

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Demonstrate proficiency in locomotor, non-locomotor, and manipulative skill combinations in more complex environments and modified sports activities.

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

Demonstrates control using the mature form for front scale, knee scale, squat forward roll, back squat roll, tip up, and tripod.

**State Standard**

Perform educational gymnastic sequences, including travel, roll, balance, and weight transfer, with smooth transitions and changes of direction, shape, speed, and flow.

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

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

**State Standard**

Perform different types of rhythm/dance sequences including American and international dances.

**Grade** 5                    **FitwareNo** 2.1                    **FitwareSpecific** 5.2.1

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Identify and apply principles of practice to enhance performance (e.g., form, consistency, repetition).

**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**

Use feedback, including available technology, to improve performance.

**Grade** 5                    **FitwareNo** 2.2                    **FitwareSpecific** 5.2.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Apply principles of accuracy, force, and follow-through when projecting objects.

**Grade** 5                    **FitwareNo** 2.3                    **FitwareSpecific** 5.2.3

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Identify and demonstrate basic small-group offensive and defensive tactics and strategies (e.g., body fakes, use of speed, change of direction, keeping body low while moving/guarding).

**Grade** 5                    **FitwareNo** 2.3                    **FitwareSpecific** 5.2.3

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Identify and demonstrate basic small-group offensive and defensive tactics and strategies (e.g., body fakes, use of speed, change of direction, keeping body low while moving/guarding).

**Grade** 5                    **FitwareNo** 6.4                    **FitwareSpecific** 5.3.1

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Identify and participate regularly in physical activities based on personal abilities and interests (e.g., for improvement through practice, for enjoyment, for social interaction, for personal challenge).

**Grade** 5                    **FitwareNo** 6.4                    **FitwareSpecific** 5.3.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Identify and participate regularly in physical activities based on personal abilities and interests (e.g., for improvement through practice, for enjoyment, for social interaction, for personal challenge).

**Grade** 5                    **FitwareNo** 4.1                    **FitwareSpecific** 5.4.1

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Analyze fitness data to describe and improve personal fitness levels (e.g., apply data to own plan for improvement in at least two 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**

Identify sources for data collection (e.g., print materials, community resources, heart rate monitors, Internet, pedometers, skinfold calipers).

**Grade** 5                    **FitwareNo** 4.1                    **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**

Analyze fitness data to describe and improve personal fitness levels (e.g., apply data to own plan for improvement in at least two components of health-related fitness).

**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**

Display appropriate cooperative and competitive behaviors.

**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**

Work independently and with others to improve learning during physical activity.

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

**Fitware Grade Level Standard**

Expresses personal feelings through a movement-based routine.

**Fitware Unit Level Standard**

**State Standard**

Perform educational gymnastic sequences, including travel, roll, balance, and weight transfer, with smooth transitions and changes of direction, shape, speed, and flow.

**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**

Identify and participate regularly in physical activities based on personal abilities and interests (e.g., for improvement through practice, for enjoyment, for social interaction, for personal challenge).

**Grade** 5                    **FitwareNo** 4.1                    **FitwareSpecific** 5.6.4

**Fitware Grade Level Standard**

Describes the physical benefits of regular participation in physical activity.

**Fitware Unit Level Standard**

**State Standard**

Describe short- and long-term benefits of engaging in regular physical activity.

**Grade** 6                    **FitwareNo** 1.0                    **FitwareSpecific** 6.1.0

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Combine locomotor and manipulative skills into specialized sequences, and apply sequences to partner and small-group game-play.

**Grade** 6                    **FitwareNo** 1.0                    **FitwareSpecific** 6.1.0

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Demonstrate skill in a variety of individual and team activities representative of different countries.

**Grade** 6                    **FitwareNo** 1.0                    **FitwareSpecific** 6.1.0

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Refine and adapt individual and group activity skills by applying concepts of relationship, effort, spatial awareness, speed, and pathways.

**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**

Use feedback, including available technology, to improve skill performance.

