

**Grade 5**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Describe common skeletal problems and their effect on the body such as spinal curvatures.

**Grade 5**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Describe the changes that occur in the cardiorespiratory system as a result of smoking and how those changes affect the ability to perform physical activity.

**Grade 5**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Describe how movement and coordination are effected by alcohol and other drugs.

**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 appropriate use of levels in dynamic movement situations such as jumping high for a rebound and bending knees and lowering center of gravity when guarding an opponent.

**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 smooth combinations of fundamental locomotor skills such as running and dodging and hop-step-jump.

**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 attention to form, power, accuracy, and follow-through in performing movement skills.

**Grade** 5

**FitwareNo** 1

**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 controlled balance on a variety of objects such as balance board, stilts, scooters, and skates.

**Grade** 5

**FitwareNo** 1

**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 simple stunts that exhibit agility such as jumping challenges with proper landings.

**Grade** 5

**FitwareNo** 1

**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**

Combine traveling and rolling with smooth transitions.

**Grade** 5

**FitwareNo** 1

**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**

Combine weight transfer and balance on mats and equipment.

**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 the ability to contrast a partner's movement.

**Grade** 5

**FitwareNo** 1

**FitwareSpecific** 5.1.0.10

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

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

### **State Standard**

Perform selected folk dances.

**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**

Jump a rope using various rhythms and foot patterns repeatedly.

**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 competence in manipulative skills in dynamic situations such as overhand throw, catch, shooting, hand dribble, foot dribble, kick, and striking activities such as hitting a softball.

**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 combinations of locomotor and manipulative skills in complex and/or game-like situations such as pivoting and throwing, twisting and striking, and running and catching.

**Grade** 5

**FitwareNo** 2.1

**FitwareSpecific** 5.2.1

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Identify the importance of various elements of performance for different stages during skill learning such as form, power, accuracy, and consistency.

**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**

Choose appropriate drills/activities to enhance the learning of a specific skill.

**Grade** 5

**FitwareNo** 2.2

**FitwareSpecific** 5.2.2.04

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

Describes how internal force is generated.

### **State Standard**

Describe the structure and function of the muscular and skeletal system as they relate to physical performance such as muscles pull on bones to cause movement, muscles work in pairs, and muscles work by contracting and relaxing.

**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**

Describe fundamental components and strategies used in net/wall, invasion, target, and fielding games such as basic positions-goalie, offense, or defense.

**Grade** 5

**FitwareNo** 2.5

**FitwareSpecific** 5.2.5

### **Fitware Grade Level Standard**

Describes critical elements of fundamental movement and manipulative skills.

### **Fitware Unit Level Standard**

### **State Standard**

Identify common phases such as preparation, movement, follow through, or recovery in a variety of movement skills such as tennis serve, handstand, and free throw.

**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 moderate to vigorous physical activities on a daily basis that develop health-related fitness.

**Grade** 5

**FitwareNo** 4.1

**FitwareSpecific** 5.4.1.01

### **Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

### **Fitware Unit Level Standard**

Participates in fitness pre-assessment.

### **State Standard**

Identify appropriate personal fitness goals in each of the components of health-related fitness.

**Grade** 5

**FitwareNo** 4.2

**FitwareSpecific** 5.4.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Relate ways that aerobic exercise strengthens and improves the efficiency of the heart and lungs.

**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**

Self-monitor the heart rate during exercise.

**Grade** 5

**FitwareNo** 4.2

**FitwareSpecific** 5.4.2.03

### **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**

Describes overload, specificity, regularity, individual differences, and progression and how they relate to each area of health-related fitness.

### **State Standard**

Match different types of physical activity with health-related fitness components.

**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**

Define the principle of frequency, intensity, and time and describe how to incorporate these principles to improve fitness.

**Grade** 5

**FitwareNo** 4.2

**FitwareSpecific** 5.4.2

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Identify the relationship between optimal body function and a healthy eating plan such as eating a variety of foods in moderation according to U. S. dietary guidelines.

**Grade** 5

**FitwareNo** 4.2

**FitwareSpecific** 5.4.2

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Identify potentially dangerous exercises and their adverse effects on the body.

**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**

Explain the concept and importance of team work.

**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 equipment safely and properly.

**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**

Select and use proper attire that promotes participation and prevents injury.

**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**

Describe the importance of taking personal responsibility for reducing hazards, avoiding accidents, and preventing injuries during 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**

Follow rules, procedures, and etiquette.

**Grade** 5

**FitwareNo** 5.2

**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**

Use sportsmanship skills for settling disagreements in socially acceptable ways such as remaining calm, identifying the problem, listening to others, generating solutions, or choosing a solution that is acceptable to all.

**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 sportsmanship skills for settling disagreements in socially acceptable ways such as remaining calm, identifying the problem, listening to others, generating solutions, or choosing a solution that is acceptable to all.

**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**

Explain the value of participation in community physical activities such as little league and parks and recreation.

