

Grade 5 **FitwareNo** 2.1 **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

Explore appropriate motor skill techniques to independently develop/improve performance.

Grade 5 **FitwareNo** 2.1 **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

Explore appropriate motor skill techniques to independently develop/improve performance.

Grade 5 **FitwareNo** 1.0 **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

Travel in movement and perform simple dance sequences using smooth transitions in speed, level, and direction in time to music.

Grade 5 **FitwareNo** 1.0 **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

Perform jump sequences with partner(s) using equipment.

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.1.0.05

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 a throw, catch, chest pass, jump stop, two-step stop, and pivot.

State Standard

Throw overhand with force and accuracy.

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.1.0.07

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 underhand and overhand striking with hand(s) and hand dribbling.

State Standard

Dribble with hands or feet while evading an opponent.

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.1.0.07

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 underhand and overhand striking with hand(s) and hand dribbling.

State Standard

Strike with an implement using force and accuracy.

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.1.0.07

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 underhand and overhand striking with hand(s) and hand dribbling.

State Standard

Dribble with hands or feet while evading an opponent.

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

Travel in movement and perform simple dance sequences using smooth transitions in speed, level, and direction in time to music.

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 critical elements or components for dribbling with feet, striking with racquets and striking with long-handled implements (e.g., bats, sticks, clubs, etc.).

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

Employ critical element or component terminology to provide feedback to others.

Grade 5 **FitwareNo** 2.1 **FitwareSpecific** 5.2.5

Fitware Grade Level Standard

Describes critical elements of fundamental movement and manipulative skills.

Fitware Unit Level Standard

State Standard

Explore appropriate motor skill techniques to independently develop/improve performance.

Grade 5 **FitwareNo** 2.5 **FitwareSpecific** 5.2.5.10

Fitware Grade Level Standard

Describes critical elements of fundamental movement and manipulative skills.

Fitware Unit Level Standard

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

State Standard

Identify the critical elements or components of simple dance sequences (e.g., time, repetitions, steps).

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

Document involvement in physical activities in addition to physical education class (e.g., maintain an activity log).

Grade 5 **FitwareNo** 3.2 **FitwareSpecific** 5.3.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Implement lifestyle behaviors to increase physical activity (e.g., taking stairs instead of elevator, bicycle riding, roller blading).

Grade 5 **FitwareNo** 3.2 **FitwareSpecific** 5.3.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify school and community programs that promote lifelong physical activity.

Grade 5 **FitwareNo** 3.2 **FitwareSpecific** 5.3.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify lifestyle behaviors to increase physical activity (e.g., taking stairs instead of elevator, bicycle riding, roller blading).[addressed more specifically in 8th grade]

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

Perform at the gender and age-appropriate health-related fitness standards defined in Fitnessgram.

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

Participate in warm-up and cool-down procedures before and after vigorous activities.

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

Demonstrate knowledge of the five fitness components: cardiovascular fitness, muscular strength, muscular endurance, body composition, and flexibility.

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 components of the F.I.T.T. principle of exercise: frequency, intensity, time, and type.

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

Participate in cooperative team building physical activities.

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

Participate appropriately with those having different skills and abilities (eg share, play fairly).

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

Work cooperatively and productively with a partner or small group.

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

Fitware Grade Level Standard

Accepts responsibility for personal safety during physical activity.

Fitware Unit Level Standard

State Standard

Respond appropriately in competitive settings regardless of the outcome (eg sportsmanship).
[addressed specifically in other grade levels]

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 on task. [addressed more specifically in other grade levels]

Grade 5 **FitwareNo** 5.2 **FitwareSpecific** 5.5.2

Fitware Grade Level Standard

Accepts responsibility for personal safety during physical activity.

Fitware Unit Level Standard

State Standard

Identify and demonstrate safety procedures for a variety of activities.

Grade 5 **FitwareNo** 6.4 **FitwareSpecific** 5.6.4

Fitware Grade Level Standard

Describes the physical benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Describe healthful benefits resulting from regular participation in physical activity.

