

Grade 5 **FitwareNo** 1.0 **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 locomotor patterns and selected manipulative and non-locomotor skills.

Grade 5 **FitwareNo** 1.0 **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

Apply basic skills in game-like experiences.

Grade 5 **FitwareNo** 1.0 **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

Acquire beginning skills in specialized movement forms.

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Combine basic movement skills into specialized sequences.

Grade 5 **FitwareNo** **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

Practice basic strategies in game-like settings.

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.1.0.03

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 front scale, knee scale, squat forward roll, back squat roll, tip up, and tripod.

State Standard

Demonstrate and refine specialized educational gymnastics skills.

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.1.0.10

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Demonstrate and modify traditional and popular dance sequences.

Grade 5 **FitwareNo** **FitwareSpecific** 5.1.0.10

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Apply basic rhythmic skills into rhythmic activities and create sequences.

Grade 5 **FitwareNo** **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 movement concepts and principles to improve performance of self and others in motor skills.

Grade 5 **FitwareNo** **FitwareSpecific** 5.2.1.03

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Explains the characteristics of physical practice and mental practice.

State Standard

Apply movement concepts and principles to educational gymnastics.

Grade 5 **FitwareNo** **FitwareSpecific** 5.2.1.10

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Explains the appropriate types of practice for improving one's dance performance.

State Standard

Apply movement concepts and principles to rhythmic activities.

Grade 5 **FitwareNo** **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

Recognize and analyze knowledge of movement concepts and principles in basic skills.

Grade 5 **FitwareNo** **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

Recognize and apply movement concepts and principles that impact the quality of increasingly complex movement performance.

Grade 5 **FitwareNo** **FitwareSpecific** 5.2.2.03

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Describes internal forces.

State Standard

Apply movement concepts and principles to educational gymnastics.

Grade 5 **FitwareNo** **FitwareSpecific** 5.2.2.10

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Describes ways to generate and absorb force when dancing.

State Standard

Apply movement concepts and principles to rhythmic activities.

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

Introduce strategies that occur in game-like situations.

Grade 5 **FitwareNo** **FitwareSpecific** 5.2.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Practice basic strategies in game-like settings.

Grade 5 **FitwareNo** **FitwareSpecific** 5.2.4.03

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Describes the similarities and differences between boys and girls from birth through puberty.

State Standard

Apply movement concepts and principles to educational gymnastics.

Grade 5 **FitwareNo** **FitwareSpecific** 5.2.4.10

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Describes the negative impact of social changes on physical performance from prepuberty through puberty.

State Standard

Apply movement concepts and principles to rhythmic activities.

Grade 5 **FitwareNo** **FitwareSpecific** 5.2.5

Fitware Grade Level Standard

Describes critical elements of fundamental movement and manipulative skills.

Fitware Unit Level Standard

State Standard

Recognize and analyze knowledge of movement concepts and principles in basic skills.

Grade 5 **FitwareNo** **FitwareSpecific** 5.2.5

Fitware Grade Level Standard

Describes critical elements of fundamental movement and manipulative skills.

Fitware Unit Level Standard

State Standard

Recognize and apply movement concepts and principles that impact the quality of increasingly complex movement performance.

Grade 5 **FitwareNo** **FitwareSpecific** 5.2.5.03

Fitware Grade Level Standard

Describes critical elements of fundamental movement and manipulative skills.

Fitware Unit Level Standard

Describes the critical elements for front scale, knee scale, squat forward roll, back squat roll, tip up, and tripod.

State Standard

Apply movement concepts and principles to educational gymnastics.

Grade 5 **FitwareNo** **FitwareSpecific** 5.2.5.10

Fitware Grade Level Standard

Describes critical elements of fundamental movement and manipulative skills.

Fitware Unit Level Standard

Diagram the dance steps (grapevine step, polka step, forearm swing, do-si-do, two-step, right hand star).

State Standard

Apply movement concepts and principles to rhythmic activities.

Grade 5 **FitwareNo** **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 voluntarily in physical activity outside the physical education class.

Grade 5 **FitwareNo** **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

Uses physical education skills and knowledge for increased physical activity at recess and in the community.

Grade 5 **FitwareNo** **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 make use of opportunities at school and in the community for regular participation in physical activity.

Grade 5 **FitwareNo** **FitwareSpecific** 5.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Engage in sustained physical activity that causes an increased heart rate for longer periods of time.