**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 physical activity with a partner or partners can increase motivation and enhance safety.

**Grade** 6

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Recognize the effects of substance abuse on personal health and performance in physical activity.

**Grade 6**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Analyze ways outside influences affect decisions about care of the body such as alcohol and tobacco advertising and peer pressure.

**Grade 6**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Recognize that idealized images of the human body and performance as presented by the media may not be appropriate to imitate.

**Grade 6**

**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**

Explain water safety and basic rescue procedures. [addressed in 7th grade]

**Grade 6**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Know basic rules for sports played such as setting up to start, restarting, violating rules.

**Grade 6**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Keep accurate score during a contest.

**Grade 6**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Identify and follow rules while playing sports and games.

**Grade 6**

**FitwareNo**

**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**

Accept decisions made by game officials such as student, teachers, and officials outside the school.  
[addressed in 8th grade]

**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**

Perform locomotor skills in dynamic fitness, sport, and rhythmic activities.

**Grade 6**

**FitwareNo 1**

**FitwareSpecific 6.1.0**

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Use relationships, levels, speed, direction, and pathways effectively in complex group and individual physical activities such as crouching low for volleyball digs, stretching high during lay-ups, positioning for a soccer pass, or passing ahead of a receiver.

**Grade 6**

**FitwareNo 1**

**FitwareSpecific 6.1.0.04**

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

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

### **State Standard**

Move in time to complex rhythmical patterns such as 3/4 time or 6/8 time.

**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**

Throw a variety of objects demonstrating both accuracy and distance such as frisbee, softball, and basketball.

**Grade 6**

**FitwareNo 1**

**FitwareSpecific 6.1.0.08**

### **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 the pickleball serve, forehand, and backhand strokes.

### **State Standard**

Strike a ball to a wall or a partner with a paddle/racquet using forehand and backhand strokes continuously.

**Grade** 6

**FitwareNo** 1

**FitwareSpecific** 5.1.0.09

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

Demonstrates speed and accuracy using the mature form for striking with a bat, hockey stick, and racket/paddle (forehand and backhand).

### **State Standard**

Strike a ball using a golf club or a hockey stick consistently so it travels in an intended direction and height. [addressed in fifth grade]

**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**

Hand and foot dribble while preventing an opponent from stealing the ball.

**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**

Keep an object in the air without catching it in a small group such as volleyball and football.

**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**

Throw and catch a ball consistently while guarded by an opponent.

**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**

Know that appropriate practice in static and dynamic setting, attention, and effort are required when learning movement skills.

**Grade** 6

**FitwareNo** 2.1

**FitwareSpecific** 6.2.1

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Make appropriate changes in performance based on feedback to improve skills.

**Grade 6**

**FitwareNo 2.1**

**FitwareSpecific 6.2.1**

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Practice in ways that are appropriate for learning skills such as whole/part/whole, shorter practice distributed over time is better than one long session, or practicing is best in game-like conditions.

**Grade 6**

**FitwareNo 2.1**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice.

**Grade** 6

**FitwareNo** 2.3

**FitwareSpecific** 6.2.3.02

### **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**

Designs a cooperative movement game that requires locomotor skills and object manipulation.

### **State Standard**

Modify games/activities to improve the game/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 moderate to vigorous health-related physical activities on a regular basis.

**Grade** 6

**FitwareNo** 3.2

**FitwareSpecific** 6.3.2

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Identify opportunities in the school and community for regular participation in physical activity.

**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**

Establish and monitor progress toward appropriate personal fitness goals in each of the components of health-related fitness such as personal logs, group projects, and no space/or criterion referenced tests.

**Grade** 6

**FitwareNo** 4.2

**FitwareSpecific** 6.4.1.01

### **Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

### **Fitware Unit Level Standard**

Participates in fitness pre-assessment.

### **State Standard**

Identify and know how to use technological tools used for measuring and monitoring fitness parameters such as computer programs, heart rate monitors, skin-fold calipers, and impedance testing equipment.

**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**

Classify activities as being aerobic or anaerobic.

**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 effects of exercise on heart rate through the use of manual pulse checking and recovery rates, heart rate monitors, perceived exertion scales, and/or computer generated data.

**Grade** 6

**FitwareNo** 4.2

**FitwareSpecific** 6.4.2

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Identify each health-related fitness component and describe how participating in cardiovascular endurance, muscular strength and endurance, and flexibility actions impact personal 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**

Identify specific foods that contain protein, vitamins, and minerals that are key elements to optimal body function.

**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**

Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as wind, cold, heat, and insects; and recommend prevention and treatment.

**Grade** 6

**FitwareNo** 4.2

**FitwareSpecific** 6.4.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Identify potentially dangerous exercises and their adverse effects on the body.

**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**

Handle conflicts that arise with others without confrontation.

**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**

Accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice.

**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**

Use equipment safely and properly.

**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**

Select and use proper attire that promotes participation and prevents injury.