**Grade** 6                    **FitwareNo** 2.1                    **FitwareSpecific** 6.2.1

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Initiate skill practice to improve movement performance, and apply principles of learning (e.g., whole/part/whole, many short practices vs. one long practice, practice in game-like situations). [addressed specifically in fifth grade]

**Grade** 6                    **FitwareNo** 2.3                    **FitwareSpecific** 6.2.3

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Understand and apply basic offensive and defensive tactics in noncomplex, modified activities (e.g., partner or small-group cooperative or competitive activities).

**Grade** 6                    **FitwareNo** 3.2                    **FitwareSpecific** 6.3.1

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Identify and seek opportunities to participate in regular physical activity at school, at home, and in the community.

**Grade** 6                    **FitwareNo** 3.2                    **FitwareSpecific** 6.3.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Identify and seek opportunities to participate in regular physical activity at school, at home, and in the community.

**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**

Use measurement and assessment data (e.g., standardized assessments, Internet, software, heart rate monitors, pedometers, skinfold calipers) to develop goals for improvement in at least two fitness components.

**Grade** 6            **FitwareNo** 4.2            **FitwareSpecific** 6.4.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Describe and apply basic principles of training (e.g., FITT [Frequency, Intensity, Time, Type], overload, progression) and their relationship to implementing safe and progressive personal fitness programs.

**Grade** 6            **FitwareNo** 5.1            **FitwareSpecific** 6.5.1

**Fitware Grade Level Standard**

Works cooperatively with a small group in physical activity settings.

**Fitware Unit Level Standard**

**State Standard**

Acknowledge and understand the positive and negative influence of peer pressure on decisions and actions in physical activity settings.

**Grade** 6            **FitwareNo** 5.1            **FitwareSpecific** 6.5.1

**Fitware Grade Level Standard**

Works cooperatively with a small group in physical activity settings.

**Fitware Unit Level Standard**

**State Standard**

Solve problems, accept challenges, resolve conflicts, and accept decisions with reason and skill.  
[addressed specifically in grade 7]

**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**

Follow rules and safety procedures.

**Grade** 6                    **FitwareNo**                    **FitwareSpecific** 6.5.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Use practice time to improve performance.

**Grade** 6                    **FitwareNo**                    **FitwareSpecific** 6.5.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Solve problems, accept challenges, resolve conflicts, and accept decisions with reason and skill. [addressed in grades 7 and 8]

**Grade** 6                    **FitwareNo** 1.0                    **FitwareSpecific** 6.6.1

**Fitware Grade Level Standard**

Describes the development and role of movement-related activities in the ancient world and their influences on physical activities today.

**Fitware Unit Level Standard**

**State Standard**

Demonstrate skill in a variety of individual and team activities representative of different countries.

**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**

Demonstrate incorporating movement sequences into rhythmic activities.

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

**Fitware Grade Level Standard**

Chooses to engage in new activities.

**Fitware Unit Level Standard**

**State Standard**

Solve problems, accept challenges, resolve conflicts, and accept decisions with reason and skill.

**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**

Use skill combinations competently in modified versions of team (e.g., soccer, team handball, volleyball) and individual/dual (e.g., tennis, racquetball, golf) activities.

**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**

Display appropriate use of speed, force, and form in a variety of movement activities (e.g., run, sprint, kick, jump, throw).

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

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

**State Standard**

Demonstrate basic abilities and safety precautions in recreational pursuits (e.g., in-line skating, orienteering, hiking, cycling, ropes courses, backpacking, canoeing, rock climbing).

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

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

**State Standard**

Demonstrate moving to a rhythm in selected folk, country, square, contemporary, and line dances.

**Grade** 7                    **FitwareNo** 2.2                    **FitwareSpecific** 7.2.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Apply biomechanical principles (e.g., center of gravity, base of support, trajectory) to understand and perform skillful movements.

**Grade** 7                    **FitwareNo** 2.5                    **FitwareSpecific** 7.2.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Analyze skill patterns of self and partner, detecting and correcting mechanical errors.

**Grade** 7                    **FitwareNo** 2.3                    **FitwareSpecific** 7.2.3

**Fitware Grade Level Standard**

Explains offensive/defensive strategies for net and target sports.

**Fitware Unit Level Standard**

**State Standard**

Demonstrate proper use of movement concepts in dynamic game situations (e.g., relationship between opponents, appropriate offensive position with the goal or ball).