Grade 6 **FitwareNo** 5.2 **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 independently in physical activity and/or exercise to improve skill/fitness.

Grade 6 **FitwareNo** 2.5 **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 basic skills necessary to participate in individual, dual, team and lifetime activities.

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

Perform lead-up activities that contain two or more elements of individual, dual, team, and lifetime activities.

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

Perform basic body mechanics necessary to develop new motor skills (eg, opposite hand-opposite foot, head-up, follow through).

Grade 6 **FitwareNo** 1.0 **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

Perform social and/or multicultural dances.

Grade 6 **FitwareNo** 2.5 **FitwareSpecific** 6.2.5

Fitware Grade Level Standard

Describes the critical elements of specialized skills and combinations in cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Fitware Unit Level Standard

State Standard

Identify proper techniques necessary to perform a variety of movement forms (eg catching, running, throwing, striking, kicking).

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 physical activity in addition to physical education class (eg maintain an activity log, activitygram).

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 games, sports, dance and outdoor pursuits both in and outside school to improve performance and fitness.

Grade 6 **FitwareNo** 4.1 **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 lifestyle behaviors to increase physical activity (eg taking stairs, walk/ride bike to school).
[specifically addressed in grade 8]

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

Perform at the gender and age-appropriate health-related fitness standards as defined in Fitnessgram.

Grade 6 **FitwareNo** 4.2 **FitwareSpecific** 6.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Practice the FITT principle to achieve physical 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

Define the five components of 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

Practice the FITT principle to achieve physical fitness.

Grade 6 **FitwareNo** 4.2 **FitwareSpecific** 6.4.2.01

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Describes the elements of an appropriate warm-up.

State Standard

Describe the necessity of warm-up and cool-down activities.

Grade 6 **FitwareNo** 4.2 **FitwareSpecific** 6.4.2.02

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Describes an effective cool down.

State Standard

Describe the necessity of warm-up and cool-down activities.

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

Work cooperatively and productively in a group to accomplish a set goal in both cooperative and competitive activities.

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

Practice behaviors that are supportive and inclusive in physical activity.

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

Make appropriate decisions when applying rules, procedures and etiquette.

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

Examine the fitness benefits of a variety of physical activities (eg stretching, walking).

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

Participate in a variety of modified individual, dual, and team sports.

Grade 7 **FitwareNo** 3.1 **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

Participate in a variety of non-competitive individual, dual, and team 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

Analyze and demonstrate the basic skills necessary to participate in modified movement forms.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

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

State Standard

Create and perform a simple dance sequence in time to music.

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

Utilize appropriate practice plans to independently improve performance.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Analyze and demonstrate the basic skills necessary to participate in modified movement forms.

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

Reflect knowledge of rules and terminology necessary to participate in modified movement forms.

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 and demonstrate the basic skills necessary to participate in modified movement forms.

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 physical activity available in their community and state (e.g., bicycling, golfing, white water rafting, hunting, fishing, skiing, mountain biking, hiking, rock climbing).

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 physical activities both in and outside of school.

Grade 7 **FitwareNo** 3.2 **FitwareSpecific** 7.3.2

Fitware Grade Level Standard

Describes opportunities in the larger community for participation in individual and/or dual physical activities.

Fitware Unit Level Standard

State Standard

Research economic impact on regional physical activity resources relating to physical activity (eg internet search).

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

Meet the gender and age-appropriate health-related fitness standards defined in FITNESSGRAM.

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

Identify personal fitness needs and participate in physical activities to improve specified fitness components (eg strength flexibility 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

Examine health-related fitness components (eg body composition, muscular strength, muscular endurance, cardiovascular endurance, and flexibility).

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

Explain the principles of progression and overload (e.g., gradual increase in F.I.T.T.).

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 cooperative team building skills appropriate for physical activity (eg equal opportunity for participation). [specifically address in grades 5 and 6]

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 appropriate conflict resolution skills (eg peer mediation).