**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**

Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations.

**Grade** 6

**FitwareNo** 5.2

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Accept successes and performance limitations of self and others, exhibit appropriate behavior responses, and recognize that improvement is possible with appropriate practice.

**Grade** 6

**FitwareNo** 6.2

**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 routine.

**State Standard**

Perform sequences that combine traveling, rolling, balancing, and weight transfer into smooth, flowing sequences.

**Grade** 6

**FitwareNo** 6.2

**FitwareSpecific** 6.6.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Design and refine a jump rope routine to music.

**Grade** 6

**FitwareNo** 6.4

**FitwareSpecific** 6.6.4

**Fitware Grade Level Standard**

Describes the health benefits of regular participation in physical activity.

**Fitware Unit Level Standard**

**State Standard**

Describe selected long-term benefits of regular physical activity.

**Grade** 6

**FitwareNo** 6.4

**FitwareSpecific** 6.6.4

**Fitware Grade Level Standard**

Describes the health benefits of regular participation in physical activity.

**Fitware Unit Level Standard**

**State Standard**

Describe the effects of aerobic exercise on the heart and overall health.

**Grade** 6

**FitwareNo** 6.4

**FitwareSpecific** 6.6.4

**Fitware Grade Level Standard**

Describes the health benefits of regular participation in physical activity.

**Fitware Unit Level Standard**

**State Standard**

Identify each health-related fitness component and describe how participating in cardiovascular endurance, muscular strength and endurance, and flexibility actions impact personal fitness.

**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**

Design and perform sequences of dance steps/movements in practiced sequences with intentional changes in speed, direction, and flow.

**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**

Use basic offensive and defensive strategies while playing a modified version of a sport.

**Grade 7**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Describe and predict the effects of fitness-related stress management techniques on the body.

**Grade 7**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Recognize the effects of substance abuse on personal health and performance in physical activity.

**Grade** 7

**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**

Use equipment safely and properly. [addressed in 6th grade]

**Grade** 7

**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**

Select and use proper attire that promotes participation and prevents injury. [addressed in 6th grade]

**Grade 7**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Recognize harmful effects of the sun such as sunburn, heatstroke, heat exhaustion, and heat cramps and recommend prevention methods.

**Grade 7**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Distinguish between compliance and noncompliance with rules and regulations and apply agreed upon consequences when officiating.

**Grade 7**

**FitwareNo**

**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**

Accept decisions made by game officials such as student, teachers, and officials outside the school.  
[addressed in 8th grade]

**Grade 7**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and joins teams.

**Grade** 7

**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**

Recognize the role of games, sport, and dance in getting to know and understand others. [addressed in 8th grade]

**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**

Coordinate movements with teammates to achieve team goals.

**Grade 7**

**FitwareNo 1**

**FitwareSpecific 7.1.0**

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Demonstrate appropriate relationships to an opponent in dynamic game situations such as staying between opponent and goal and moving between opponent and the ball.

**Grade 7**

**FitwareNo 1**

**FitwareSpecific 7.1.0**

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Demonstrate appropriate speed and generation of force such as running sprints, running distance, throwing a disc, jumping, kicking.

**Grade** 7

**FitwareNo** 1

**FitwareSpecific** 7.1.0.08

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

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

### **State Standard**

Perform selected folk, country, square, line, creative, and/or aerobic dances.

**Grade** 7

**FitwareNo** 1

**FitwareSpecific** 7.1.0

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Demonstrate, without cue, critical elements in specialized skills related to sports such as overhand throw for distance/force, serving and bumping, volleyball, shooting a basketball, shooting a lay-up, forehand and backhand, striking with a racket or club, or batting.

**Grade 7**

**FitwareNo 1**

**FitwareSpecific 7.1.0**

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Combine skills competently to participate in modified versions of team and individual sports.

**Grade 7**

**FitwareNo 1**

**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 introductory outdoor pursuit skills such as backpacking, rock climbing, orienteering, hiking, canoeing, cycling, or ropes courses..

**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**

Detect and correct errors in personal or partner's skill performance.

**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**

Make appropriate changes in performance based on feedback.

**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**

Create and modify activities that provide practice of selected skills to improve performance such as practice with non-dominant hand, practice specific game situations, or practice jumps or cartwheels in both directions.

**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 the importance of goal setting in improving skill.

**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**

Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support.

**Grade** 7

**FitwareNo** 2.5

**FitwareSpecific** 7.2.5

### **Fitware Grade Level Standard**

Explains the critical elements of specialized skills and combinations in individual and dual sports.

### **Fitware Unit Level Standard**

### **State Standard**

Identify and apply similar movement concepts and elements in a variety of sport skills such as throwing and tennis serving.

**Grade 7**

**FitwareNo 2.5**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Describe fundamental components and strategies used in net/wall, invasion, target, and fielding games such as net/wall alternating the speed and direction of the ball, invasion-fakes, give and go, target-concentration, feel the movement, and fielding-back up other players.