**Grade** 7                    **FitwareNo** 2.3                    **FitwareSpecific** 7.2.3

**Fitware Grade Level Standard**

Explains offensive/defensive strategies for net and target sports.

**Fitware Unit Level Standard**

**State Standard**

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

**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**

Analyze skill patterns of self and partner, detecting and correcting mechanical errors.

**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 similarities in movements across different physical activities (e.g., overhand throw: tennis serve, overhand volleyball serve, and overhead clear in badminton).

**Grade** 7            **FitwareNo** 4.1            **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**

Select and set goals, and participate in and outside of school in activities that help improve flexibility, muscle strength and endurance, cardiovascular endurance, and body composition.

**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 set goals, and participate in and outside of school in activities that help improve flexibility, muscle strength and endurance, cardiovascular endurance, and body composition.

**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**

Use a variety of resources, including available technology, to monitor fitness improvement.

**Grade** 7                    **FitwareNo** 4.2                    **FitwareSpecific** 7.4.1

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Demonstrate correct form when performing physical fitness 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 safe practices for improving physical fitness.

**Grade** 7                    **FitwareNo** 4.2                    **FitwareSpecific** 7.4.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Develop a comprehensive personal fitness plan, including goals, strategies, and timeline, for improving at least three self-selected components of health-related fitness.

**Grade** 7                    **FitwareNo** 4.2                    **FitwareSpecific** 7.4.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Analyze the relationship between physical activity, calorie intake, and body composition.

**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, accept appropriate challenges, and resolve conflicts in a responsible manner.

**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**

Demonstrate supportive behaviors that promote the inclusion and safety of others when participating in physical activity.

**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, accept appropriate challenges, and resolve conflicts in a responsible manner.

**Grade** 7                    **FitwareNo** 5.2                    **FitwareSpecific** 7.5.2

**Fitware Grade Level Standard**

Accepts responsibility for individual improvement during challenging physical activity.

**Fitware Unit Level Standard**

**State Standard**

Apply safety procedures, rules, and appropriate etiquette in physical activity settings.

**Grade** 7            **FitwareNo** 5.2            **FitwareSpecific** 7.5.2.03

**Fitware Grade Level Standard**

Accepts responsibility for individual improvement during challenging physical activity.

**Fitware Unit Level Standard**

Accepts responsibility for individual improvement during orienteering activities.

**State Standard**

Demonstrate basic abilities and safety precautions in recreational pursuits (e.g., in-line skating, orienteering, hiking, cycling, ropes courses, backpacking, canoeing, rock climbing).

**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**

Solve problems, accept appropriate challenges, and resolve conflicts in a responsible manner.

**Grade** 7            **FitwareNo** 4.2            **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 the relationship between physical activity and stress management, and investigate ways to use physical activity to lessen the impact of stress. [addressed specifically in grade 6]

**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**

Demonstrate competence in one or more modified versions of various game/sport, rhythmic, and recreational activities.

**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**

Use skill combinations competently in specialized versions of individual, dual, and team activities.

**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**

Demonstrate skill in recreational pursuits (e.g., in-line skating, orienteering, hiking, cycling, ropes courses, backpacking, canoeing).

**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**

Adapt skill movements by modifying use of body, space, effort, and relationships to meet complex skill demands.

**Grade** 8                    **FitwareNo** 1.0                    **FitwareSpecific** 8.1.0

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Analyze skill patterns of self and partner.

**Grade** 8                    **FitwareNo** 1.0                    **FitwareSpecific** 8.1.0.06

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

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

**State Standard**

Demonstrate moving to a rhythm (e.g., devise and perform dance sequences, using set patterns and changes in speed, direction, and flow).

**Grade** 8            **FitwareNo** 2.1            **FitwareSpecific** 8.2.1

**Fitware Grade Level Standard**

Analyzes the effect of positive transfer on specialized skill improvement.

**Fitware Unit Level Standard**

**State Standard**

Analyze the skill demands in one physical activity, and apply principles of motor learning (e.g., feedback and knowledge of results, whole/part/whole, transfer of learning) to improve performance.

**Grade** 8            **FitwareNo** 2.2            **FitwareSpecific** 8.2.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Apply biomechanical principles (e.g., spin, rebound, effects of levers) to understand and perform skillful movements.

