



Shape National P.E. Standards & PLT4M Program Alignment

SHAPE America's National Standards & Grade-Level Outcomes for K-12 Physical Education define what a student should know and be able to do as result of a highly effective physical education program. With PLT4M, you can achieve and accomplish a standards-based curriculum. Match and align PLT4M programs with your grade level standards.



6-8TH GRADE STANDARD SPECIFIC

Standard 1:

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2:

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3:

The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

Standard 4:

Applies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress.

Standard 5:

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Grades 6-8th: Standard 1

Standard 1:

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

S1.M1.6-8 Dance and Rhythms

(S1.M1.6-8): Demonstrates competency in dance forms used in cultural and social occasions (e.g., weddings, parties), or demonstrates competency in 1 form of dance (e.g., ballet, modern, hip hop, tap).

- Dance Fitness

S1.M24.6-8 Individual Performance Activities

(S1.M24.6-8): Demonstrates correct technique for basic skills in one self-selected individual-performance activity.

- Yoga Series
- Dance Fitness
- Intro to Fitness Part 1-2
- Intro to Flexibility & Mobility
- Stretching Routines
- Intro to Weights
- Fitness Anywhere
- Personal Weights
- Personal Fitness
- Speed/Conditioning

Grades 6-8th: Standard 2

Standard 2:

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

S2.M12.6 Individual-Performance Activities, Dance & Rhythms

(S2.M12.6): Varies application of force during dance or gymnastic activities.

- **Dance Fitness**

(S2.M12.7): Identifies and applies Newton's laws of motion to various dance or movement activities.

- **Yoga Series**
- **Dance Fitness**
- **Intro to Fitness Part 1-2**
- **Intro to Flexibility & Mobility**
- **Stretching Routines**
- **Intro to Weights**
- **Fitness Anywhere**
- **Personal Weights**
- **Personal Fitness**

(S2.M12.8): Describes and applies mechanical advantage(s) for a variety of movement patterns.

- **Yoga Series**
- **Dance Fitness**
- **Intro to Fitness Part 1-2**
- **Intro to Flexibility & Mobility**
- **Stretching Routines**
- **Intro to Weights**
- **Fitness Anywhere**
- **Personal Weights**
- **Personal Fitness**

Grades 6-8th: Standard 3

Standard 3:

The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

S3.M1 Physical Activity Knowledge

(S3.M1.L6): Describes how being physically active leads to a healthy body.

- Fitness Literacy
- Intro To Nutrition
- Applied Nutrition
- Intro To Fitness Part 1-2

(S3.M1.L7): Identifies barriers related to maintaining a physically active lifestyle and seeks solutions for eliminating those barriers.

- Fitness Literacy
- Intro To Mindfulness
- Yoga Series
- Intro To Fitness Part 1-2
- Intro To Flexibility/Mobility
- Intro To Weights

(S3.M2.L6): Identifies the five components of health-related fitness and explains the connections between fitness and overall physical and mental health.

- Fitness Literacy
- Intro To Nutrition
- Applied Nutrition
- Yoga Series
- Dance Fitness
- Intro To Fitness Part 1-2
- Intro to Flexibility/Mobility
- Stretching Routines
- Intro To Weights

S3.M2 Engages in Physical Activity

(S3.M2.L6): Participates in self-selected physical activity outside of physical education class.

- Yoga Series
- Dance Fitness
- Intro To Fitness Part 1-2
- Intro To Flexibility/Mobility
- Stretching Routines
- Intro To Weights
- Fitness Anywhere
- Personal Weights
- Personal Fitness
- Speed/Conditioning

Grades 6-8th: Standard 3 Continued

Standard 3:

The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

S3.M2 Engages in Physical Activity

(S3.M2.L7): Participates in a physical activity 2 times a week outside of physical education class.

- Yoga Series
- Dance Fitness
- Intro To Fitness Part 1-2
- Intro To Flexibility/Mobility
- Stretching Routines
- Intro To Weights
- Fitness Anywhere
- Personal Weights
- Personal Fitness
- Speed/Conditioning

(S3.M2.L8): Participates in a physical activity 3 times a week outside of physical education class.

- Yoga Series
- Dance Fitness
- Intro To Fitness Part 1-2
- Intro To Flexibility/Mobility
- Stretching Routines
- Intro To Weights
- Fitness Anywhere
- Personal Weights
- Personal Fitness
- Speed/Conditioning

(S3.M3.L6): Participates in a variety of aerobic fitness activities such as cardio-kick, step aerobics and aerobic dance.

- Dance Fitness
- Intro To Fitness Part 1-2
- Fitness Anywhere
- Personal Fitness
- Speed/Conditioning

(S3.M3.L7): Participates in a variety of strength and endurance fitness activities such as Pilates, resistance training, bodyweight training and light free-weight training.

- Yoga Series
- Dance Fitness
- Intro To Fitness Part 1-2
- Intro To Flexibility/Mobility
- Stretching Routines
- Intro To Weights
- Fitness Anywhere
- Personal Weights
- Personal Fitness
- Speed/Conditioning

(S3.M3.L8): Participates in a variety of selfselected aerobic fitness activities outside of school such as walking, jogging, biking, skating, dancing and swimming.

- Yoga Series
- Dance Fitness
- Intro To Fitness Part 1-2
- Fitness Anywhere
- Personal Fitness
- Speed/Conditioning

Grades 6-8th: Standard 3 Continued

Standard 3:

The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

S3.M4 Engages in Physical Activity

(S3.M4.L6): Participates in a variety of aerobic-fitness activities using technology such as Dance Dance Revolution® or Wii Fit®.

- Dance Fitness
- Intro To Fitness Part 1-2
- Fitness Anywhere
- Speed/Conditioning

(S3.M4.L7): Participates in a variety of strength and endurance-fitness activities such as weight or resistance training.

- Dance Fitness
- Intro To Fitness Part 1-2
- Intro To Weights
- Fitness Anywhere
- Personal Weights
- Personal Fitness
- Personal Weights
- Speed/Conditioning

(S3.M4.L8): Plans and implements a program of cross-training to include aerobic, strength and endurance, and flexibility training.

- Dance Fitness
- Intro To Fitness Part 1-2
- Intro To Weights
- Fitness Anywhere
- Personal Weights
- Personal Fitness
- Personal Weights
- Speed/Conditioning

(S3.M5.L6): Participates in a variety of strength and endurance fitness activities such as Pilates, resistance training, bodyweight training and light free-weight training.

- Dance Fitness

(S3.M5.L8): Participates in a self-selected lifetime sport, dance, aquatic or outdoor activity outside of the school day.

- Yoga Series
- Dance Fitness
- Intro To Fitness Part 1-2
- Fitness Anywhere
- Speed/Conditioning

Grades 6-8th: Standard 3 Continued

Standard 3:

The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

S3.M6 Engages in Physical Activity

(S3.M6.L6): Participates in moderate to vigorous aerobic physical activity that includes intermittent or continuous aerobic physical activity of both moderate and vigorous intensity for at least 60 minutes per day

- Dance Fitness
- Intro To Fitness Part 1-2
- Fitness Anywhere
- Personal Weights
- Speed/Conditioning

(S3.M6.L7): Participates in moderate to vigorous aerobic physical activity that includes intermittent or continuous aerobic physical activity of both moderate and vigorous intensity for at least 60 minutes per day

- Intro To Fitness Part 1-2
- Intro To Weights
- Personal Weights

(S3.M6.L8): Participates in a variety of strength and endurance-fitness activities such as weight or resistance training.