**Grade 7**

**FitwareNo 3.1**

**FitwareSpecific 9.3.1**

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Participate in games, sports, dance, and/or outdoor pursuits in and outside of school based on individual interests and/or capabilities.

**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 moderate to vigorous health-related physical activities on a regular basis.

**Grade** 7

**FitwareNo** 4.1

**FitwareSpecific** 7.4.1.01

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

Participates in fitness pre-assessment.

**State Standard**

Evaluate personal fitness goals and make appropriate changes for improvement.

**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**

Select and use appropriate technology tools to evaluate, monitor, and improve physical development.

**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**

Assess physiological effects of exercise during and after physical activity.

**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**

Match personal physical activities to health-related fitness components.

**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 the strength and weaknesses of selected physical activities.

**Grade** 7

**FitwareNo** 4.2

**FitwareSpecific** 7.4.2

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Identify proteins, fats, carbohydrates, water, vitamins, and minerals as key elements found in foods that are necessary for optimal body function.

**Grade** 7

**FitwareNo** 4.2

**FitwareSpecific** 7.4.2

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Identify and apply basic weight training principles and safety practices such as appropriate goals, appropriate weight and repetitions, body alignment, principle of frequency, intensity, and time, and importance of balance in muscle pairs.

**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**

Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as wind, cold, heat, and insects; and recommend prevention and treatment.

**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**

Solve problems in physical activities by analyzing causes and potential solutions.

**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**

Work cooperatively in a group to achieve group goals in competitive as well as cooperative 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**

Identify favorite lifelong physical activities.

**Grade** 7

**FitwareNo** 6.4

**FitwareSpecific** 7.6.4

### **Fitware Grade Level Standard**

Describes the social benefits of regular participation in physical activity.

### **Fitware Unit Level Standard**

### **State Standard**

List long term physiological and psychological benefits that may result from regular participation in physical activity.

**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**

Explain the effects of eating and exercise patterns on weight control, self-concept and physical performance.

**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**

Analyze exercises for their effects on the body such as beneficial/potentially dangerous.

**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**

Use basic offensive and defensive strategies while playing a modified version of a sport.

**Grade 8**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Describe and predict the effects of stress management techniques on the body.

**Grade 8**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Recognize the effects of substance abuse on personal health and performance in physical activity.

**Grade 8**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Recognize harmful effects of the sun such as sunburn, heatstroke, heat exhaustion, and heat cramps and recommend prevention methods.

**Grade 8**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Distinguish between compliance and noncompliance rules and regulations and apply agreed upon consequences when officiating.

**Grade 8**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Identify and follow rules while playing sports and games.

**Grade 8**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Accept decisions made by game officials including student, teachers, and officials outside the school.

**Grade 8**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams.

**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**

Coordinate movements with team mates to achieve team goals.

**Grade 8**

**FitwareNo 1**

**FitwareSpecific 8.1.0**

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Demonstrate appropriate relationships of the body to an opponent in dynamic game situations such as staying between opponent and goal and moving between opponent and the ball.

**Grade 8**

**FitwareNo 1**

**FitwareSpecific 8.1.0**

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Demonstrate appropriate speed and generation of force such as running sprints, running distance, throwing a disc, jumping, or kicking.

**Grade 8**

**FitwareNo 1**

**FitwareSpecific 8.1.0.06**

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

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

### **State Standard**

Perform selected folk, country, square, line, creative, and/or aerobic dances.

**Grade 8**

**FitwareNo 1**

**FitwareSpecific 8.1.0**

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Demonstrate without cue critical elements in specialized skills related to sports such as overhand throw for distance/force, serving and bumping, volleyball, shooting a basketball, shooting a lay-up, forehand and backhand striking with a racket or club, or batting.

**Grade 8**

**FitwareNo 1**

**FitwareSpecific 8.1.0**

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Combine skills competently to participate in modified versions of team and individual sports.

**Grade 8**

**FitwareNo 1**

**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 introductory outdoor pursuit skills such as backpacking, rock climbing, orienteering, hiking, canoeing, cycling, or ropes courses. [addressed in 7th grade]

**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**

Make appropriate changes in performance based on feedback.

**Grade 8**

**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 the importance of goal setting in improving skill. [addressed in 7th grade]

**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**

Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support to increase stability.

**Grade 8**

**FitwareNo 2.3**

**FitwareSpecific 8.2.3**

### **Fitware Grade Level Standard**

Explains offensive/defensive strategies for invasion and field sports.

### **Fitware Unit Level Standard**

### **State Standard**

Describe fundamental components and strategies used in net/wall, invasion, target, and fielding games such as alternating the speed and direction of the ball, invasion-fakes, give and go, target-concentration, feeling the movement, and fielding-back up other players.

**Grade** 8

**FitwareNo** 2.4

**FitwareSpecific** 10.2.4

### **Fitware Grade Level Standard**

Explains how to select and modify physical activities to allow for participation by younger children, the elderly, and individuals with special needs.