**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**

Understand and use basic offensive and defensive tactics and strategies while playing specialized games/sports.

**Grade** 8            **FitwareNo** 1.0            **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**

Analyze skill patterns of self and partner.

**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 regularly in health-enhancing and personally rewarding physical activity during unscheduled times.

**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**

Analyze and evaluate personal behaviors that support or do not support a healthy lifestyle.

**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**

Self-assess level of physical activity and personal fitness on all components of health-related fitness, and develop a plan, including goals, strategies, and timeline, for maintenance or 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**

Use a variety of resources, including available technology, to assess, monitor, and improve personal fitness.

**Grade** 8            **FitwareNo** 4.1            **FitwareSpecific** 8.4.1

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Monitor heart rate before, during, and after vigorous 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**

Investigate and self-assess the relationship among body composition, nutrition, family history, and levels of physical activity, and develop a plan for maintenance or improvement.

**Grade** 8            **FitwareNo** 4.1            **FitwareSpecific** 8.4.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Demonstrate the ability to calculate resting and target heart rate.

**Grade** 8            **FitwareNo** 2.4            **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**

Exhibit respect for the unique characteristics, diverse backgrounds, and varying abilities of peers.

**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**

Exhibit fair play, and act responsibly in physical activity 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**

Identify positive and negative effects of peer influence.

**Grade** 9            **FitwareNo** 1.0            **FitwareSpecific** 9.1.0

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Apply competencies in all locomotor, non-locomotor, and manipulative skills to appropriate game/sport, dance, and recreational activity applications.

**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 movement principles and concepts to improve the movement performance of self and others.

**Grade** 9                    **FitwareNo** 2.5                    **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, implement, evaluate, and modify a plan for at least two self-selected, lifetime, skill-related physical activities. Key concepts include analysis of performance, application of principles of movement and training, and focus on goal setting and improvement of personal skills.

**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**

Design, implement, evaluate, and modify a plan for at least two self-selected, lifetime, skill-related physical activities. Key concepts include analysis of performance, application of principles of movement and training, and focus on goal setting and improvement of personal skills.

**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**

Explain and apply selected scientific principles (e.g., physiological [warm-up, cool down, overload, specificity, and progression], biomechanical [levers, types of muscle contractions, and force]) that aid in the improvement of movement skills.

**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**

Use movement principles and concepts to improve the movement performance of self and others.

**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**

Design, implement, evaluate, and modify a plan for at least two self-selected, lifetime, skill-related physical activities. Key concepts include analysis of performance, application of principles of movement and training, and focus on goal setting and improvement of personal skills.

**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**

Develop and evaluate progress toward personal physical-activity goals within and outside of physical education class.

**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**

Maintain a record of daily participation in physical activities.

**Grade** 9                    **FitwareNo** 3.2                    **FitwareSpecific** 9.3.2

**Fitware Grade Level Standard**

Lists available fitness resources in the community.

**Fitware Unit Level Standard**

**State Standard**

Demonstrate program-planning skills by setting goals, devising strategies, and making timelines for a personal physical activity plan.

**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**

Apply the FITT (Frequency, Intensity, Time, Type) principle and other principles of training such as overload, specificity, and progression, in accordance with personal 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**

Include scientific principles and concepts (e.g., methods of stretching, types of muscular contractions) as strategies for improvement of personal 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**

Use a variety of resources, including available technology, to assess, design, and evaluate a personal fitness plan.

**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**

Explain and apply selected scientific principles (e.g., physiological [warm-up, cool down, overload, specificity, and progression], biomechanical [levers, types of muscle contractions, and force]) that aid in the improvement of movement skills.

**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 consumer issues related to selection, purchase, care, and maintenance of personal fitness equipment.

**Grade** 9                    **FitwareNo**                    **FitwareSpecific** 9.5.1

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Exhibit respect for the unique characteristics and abilities of peers.

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Act independently, and resist negative peer influences in physical activity settings.

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

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Act responsibly to avoid conflict.

**Grade** 9                    **FitwareNo** 6.4                    **FitwareSpecific** 9.6.4.04

**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**

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

**State Standard**

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

**Grade** 10      **FitwareNo** 1.0      **FitwareSpecific** 10.1.0

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Apply competencies in all movement skills to appropriate game/sport, dance, and recreational activities.