Grade 5 **FitwareNo** **FitwareSpecific** 5.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Recognized and monitor the physiological indicators that accompany moderate to vigorous physical activity.

Grade 5 **FitwareNo** **FitwareSpecific** 5.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Evaluate and improve personal levels of health-related fitness.

Grade 5 **FitwareNo** **FitwareSpecific** 5.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify activities associated with each component of health-related physical fitness.

Grade 5 **FitwareNo** **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

Recognize the importance of nutrition relative to fitness.

Grade 5 **FitwareNo** **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

Cooperate with others regardless of personal differences in skill, gender, disability, socioeconomic level and ethnicity.

Grade 5 **FitwareNo** **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

Recognize and value attributes of individuals.

Grade 5 **FitwareNo** **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

Treat others with respect during physical activity.

Grade 5 **FitwareNo** **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

Resolve conflicts in socially acceptable ways. [addressed specifically in grade 8]

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

Use responsible behavior in safety procedures for all physical activities.

Grade 5 **FitwareNo** **FitwareSpecific** 5.5.2

Fitware Grade Level Standard

Accepts responsibility for personal safety during physical activity.

Fitware Unit Level Standard

State Standard

Recognize that time and effort are necessary for improving and maintaining fitness. [addressed specifically in grade 7]

Grade 5 **FitwareNo** **FitwareSpecific** 5.5.2

Fitware Grade Level Standard

Accepts responsibility for personal safety during physical activity.

Fitware Unit Level Standard

State Standard

Apply rules, procedures and safe practices.

Grade 5 **FitwareNo** **FitwareSpecific** 5.5.2

Fitware Grade Level Standard

Accepts responsibility for personal safety during physical activity.

Fitware Unit Level Standard

State Standard

Work independently and on-task. [addressed specifically at grade 7]

Grade 5 **FitwareNo** 6.2 **FitwareSpecific** 5.6.2

Fitware Grade Level Standard

Expresses personal feelings through a movement-based routine.

Fitware Unit Level Standard

State Standard

Develop patterns and combinations of movements into educational gymnastics, games and rhythm/dance.

Grade 5 **FitwareNo** 6.2 **FitwareSpecific** 5.6.2

Fitware Grade Level Standard

Expresses personal feelings through a movement-based routine.

Fitware Unit Level Standard

State Standard

Use physical activity as a means of self-expression.

Grade 5 **FitwareNo** 6.2 **FitwareSpecific** 5.6.2.03

Fitware Grade Level Standard

Expresses personal feelings through a movement-based routine.

Fitware Unit Level Standard

Expresses personal feelings through a movement-based routine that involves tumbling skills.

State Standard

Develop and refine a gymnastic sequence demonstrating smooth transitions.

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

Experience enjoyment while participating 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

Seek personally challenging experiences in physically 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

Celebrate personal successes and achievements.

Grade 5 **FitwareNo** **FitwareSpecific** 5.6.4

Fitware Grade Level Standard

Describes the physical benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Recognize physical activity as a positive opportunity for social interaction. [specifically addressed in grade 7]

Grade 6 **FitwareNo** **FitwareSpecific** 6.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate locomotor, non-locomotor and manipulative skills.

Grade 6 **FitwareNo** **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

Participate with skill in a variety of modified sports and game activities.

Grade 6 **FitwareNo** **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

Apply skills and strategies in individual, dual and team sports.

Grade 6 **FitwareNo** **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

Understand and apply offensive, defensive, and transition strategies in various activities.

Grade 6 **FitwareNo** **FitwareSpecific** 6.1.0.03

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates the mature form for headstand; handstand; handstand roll out; cartwheel; walk on beam with dip; squat turn on beam; pike forward roll; and straddle roll.

State Standard

Develop and refine educational gymnastic sequences (e.g., stunts, tumbling, balance).

Grade 6 **FitwareNo** **FitwareSpecific** 6.1.0.04

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Create and perform dance (e.g., aerobic, line, folk, social, artistic, square).

Grade 6 **FitwareNo** **FitwareSpecific** 6.1.0.04

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Develop and perform rhythmic activities and movement sequences (e.g., aerobic movement, jump rope, jump bands).

Grade 6 **FitwareNo** **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

Seek and apply information from a variety of sources to guide and improve performance.

Grade 6 **FitwareNo** **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 principles of practice and conditioning that enhance movement performance.

Grade 6 **FitwareNo** **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

Understand and apply balance and weight transfer concepts.