### **Fitware Unit Level Standard**

### **State Standard**

Create and modify activities that provide practice of selected skills to improve performance such as practice with non-dominant hand, practice specific game situations, and practice jumps or cartwheels in both directions. [addressed in 10th grade]

**Grade** 8

**FitwareNo** 2.5

**FitwareSpecific** 8.2.5

### **Fitware Grade Level Standard**

Explains critical elements of specialized skills and combinations in team sports.

### **Fitware Unit Level Standard**

### **State Standard**

Identify and apply similar movement concepts and elements in a variety of sport skills such as throwing and tennis serving.

**Grade** 8

**FitwareNo** 2.5

**FitwareSpecific** 8.2.5

**Fitware Grade Level Standard**

Explains critical elements of specialized skills and combinations in team sports.

**Fitware Unit Level Standard**

**State Standard**

Detect and correct errors in his/her or partner's skill performance.

**Grade** 8

**FitwareNo** 3.1

**FitwareSpecific** 9.3.1

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Participate in games, sports, dance, and/or outdoor pursuits in and outside of school based on individual interests and/or capabilities.

**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 moderate to vigorous physical activity for a sustained period of time on a regular basis.

**Grade 8**

**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**

Identify opportunities in the school and community for regular participation in physical activity.  
[addressed in 7th grade]

**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 healthy levels of flexibility.

**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**

Develop and maintain muscular strength and endurance of the arms, shoulders, abdomen, back, and legs.

**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**

Evaluate personal fitness goals and make appropriate changes for improvement.

**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**

Select and use appropriate technology tools to evaluate, monitor, and improve physical development.

**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**

Assess physiological effects of exercise during and after physical activity.

**Grade** 8

**FitwareNo** 4.2

**FitwareSpecific** 8.4.2

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Identify proteins, fats, carbohydrates, water, vitamins, and minerals as key elements found in foods that are necessary for optimal body function.

**Grade 8**

**FitwareNo 4.2**

**FitwareSpecific 8.4.2**

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Identify and apply basic weight training principles and safety practices such as appropriate goals, appropriate weight and repetitions, body alignment, principle of frequency, intensity and time, and importance of balance in muscle pairs.

**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**

Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as wind, cold, heat, and insects; and recommend prevention and treatment.

**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**

Solve problems in physical activities by analyzing causes and potential solutions.

**Grade 8**

**FitwareNo 5.1**

**FitwareSpecific 8.5.1**

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings.

**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**

Use equipment safely and properly.

**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**

Select and use proper attire that promotes participation and prevents injury.

**Grade** 8

**FitwareNo** 6.2

**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**

Design and perform sequences of dance steps/movements into practiced sequences with intentional changes in speed, direction, and flow.

**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 and select physical activities that provide for enjoyment and challenge.

**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**

Identify favorite lifelong physical activities.

**Grade** 8

**FitwareNo** 6.4

**FitwareSpecific** 8.6.4

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

List long term physiological and psychological benefits that may result from regular participation in physical activity.

**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**

Select aerobic exercises and describe the effects on the heart and overall health.

**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 effects of eating and exercise patterns on weight control, self-concept, and physical performance.

**Grade** 8

**FitwareNo** 6.4

**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 exercises for their effects on the body such as beneficial/potentially dangerous.

**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**

Demonstrate the skill-related components of physical fitness such as agility, balance, coordination, power, reaction time, and speed.

**Grade 9**

**FitwareNo 1**

**FitwareSpecific 9.1.0**

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Demonstrate consistency in the execution of the basic skills of adventure/outdoor education activities.

**Grade 9**

**FitwareNo 1**

**FitwareSpecific 9.1.0.03**

### **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**

Demonstrates proficiency for specialized skills and combinations during rhythms and dance.

### **State Standard**

Exhibit a level of competency in two or more aerobic activities that may include aerobic dance, aqua aerobics, cycling, jogging, power walking, recreational dance, and step aerobics.

**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**

Consistently perform skills, strategies, and rules at a basic level of competency.

**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**

Exhibit a level of competency in two or more individual sports that include aquatics, archery, badminton, bicycling, bowling, gymnastics, golf, handball, racquetball, self-defense, table tennis, track and field, weight training, or wrestling.

**Grade 9**

**FitwareNo 1**

**FitwareSpecific 9.1.0**

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Demonstrate consistency using all the basic offensive skills of a sport while participating in a game such as dribbling, batting, or spiking competently in a dynamic setting.

**Grade 9**

**FitwareNo 1**

**FitwareSpecific 9.1.0**

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Demonstrate consistency using all the basic defensive skills of a sport while participating in a game such as guarding, trapping, blocking, fielding, tackling, or goalkeeping competently in a dynamic setting.

**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**

Use internal and external information to modify movement during performance.

