

Grade 10

FitwareNo 4.2

FitwareSpecific 10.4.2.02

Fitware Grade Level Standard

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

Fitware Unit Level Standard

Explain how to evaluate consumer physical fitness products and programs.

State Standard

Students will be knowledgeable consumers of fitness products and services.

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

Students apply safety principles and follow the rules, procedures, and etiquette in physical activity settings.

Grade 10

FitwareNo 5.1

FitwareSpecific 10.5.1.05

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

Displays leadership skills during physical activity; encourage others to be supportive and inclusive.

State Standard

Students demonstrate respect for individual differences and similarities in others 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

Students apply safety principles and follow the rules, procedures, and etiquette in physical activity settings.

Grade 9

FitwareNo 4.2

FitwareSpecific 9.4.2.04

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

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

State Standard

Students will be knowledgeable consumers of fitness products and services.

Grade 10

FitwareNo 1

FitwareSpecific 10.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Students demonstrate movement skills as they would be employed in: dance, team, individual/dual, lifetime.

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

Students demonstrate an understanding of critical skill cues of skills employed in: dance, team, individual/dual, lifetime.

Grade 10

FitwareNo 2.3

FitwareSpecific 10.2.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Students demonstrate an understanding of rules and strategies in: dance, team, individual/dual, lifetime

Grade 10

FitwareNo 6.2

FitwareSpecific 10.6.2

Fitware Grade Level Standard

Creates a tumbling/gymnastics routine.

Fitware Unit Level Standard

State Standard

Students demonstrate an understanding that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

Grade 10

FitwareNo 6.3

FitwareSpecific 10.6.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Students demonstrate an understanding that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

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

Students demonstrate an understanding of personal fitness programs and their personal fitness status.

Grade 10

FitwareNo 6.4

FitwareSpecific 10.6.4

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Students demonstrate an understanding of health and fitness benefits derived from various physical activities.

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

Students participate in a variety of physical activities that will enhance health-related physical fitness.

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

Students demonstrate sportsmanship, cooperation, and teamwork in physical activity settings.

Grade 9

FitwareNo 1

FitwareSpecific 9.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Students demonstrate movement skills as they would be employed in: dance, team, individual/dual, lifetime.

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

Students demonstrate an understanding of critical skill cues of skills employed in: dance, team, individual/dual, lifetime.

Grade 9

FitwareNo 2.3

FitwareSpecific 9.2.3

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Students demonstrate an understanding of rules and strategies in: dance, team, individual/dual, lifetime

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

Students demonstrate an understanding of personal fitness programs and their personal fitness status.

Grade 9

FitwareNo 6.4

FitwareSpecific 9.6.4

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Students demonstrate an understanding of health and fitness benefits derived from various physical activities.

Grade 9

FitwareNo 4.1

FitwareSpecific 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Students participate in a variety of physical activities that will enhance health-related physical fitness.

Grade 9

FitwareNo 6.3

FitwareSpecific 9.6.3

Fitware Grade Level Standard

Describes the enjoyment, self-expression, challenge, multiculturalism, and social benefits experienced by achieving one's best in physical activities.

Fitware Unit Level Standard

State Standard

Students demonstrate an understanding that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

Grade 9

FitwareNo 6.2

FitwareSpecific 9.6.2

Fitware Grade Level Standard

Creates a line dance routine.

Fitware Unit Level Standard

State Standard

Students demonstrate an understanding that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

Grade 8

FitwareNo 4.2

FitwareSpecific

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Students recognize and explain valid characteristics of products and technology related to fitness literacy.

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

Students demonstrate an understanding of rules and strategies associated with: dance, team, individual/dual, lifetime

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

Students participate in a variety of physical activities that will enhance health-related physical fitness.

Grade 8

FitwareNo 6.3

FitwareSpecific 8.6.3

Fitware Grade Level Standard

Chooses to engage in physical activities at the appropriate level of social, physical, and emotional challenge.

Fitware Unit Level Standard

State Standard

Students demonstrate an understanding that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

Grade 8

FitwareNo 6.2

FitwareSpecific 8.6.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Students demonstrate an understanding that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

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

Students demonstrate sportsmanship, cooperation, and teamwork in physical activity settings.

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

Students demonstrate sportsmanship, cooperation, and teamwork in physical activity settings.

Grade 8

FitwareNo 1

FitwareSpecific 8.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Students demonstrate skills in: dance, team, individual/dual, lifetime

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

Students explain critical skill elements or skill cues or key observation points associated with each of: dance, team, individual/dual, lifetime

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

Students recognize and use safety principles and follow the rules, procedures, and etiquette in physical activity settings.