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

Practice decision-making and communication skills while participating in physical activity.

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

Demonstrate knowledge of rules, etiquette and safety while participating in various physical activities (eg sportsmanship, fair play). [specifically addressed in grade 6]

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Appreciates one's own stylistic approach to dance.

State Standard

Create and perform a simple dance sequence in time to music.

Grade 8 **FitwareNo** 2.3 **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

Utilize basic offensive and defensive strategies while participating in individual, dual, and team sports (eg lead-up games/activities).

Grade 8 **FitwareNo** 2.5 **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 various motor skills that increase physical activity participation and performance.

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

Perform a variety of dances (e.g., square, line and social).

Grade 8 **FitwareNo** 2.5 **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 characteristics of highly skilled performance.

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

Utilize basic offensive and defensive strategies while participating in individual, dual, and team sports (eg lead-up games/activities).

Grade 8 **FitwareNo** 2.4 **FitwareSpecific** 8.2.4

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify characteristics of highly skilled performance.

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 characteristics of highly skilled performance.

Grade 8 **FitwareNo** 3.1 **FitwareSpecific** 8.3.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Develop and implement a physical activity plan (e.g., where, when, cost, equipment, procedures).

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

Perform at gender and age-appropriate health-related fitness standards defined in Fitnessgram.

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

Assess personal fitness related to the five components of fitness (cardiovascular fitness, muscular strength, muscular endurance, body composition, and flexibility) and participate in activities to improve specific fitness components.

Grade 8 **FitwareNo** 4.2 **FitwareSpecific** 8.4.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Apply knowledge of progression and overload (e.g., gradual increase in F.I.T.T.) in the development of a personal fitness program.

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

Discuss situations that may lead to conflict and practice mediation skills (eg compromise, “I” messages).

Grade 8 **FitwareNo** 5.2 **FitwareSpecific** 8.5.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Demonstrate appropriate, responsible behaviors in physical activity settings including proper rules, etiquette and safety (eg sportsmanship, fair play, use of safety equipment-goggles, helmets).

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

Recognize the affect peer pressure has on physical activity participation and performance.

Grade 8 **FitwareNo** 5.2 **FitwareSpecific** 8.5.2.02

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Accepts responsibility for one's own actions and decisions during problem-solving activities.

State Standard

Implement basic strategies and safety procedures for success while participating in non-competitive lifetime physical activity (e.g., use a spotter when lifting weights, shift gears one at a time while climbing a hill on a bicycle).

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 benefits of physical activity (eg heart health, weight control).

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify and explain specific motor skills (eg dribbling, passing, follow through) and incorporate into personal performances.

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

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Recognize and performance movement skills that enhance motor development proficiency (eg body mechanics, balance).

Grade 9 **FitwareNo** 1.0 **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

Participate in a variety of dance and rhythmic activities (eg line dancing, aerobics, yoga, square dancing).

Grade 9 **FitwareNo** 1.0 **FitwareSpecific** 9.1.0.05

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 individual/dual sports. Demo strategies.

State Standard

Participate in a variety of competitive/non-competitive individual and dual activities (eg tennis, golf, archery).

Grade 9 **FitwareNo** 1.0 **FitwareSpecific** 9.1.0.05

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 individual/dual sports. Demo strategies.

State Standard

Participate in a variety of outdoor adventure activities (eg orienteering, canoeing, biking, hiking).

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

Identify, practice, and apply discipline specific skills (e.g.,overhand serve, opposite hand-opposite foot, body balance, posture).

Grade 9 **FitwareNo** **FitwareSpecific** 9.2.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Recognize and performance movement skills that enhance motor development proficiency (eg body mechanics, balance).

Grade 9 **FitwareNo** 2.5 **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

Identify, practice, and apply discipline specific skills (e.g., overhand serve, opposite hand-opposite foot, body balance, posture).