- Intro To Fitness Part 1-2
- Intro To Weights
- Personal Weights
- Personal Fitness

S3.M7 Fitness Knowledge

(S3.M7.L6): Identifies the components of skill-related fitness.

- Fitness Literacy
- Yoga Series
- Intro To Fitness Part 1-2
- Intro To Weights
- Fitness Anywhere
- Speed Conditioning

(S3.M7.L7): Distinguishes between health-related and skill-related fitness.

- Fitness Literacy
- Intro To Nutrition
- Applied Nutrition
- Intro to Mindfulness
- Yoga Series
- Dance Fitness
- Intro To Fitness Part 1-2
- Stretching Routines
- Intro To Weights
- Fitness Anywhere
- Speed/Conditioning

Grades 6-8th: Standard 3 Continued

Standard 3:

The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

S3.M8 Fitness Knowledge

(S3.M8.L6): Sets and monitors a self-selected physical activity goal for aerobic and/or muscle- and bone-strengthening activity based on current fitness level.

- **Yoga Series**
- **Dance Fitness**
- **Intro To Fitness Part 1-2**
- **Intro To Weights**
- **Fitness Anywhere**
- **Personal Weights**
- **Personal Fitness**
- **Speed/Conditioning**

(S3.M8.L7): Adjusts physical activity based on quantity of exercise needed for a minimal health standard and/or optimal functioning based on current fitness level.

- **Fitness Literacy**
- **Yoga Series**
- **Dance Fitness**
- **Intro To Fitness Part 1-2**
- **Intro To Weights**
- **Fitness Anywhere**
- **Personal Weights**
- **Personal Fitness**
- **Speed/Conditioning**

(S3.M8.L8): Uses available technology to self-monitor quantity of exercise needed for a minimal health standard and/or optimal functioning based on current fitness level.

- **Yoga Series**
- **Dance Fitness**
- **Intro To Fitness Part 1-2**
- **Intro To Flexibility & Mobility**
- **Stretching Routines**
- **Intro To Weights**
- **Fitness Anywhere**
- **Personal Weights**
- **Personal Fitness**
- **Speed/Conditioning**

(S3.M9.L6): Employs correct techniques and methods of stretching.

- **Yoga Series**
- **Intro To Flexibility**
- **Stretching Routines**

(S3.M9.L7): Describes and demonstrates the difference between dynamic and static stretches.

- **Yoga Series**
- **Intro To Flexibility**
- **Stretching Routines**

Grades 6-8th: Standard 3 Continued

Standard 3:

The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

S3.M10 Fitness Knowledge

(S3.M10.L6): Differentiates between aerobic and anaerobic capacity, and between muscular strength and endurance.

- **Fitness Literacy**
- **Intro To Fitness Part 1-2**
- **Intro To Weights**

(S3.M10.L7): Describes the role of exercise and nutrition in weight management.

- **Fitness Literacy**
- **Intro To Nutrition**
- **Applied Nutrition**

(S3.M10.L8): Describes the role of flexibility in injury prevention.

- **Fitness Literacy**
- **Intro To Flexibility/Mobility**

(S3.M11.L6): Identifies each of the components of the overload principle (FITT formula: frequency, intensity, time & type) for different types of physical activity (aerobic, muscular fitness and flexibility)

- **Fitness Literacy**
- **Intro To Fitness Part 1-2**

(S3.M11.L8): Describes overload principle (FITT formula) for different types of physical activity, the training principles on which the formula is based and how the formula and principles affect fitness.

- **Fitness Literacy**
- **Intro To Fitness Part 1-2**

(S3.M12.L6): Describes the role of warm-ups and cool-downs before and after physical activity.

- **Fitness Literacy**
- **Intro To Fitness Part 1-2**
- **Intro To Flexibility/Mobility**

Grades 6-8th: Standard 3 Continued

Standard 3:

The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

S3.M12 Fitness Knowledge

(S3.M12.L7): Designs a warm-up and cool-down regimen for a self-selected physical activity

- **Fitness Literacy**
- **Intro To Fitness Part 1-2**
- **Intro To Flexibility/Mobility**

(S3.M14.L6): Identifies major muscles used in selected physical activities.

- **Fitness Literacy**
- **Intro To Fitness Part 1-2**

(S3.M14.L7): Describes how muscles pull on bones to create movement in pairs by relaxing and contracting.

- **Fitness Literacy**
- **Intro To Fitness Part 1-2**
- **Intro To Flexibility/Mobility**

(S3.M14.L8): Explains how body systems interact with one another (e.g., blood transports nutrients from the digestive system, oxygen from the respiratory system) during physical activity.

- **Fitness Literacy**
- **Intro To Nutrition**
- **Applied Nutrition**

S3.M15 Assessments & Program Planning

(S3.M15.L6): Maintains a physical activity log for at least 2 weeks, and reflects on activity levels as documented in the log.

- **Intro To Fitness Part 1-2**
- **Intro To Flexibility & Mobility**
- **Intro To Weights**

(S3.M15.L7): Designs and implements a program of remediation for 2 areas of weakness based on the results of health-related fitness assessment.

- **Intro To Fitness Part 1-2**
- **Intro To Flexibility & Mobility**
- **Intro To Weights**

Grades 6-8th: Standard 3 Continued

Standard 3:

The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

S3.M15 Assessments & Program Planning

(S3.M15.L8): Designs and implements a program of remediation for 3 areas of weakness based on the results of health-related fitness assessment.

- **Fitness Literacy**
- **Intro To Fitness Part 1-2**
- **Intro To Flexibility/Mobility**

(S3.M16.L6): Maintains a physical activity log for at least 2 weeks, and reflects on activity levels as documented in the log.

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| ▪ Yoga Series | ▪ Stretching Routines |
| ▪ Dance Fitness | ▪ Intro To Weights |
| ▪ Intro To Fitness Part 1-2 | ▪ Fitness Anywhere |
| ▪ Intro To Flexibility & Mobility | |

(S3.M16.L7): Maintains a physical activity and nutrition log for at least 2 weeks, and reflects on activity levels and nutrition as documented in the log.

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| ▪ Intro To Nutrition | ▪ Intro To Flexibility & Mobility |
| ▪ Applied Nutrition | ▪ Stretching Routines |
| ▪ Yoga Series | ▪ Intro To Weights |
| ▪ Dance Fitness | ▪ Fitness Anywhere |
| ▪ Intro To Fitness Part 1-2 | |

(S3.M16.L7): Maintains a physical activity and nutrition log for at least 2 weeks, and reflects on activity levels and nutrition as documented in the log.

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| ▪ Intro To Nutrition | ▪ Intro To Flexibility & Mobility |
| ▪ Applied Nutrition | ▪ Stretching Routines |
| ▪ Yoga Series | ▪ Intro To Weights |
| ▪ Dance Fitness | ▪ Fitness Anywhere |
| ▪ Intro To Fitness Part 1-2 | |

(S3.M16.L8): Designs and implements a program to improve levels of health-related fitness and nutrition.

