Fitware Grade Level Standard**

Analyzes the role of physical abilities in the performance of specialized skills.

**Fitware Unit Level Standard**

**State Standard**

Investigate the interrelationships among the physical, emotional, cognitive, and scientific factors affecting performance.

**Grade 8**

**FitwareNo 3.1**

**FitwareSpecific 8.3.1**

**Fitware Grade Level Standard**

Engages in moderate and vigorous physical activity for 5/60 minutes 5/6 days each week.

**Fitware Unit Level Standard**

**State Standard**

Participate in various physical activities to experience personal satisfaction.

**Grade 8**

**FitwareNo 3.1**

**FitwareSpecific 8.3.1**

**Fitware Grade Level Standard**

Engages in moderate and vigorous physical activity for 5/60 minutes 5/6 days each week.

**Fitware Unit Level Standard**

**State Standard**

Model and share the results of a commitment to on-going physical activity.

**Grade 8**

**FitwareNo 3.1**

**FitwareSpecific 8.3.1**

**Fitware Grade Level Standard**

Engages in moderate and vigorous physical activity for 5/60 minutes 5/6 days each week.

**Fitware Unit Level Standard**

**State Standard**

Interpret and share the results of on-going physical activity.

**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**

Analyze available options of school/community health-related facilities and human resources.

**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**

Compare personal data with scientifically based data to determine health-related fitness level.

**Grade** 8

**FitwareNo** 4.1

**FitwareSpecific** 8.4.1

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Maintain personal fitness log to monitor changes in health-related fitness.

**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**

Adjust frequency, intensity, time, and type of physical activity based on personal need.

**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**

Apply complex performance strategies in specific situations.

**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 the effectiveness of selected performance strategies.

**Grade** 8

**FitwareNo** 4.2

**FitwareSpecific** 8.4.2

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Describe training and conditioning principles and practices that impact skill acquisition and performance.

**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**

Analyze and adapt personal fitness activities to meet changing needs.

**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**

Correlate the practice of a specific physical activity with the resulting benefit to health-related fitness.

**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**

Choose safe, beneficial techniques and apply related theory to improve health-related fitness.

**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**

Implement effective conflict resolution processes and techniques in physical activity settings.

**Grade** 8

**FitwareNo** 5.1

**FitwareSpecific** 10.5.1

### **Fitware Grade Level Standard**

Displays leadership skills during physical activity.

### **Fitware Unit Level Standard**

### **State Standard**

Distribute leadership responsibilities by fulfilling various roles in group settings. [addressed in grade 10]

**Grade** 8

**FitwareNo** 5.2

**FitwareSpecific** 8.5.2

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Demonstrate and encourage proper etiquette and sportsmanship in physical activity settings.

**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**

Describe the role of motivation and attitude in achieving personal satisfaction from physical activity.

**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**

Analyze the mental, physical, and social factors necessary for maintaining a healthy balance in relation to physical activities.

**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**

Seek personally challenging physical activities in pursuance of personal success and satisfaction.

**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**

Explain the psychological benefits gained from participation in physical activity.

**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**

Model mature form of all locomotor skills while executing complex movement patterns.

**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**

Transfer fundamental locomotor movement patterns into specialized activities and/or games.

**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**

Model mature form of all manipulative skills while executing complex movement patterns.

**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**

Transfer fundamental manipulative movement patterns into specialized activities and/or games.

**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**

Anticipate and respond to various forces to maintain static or dynamic balance while performing advanced skills.

**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**

Maintain body equilibrium throughout complex movement patterns used within physical activities and/or games.

**Grade 9**

**FitwareNo 1.0**

**FitwareSpecific 9.1.0**

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Evaluate the effectiveness of transferring complex locomotor movement patterns into specialized activities and/or games.

**Grade 9**

**FitwareNo 1.0**

**FitwareSpecific 9.1.0**

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Evaluate the effectiveness of transferring complex manipulative movement patterns into specific activities and/or games.

**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**

Create and/or modify a practice/training plan based on evaluative feedback of skill acquisition and performance.

**Grade** 9

**FitwareNo** 2.2

**FitwareSpecific** 9.2.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Evaluate the effectiveness of kinesthetic adjustments made during complex non-locomotor/stability movement patterns.

**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**

Differentiate which scientific concepts and principles relate to a specific movement.

**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 appropriate scientific concepts and principles to achieve advanced outcomes.

**Grade** 9

**FitwareNo** 2.2

**FitwareSpecific** 9.2.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Evaluate the appropriate use of scientific concepts and principles within a performance.

**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**

Execute a creative/innovative strategy leading to successful performance.

**Grade** 9

**FitwareNo** 2.4

**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 specific situations to determine appropriate performance strategies.

**Grade** 9

**FitwareNo** 2.4

**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 which training and conditioning practices have the greatest impact on skill acquisition and performance.

**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**

Assess the effect/outcome of a specific performance strategy.

**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 specific situations to determine appropriate performance strategies.

**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 share the results of on-going physical activity.

**Grade** 9

**FitwareNo** 3.1

**FitwareSpecific** 9.4.1

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Participate regularly in physical activities which fulfill personal needs for self-expression and social interaction.

**Grade** 9

**FitwareNo** 3.2

**FitwareSpecific** 9.3.2

### **Fitware Grade Level Standard**

Lists available fitness resources in the community.

### **Fitware Unit Level Standard**

### **State Standard**

Evaluate available options and quality of school/community health-related facilities and human resources.

**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 scientifically based data to determine the level of personal health-related fitness.