Grade 6 **FitwareNo** **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

Understand and apply offensive, defensive, and transition strategies in various activities.

Grade 6 **FitwareNo** **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

Apply skills and strategies in individual, dual and team sports.

Grade 6 **FitwareNo** **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 regularly in a variety of physical activities in both school and non-school settings.

Grade 6 **FitwareNo** **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 lifelong physical activities (e.g. outdoor, leisure, fitness).

Grade 6 **FitwareNo** **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 individual, group, and/or family oriented physical activities.

Grade 6 **FitwareNo** **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 moderate to vigorous activity for a sustained period of time while maintaining a target heart rate.

Grade 6 **FitwareNo** **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 utilize available community resources that promote an active lifestyle (e.g. community centers, YMCA, local gyms, parks).

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Explore and participate in a variety of health-related fitness activities.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Participate in a personal fitness plan to enhance physical fitness (e.g. fitness logs, online journals).

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Evaluate and measure personal fitness levels (e.g. PRE, fitness testing, heart-rate monitoring).

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Demonstrate activities to improve and maintain muscular strength and endurance, flexibility, cardiorespiratory endurance and body composition.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Understand the daily requirements for physical activity.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Understand and apply basic principles of training (frequency, intensity, time and type) to develop personal goals and improve physical fitness.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate proper warm-up, conditioning and cooling down techniques.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate activities to improve and maintain muscular strength and endurance, flexibility, cardiorespiratory endurance and body composition.

Grade 6 **FitwareNo** **FitwareSpecific** 6.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Evaluate and demonstrate ways individuals maintain a degree of fitness throughout life.

Grade 6 **FitwareNo** **FitwareSpecific** 6.5.1

Fitware Grade Level Standard

Works cooperatively with a small group in physical activity settings.

Fitware Unit Level Standard

State Standard

Understand that participating in games and sports can enhance social interaction.

Grade 6 **FitwareNo** **FitwareSpecific** 6.5.1

Fitware Grade Level Standard

Works cooperatively with a small group in physical activity settings.

Fitware Unit Level Standard

State Standard

Perform a variety of activities that promote social interaction and self-expression.

Grade 6 **FitwareNo** **FitwareSpecific** 6.5.1

Fitware Grade Level Standard

Works cooperatively with a small group in physical activity settings.

Fitware Unit Level Standard

State Standard

Work cooperatively within a group to achieve group goals in competitive and cooperative settings.

Grade 6 **FitwareNo** **FitwareSpecific** 6.5.1

Fitware Grade Level Standard

Works cooperatively with a small group in physical activity settings.

Fitware Unit Level Standard

State Standard

Demonstrate the importance of team work, sportsmanship and fair play.

Grade 6 **FitwareNo** **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

Demonstrate the correct use of physical education equipment.

Grade 6 **FitwareNo** **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

Follow rules and procedures designed for safe participation.

Grade 6 **FitwareNo** **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

Value knowledge, skills and safety practices related to lifelong physical activities (e.g. water activities, outdoor adventure, cycling).

Grade 6 **FitwareNo** **FitwareSpecific** 6.6.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Develop and perform rhythmic activities and movement sequences (e.g., aerobic movement, jump rope, jump bands).

Grade 6 **FitwareNo** **FitwareSpecific** 6.6.2.03

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Expresses personal feelings through the creation of a stunts/tumbling routine.

State Standard

Develop and refine educational gymnastic sequences (e.g., stunts, tumbling, balance).

Grade 6 **FitwareNo** **FitwareSpecific** 6.6.2.04

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Expresses personal feelings through the creation of a dance routine.

State Standard

Create and perform dance (e.g., aerobic, line, folk, social, artistic, square).

Grade 6 **FitwareNo** **FitwareSpecific** 6.6.3

Fitware Grade Level Standard

Chooses to engage in new activities.

Fitware Unit Level Standard

State Standard

Enjoy learning new and challenging physical activities.

Grade 6 **FitwareNo** **FitwareSpecific** 6.6.4

Fitware Grade Level Standard

Describes the health benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Understand the relationship and long-term benefits of physical fitness to body systems.

Grade 6 **FitwareNo** **FitwareSpecific** 6.6.4

Fitware Grade Level Standard

Describes the health benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Recognize the lifelong health benefits of participation in physical activity.

Grade 6 **FitwareNo** **FitwareSpecific** 6.6.4

Fitware Grade Level Standard

Describes the health benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Understand the importance of daily physical activity.