**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**

Evaluate personal skills and set realistic goals for improvement.

**Grade 9**

**FitwareNo 2.1**

**FitwareSpecific 9.2.1**

**Fitware Grade Level Standard**

Creates a practice plan for aquatics, rhythms/dance, and individual and dual activities.

**Fitware Unit Level Standard**

**State Standard**

Describe appropriate practice procedures to improve skill and strategy in an activity.

**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**

Develop an appropriate conditioning program for the selected activity.

**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**

Recognize that improvement is possible with appropriate practice.

**Grade** 9

**FitwareNo** 2.1

**FitwareSpecific** 9.2.1

**Fitware Grade Level Standard**

Creates a practice plan for aquatics, rhythms/dance, and individual and dual activities.

**Fitware Unit Level Standard**

**State Standard**

Accept successes and performance limitations of self and others, exhibit appropriate behavior/responses, and recognize that improvement is possible with appropriate practice.

**Grade 9**

**FitwareNo 2.1**

**FitwareSpecific 9.2.1**

**Fitware Grade Level Standard**

Creates a practice plan for aquatics, rhythms/dance, and individual and dual activities.

**Fitware Unit Level Standard**

**State Standard**

Design safe and appropriate practices/procedures to improve skill in an activity.

**Grade 9**

**FitwareNo 2.1**

**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**

Use internal and external information to modify movement during 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**

Apply biomechanical principles related to exercise and training such as force, leverage, and type of contraction.

**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**

Demonstrate understanding of the rules, skills, and strategies of an activity and can apply them appropriately

**Grade 9**

**FitwareNo 2.3**

**FitwareSpecific 9.2.3**

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Demonstrate understanding of the rules, skills, and strategies of an activity and can apply them appropriately

**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**

Consistently perform skills, strategies, and rules at a basic level of competency.

**Grade** 9

**FitwareNo** 2.5

**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**

Compare and contrast health-related and skill-related fitness.

**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**

Demonstrate understanding of the rules, skills, and strategies of an activity and can apply them appropriately

**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**

Develop an appropriate conditioning program for the selected activity/sport.

**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**

Identify correctly the critical elements for successful performance of a sport skill (within the context of the activity). [specifically addressed in grades 5-8]

**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**

Select and participate in activities/sports that provide for enjoyment and challenge.

**Grade 9**

**FitwareNo 3.1**

**FitwareSpecific 9.3.1**

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Participate regularly in team sports.

**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**

Participate in a variety of activities that develop health-related physical fitness activities including aerobic exercise to develop cardiovascular efficiency.

**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**

Develop and participate in a personal fitness program that has the potential to meet identified goals.

**Grade** 9

**FitwareNo** 4.1

**FitwareSpecific** 9.4.1

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Show evidence of developing and maintaining health-related fitness.

**Grade** 9

**FitwareNo** 4.1

**FitwareSpecific** 9.4.1

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition.

**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**

Establish realistic yet challenging health-related fitness goals.

**Grade** 9

**FitwareNo** 4.1

**FitwareSpecific** 9.4.1

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Select and use appropriate technology tools to evaluate, monitor, and improve physical development.

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific** 9.4.2.04

### **Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

### **Fitware Unit Level Standard**

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

### **State Standard**

Apply physiological principles related to exercise and training such as warm-up/cool down, overload, frequency, intensity, specificity, or progression.

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific** 9.4.2.04

### **Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

### **Fitware Unit Level Standard**

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

### **State Standard**

Describe examples and exercises that may be harmful or unsafe.

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific** 9.4.2.04

### **Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

### **Fitware Unit Level Standard**

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

### **State Standard**

Explain the relationship between fluid balance, physical activity, and environmental conditions such as loss of water and salt during exercise.

**Grade** 9

**FitwareNo** 4.2

**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**

Explain the relationship between physical fitness and health.

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific** 9.4.1.01

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

Works toward a health-enhancing level of physical fitness.

**State Standard**

Describe methods of evaluating health-related fitness such as Cooper's 1.5 mile run test.

**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**

List and describe the components of exercise prescription such as overload principle, type, progression, or specificity.

**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**

Design and implement a personal fitness program.

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific** 9.4.2.04

**Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

**Fitware Unit Level Standard**

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

**State Standard**

Evaluate consumer issues related to physical fitness such as marketing claims promoting fitness products and services.

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific** 9.4.2.04

**Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

**Fitware Unit Level Standard**

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

**State Standard**

Analyze the relationship between sound nutritional practices and physical activity.

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific** 9.4.2.04

**Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

**Fitware Unit Level Standard**

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

**State Standard**

Explain myths associated with physical activity and nutritional practices.

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific** 9.4.2.04

### **Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

### **Fitware Unit Level Standard**

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

### **State Standard**

Analyze methods of weight control such as diet, exercise, or combination of both.

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific** 9.4.2.04

### **Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

### **Fitware Unit Level Standard**

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

### **State Standard**

Identify changeable risk factors such as inactivity, smoking, nutrition, and stress that affect physical activity and health.