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| ▪ Fitness Literacy | ▪ Intro To Fitness Part 1-2 |
| ▪ Intro To Nutrition | ▪ Intro To Flexibility & Mobility |
| ▪ Applied Nutrition | ▪ Stretching Routines |
| ▪ Yoga Series | ▪ Intro To Weights |
| ▪ Dance Fitness | ▪ Fitness Anywhere |

Grades 6-8th: Standard 3 Continued

Standard 3:

The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

S3.M17 Nutrition

(S3.M17.L6): Identifies foods within each of the basic food groups and selects appropriate servings and portions for his or her age and physical activity levels.

- **Intro To Nutrition**
- **Applied Nutrition**

(S3.M17.L7): Develops strategies for balancing healthy food, snacks and water intake, along with daily physical activity.

- **Intro To Nutrition**
- **Applied Nutrition**

(S3.M17.L8): Describes the relationship between poor nutrition and health risk factors.

- **Fitness Literacy**
- **Intro To Nutrition**
- **Applied Nutrition**

S3.M18 Stress Management

(S3.M18.L6): Identifies positive and negative results of stress and appropriate ways of dealing with each.

- **Intro To Mindfulness**

(S3.M18.L7): Practices strategies for dealing with stress, such as deep breathing, guided visualization and aerobic exercise.

- **Intro To Mindfulness**
- **Yoga Series**
- **Dance Fitness**
- **Intro To Flexibility & Mobility**
- **Stretching Routines**

(S3.M18.L8): Demonstrates basic movements used in other stress-reducing activities such as yoga and tai chi.

- **Intro To Mindfulness**
- **Yoga Series**
- **Dance Fitness**
- **Intro To Flexibility & Mobility**
- **Stretching Routines**

Grades 6-8th: Standard 4

Standard 4:

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S4.M1 Personal Responsibility

(S4.M1.L6): Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities and exhibiting safe behaviors.

- Intro To Mindfulness
- Intro to Fitness Part 1-2
- Intro to Weights

(S4.M1.L7): Exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors and supporting classmates.

- Intro To Mindfulness
- Intro to Fitness Part 1-2
- Intro to Weights

(S4.M1.L8): Accepts responsibility for improving one's own levels of physical activity and fitness.

- Intro To Mindfulness
- Intro to Fitness Part 1-2
- Intro to Weights

(S4.M2.L6): Identifies and uses appropriate strategies to self-reinforce positive fitness behaviors, such as positive self-talk.

- Intro To Mindfulness

(S4.M2.L7): Demonstrates both intrinsic and extrinsic motivation by selecting opportunities to participate in physical activity outside of class.

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| ▪ Intro To Mindfulness | ▪ Intro To Flexibility & Mobility |
| ▪ Yoga Series | ▪ Stretching Routines |
| ▪ Dance Fitness | ▪ Intro To Weights |
| ▪ Intro To Fitness Part 1-2 | ▪ Fitness Anywhere |

Grades 6-8th: Standard 4 Continued

Standard 4:

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S4.M2 Personal Responsibility

(S4.M2.L8): Uses effective self-monitoring skills to incorporate opportunities for physical activity in and outside of school.

- Intro To Mindfulness
- Yoga Series
- Dance Fitness
- Intro To Fitness Part 1-2
- Intro To Flexibility & Mobility
- Stretching Routines
- Intro To Weights
- Fitness Anywhere

S4.M3 Accepting Feedback

(S4.M3.L6): Demonstrates self-responsibility by implementing specific corrective feedback to improve performance.

- Fitness Literacy
- Intro To Fitness Part 1-2
- Intro To Flexibility & Mobility
- Intro To Weights

(S4.M3.L7): Provides corrective feedback to a peer, using teacher-generated guidelines, and incorporating appropriate tone and other communication skills.

- Intro To Fitness Part 1-2
- Intro To Flexibility & Mobility
- Intro To Weights

(S4.M3.L8): Responds appropriately to participants' ethical and unethical behavior during physical activity by using rules and guidelines for resolving conflicts.

- Fitness Literacy
- Intro To Mindfulness

S4.M4 Working With Others

(S4.M4.L6): Accepts differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback.

- Fitness Literacy
- Intro To Mindfulness

(S4.M4.L7): Demonstrates cooperation skills by establishing rules and guidelines for resolving conflicts.

- Fitness Literacy
- Intro To Mindfulness

Grades 6-8th: Standard 4 Continued

Standard 4:

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S4.M4 Working With Others

(S4.M4.L8): Responds appropriately to participants' ethical and unethical behavior during physical activity by using rules and guidelines for resolving conflicts.

- Fitness Literacy
- Intro To Mindfulness

S4.M7 Safety

(S4.M7.L6): Uses physical activity and fitness equipment appropriately and safely, with the teacher's guidance.

- Intro To Fitness Part 1-2
- Personal Weights
- Intro To Weights^a
- Personal Fitness
- Fitness Anywhere
- Personal Weights

(S4.M7.L7): Independently uses physical activity and exercise equipment appropriately and safely.

- Intro To Fitness Part 1-2
- Personal Weights
- Intro To Weights^a
- Personal Fitness
- Fitness Anywhere
- Personal Weights

(S4.M7.L8): Independently uses physical activity and exercise equipment appropriately and safely.

- Intro To Fitness Part 1-2
- Personal Weights
- Intro To Weights^a
- Personal Fitness
- Fitness Anywhere
- Personal Weights

Grades 6-8th: Standard 5

Standard 5:

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

S5.M1 Health

(S5.M1.L6): Describes how being physically active leads to a healthy body.

- **Fitness Literacy**

(S5.M1.L7): Identifies different types of physical activities and describes how each exerts a positive effect on health.

- **Fitness Literacy**

(S5.M1.L8): Identifies the five components of health-related fitness (muscular strength, muscular endurance, flexibility, cardiorespiratory endurance and body composition) and explains the connections between fitness and overall physical and mental health.

- **Fitness Literacy**

(S5.M2.L6): Identifies components of physical activity that provide opportunities for reducing stress and for social interaction.

- **Fitness Literacy**

(S5.M2.L7): Identifies positive mental and emotional aspects of participating in a variety of physical activities.

- **Fitness Literacy**
- **Intro To Mindfulness**

(S5.M2.L8): Identifies and participates in an enjoyable activity that prompts individual self-expression.

- **Fitness Literacy**
- **Intro To Mindfulness**

S5.M6 Social Interaction

(S5.M1.L6): Demonstrates respect for self by asking for help and helping others in various physical activities.

- **Yoga Series**
- **Dance Fitness**
- **Intro To Fitness Part 1-2**
- **Intro To Flexibility & Mobility**
- **Stretching Routines**
- **Intro To Weights**
- **Fitness Anywhere**

9-12TH GRADE STANDARD SPECIFIC

Standard 1:

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2:

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3:

The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

Standard 4:

Applies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress.

Standard 5:

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Grades 9-12: Standard 1

Standard 1:

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

S1.H2 Dance and Rhythms

(S1.H2.L1): Demonstrates competency in dance forms used in cultural and social occasions (e.g., weddings, parties), or demonstrates competency in 1 form of dance (e.g., ballet, modern, hip hop, tap).