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific** 9.4.2

**Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

**Fitware Unit Level Standard**

**State Standard**

Develop a plan which improves personal health-related fitness.

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific** 9.4.2

**Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

**Fitware Unit Level Standard**

**State Standard**

Analyze and modify frequency, intensity, time, and type of physical activity based on personal need.

**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**

Justify the practice of a specific physical activity to achieve a desired fitness benefit.

**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 the benefits of specific techniques and related theory to improve health-related fitness.

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific** 9.4.2

**Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

**Fitware Unit Level Standard**

**State Standard**

Evaluate and modify personal fitness plans to meet specific and/or changing needs.

**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 timely and effective conflict resolution skills, techniques, and processes in physical activity settings.

**Grade** 9

**FitwareNo** 5.1

**FitwareSpecific** 9.5.1

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Acknowledge and respect the intrinsic worth of the various roles inherent to a group setting.

**Grade** 9

**FitwareNo** 5.1

**FitwareSpecific** 9.5.1

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Recognize and utilize the potential and strengths of each individual by supporting his/her effort in physical activity settings.

**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 how an individual's uniqueness can enrich a physical activity setting and/or endeavor.

**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**

Formulate strategies for maximizing inclusion of all students in physical activity settings.

**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**

Model and advocate respect for diversity in physical activity settings.

**Grade** 9

**FitwareNo** 5.2

**FitwareSpecific** 9.5.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Accept personal responsibility to create and maintain a physically/emotionally safe and non-threatening environment.

**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**

Model appropriate etiquette and exemplary sportsmanship in physical activity settings.

**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**

Engage in a multitude of physical activities to determine those most personally satisfying.

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

**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**

Pursue and embrace new challenges based on past personal success and satisfaction.

**Grade 10**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Evaluate various employment options affiliated with physical education/fitness careers and how they impact society.

**Grade 10**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Evaluate personal compatibility with the various elements of an identified physical education/fitness career.

**Grade** 10

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Analyze the interrelationships among physical education/fitness careers and other employment fields.

**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**

Model mature form of all locomotor skills while executing complex movement patterns.

**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**

Model mature form of all manipulative skills while executing complex movement patterns.

**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**

Transfer fundamental locomotor movement patterns into specialized activities and/or games.

**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**

Transfer fundamental manipulative movement patterns into specialized activities and/or games.

**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**

Anticipate and respond to various forces to maintain static or dynamic balance while performing advanced skills.

**Grade** 10

**FitwareNo** 1.0

**FitwareSpecific** 10.1.0

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Evaluate the effectiveness of transferring complex locomotor movement patterns into specialized activities and/or games.

**Grade** 10

**FitwareNo** 1.0

**FitwareSpecific** 10.1.0

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Evaluate the effectiveness of transferring complex manipulative movement patterns into specific activities and/or games.

**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**

Create and/or modify a practice/training plan based on evaluative feedback of skill acquisition and performance.

**Grade** 10

**FitwareNo** 2.2

**FitwareSpecific** 10.2.2

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Evaluate the effectiveness of kinesthetic adjustments made during complex non-locomotor/stability movement patterns.

**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**

Differentiate which scientific concepts and principles relate to a specific movement.

**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 appropriate scientific concepts and principles to achieve advanced outcomes.

**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 the appropriate use of scientific concepts and principles within a performance.

**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**

Execute a creative/innovative strategy leading to successful performance.

**Grade** 10

**FitwareNo** 2.4

**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 which training and conditioning practices have the greatest impact on skill acquisition and performance.

**Grade** 10

**FitwareNo** 2.4

**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 specific situations to determine appropriate performance strategies.

**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 specific situations to determine appropriate performance strategies.

**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**

Assess the effect/outcome of a specific performance strategy.

**Grade** 10

**FitwareNo** 3.1

**FitwareSpecific** 10.4.1

### **Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

### **Fitware Unit Level Standard**

### **State Standard**

Participate regularly in physical activities which fulfill personal needs for self-expression and social interaction.

**Grade** 10

**FitwareNo** 3.1

**FitwareSpecific** 10.3.1

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Analyze and share the results of on-going physical activity.

**Grade** 10

**FitwareNo** 3.2

**FitwareSpecific** 10.3.2

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Evaluate available options and quality of school/community health-related facilities and human resources.

**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 scientifically based data to determine the level of personal health-related fitness.

**Grade** 10

**FitwareNo** 4.2

**FitwareSpecific** 10.4.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Advocate the participation of others in a variety of health-related fitness activities.

**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**

Justify the practice of a specific physical activity to achieve a desired fitness benefit.

**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 the benefits of specific techniques and related theory to improve health-related fitness.

**Grade** 10

**FitwareNo** 4.2

**FitwareSpecific** 10.4.2

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Evaluate and modify personal fitness plans to meet specific and/or changing needs.

**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**

Provide leadership by actively fulfilling various roles within group settings.

**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 timely and effective conflict resolution skills, techniques, and processes in physical activity settings.

**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**

Understand the interrelationships among the physical, emotional, cognitive, and scientific factors affecting performance.

**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**

Maintain a healthy balance among mental, physical, and social factors related to participation in physical activities.

**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**

Pursue and embrace new challenges based on past personal success and satisfaction.

**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**

Engage in a multitude of physical activities to determine those most personally satisfying.

**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**

Analyze the role of attitude, motivation, and determination in achieving personal satisfaction from challenging 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**

Evaluate the psychological benefits derived from routine participation in physical activity.