Grade 7 **FitwareNo** **FitwareSpecific** 7.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate locomotor, non-locomotor and manipulative skills.

Grade 7 **FitwareNo** **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

Participate with skill in a variety of modified sports and game activities.

Grade 7 **FitwareNo** **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

Apply skills and strategies in individual, dual and team sports.

Grade 7 **FitwareNo** **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

Understand and apply offensive, defensive, and transition strategies in various activities.

Grade 7 **FitwareNo** **FitwareSpecific** 7.1.0.02

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates the mature form for: long horse vaulting (straddle dismount from croup, straddle vault); vaulting (squat vault; pommels (jump front support, hand walk, leg cut); floor exercises (front walkover, back extension); balance beam (straddle support mount, walk with dip, squat turn, jump dismount); horizontal bar (knee hang, front pullover, penny drop, forward hip circle); and parallel bars

State Standard

Develop and refine educational gymnastic sequences (e.g., stunts, tumbling, balance).

Grade 7 **FitwareNo** **FitwareSpecific** 7.1.0.03

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrates the correct technique for: holding a compass, reading a compass, taking a bearing, following a bearing, and reading topographic maps.

State Standard

Demonstrate intermediate skills of adventure/outdoor education activities.

Grade 7 **FitwareNo** **FitwareSpecific** 7.1.0.08

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Create and perform dance (e.g., aerobic, line, folk, social, artistic, square).

Grade 7 **FitwareNo** **FitwareSpecific** 7.1.0.08

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Develop and perform rhythmic activities and movement sequences (e.g., aerobic movement, jump rope, jump bands).

Grade 7 **FitwareNo** **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

Participate in goal-setting for improvement in individual and team activities.

Grade 7 **FitwareNo** **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 principles of practice and conditioning that enhance movement performance.

Grade 7 **FitwareNo** **FitwareSpecific** 7.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for net and target sports.

Fitware Unit Level Standard

State Standard

Understand and apply offensive, defensive, and transition strategies in various activities.

Grade 7 **FitwareNo** **FitwareSpecific** 7.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for net and target sports.

Fitware Unit Level Standard

State Standard

Apply skills and strategies in individual, dual and team sports.

Grade 7 **FitwareNo** **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 regularly in a variety of physical activities in both school and non-school settings.

Grade 7 **FitwareNo** **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 lifelong physical activities (e.g. outdoor, leisure, fitness).

Grade 7 **FitwareNo** **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 individual, group, and/or family oriented physical activities.

Grade 7 **FitwareNo** **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 moderate to vigorous activity for a sustained period of time while maintaining a target heart rate.

Grade 7 **FitwareNo** **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

Identify and utilize available community resources that promote an active lifestyle (e.g. community centers, YMCA, local gyms, parks).

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Explore and participate in a variety of health-related fitness activities.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Participate in a personal fitness plan to enhance physical fitness (e.g. fitness logs, online journals).

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Evaluate and measure personal fitness levels (e.g. PRE, fitness testing, heart-rate monitoring).

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Demonstrate activities to improve and maintain muscular strength and endurance, flexibility, cardiorespiratory endurance and body composition.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Understand the daily requirements for physical activity.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Understand and apply basic principles of training (frequency, intensity, time and type) to develop personal goals and improve physical fitness.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate proper warm-up, conditioning and cooling down techniques.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate activities to improve and maintain muscular strength and endurance, flexibility, cardiorespiratory endurance and body composition.

Grade 7 **FitwareNo** **FitwareSpecific** 7.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Evaluate and demonstrate ways individuals maintain a degree of fitness throughout life.

Grade 7 **FitwareNo** **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

Understand that participating in games and sports can enhance social interaction.

Grade 7 **FitwareNo** **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

Perform a variety of activities that promote social interaction and self-expression.

Grade 7 **FitwareNo** **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

Demonstrate the importance of team work, sportsmanship and fair play.

Grade 7 **FitwareNo** **FitwareSpecific** 7.5.2

Fitware Grade Level Standard

Accepts responsibility for individual improvement during challenging physical activity.

Fitware Unit Level Standard

State Standard

Follow rules and procedures designed for safe participation.

Grade 7 **FitwareNo** **FitwareSpecific** 7.5.2

Fitware Grade Level Standard

Accepts responsibility for individual improvement during challenging physical activity.

Fitware Unit Level Standard

State Standard

Value knowledge, skills and safety practices related to lifelong physical activities (e.g. water activities, outdoor adventure, cycling).