(S1.H2.L2): Demonstrates competency in a form of dance by choreographing a dance or by giving a performance.

- **Dance Fitness**

S1.H3 Fitness Activities

(S1.H3.L1): Demonstrates competency in 1 or more specialized skills in health-related fitness activities.

- **Yoga Series**
- **Dance Fitness**
- **Intro to Fitness Part 1-2**
- **Intro to Flexibility & Mobility**
- **Stretching Routines**
- **Intro to Weights**
- **Fitness Anywhere**
- **Personal Weights**
- **Personal Fitness**
- **Athletic Weights**
- **Speed/Conditioning**

(S1.H3.L2): Demonstrates competency in 2 or more specialized skills in health-related fitness activities.

- **Yoga Series**
- **Dance Fitness**

Grades 9-12: Standard 2

Standard 2:

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

S2.H1 Movement Concepts, Principles & Knowledge

(S2.H1.L1): Applies the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, aquatics and/or outdoor pursuits appropriately.

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| ▪ Fitness Literacy | ▪ Intro to Weights |
| ▪ Yoga Series | ▪ Fitness Anywhere |
| ▪ Dance Fitness | ▪ Personal Weights |
| ▪ Intro to Fitness Part 1-2 | ▪ Personal Fitness |
| ▪ Intro to Flexibility & Mobility | ▪ Athletic Weights |
| ▪ Stretching Routines | ▪ Speed/Conditioning |

S2.H2 Movement Concepts, Principles & Knowledge

(S2.H2.L1): Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill.

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| ▪ Fitness Literacy | ▪ Fitness Anywhere |
| ▪ Yoga Series | ▪ Personal Weights |
| ▪ Intro to Fitness Part 1-2 | ▪ Personal Fitness |
| ▪ Intro to Flexibility & Mobility | ▪ Athletic Weights |
| ▪ Stretching Routines | ▪ Speed/Conditioning |
| ▪ Intro to Weights | |

S2.H3 Movement Concepts, Principles & Knowledge

(S2.H3.L1): Creates a practice plan to improve performance for a self-selected skill.

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| ▪ Fitness Literacy | ▪ Fitness Anywhere |
| ▪ Yoga Series | ▪ Personal Weights |
| ▪ Intro to Fitness Part 1-2 | ▪ Personal Fitness |
| ▪ Intro to Flexibility & Mobility | ▪ Athletic Weights |
| ▪ Stretching Routines | ▪ Speed/Conditioning |
| ▪ Intro to Weights | |

Grades 9-12: Standard 3

Standard 3:

The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

S3.H1 Physical Activity Knowledge

(S3.H1.L1): Discusses the benefits of a physically active lifestyle as it relates to college or career productivity.

- **Fitness Literacy**

(S3.H1.L2): Investigates the relationships among physical activity, nutrition and body composition.

- **Fitness Literacy**
- **Intro to Nutrition**
- **Applied Nutrition**

S3.H2 Physical Activity Knowledge

(S3.H2.L1): Evaluates the validity of claims made by commercial products and programs pertaining to fitness and a healthy, active lifestyle

- **Intro to Nutrition**
- **Applied Nutrition**

(S3.H2.L2): Analyzes and applies technology and social media as tools for supporting a healthy, active lifestyle.

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| ▪ Intro to Mindfulness | ▪ Intro to Weights |
| ▪ Yoga Series | ▪ Fitness Anywhere |
| ▪ Dance Fitness | ▪ Personal Weights |
| ▪ Intro to Fitness Part 1-2 | ▪ Personal Fitness |
| ▪ Intro to Flexibility & Mobility | ▪ Athletic Weights |
| ▪ Stretching Routines | ▪ Speed/Conditioning |

S3.H3 Physical Activity Knowledge

(S3.H3.L1): Identifies issues associated with exercising in heat, humidity and cold.

- **Intro to Nutrition**
- **Applied Nutrition**

Grades 9-12: Standard 3 Continued

Standard 3:

The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

S3.H3 Physical Activity Knowledge

(S3.H2.L1): Identifies issues associated with exercising in heat, humidity and cold.

- **Intro to Nutrition**
- **Applied Nutrition**

(S3.H3.L2): Applies rates of perceived exertion and pacing.

- **Fitness Literacy**
- **Intro to Fitness Part 1-2**
- **Intro to Weights**
- **Fitness Anywhere**
- **Personal Weights**
- **Personal Fitness**
- **Athletic Weights**
- **Speed/Conditioning**

S3.H5 Physical Activity Knowledge

(S3.H5.L1): Evaluates risks and safety factors that might affect physical activity preferences throughout the life cycle

- **Fitness Literacy**
- **Intro to Fitness Part 1-2**
- **Intro to Weights**

(S3.H5.L2): Analyzes the impact of life choices, economics, motivation and accessibility on exercise adherence and participation in physical activity in college or career settings.

- **Fitness Literacy**

S3.H5 Physical Activity Knowledge

(S3.H5.L1): Evaluates risks and safety factors that might affect physical activity preferences throughout the life cycle.

- **Fitness Literacy**
- **Intro to Fitness Part 1-2**
- **Intro to Weights**

Grades 9-12: Standard 3 Continued

Standard 3:

The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

S3.H5 Physical Activity Knowledge

(S3.H5.L2): Analyzes the impact of life choices, economics, motivation and accessibility on exercise adherence and participation in physical activity in college or career settings.

- Intro to Mindfulness

S3.H6 Engages in Physical Activity

(S3.H6.L1): Participates several times a week in a self-selected lifetime activity, dance or fitness activity outside of the school day.

- | | |
|-----------------------------------|----------------------|
| ▪ Yoga Series | ▪ Fitness Anywhere |
| ▪ Dance Fitness | ▪ Personal Weights |
| ▪ Intro to Fitness Part 1-2 | ▪ Personal Fitness |
| ▪ Intro to Flexibility & Mobility | ▪ Athletic Weights |
| ▪ Stretching Routines | ▪ Speed/Conditioning |
| ▪ Intro to Weights | |

(S3.H6.L2): Creates a plan, trains for and participates in a community event with a focus on physical activity (e.g., 5K, triathlon, tournament, dance performance, cycling event).

- | | |
|-----------------------------------|----------------------|
| ▪ Yoga Series | ▪ Fitness Anywhere |
| ▪ Dance Fitness | ▪ Personal Weights |
| ▪ Intro to Fitness Part 1-2 | ▪ Personal Fitness |
| ▪ Intro to Flexibility & Mobility | ▪ Athletic Weights |
| ▪ Stretching Routines | ▪ Speed/Conditioning |
| ▪ Intro to Weights | |

S3.H7 Engages in Physical Activity

(S3.H7.L1): Demonstrates appropriate technique on resistance training machines and with free weights.

- Intro to Fitness Part 1-2
- Intro to Weights
- Personal Weights
- Personal Fitness
- Athletic Weights

Grades 9-12: Standard 3 Continued

Standard 3:

The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

S3.H5 Physical Activity Knowledge

(S3.H7.L2): Designs and implements a strength and conditioning program that develops balance in opposing muscle groups (agonist/antagonist) and supports a healthy, active lifestyle.