Grade 9 **FitwareNo** **FitwareSpecific** 9.2.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Identify and explain specific motor skills (eg dribbling, passing, follow through) and incorporate into personal performances.

Grade 9 **FitwareNo** 5.2 **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

Explain how physical activity participation patterns are likely to change throughout life span. [addressed specifically in grade 10]

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

Identify, practice, and apply discipline specific skills (e.g.,overhand serve, opposite hand-opposite foot, body balance, posture).

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, practice, and apply discipline specific skills (e.g.,overhand serve, opposite hand-opposite foot, body balance, posture).

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, practice, and apply discipline specific skills (e.g.,overhand serve, opposite hand-opposite foot, body balance, posture).

Grade 9 **FitwareNo** 5.2 **FitwareSpecific** 9.3.2

Fitware Grade Level Standard

Lists available fitness resources in the community.

Fitware Unit Level Standard

State Standard

Determine behaviors and activities that increase physical activity in addition to physical education class.

Grade 9 **FitwareNo** 5.2 **FitwareSpecific** 9.3.2

Fitware Grade Level Standard

Lists available fitness resources in the community.

Fitware Unit Level Standard

State Standard

Identify and describe local, state, national, and/or international fitness and recreational resources and organizations.

Grade 9 **FitwareNo** 5.2 **FitwareSpecific** 9.3.2

Fitware Grade Level Standard

Lists available fitness resources in the community.

Fitware Unit Level Standard

State Standard

Assess the social/economic factors that impact physical activity.

Grade 9 **FitwareNo** 5.2 **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Perform at the gender and age-appropriate health-related fitness standards defined in Fitnessgram.

Grade 9 **FitwareNo** 5.2 **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Interpret and compare personal fitness related to the five components of fitness.

Grade 9 **FitwareNo** 5.2 **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Practice principles of training in the design and implementation of a personal fitness program.

Grade 9 **FitwareNo** 5.2 **FitwareSpecific** 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Practice principles of training in the design and implementation of a personal fitness program.

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

Examine potential dangers of physical activity and determine how to minimize associated risks.

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

Utilize responsible/considerate personal behaviors in physical activity settings.

Grade 9 **FitwareNo** 5.2 **FitwareSpecific** 9.5.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Practice proper procedures, demonstrate etiquette and fair play in physical activity settings.

Grade 9 **FitwareNo** 5.2 **FitwareSpecific** 9.5.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Explain the influence of peer pressure on physical activity participation and performance.

Grade 9 **FitwareNo** 5.2 **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

Compare and contrast the fitness values of various physical activities.

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

Participate in a variety of team sports (eg volleyball, basketball, soccer).

Grade 10 **FitwareNo** 2.5 **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

Identify, practice, and apply discipline specific skills (e.g.,overhand serve, opposite hand-opposite foot, body balance, posture).

Grade 10 **FitwareNo** **FitwareSpecific** 10.2.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Recognize and performance movement skills that enhance motor development proficiency (eg body mechanics, balance).

Grade 10 **FitwareNo** 2.5 **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

Identify, practice, and apply discipline specific skills (e.g.,overhand serve, opposite hand-opposite foot, body balance, posture).

Grade 10 **FitwareNo** 2.5 **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

Identify, practice, and apply discipline specific skills (e.g.,overhand serve, opposite hand-opposite foot, body balance, posture).

Grade 10 **FitwareNo** 5.2 **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

Explain how physical activity participation patterns are likely to change throughout life span.

Grade 10 **FitwareNo** 2.5 **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

Identify, practice, and apply discipline specific skills (e.g.,overhand serve, opposite hand-opposite foot, body balance, posture).

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, practice, and apply discipline specific skills (e.g.,overhand serve, opposite hand-opposite foot, body balance, posture).

Grade 10 **FitwareNo** **FitwareSpecific** 10.2.5

Fitware Grade Level Standard

Analyzes performance strategies for improved performance in tumbling and gymnastics, combatives, and team sports.