Grade 7 **FitwareNo** **FitwareSpecific** 7.5.2

Fitware Grade Level Standard

Accepts responsibility for individual improvement during challenging physical activity.

Fitware Unit Level Standard

State Standard

Demonstrate the correct use of physical education equipment.

Grade 7 **FitwareNo** **FitwareSpecific** 7.6.2

Fitware Grade Level Standard

Appreciates one's own stylistic approach to creating a routine.

Fitware Unit Level Standard

State Standard

Develop and perform rhythmic activities and movement sequences (e.g., aerobic movement, jump rope, jump bands).

Grade 7 **FitwareNo** **FitwareSpecific** 7.6.2.02

Fitware Grade Level Standard

Appreciates one's own stylistic approach to creating a routine.

Fitware Unit Level Standard

Appreciates one's own stylistic approach to creating a tumbling or gymnastics routine.

State Standard

Develop and refine educational gymnastic sequences (e.g., stunts, tumbling, balance).

Grade 7 **FitwareNo** **FitwareSpecific** 7.6.2.08

Fitware Grade Level Standard

Appreciates one's own stylistic approach to creating a routine.

Fitware Unit Level Standard

Appreciates one's own stylistic approach to dance.

State Standard

Create and perform dance (e.g., aerobic, line, folk, social, artistic, square).

Grade 7 **FitwareNo** **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

Enjoy learning new and challenging physical activities.

Grade 7 **FitwareNo** **FitwareSpecific** 7.6.4

Fitware Grade Level Standard

Describes the social benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Recognize physical activity as a positive opportunity for social and group interaction.

Grade 7 **FitwareNo** **FitwareSpecific** 7.6.4

Fitware Grade Level Standard

Describes the social benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Understand the importance of daily physical activity.

Grade 8 **FitwareNo** **FitwareSpecific** 8.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate locomotor, non-locomotor and manipulative skills.

Grade 8 **FitwareNo** **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

Participate with skill in a variety of modified sports and game activities.

Grade 8 **FitwareNo** **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

Apply skills and strategies in individual, dual and team sports.

Grade 8 **FitwareNo** **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

Understand and apply offensive, defensive, and transition strategies in various activities.

Grade 8 **FitwareNo** **FitwareSpecific** 8.1.0.02

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Demonstrate tumbling skills.

State Standard

Develop and refine educational gymnastic sequences (e.g., stunts, tumbling, balance).

Grade 8 **FitwareNo** **FitwareSpecific** 8.1.0.06

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Create and perform dance (e.g., aerobic, line, folk, social, artistic, square).

Grade 8 **FitwareNo** **FitwareSpecific** 8.1.0.06

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Develop and perform rhythmic activities and movement sequences (e.g., aerobic movement, jump rope, jump bands).

Grade 8 **FitwareNo** **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 principles of practice and conditioning that enhance movement performance.

Grade 8 **FitwareNo** **FitwareSpecific** 8.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for invasion and field sports.

Fitware Unit Level Standard

State Standard

Understand and apply offensive, defensive, and transition strategies in various activities.

Grade 8 **FitwareNo** **FitwareSpecific** 8.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for invasion and field sports.

Fitware Unit Level Standard

State Standard

Apply skills and strategies in individual, dual and team sports.

Grade 8 **FitwareNo** **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

Identify principles of practice and conditioning that enhance movement performance.

Grade 8 **FitwareNo** **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 regularly in a variety of physical activities in both school and non-school settings.

Grade 8 **FitwareNo** **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 lifelong physical activities (e.g. outdoor, leisure, fitness).

Grade 8 **FitwareNo** **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 individual, group, and/or family oriented physical activities.

Grade 8 **FitwareNo** **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 moderate to vigorous activity for a sustained period of time while maintaining a target heart rate.

Grade 8 **FitwareNo** **FitwareSpecific** 8.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Explore and participate in a variety of health-related fitness activities.

Grade 8 **FitwareNo** **FitwareSpecific** 8.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Participate in a personal fitness plan to enhance physical fitness (e.g. fitness logs, online journals).

Grade 8 **FitwareNo** **FitwareSpecific** 8.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Evaluate and measure personal fitness levels (e.g. PRE, fitness testing, heart-rate monitoring).

Grade 8 **FitwareNo** **FitwareSpecific** 8.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Demonstrate activities to improve and maintain muscular strength and endurance, flexibility, cardiorespiratory endurance and body composition.