- Intro to Fitness Part 1-2
- Intro to Weights
- Personal Weights
- Personal Fitness
- Athletic Weights

S3.H8 Fitness Knowledge

(S3.H8.L1): Relates physiological responses to individual levels of fitness and nutritional balance.

- Fitness Literacy
- Intro to Nutrition
- Applied Nutrition

(S3.H8.L2): Identifies the different energy systems used in a selected physical activity (e.g., adenosine triphosphate and phosphocreatine, anaerobic glycolysis, aerobic).

- | | |
|-----------------------------------|----------------------|
| ▪ Fitness Literacy | ▪ Intro to Weights |
| ▪ Yoga Series | ▪ Fitness Anywhere |
| ▪ Dance Fitness | ▪ Personal Fitness |
| ▪ Intro to Fitness Part 1-2 | ▪ Athletic Weights |
| ▪ Intro to Flexibility & Mobility | ▪ Speed/Conditioning |
| ▪ Stretching Routine | |

S3.H9 Fitness Knowledge

(S3.H9.L1): Identifies types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, proprioceptive neuromuscular facilitation (PNF), dynamic) for personal fitness development (e.g., strength, endurance, range of motion).

- Fitness Literacy
- Intro to Fitness Part 1-2
- Intro to Weights

Grades 9-12: Standard 3 Continued

Standard 3:

The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

S3.H9 Physical Activity Knowledge

(S3.H9.L2): Identifies the structure of skeletal muscle and fiber types as they relate to muscle development.

- **Fitness Literacy**

S3.H11 Assessment & Program Planning

(S3.H11.L1): Creates and implements a behavior-modification plan that enhances a healthy, active lifestyle in college or career settings.

- | | |
|--|-----------------------------|
| ▪ Fitness Literacy | ▪ Intro to Weights |
| ▪ Yoga Series | ▪ Fitness Anywhere |
| ▪ Dance Fitness | ▪ Personal Weights |
| ▪ Intro to Fitness Part 1-2 | ▪ Personal Fitness |
| ▪ Intro to Flexibility & Mobility | ▪ Athletic Weights |
| ▪ Stretching Routines | ▪ Speed/Conditioning |

(S3.H11.L2): Develops and maintains a fitness portfolio (e.g., assessment scores, goals for improvement, plan of activities for improvement, log of activities being done to reach goals, timeline for improvement).

- | | |
|--|-----------------------------|
| ▪ Fitness Literacy | ▪ Intro to Weights |
| ▪ Yoga Series | ▪ Fitness Anywhere |
| ▪ Dance Fitness | ▪ Personal Weights |
| ▪ Intro to Fitness Part 1-2 | ▪ Personal Fitness |
| ▪ Intro to Flexibility & Mobility | ▪ Athletic Weights |
| ▪ Stretching Routines | ▪ Speed/Conditioning |

S3.H12 Assessment & Program Planning

(S3.H12.L1): Designs a fitness program, including all components of health-related fitness, for a college student and/or an employee in the learner's chosen field of work.

- **Fitness Literacy**
- **Yoga Series**
- **Intro to Fitness Part 1-2**
- **Intro to Flexibility & Mobility**
- **Athletic Weights**
- **Speed/Conditioning**

Grades 9-12: Standard 3 Continued

Standard 3:

The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

S3.H9 Physical Activity Knowledge

(S3.H9.L2): Identifies the structure of skeletal muscle and fiber types as they relate to muscle development.

- **Fitness Literacy**

S3.H11 Assessment & Program Planning

(S3.H11.L1): Creates and implements a behavior-modification plan that enhances a healthy, active lifestyle in college or career settings.

- | | |
|--|-----------------------------|
| ▪ Fitness Literacy | ▪ Intro to Weights |
| ▪ Yoga Series | ▪ Fitness Anywhere |
| ▪ Dance Fitness | ▪ Personal Weights |
| ▪ Intro to Fitness Part 1-2 | ▪ Personal Fitness |
| ▪ Intro to Flexibility & Mobility | ▪ Athletic Weights |
| ▪ Stretching Routines | ▪ Speed/Conditioning |

(S3.H11.L2): Develops and maintains a fitness portfolio (e.g., assessment scores, goals for improvement, plan of activities for improvement, log of activities being done to reach goals, timeline for improvement).

- | | |
|--|-----------------------------|
| ▪ Fitness Literacy | ▪ Intro to Weights |
| ▪ Yoga Series | ▪ Fitness Anywhere |
| ▪ Dance Fitness | ▪ Personal Weights |
| ▪ Intro to Fitness Part 1-2 | ▪ Personal Fitness |
| ▪ Intro to Flexibility & Mobility | ▪ Athletic Weights |
| ▪ Stretching Routines | ▪ Speed/Conditioning |

S3.H12 Assessment & Program Planning

(S3.H12.L1): Designs a fitness program, including all components of health-related fitness, for a college student and/or an employee in the learner's chosen field of work.

- **Fitness Literacy**
- **Yoga Series**
- **Intro to Fitness Part 1-2**
- **Intro to Flexibility & Mobility**
- **Athletic Weights**
- **Speed/Conditioning**

Grades 9-12: Standard 3 Continued

Standard 3:

The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

S3.H12 Assessment & Program Planning

(S3.H12.L2): Analyzes the components of skill-related fitness in relation to life and career goals, and designs an appropriate fitness program for those goals.

- **Fitness Literacy**
- **Yoga Series**
- **Intro to Fitness Part 1-2**
- **Intro to Flexibility & Mobility**
- **Athletic Weights**
- **Speed/Conditioning**

S3.H13 Nutrition

(S3.H13.L1): Designs and implements a nutrition plan to maintain an appropriate energy balance for a healthy, active lifestyle.

(S3.H13.L2): Creates a snack plan for before, during and after exercise that addresses nutrition needs for each phase.

- **Intro to Nutrition**
- **Intro to Applied Nutrition**

S3.H14 Stress Management

(S3.H14.L1): Identifies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress.

(S3.H14.L12) Applies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress.

- **Intro to Mindfulness**

Grades 9-12: Standard 4

Standard 4:

Applies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress.

S4.H1 Personal Responsibility

(S4.H1.L1): Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed.

- Intro to Mindfulness
- Yoga Series
- Dance Fitness
- Intro to Fitness Part 1-2
- Intro to Flexibility & Mobility
- Stretching Routines
- Intro to Weights

(S3.H1.L1): Accepts differences between personal characteristics and the idealized body images and elite performance levels portrayed in various media.

- Fitness Literacy
- Intro to Nutrition
- Applied Nutrition
- Intro to Mindfulness
- Yoga Series
- Dance Fitness
- Intro to Fitness Part 1-2
- Intro to Flexibility & Mobility
- Stretching Routines
- Intro to Weights

S4.H2 Rules & Etiquette

(S4.H2.L1): Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance.

- Yoga Series
- Dance Fitness
- Intro to Fitness Part 1-2
- Intro to Flexibility & Mobility
- Stretching Routines
- Intro to Weights
- Fitness Anywhere
- Personal Weights
- Personal Fitness
- Athletic Weights
- Speed/Conditioning

S4.H5 Safety

(S4.H5.L1): Applies best practices for participating safely in physical activity, exercise and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection).