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

Students create personal fitness goals.

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

Applying principles of fitness (FITT, warm-up/cool-down, progression, overload), students select and describe lifetime physical activities that enhance health-related fitness.

Grade 8

FitwareNo 4.1

FitwareSpecific 8.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Students explain and assess their personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition.

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

Students demonstrate an understanding of rules and strategies associated with: dance, team, individual/dual, lifetime

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

Students participate in a variety of physical activities that will enhance health-related physical fitness.

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

Students demonstrate an understanding that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

Grade 7

FitwareNo 6.2

FitwareSpecific 7.6.2

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Students demonstrate an understanding that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

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

Students demonstrate sportsmanship, cooperation, and teamwork in physical activity settings.

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

Students demonstrate sportsmanship, cooperation, and teamwork in physical activity settings.

Grade 7

FitwareNo 1

FitwareSpecific 7.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Students demonstrate skills in: dance, team, individual/dual, lifetime

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

Students explain critical skill elements or skill cues or key observation points associated with each of: dance, team, individual/dual, lifetime

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

Students create personal fitness goals.

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

Applying principles of fitness (FITT, warm-up/cool-down, progression, overload), students select and describe lifetime physical activities that enhance health-related fitness.

Grade 7

FitwareNo 4.1

FitwareSpecific 7.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Students explain and assess their personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition.

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

Students demonstrate an understanding of rules and strategies associated with: dance, team, individual/dual, lifetime

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

Students participate in a variety of physical activities that will enhance health-related physical fitness.

Grade 6

FitwareNo 6.3

FitwareSpecific 6.6.3

Fitware Grade Level Standard

Chooses to engage in new activities.

Fitware Unit Level Standard

State Standard

Students demonstrate an understanding that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

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

Students demonstrate an understanding that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

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

Students demonstrate sportsmanship, cooperation, and teamwork 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

Students demonstrate sportsmanship, cooperation, and teamwork in physical activity settings.

Grade 6

FitwareNo 1

FitwareSpecific 6.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Students demonstrate skills in: dance, team, individual/dual, lifetime

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

Students explain critical skill elements or skill cues or key observation points associated with each of: dance, team, individual/dual, lifetime

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

Students recognize and use safety principles and follow the rules, procedures, and etiquette in physical activity settings.

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

Students create personal fitness goals.

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

Applying principles of fitness (FITT, warm-up/cool-down, progression, overload), students select and describe lifetime physical activities that enhance health-related fitness.

Grade 6

FitwareNo 4.1

FitwareSpecific 6.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Students explain and assess their personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition.

Grade 5

FitwareNo 5.1

FitwareSpecific 9.5.1

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Students demonstrate sportsmanship, cooperation, and teamwork in physical activity settings.

Grade 5

FitwareNo 1

FitwareSpecific 5.1.0

Fitware Grade Level Standard

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

Fitware Unit Level Standard

State Standard

Students demonstrate skills in: dance, team, individual/dual, lifetime

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

Students explain critical skill elements or skill cues or key observation points associated with each of: dance, team, individual/dual, lifetime

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

Students demonstrate an understanding of rules and strategies associated with: dance, team, individual/dual, lifetime

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

Students explain and assess their personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition.

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

Applying principles of fitness (FITT, warm-up/cool-down, progression, overload), students select and describe lifetime physical activities that enhance health-related fitness.

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

Students create personal fitness goals.

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

Students participate in a variety of physical activities that will enhance health-related physical fitness.

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

Students recognize and use safety principles and follow the rules, procedures, and etiquette in physical activity settings.

Grade 5

FitwareNo 5.1

FitwareSpecific 5.5.1

Fitware Grade Level Standard

Works with an individual who is differently abled in physical activity settings.

Fitware Unit Level Standard

State Standard

Students demonstrate sportsmanship, cooperation, and teamwork in physical activity settings.

Grade 5

FitwareNo 5.1

FitwareSpecific 5.5.1

Fitware Grade Level Standard

Works with an individual who is differently abled in physical activity settings.

Fitware Unit Level Standard

State Standard

Students demonstrate respect for individual differences and similarities in others in physical activity settings.

Grade 5

FitwareNo 6.3

FitwareSpecific 5.6.3

Fitware Grade Level Standard

Chooses to engage in skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Fitware Unit Level Standard

State Standard

Students demonstrate an understanding that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

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

Students demonstrate sportsmanship, cooperation, and teamwork in physical activity settings.

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

Students demonstrate an understanding that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.