Fitware Unit Level Standard

State Standard

Identify and explain specific motor skills (eg dribbling, passing, follow through) and incorporate into personal performances.

Grade 10 **FitwareNo** 5.2 **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

Determine behaviors and activities that increase physical activity in addition to physical education class.

Grade 10 **FitwareNo** 5.2 **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

Identify and describe local, state, national, and/or international fitness and recreational resources and organizations.

Grade 10 **FitwareNo** 5.2 **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

Assess the social/economic factors that impact physical activity.

Grade 10 **FitwareNo** 5.2 **FitwareSpecific** 10.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Perform at the gender and age-appropriate health-related fitness standards defined in Fitnessgram.

Grade 10 **FitwareNo** 5.2 **FitwareSpecific** 10.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Interpret and compare personal fitness related to the five components of fitness.

Grade 10 **FitwareNo** 5.2 **FitwareSpecific** 10.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Practice principles of training in the design and implementation of a personal fitness program.

Grade 10 **FitwareNo** 5.2 **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

Practice principles of training in the design and implementation of a personal fitness program.

Grade 10 **FitwareNo** 5.2 **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 how physical activity participation patterns are likely to change throughout life span.

Grade 10 **FitwareNo** 5.2 **FitwareSpecific** 10.5.1

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Explain the influence of peer pressure on physical activity participation and performance. [specifically addressed in previous grade levels]

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

Examine potential dangers of physical activity and determine how to minimize associated risks.
[specifically addressed in grade 9]

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

Utilize responsible/considerate 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

Practice proper procedures, demonstrate etiquette and fair play in physical activity settings.

Grade 10 **FitwareNo** 5.2 **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

Compare and contrast the fitness values of various physical activities.

Grade 9/10 **FitwareNo** 2.4 **FitwareSpecific**

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Identify and use characteristics of highly skilled performance to enable development of movement proficiency (e.g., balance, speed/quickness, strength, concentration).

Grade 9/10 **FitwareNo** 3.2 **FitwareSpecific**

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Recognize lifestyle behaviors that increase physical activity (e.g., walk to school, ride a bike, take the stairs).

Grade 9/10 **FitwareNo** 2.4 **FitwareSpecific**

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Describe how physical activity participation patterns are likely to change throughout the life span.

Grade 9/10 **FitwareNo** 3.2 **FitwareSpecific**

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Identify local, state, national, and/or international fitness and recreational resources (e.g., trails, wilderness areas, rivers, lakes, etc.).

Grade 9/10 **FitwareNo** 3.2 **FitwareSpecific**

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Identify local, state, national, and/or international fitness and recreational organizations (YMCA, United States Cycling Federation, etc.).

Grade 9/10 **FitwareNo** 3.2 **FitwareSpecific**

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Identify social/economic factors associated with physical activity.

Grade 9/10 **FitwareNo** 4.1 **FitwareSpecific**

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Meet the gender and age-appropriate health-related fitness standards defined in a selected program (e.g., P.P.F.T., FITNESSGRAM).

Grade 9/10 **FitwareNo** 4.1 **FitwareSpecific**

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Assess personal fitness related to the five components of fitness: cardiovascular fitness, muscular strength, muscular endurance, body composition, and flexibility.

Grade 9/10 **FitwareNo** 4.2 **FitwareSpecific**

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Use principles of training to design and implement a personal fitness program.

Grade 9/10 **FitwareNo** 4.2 **FitwareSpecific**

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Compare relative fitness value of specific physical activity forms.

Grade 9/10 **FitwareNo** 5.2 **FitwareSpecific**

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Identify potential dangers of physical activity and describe how to minimize associated risks.

Grade 9/10 **FitwareNo** 5.2 **FitwareSpecific**

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Identify responsible/considerate personal behavior in physical activity settings.

Grade 9/10 **FitwareNo** 5.2 **FitwareSpecific**

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Follow proper procedures, demonstrate etiquette and fair play in physical activity settings.

Grade 9/10 **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 physical activity in addition to physical education class.