- Fitness Literacy
- Yoga Series
- Intro to Fitness Part 1-2
- Intro to Flexibility & Mobility
- Stretching Routines
- Intro to Weights
- Fitness Anywhere
- Personal Weights
- Personal Fitness
- Athletic Weights
- Speed Conditioning

Grades 9-12: Standard 5

Standard 5:

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

S5.H1 Health

(S5.H1.L1): Analyzes the health benefits of a self-selected physical activity.

- Fitness Literacy
- Yoga Series
- Intro to Fitness Part 1-2
- Intro to Flexibility & Mobility
- Stretching Routines
- Intro to Weights
- Fitness Anywhere
- Personal Weights
- Personal Fitness
- Athletic Weights
- Speed Conditioning

S5.H2 Challenge

(S5.H2.L1): Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity.

- Yoga Series
- Dance Fitness
- Intro to Fitness Part 1-2
- Intro to Flexibility & Mobility
- Stretching Routines
- Intro to Weights
- Fitness Anywhere
- Personal Weights
- Personal Fitness
- Athletic Weights
- Speed/Conditioning

S5.H3 Self-Expression & Enjoyment

(S5.H3.L1): Selects and participates in physical activities or dance that meet the need for self-expression and enjoyment.

- Yoga Series
- Dance Fitness
- Intro to Fitness Part 1-2
- Intro to Flexibility & Mobility
- Stretching Routines
- Intro to Weights
- Fitness Anywhere
- Personal Weights
- Personal Fitness
- Athletic Weights
- Speed/Conditioning

(S5.H3.L2): Identifies the uniqueness of creative dance as a means of self-expression.

- Dance Fitness

Grades 9-12: Standard 5 Continued

Standard 5:

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

S5.H4 Social Interaction

(S5.H1.L1: Identifies the opportunity for social support in a self selected physical activity or dance.

- Fitness Literacy
- Yoga Series
- Intro to Fitness Part 1-2
- Intro to Flexibility & Mobility
- Stretching Routines
- Intro to Weights
- Fitness Anywhere
- Personal Weights
- Personal Fitness
- Athletic Weights
- Speed Conditioning

(S5.H2.L2: Evaluates the opportunity for social interaction and social support in a self-selected physical activity or dance.

- Yoga Series
- Dance Fitness
- Intro to Fitness Part 1-2
- Intro to Flexibility & Mobility
- Stretching Routines
- Intro to Weights
- Fitness Anywhere
- Personal Weights
- Personal Fitness
- Athletic Weights
- Speed/Conditioning

PROGRAM SPECIFIC

Nutrition Programs:

Nutrition Standards 6-8th Grade

Standard 3:

Physical Activity Knowledge

- S3.M1.L6
- S3.M1.L8
- S3.M7.L7
- S3.M10.L7
- S3.M10.L8
- S3.M14.L8

Assesment & Program Planning

- S3.M16.L6
- S3.M16.L7
- S3.M16.L8

Nutrition

- S3.M17.L6
- S3.M17.L7
- S3.M17.L8

Standard 4:

Personal Responsibility

- S4.H1.L2

Nutrition Stanards 9-12th Grade

Standard 3:

Physical Activity Knowledge

- S3.H1.L2
- S3.H2.L1
- S3.H3.L1

Fitness Knowledge

- S3.H8.L1

Assesment & Progam Planning

- S3.H11.L1
- S3.H11.L2

Nutrition

- S3.H13.L1
- S3.H13.L2

Mindfulness Programs:

Mindfulness Standards 6-8th Grade

Standard 3:

Physical Activity Knowledge

- S3.M1.L6
- S3.M1.L7

Fitness Knowledge

- S3.M7.L6
- S3.M7.L7

Stress Management

- S3.M18.L6
- S3.M18.L7
- S3.M18.L8

Standard 4:

Personal Responsibility

- S4.M1.L6
- S4.M1.L7
- S4.M1.L8
- S4.M2.L6
- S4.M2.L7
- S4.M2.L8

Accepting Feedback

- S4.M3.L8

Accepting Feedback

- S4.M3.L8

Working With Others

- S4.M4.L6
- S4.M4.L7
- S4.M4.L8

Health

- S5.M2.L7

Self Expression & Enjoyment

- S5.M5.L6
- S5.M5.L7
- S5.M5.L8

Mindfulness Standards 9-12th Grade

Standard 3:

Physical Activity Knowledge

- S3.H2.L2

Assesment & Program Planning

- S3.H11.L1
- S3.H11.L2

Stress Management

- S3.H14.L1
- S3.H14.L2

Standard 4:

Personal Responsibility

- S4.H1.L1
- S4.H1.L2

Yoga Programs:

Yoga Standards 6-8th Grade

Standard 1:

Individual Performance Activities

- S1.M24.6-8
- S1.M1.L7

Standard 2:

Individual-Performance Activities, Dance & Rhythms

- S2.M12.L7
- S2.M12.L8

Standard 3:

Physical Activity Knowledge

- S3.M1.L7
- S3.M1.L8

Engages In Physical Activity

- S3.M2.L6
- S3.M2.L7
- S3.M2.L8
- S3.M3.L7
- S3.M3.L8
- S3.M5.L8

Fitness Knowledge

- S3.M7.L6
- S3.M7.L7
- S3.M8.L6
- S3.M8.L7
- S3.M8.L8
- S3.M9.L6
- S3.M9.L7

Assesments & Program Planning

- S3.M16.L6
- S3.M16.L7
- S3.M16.L8

Stress Management

- S3.M18.L7
- S3.M18.L8

Yoga Standards 6-8th Grade

Standard 4:

Personal Responsibility

- S4.M2.L7
- S4.M2.L8

Health

- S5.M2.L8

Social Intertaction

- S5.M6.L8

Yoga Programs:

Yoga Standards 9-12th Grade

Standard 1:

Fitness Activities

- S1.H3.L1
- S1.M3.L2

Standard 2:

Movement Concepts, Principles & Knowledge

- S2.H1.L1
- S2.H2.L1
- S2.H3.L1

Standard 3:

Physical Activity Knowledge

- S3.H2.L2

Engages In Physical Activity

- S3.H6.L1
- S3.H6.L2

Fitness Knowledge

- S3.H8.L2

Assesments & Program Planning

- S3.H12.L1
- S3.M12.L2

Standard 4:

Personal Responsibility

- S4.H1.L1
- S4.H1.L2

Rules & Etiquette

- S4.H2.L1

Safety

- S4.H5.L1

Standard 5:

Health

- S5.H1.L1
- S5.H1.L2

Challenge

- S5.H2.L2

Self-Expression & Enjoyment

- S5.H3.L1

Social Interaction

- S5.H4.L1
- S5.H3.L2

Dance Fitness:

Dance Standards 6-8th Grade

Standard 1:

Dance & Rhythms

- S1.M3.6-8

Individual Performance Activities

- S1.M24.6-8

Standard 2:

Individual Performance Activities, Dance & Rhythms

- S2.M12.L6
- S2.M12.L7
- S2.M12.L8

Standard 3:

Physical Activity Knowledge

- S3.M1.L8

Engages in Physical Activity

- S3.M2.L6
- S3.M2.L7
- S3.M2.L8
- S3.M3.L6
- S3.M3.L7
- S3.M3.L8
- S3.M4.L6
- S3.M4.L7
- S3.M4.L8
- S3.M5.L6
- S3.M5.L8
- S3.M6.L6