Grade 8 **FitwareNo** **FitwareSpecific** 8.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Understand the daily requirements for physical activity.

Grade 8 FitwareNo FitwareSpecific 8.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Understand and apply basic principles of training (frequency, intensity, time and type) to develop personal goals and improve physical fitness.

Grade 8 FitwareNo 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

Demonstrate proper warm-up, conditioning and cooling down techniques.

Grade 8 FitwareNo 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

Demonstrate activities to improve and maintain muscular strength and endurance, flexibility, cardiorespiratory endurance and body composition.

Grade 8 **FitwareNo** **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

Evaluate and demonstrate ways individuals maintain a degree of fitness throughout life.

Grade 8 **FitwareNo** **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

Understand that participating in games and sports can enhance social interaction.

Grade 8 **FitwareNo** **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

Perform a variety of activities that promote social interaction and self-expression.

Grade 8 **FitwareNo** **FitwareSpecific** 8.5.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Work cooperatively within a group to achieve group goals in competitive and cooperative settings.

Grade 8 **FitwareNo** **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

Cooperate with peers of a diverse population during physical activity. [addressed specifically in grade 5]

Grade 8 **FitwareNo** **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

Demonstrate the importance of team work, sportsmanship and fair play.

Grade 8 **FitwareNo** **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

Make appropriate decisions to resolve conflicts arising from the influence of peers.

Grade 8 **FitwareNo** **FitwareSpecific** 8.6.2.06

Fitware Grade Level Standard

Appreciates other's stylistic approach to creating a dance or routine.

Fitware Unit Level Standard

Appreciates other's stylistic approach to creating a dance.

State Standard

Create and perform dance (e.g., aerobic, line, folk, social, artistic, square).

Grade 8 **FitwareNo** **FitwareSpecific** 8.6.2.06

Fitware Grade Level Standard

Appreciates other's stylistic approach to creating a dance or routine.

Fitware Unit Level Standard

Appreciates other's stylistic approach to creating a dance.

State Standard

Develop and perform rhythmic activities and movement sequences (e.g., aerobic movement, jump rope, jump bands).

Grade 8 **FitwareNo** **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

Enjoy learning new and challenging physical activities.

Grade 8 **FitwareNo** **FitwareSpecific** 8.6.4

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Understand the importance of daily physical activity.

Grade 8 **FitwareNo** **FitwareSpecific** 8.6.4

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Understand the benefits of participating in a variety of activities that provide opportunities for enjoyment, satisfaction and self-expression.

Grade 8 **FitwareNo** **FitwareSpecific** 8.6.4

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Understand how attitudes and values are developed through games and sports.

Grade 8 **FitwareNo** **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

Recognize that physical activity provides opportunities for problem solving, decision making, and risk-taking.

Grade 9 **FitwareNo** **FitwareSpecific** 9.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate competency in basic and advanced motor skills and tactics in three or more of the following categories: aquatics, dance, fitness activities, individual/dual sports, outdoor pursuits, leisure pursuits self-defense, team sports and cooperative games/activities.

Grade 9 **FitwareNo** **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

Perform motor skills and movement patterns necessary to participate in a variety of physical activities.

Grade 9 **FitwareNo** **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

Perform appropriate offensive and defensive skills in a variety of individual/dual and team activities that are developmentally appropriate (e.g., badminton, basketball, soccer, pickleball, ultimate Frisbee, volleyball).

Grade 9 **FitwareNo** **FitwareSpecific** 9.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate competency in basic and advanced motor skills and tactics in three or more of the following categories: aquatics, dance, fitness activities, individual/dual sports, outdoor pursuits, leisure pursuits self-defense, team sports and cooperative games/activities.

Grade 9 **FitwareNo** **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

Apply an understanding of motor skills, movement patterns and strategies as they relate to the learning and performance of physical activities.

Grade 9 **FitwareNo** **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 an understanding of motor skills, movement patterns and strategies as they relate to the learning and performance of physical activities.

Grade 9 **FitwareNo** **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

Apply an understanding of motor skills, movement patterns and strategies as they relate to the learning and performance of physical activities.

Grade 9 **FitwareNo** **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

Perform appropriate offensive and defensive skills in a variety of individual/dual and team activities that are developmentally appropriate (e.g., badminton, basketball, soccer, pickleball, ultimate Frisbee, volleyball).