**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, implement, evaluate, and modify a plan for three or more lifetime, skill-related physical activities. Key concepts include analysis of performance, application of principles of movement and principles of training, focus on goal setting, self improvement of skills, and planning for the future beyond school years.

**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**

Integrate movement principles and concepts to analyze and improve the performance of self and others in specialized movement forms.

**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**

Explain and apply selected scientific principles (e.g., physiological, biomechanical) that aid in the improvement of skills and performance in specialized movement forms.

**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**

Integrate movement principles and concepts to analyze and improve the performance of self and others in specialized movement forms.

**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**

Design, implement, evaluate, and modify a plan for three or more lifetime, skill-related physical activities. Key concepts include analysis of performance, application of principles of movement and principles of training, focus on goal setting, self improvement of skills, and planning for the future beyond school years.

**Grade** 10      **FitwareNo** 2.1      **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**

Integrate movement principles and concepts to analyze and improve the performance of self and others in specialized movement forms.

**Grade** 10      **FitwareNo** 2.4      **FitwareSpecific** 10.2.4

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Demonstrate an understanding of how personal characteristics, participation behavior patterns, and activity preferences are likely to change over time, and determine strategies to deal with those changes.

**Grade** 10      **FitwareNo** 2.4      **FitwareSpecific** 10.2.4

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Integrate movement principles and concepts to analyze and improve the performance of self and others in specialized movement forms.

**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**

Select and apply appropriate principles of training (FITT) in a chosen game/sport, dance, recreational pursuit, or fitness activity to increase regular physical activity and/or improve performance.

**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**

Integrate movement principles and concepts to analyze and improve the performance of self and others in specialized movement forms.

**Grade** 10      **FitwareNo** 2.2      **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**

Design, implement, evaluate, and modify a plan for three or more lifetime, skill-related physical activities. Key concepts include analysis of performance, application of principles of movement and principles of training, focus on goal setting, self improvement of skills, and planning for the future beyond school years.

**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**

Integrate movement principles and concepts to analyze and improve the performance of self and others in specialized movement forms.

**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 health-enhancing physical activities that contribute to personal enjoyment and the attainment and maintenance of personal physical activity goals.

**Grade** 10      **FitwareNo** 4.2      **FitwareSpecific** 10.3.2

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Describe common barriers to participation in regular physical activity and methods of overcoming these barriers.

**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**

Use a variety of resources, including available technology, to analyze, assess, and improve physical activity and personal 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**

Explain and apply selected scientific principles (e.g., physiological, biomechanical) that aid in the improvement of skills and performance in specialized movement forms.

**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**

Demonstrate an understanding of how personal characteristics, participation behavior patterns, and activity preferences are likely to change over time, and determine strategies to deal with those changes.

**Grade** 10      **FitwareNo** 2.5      **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**

Select and apply appropriate principles of training (FITT) in a chosen game/sport, dance, recreational pursuit, or fitness activity to increase regular physical activity and/or improve performance.

**Grade** 10      **FitwareNo** 5.1      **FitwareSpecific** 10.5.1

**Fitware Grade Level Standard**

Displays leadership skills during physical activity.

**Fitware Unit Level Standard**

**State Standard**

Exhibit leadership and the ability to follow others when working with a group.

**Grade** 10      **FitwareNo** 5.1      **FitwareSpecific** 10.5.1

**Fitware Grade Level Standard**

Displays leadership skills during physical activity.

**Fitware Unit Level Standard**

**State Standard**

Demonstrate respect for differences among people in physical activity settings.

**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**

Initiate and maintain appropriate personal behaviors in physical activity settings.

**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**

Anticipate and avoid potentially dangerous situations in physical activity settings. [specifically addressed in 9th grade]

**Grade** 10      **FitwareNo** 5.1      **FitwareSpecific** 10.6.1

**Fitware Grade Level Standard**

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

**Fitware Unit Level Standard**

**State Standard**

Explain the role of sport in understanding the perspectives of other cultures.

**Grade** 10      **FitwareNo** 5.1      **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**

Explain the role of sport in understanding the perspectives of other cultures.