**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**

Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance.

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific** 9.4.2.04

**Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

**Fitware Unit Level Standard**

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

**State Standard**

Select and use appropriate technology tools to evaluate, monitor, and improve physical development.

**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**

Identify and apply the health-related fitness principles to outdoor activities.

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific** 9.6.4

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Analyze the strengths and weaknesses of adventure/outdoor education activities and their effects on a personal fitness program.

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific** 9.4.2.04

### **Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

### **Fitware Unit Level Standard**

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

### **State Standard**

Describe equipment and practices that decrease the likelihood of injury such as proper footwear.

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific** 9.4.2.04

### **Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

### **Fitware Unit Level Standard**

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

### **State Standard**

Explain the interrelatedness between selected individual sports and a personal fitness program.

**Grade** 9

**FitwareNo** 4.2

**FitwareSpecific** 9.4.2.04

**Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

**Fitware Unit Level Standard**

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

**State Standard**

Describe equipment and practices that prevent or reduce injuries.

**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 and participate in a personal fitness program that has the potential to provide identified goals.

**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**

Discuss training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance.

**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**

Compare and contrast health-related and skill-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 and participate in a personal fitness program that has the potential to meet identified goals.

**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**

Accept successes and performance limitations of self and others, exhibit appropriate behavior/responses, and recognize that improvement is possible with appropriate practice.

**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**

Apply rules, procedures, and etiquette.

**Grade** 9

**FitwareNo** 5.2

**FitwareSpecific** 9.5.2

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Demonstrate safety procedures such as spotting during gymnastics and using non-skid footwear.

**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**

Explain and follow safety procedures during adventure/outdoor education activities.

**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**

List and describe safety equipment used in outdoor activities.

**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**

Design safe and appropriate practices/procedures to improve skill in an activity.

**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**

Evaluate risks and safety factors that may effect activity preferences throughout the life span.

**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**

Identify and apply rules and procedures that are designed for safe participation.

**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**

Explain why and how a rule provides safe practices in participation.

**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**

Anticipate potentially dangerous consequences of participating in selected aerobic activities, individual sports, and team sports.

**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**

Identify and follow safety procedures when participating in individual sports.

**Grade** 9

**FitwareNo** 5.2

**FitwareSpecific** 9.5.2

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Demonstrate responsible behavior in individual sports such as playing by the rules, accepting lack of skill in others.

**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 successes and performance limitations of self and others, exhibit appropriate behavior/responses, and recognize that improvement is possible with appropriate practice.

**Grade 9**

**FitwareNo 6.1**

**FitwareSpecific 9.6.1**

### **Fitware Grade Level Standard**

Describes the historical trends in physical fitness and their impact on physical fitness today.

### **Fitware Unit Level Standard**

### **State Standard**

Research and describe the historical development of an individual sport.[this specifically is addressed in 7th grade]

**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**

Respond to challenges, successes, and failures in physical activities in socially appropriate ways.

**Grade** 9

**FitwareNo** 6.4

**FitwareSpecific** 9.6.4

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Describe physical fitness activities that can be used for stress reduction.

**Grade** 9

**FitwareNo** 6.4

**FitwareSpecific** 9.6.4

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Analyze and compare health and fitness benefits derived from participation in activities.

**Grade** 9

**FitwareNo** 6.4

**FitwareSpecific** 9.6.4

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Explain the effects of eating and exercise patterns on weight control, self-concept, and physical performance.

**Grade** 10

**FitwareNo**

**FitwareSpecific**

### **Fitware Grade Level Standard**

### **Fitware Unit Level Standard**

### **State Standard**

Identify the effects of substance abuse on physical performance.

**Grade 10**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Investigate positive and negative attitudes towards exercise and physical activities.

**Grade 10**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Explain how over training may contribute to negative health problems such as bulimia and anorexia.

**Grade 10**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Demonstrate officiating techniques.

**Grade 10**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Explain the effects of substance abuse on personal health and performance in physical activity such as side effects of steroid use.

**Grade 10**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Acknowledge good play from an opponent during competition.

**Grade 10**

**FitwareNo**

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Accept the roles and decisions of officials.

**Grade** 10

**FitwareNo** 1

**FitwareSpecific** 10.1.0

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Demonstrate consistency using all the basic defensive skills of a sport while participating in a game such as guarding, trapping, blocking, fielding, tackling, or goalkeeping competently in a dynamic setting.

**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**

Exhibit a level of competency in two or more individual sports that include aquatics, archery, badminton, bicycling, bowling, gymnastics, golf, handball, racquetball, self-defense, table tennis, track and field, weight training, or wrestling.

**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**

Consistently perform skills, strategies, and rules at a basic level of competency.

**Grade** 10

**FitwareNo** 1

**FitwareSpecific** 10.1.0

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Demonstrate consistency using all the basic offensive skills of a sport while participating in a game such as dribbling, batting, or spiking competently in a dynamic setting.