Grade 9 **FitwareNo** **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

Apply an understanding of motor skills, movement patterns and strategies as they relate to the learning and performance of physical activities.

Grade 9 **FitwareNo** **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

Apply an understanding of motor skills, movement patterns and strategies as they relate to the learning and performance of physical activities.

Grade 9 **FitwareNo** **FitwareSpecific** 9.3.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Participate daily in physical activities in both school and non-school settings in order to achieve and maintain a healthy, active lifestyle.

Grade 9 **FitwareNo** **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

Regularly assess personal physical activity level.

Grade 9 **FitwareNo** **FitwareSpecific** 9.3.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Participate in physical activity either alone or with others during leisure time.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Participate in developmentally appropriate physical activities that improve and maintain health-related fitness (i.e., cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition).

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Develop challenging, yet attainable, personal short-term and long-term fitness goals.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Develop, implement and assess a personal fitness plan designed to achieve and maintain a higher level of health-related physical fitness.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Apply proper safety practices when participating in physical activity (e.g., warm-up, cool down).

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Practice the basic principles of exercise physiology and proper nutrition to avoid injury and enhance physical fitness.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Understand the effects of chemical substance on physical activity participation (e.g., caffeine, steroids, alcohol, tobacco, illicit drugs, over the counter drugs).

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Distinguish fact from fallacy as related to fitness products, fitness services and marketing.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Identify the anatomy and the functions of the muscular, skeletal, and cardiovascular systems.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Develop, implement and assess a personal fitness plan designed to achieve and maintain a higher level of health-related physical fitness.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Differentiate realistic and idealized body image and performance as portrayed by the media.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Utilize content knowledge to achieve and maintain physical fitness.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Understand the principles of exercise physiology and nutrition to avoid injury and enhance physical fitness.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Apply principles of exercise physiology and nutrition to avoid injury and enhance physical fitness.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Identify and define concepts of physical fitness.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Describe and apply principles related to physical activity.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Apply proper safety practices when participating in physical activity (e.g., warm-up, cool down).

Grade 9 **FitwareNo** **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

Accept diversity in a variety of physical activity settings (i.e., ability level, cultural background, gender, interest, age).

Grade 9 **FitwareNo** **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

Participate in physical activities with people of different genders, ages, backgrounds, interests and abilities.

Grade 9 **FitwareNo** **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

Accomplish individual and group goals in both competitive and cooperative activities.

Grade 9 **FitwareNo** **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

Exhibit positive personal and social behaviors (i.e., best effort, responsibility, compassion, initiative, cooperation).

Grade 9 **FitwareNo** **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

Execute procedures, rules and etiquette as they relate to the learning and performance of physical activities.

Grade 9 **FitwareNo** **FitwareSpecific** 9.5.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate safety practices and use equipment appropriately when participating in various physical activities.

Grade 9 **FitwareNo** **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

Understand factors that impact participation in physical activity.

Grade 9 **FitwareNo** **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

Select and participate in physical activities that provide enjoyment and challenge.

Grade 9 **FitwareNo** **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

Exhibit a positive attitude toward physical activity and its contribution to a healthy, active lifestyle.

Grade 9 **FitwareNo** **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

Demonstrate a willingness to try new activities for challenge and personal reward.

Grade 9 **FitwareNo** **FitwareSpecific** 9.6.4

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Understand the implications of and the benefits from involvement in physical activities.

Grade 9 **FitwareNo** **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

Value the importance of participating in physical activity.

Grade 10 **FitwareNo** **FitwareSpecific** 10.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate competency in basic and advanced motor skills and tactics in three or more of the following categories: aquatics, dance, fitness activities, individual/dual sports, outdoor pursuits, leisure pursuits self-defense, team sports and cooperative games/activities.

Grade 10 **FitwareNo** **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

Perform motor skills and movement patterns necessary to participate in a variety of physical activities.

Grade 10 **FitwareNo** **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

Perform appropriate offensive and defensive skills in a variety of individual/dual and team activities that are developmentally appropriate (e.g., badminton, basketball, soccer, pickleball, ultimate Frisbee, volleyball).

Grade 10 **FitwareNo** **FitwareSpecific** 10.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate competency in basic and advanced motor skills and tactics in three or more of the following categories: aquatics, dance, fitness activities, individual/dual sports, outdoor pursuits, leisure pursuits self-defense, team sports and cooperative games/activities.

Grade 10 **FitwareNo** **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 an understanding of motor skills, movement patterns and strategies as they relate to the learning and performance of physical activities.

Grade 10 **FitwareNo** **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 an understanding of motor skills, movement patterns and strategies as they relate to the learning and performance of physical activities.

Grade 10 **FitwareNo** **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

Apply an understanding of motor skills, movement patterns and strategies as they relate to the learning and performance of physical activities.

Grade 10 **FitwareNo** **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

Perform appropriate offensive and defensive skills in a variety of individual/dual and team activities that are developmentally appropriate (e.g., badminton, basketball, soccer, pickleball, ultimate Frisbee, volleyball).

Grade 10 **FitwareNo** **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 an understanding of motor skills, movement patterns and strategies as they relate to the learning and performance of physical activities.

Grade 10 **FitwareNo** **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 an understanding of motor skills, movement patterns and strategies as they relate to the learning and performance of physical activities.

Grade 10 **FitwareNo** **FitwareSpecific** 10.3.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Participate daily in physical activities in both school and non-school settings in order to achieve and maintain a healthy, active lifestyle.

Grade 10 **FitwareNo** **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

Regularly assess personal physical activity level.

Grade 10 **FitwareNo** **FitwareSpecific** 10.3.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Participate in physical activity either alone or with others during leisure time.

Grade 10 **FitwareNo** **FitwareSpecific** 10.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Participate in developmentally appropriate physical activities that improve and maintain health-related fitness (i.e., cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition).

Grade 10 **FitwareNo** **FitwareSpecific** 10.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Develop challenging, yet attainable, personal short-term and long-term fitness goals.

Grade 10 **FitwareNo** **FitwareSpecific** 10.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Practice the basic principles of exercise physiology and proper nutrition to avoid injury and enhance physical fitness.

Grade 10 **FitwareNo** **FitwareSpecific** 10.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Develop, implement and assess a personal fitness plan designed to achieve and maintain a higher level of health-related physical fitness.

Grade 10 **FitwareNo** **FitwareSpecific** 10.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Apply proper safety practices when participating in physical activity (e.g., warm-up, cool down).

Grade 10 **FitwareNo** **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

Utilize content knowledge to achieve and maintain physical fitness.

Grade 10 **FitwareNo** **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

Understand the principles of exercise physiology and nutrition to avoid injury and enhance physical fitness.

Grade 10 **FitwareNo** **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

Apply principles of exercise physiology and nutrition to avoid injury and enhance physical fitness.

Grade 10 **FitwareNo** **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

Identify and define concepts of physical fitness.

Grade 10 **FitwareNo** **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

Describe and apply principles related to physical activity.

Grade 10 **FitwareNo** **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

Apply proper safety practices when participating in physical activity (e.g., warm-up, cool down).

Grade 10 **FitwareNo** **FitwareSpecific** 10.5.1

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Demonstrate leadership by holding themselves and others accountable for safety practices, rules, procedures and etiquette in all physical activity settings.

Grade 10 **FitwareNo** **FitwareSpecific** 10.5.1

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Exhibit conflict resolution skills.

Grade 10 **FitwareNo** **FitwareSpecific** 10.5.1

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Exhibit positive personal and social behaviors (i.e., best effort, responsibility, compassion, initiative, cooperation).

Grade 10 **FitwareNo** **FitwareSpecific** 10.5.2

Fitware Grade Level Standard

Accepts personal responsibility for one's level of engagement in physical activities.

Fitware Unit Level Standard

State Standard

Make a commitment to include physical activity as an essential part of a healthy lifestyle.

Grade 10 **FitwareNo** **FitwareSpecific** 10.5.2

Fitware Grade Level Standard

Accepts personal responsibility for one's level of engagement in physical activities.

Fitware Unit Level Standard

State Standard

Exhibit positive personal and social behaviors (i.e., best effort, responsibility, compassion, initiative, cooperation).

Grade 10 **FitwareNo** **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 factors that impact participation in physical activity.

Grade 10 **FitwareNo** **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

Select and participate in physical activities that provide enjoyment and challenge.

Grade 10 **FitwareNo** **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

Exhibit a positive attitude toward physical activity and its contribution to a healthy, active lifestyle.

Grade 10 **FitwareNo** **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

Demonstrate a willingness to try new activities for challenge and personal reward.

Grade 10 **FitwareNo** **FitwareSpecific** 10.6.4

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Understand the implications of and the benefits from involvement in physical activities.

Grade 10 **FitwareNo** **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

Value the importance of participating in physical activity.