**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**

Accept successes and performance limitations of self and others, exhibit appropriate behavior/responses, and recognize that improvement is possible with appropriate practice.

**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**

Design safe and appropriate practices/procedures to improve skill in an activity.

**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**

Develop an appropriate conditioning program for the selected activity.

**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**

Use internal and external information to modify movement during performance.

**Grade** 10

**FitwareNo** 2.1

**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**

Use internal and external information to modify movement during performance.

**Grade** 10

**FitwareNo** 2.1

**FitwareSpecific** 10.2.1

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Recognize that improvement is possible with appropriate practice.

**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**

Describe appropriate practice procedures to improve skill and strategy in an activity.

**Grade** 10

**FitwareNo** 2.1

**FitwareSpecific** 10.2.1

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Evaluate personal skills and set realistic goals for improvement.

**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**

Demonstrate understanding of the rules, skills, and strategies of an activity and can apply them appropriately

**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 biomechanical principles related to exercise and training such as force, leverage, and type of contraction.

**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**

Consistently perform skills, strategies, and rules at a basic level of competency.

**Grade** 10

**FitwareNo** 2.3

**FitwareSpecific** 10.2.3

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Demonstrate understanding of the rules, skills, and strategies of an activity and can apply them appropriately

**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**

Demonstrate understanding of the rules, skills, and strategies of an activity and can apply them appropriately

**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**

Develop an appropriate conditioning program for the selected activity/sport.

**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**

Identify correctly the critical elements for successful performance of a sport skill (within the context of the activity). [specifically addressed in grades 5-8]

**Grade** 10

**FitwareNo** 3.1

**FitwareSpecific** 10.3.1

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Participate regularly in team sports.

**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**

Select and participate in activities/sports that provide for enjoyment and challenge.

**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**

Select and use appropriate technology tools to evaluate, monitor, and improve physical development.

**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**

Show evidence of developing and maintaining health-related fitness.

**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**

Establish realistic yet challenging health-related fitness goals.

**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**

Participate in a variety of activities that develop health-related physical fitness activities including aerobic exercise to develop cardiovascular efficiency.

**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**

Develop and participate in a personal fitness program that has the potential to meet identified goals.

**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 and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition.

**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**

Identify team sports that achieve health-related fitness goals in both school and community settings.

**Grade** 10

**FitwareNo** 4.2

**FitwareSpecific** 10.4.1.01

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

Works toward a health-enhancing level of physical fitness.

**State Standard**

Describe methods of evaluating health-related fitness such as Cooper's 1.5 mile run test.

**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**

Compare and contrast health-related and skill-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**

Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance.

**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**

Design and implement a personal fitness program.

**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**

List and describe the components of exercise prescription such as overload principle, type, progression, or specificity.

**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**

Develop and participate in a personal fitness program that has the potential to provide identified goals.

**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**

Discuss training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance.

**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**

Develop and participate in a personal fitness program that has the potential to meet identified goals.

**Grade** 10

**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**

Recognize and resolve conflicts during physical activity. [addressed in 8th grade]

**Grade** 10

**FitwareNo** 5.1

**FitwareSpecific**

**Fitware Grade Level Standard**

**Fitware Unit Level Standard**

**State Standard**

Display appropriate etiquette while participating in a sport.

**Grade** 10

**FitwareNo** 5.2

**FitwareSpecific** 10.5.2

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Accept successes and performance limitations of self and others, exhibit appropriate behavior/responses, and recognize that improvement is possible with appropriate practice.

**Grade** 10

**FitwareNo** 5.2

**FitwareSpecific** 10.5.2

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Demonstrate responsible behavior in individual sports such as playing by the rules, accepting lack of skill in others.

**Grade** 10

**FitwareNo** 5.2

**FitwareSpecific** 10.5.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Design safe and appropriate practices/procedures to improve skill in an activity.

**Grade** 10

**FitwareNo** 5.2

**FitwareSpecific** 10.5.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Identify and apply rules and procedures that are designed for safe participation.

**Grade** 10

**FitwareNo** 5.2

**FitwareSpecific** 10.5.2

### **Fitware Grade Level Standard**

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

### **Fitware Unit Level Standard**

### **State Standard**

Explain why and how a rule provides safe practices in participation.

**Grade** 10

**FitwareNo** 6.1

**FitwareSpecific** 10.6.1

### **Fitware Grade Level Standard**

Analyzes the influence of events in word history on sport, games, and modern Olympics in society today.

### **Fitware Unit Level Standard**

### **State Standard**

Research and describe the historical development of an individual sport. [this specifically is addressed in 7th grade]

**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**

Respond to challenges, successes, and failures in physical activities in socially appropriate ways.

**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**

Describe the health and fitness benefits derived from participating in selected team sports.

**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**

Describe physical fitness activities that can be used for stress reduction.