Fitness Knowledge

- S3.M8.L6
- S3.M8.L7
- S3.M8.L8

Assesment & Program Planning

- S3.M16.L6
- S4.M16.L7
- S3.M16.L8

Stress Management

- S3.M18.L7
- S4.M18.L8

Standard 4:

Personal Responsibility

- S4.M2.L7
- S4.M2.L8

Health

- S4.M2.L8

Social Interaction

- S4.M6.L8

Dance Fitness:

Dance Standards 9-12th Grade

Standard 1:

Dance & Rhythms

- S1.H3.L1
- S1.H3.L2

Standard 2:

Movement Concepts, Principles & Knowledge

- S2.H1.L1
- S2.H2.L1
- S2.H3.L1

Standard 3:

Physical Activity Knowledge

- S3.H2.L2
- S3.H6.L1
- S3.H6.L2
- S3.H8.L2

Assessment & Program Planning

- S3.H11.L1
- S3.H11.L2
- S3.H12.L1
- S3.H12.L2

Standard 4:

Personal Responsibility

- S4.H1.L1
- S4.H1.L2

Rules & Etiquette

- S4.H2.L1

Safety

- S4.H5.L1

Standard 5:

Health

- S5.H1.L1

Challenge

- S5.H2.L2

Self-Expression & Enjoyment

- S5.H3.L1

Social Interaction

- S5.H4.L1
- S5.H4.L2

Intro to Fitness (Part 1-2):

Intro to Fitness (Part 1-2) Standards 6-8th Grade

Standard 1:

Individual Performance Activities

- S1.M24.6-8

Standard 2:

Individual-Performance Activities, Dance & Rhythms

- S2.M12.L7
- S2.H12.L8

Standard 3:

Physical Activity Knowledge

- S3.M1.L6
- S3.M1.L7
- S3.M1.L8

Engages In Physical Activity

- S3.M2.L6
- S3.M2.L7
- S3.M2.L8
- S3.M3.L6
- S3.M3.L7
- S3.M3.L8
- S3.M4.L6
- S3.M4.L7
- S3.M5.L8
- S3.M6.L6
- S3.M6.L7
- S3.M6.L8

Fitness Knowledge

- S3.M7.L6
- S3.M7.L7
- S3.M8.L6
- S3.M8.L7
- S3.M8.L8
- S3.M10.L6
- S3.M11.L6
- S3.M11.L7
- S3.M11.L8
- S3.M12.L6
- S3.M12.L7
- S3.M12.L8
- S3.M14.L6
- S3.M14.L7

Assessments & Program Planning

- S3.M15.L6
- S3.M15.L7
- S3.M15.L8
- S3.M16.L6
- S3.M16.L7
- S3.M16.L8

Standard 4:

Personal Responsibility

- S4.M1.L6
- S4.M1.L7
- S4.M1.L8
- S4.M2.L7
- S4.M2.L8

Accepting Feedback

- S4.M3.L6
- S4.M3.L7
- S4.M3.L8

Safety

- S4.M7.L6
- S4.M7.L7
- S4.M7.L8

Standard 5:

Health

- S5.M2.L8

Social Interaction

- S5.M6.L8

Intro to Fitness (Part 1-2):

Intro to Fitness (Part 1-2) Standards 9-12th Grade

Standard 1:

Fitness Activities

- S1.H3.L1
- S1.H3.L2

Standard 2:

Movement Concepts, Principles & Knowledge

- S2.H1.L1
- S2.H2.L1
- S2.H3.L1

Standard 3:

Physical Activity Knowledge

- S3.H2.L2
- S3.H3.L2
- S3.H5.L1

Engages In Physical Activity

- S3.H6.L1
- S3.M6.L2

Fitness Knowledge

- S3.H7.L1
- S3.H7.L2
- S3.H8.L2
- S3.M8.L1

Assessment & Program Planning

- S3.H12.L1
- S3.H12.L2

Standard 4:

Personal Responsibility

- S4.H1.L1
- S4.H1.L2

Rules & Etiquette

- S4.H2.L1

Safety

- S4.H5.L1

Standard 5:

Health

- S5.H1.L1

Challenge

- S5.H2.L2

Self-Expression & Enjoyment

- S5.H3.L1

Social Interaction

- S5.H4.L1
- S5.H4.L2

Stretching Routines:

Stretching Routines Standards 6-8th Grade

Standard 1:

Individual Performance Activities

- S1.M24.6-8

Standard 2:

Individual-Performance Activities, Dance & Rhythms:

- S2.M12.L7
- S2.M12.L8

Standard 3:

Physical Activity Knowledge

- S3.M1.L8

Engages In Physical Activity

- S3.M2.L6
- S3.M2.L7
- S3.M2.L8
- S3.M3.L7
- S3.M7.L7

Fitness Knowledge

- S3.M8.L6
- S3.M8.L7
- S3.M8.L8
- S3.M9.L6
- S3.M9.L7

Assessment & Program Planning

- S3.M16.L6
- S3.M16.L7
- S3.M16.L8

Stress Management

- S3.M18.L7
- S3.M18.L8

Standard 4:

Personal Responsibility

- S4.M2.L7
- S4.M2.L8

Social Interaction

- S4.M6.L8

Stretching Routines:

Stretching Routines Standards 9-12th Grade

Standard 1:

Fitness Activities

- S1.H3.L1
- S1.H3.L2

Standard 2:

Movement Concepts, Principles & Knowledge

- S2.H1.L1
- S2.H2.L1
- S2.H3.L1

Standard 3:

Physical Activity Knowledge

- S3.H2.L2

Engages In Physical Activity

- S3.H6.L1
- S3.H6.L2

Fitness Knowledge

- S3.M8.L2

Assessment & Program Planning

- S3.H11.L1
- S3.M11.L2

Standard 4:

Personal Responsibility

- S4.H1.L1
- S4.H1.L2

Rules & Etiquette

- S4.H2.L1

Safety

- S4.H5.L1

Standard 5:

Health

- S5.H2.L2
- S5.H1.L2

Challenge

- S5.H2.L2

Self-Expression & Enjoyment

- S5.H3.L1

Social Interaction

- S5.H4.L1
- S5.H4.L2

Intro To Weights:

Intro To Weights Standards 9-12th Grade

Standard 1:

Fitness Activities

- S1.H3.L1
- S1.H3.L2

Standard 2:

Movement Concepts, Principles & Knowledge

- S2.H1.L1
- S2.H2.L1
- S2.H3.L1

Standard 3:

Physical Activity Knowledge

- S3.H2.L2
- S3.H3.L2
- S3.H5.L1

Engages In Physical Activity

- S3.H6.L1
- S3.H6.L7

Fitness Knowledge

- S3.H7.L1
- S3.H7.L2
- S3.H8.L2
- S3.H9.L1

Assessment & Program Planning

- S3.H11.L1
- S3.H11.L2
- S3.H12.L1
- S3.H12.L2

Standard 4:

Personal Responsibility

- S4.H1.L1
- S4.H1.L2

Rules & Etiquette

- S4.H2.L1

Safety

- S4.H5.L1

Health

- S5.H1.L1

Challenge

- S5.H2.L2

Self-Expression & Enjoyment

- S5.H3.L1

Social Interaction

- S5.H4.L1
- S5.H4.L2

Fitness Anywhere:

Fitness Anywhere Standards 6-8th Grade

Standard 1:

Individual Performance Activities

- S1.M24.6-8

Standard 2:

Individual-Performance Activities, Dance & Rhythms

- S2.M12.L7
- S2.M12.L8

Standard 3:

Engages In Physical Activity

- S3.M2.L6
- S3.M2.L7
- S3.M2.L8
- S3.M3.L6
- S3.M3.L7
- S3.M3.L8
- S3.M4.L6
- S3.M4.L7
- S3.M4.L8
- S3.M5.L8
- S3.M6.L6
- S3.M7.L6
- S3.M7.L7

Fitness Knowledge

- S3.M8.L6
- S3.M8.L7
- S3.M8.L8

Assessment & Program Planning

- S3.M16.L6
- S3.H16.L7
- S3.M16.L8

Standard 4:

Personal Responsibility

- S4.M2.L7
- S4.M2.L8

Safety

- S4.M7.L6
- S4.M7.L7
- S4.M7.L8

Health

- S5.M2.L8

Social Interaction

- S5.M6.L8

Fitness Anywhere:

Fitness Anywhere Standards 9-12th Grade

Standard 1:

Fitness Activities

- S1.H3.L1
- S1.H3.L2

Standard 2:

Movement Concepts, Principles & Knowledge

- S2.H1.L1
- S2.H2.L2
- S2.H3.L1

Standard 3:

Physical Activity Knowledge

- S3.H2.L2
- S3.H3.L2

Engages In Physical Activity

- S3.H6.L1
- S3.H6.L2

Fitness Knowledge

- S3.H8.L2
- S3.H9.L1

Assessment & Program Planning

- S3.H11.L1
- S3.H11.L2

Standard 4:

Rules & Etiquette

- S4.H2.L1

Safety

- S4.HS5.L1

Standard 5:

Health

- S5.H1.L1

Challenge

- S5.H2.L2

Self-Expression & Enjoyment

- S5.H3.L1

Social Interaction

- S5.H4.L1
- S5.H4.L2

Personal Weights:

Personal Weights Standards 6-8th Grade

Standard 1:

Individual Performance Activities

- S1.M24.6-8

Standard 2:

Movement Concepts, Principles & Knowledge

- S2.M12.L6
- S2.M12.L7
- S2.M12.L8

Standard 3:

Physical Activity Knowledge

- S3.H2.L2
- S3.H3.L2

Engages In Physical Activity

- S3.M2.L6
- S3.M2.L7
- S3.M2.L8
- S3.M3.L7
- S3.M4.L7
- S3.M4.L8
- S3.M6.L6
- S3.M6.L7
- S3.M6.L8

Fitness Knowledge

- S3.M8.L6
- S3.M8.L7
- S3.M11.L8

Standard 4:

Safety

- S4.M7.L6
- S4.M7.L7
- S4.M7.L8

Personal Weights:

Personal Weights Standards 9-12th Grade

Standard 1:

Fitness Activities

- S1.H3.L1
- S1.H3.L2

Standard 2:

Movement Concepts, Principles & Knowledge

- S2.H1.L1
- S2.H2.L1
- S2.H3.L1

Standard 3:

Physical Activity Knowledge

- S3.H2.L2
- S3.H3.L2

Engages In Physical Activity

- S3.H6.L1
- S3.H6.L2

Fitness Knowledge

- S3.H7.L1
- S3.H7.L2
- S3.H8.L2
- S3.H9.L1

Assessment & Program PLanning

- S3.H11.L1
- S3.H11.L2

Standard 4:

Rules & Etiquette

- S4.H2.L1

Safety

- S4.H5.L1

Standard 5:

Health

- S5.H1.L1

Challenge

- S5.H2.L2

Self-Expression & Enjoyment

- S5.H3.L1

Social Interaction

- S5.H4.L1
- S5.H4.L2

Personal Fitness:

Personal Weights Standards 6-8th Grade

Standard 1:

Fitness Activities

- S1.M24.6-8

Standard 2:

Individual-Performance Activities, Dance & Rythm

- S2.M12.L7
- S2.M12.L8

Standard 3:

Engages In Physical Activity

- S3.M2.L6
- S3.M2.L7
- S3.M2.L8
- S3.M3.L6
- S3.M3.L7
- S3.M4.L8
- S3.M6.L6
- S3.M6.L7
- S3.M6.L8
- S3.M8.L7
- S3.M8.L8

Fitness Knowledge

- S3.M11.L8

Standard 4:

Safety

- S4.M7.L6
- S4.M7.L7
- S4.M7.L8

Personal Fitness:

Personal Weights Standards 9-12th Grade

Standard 1:

Fitness Activities

- S1.H3.L1
- S1.H3.L2

Standard 2:

Movement Concepts, Principles & Knowledge

- S2.H1.L1
- S2.H2.L1
- S2.H3.L1

Standard 3:

Physical Activity Knowledge

- S3.H2.L1
- S3.H2.L2
- S3.H3.L2

Engages In Physical Activity

- S3.H6.L1
- S3.H6.L2

Fitness Knowledge

- S3.H7.L1
- S3.H7.L2
- S3.H8.L2
- S3.H8.L2

Assessment & Program Planning

- S3.H11.L1
- S3.H11.L2

Standard 4:

Rules & Etiquette

- S4.H2.L1

Safety

- S4.H5.L1

Standard 5:

Health

- S5.H1.L1

Challenge

- S5.H2.L2

Self-Expression & Enjoyment

- S5.H3.L2

Social Interaction

- S5.H4.L2

In/Off-Season:

In/Off-Season Standards 9-12th Grade

Standard 1:

Fitness Activities

- S1.H3.L1
- S1.H3.L2

Standard 2:

Movement Concepts, Principles & Knowledge

- S2.H1.L1
- S2.H2.L1
- S2.H3.L1

Standard 3:

Physical Activity Knowledge

- S3.H2.L2
- S3.H3.L2
- S3.H6.L2

Engages In Physical Activity

- S3.H6.L1
- S3.H6.L2

Fitness Knowledge

- S3.H7.L1
- S3.H7.L2
- S3.H8.L2

Assessment & Program Planning

- S3.H11.L1
- S3.H11.L2
- S3.H12.L1
- S3.H12.L2

Standard 4:

Rules & Etiquette

- S4.H2.L1

Safety

- S4.H5.L1

Standard 5:

Health

- S5.H1.L1

Challenge

- S5.H2.L2

Self-Expression & Enjoyment

- S5.H3.L2

Social Interaction

- S5.H4.L1
- S5.H4.L2

Speed/Conditioning:

Speed/Conditioning Standards 6-8th Grade

Standard 1:

Individual Performance Activities

- S1.M24.6-8

Standard 3:

Engages In Physical Activity

- S3.M2.L6
- S3.M2.L7
- S3.M2.L8
- S3.M3.L6
- S3.M3.L7
- S3.M3.L8
- S3.M4.L6
- S3.M4.L7
- S3.M4.L8
- S3.M5.L8
- S3.M6.L6

Fitness Knowledge

- S3.M7.L6
- S3.M7.L7
- S3.M8.L6
- S3.M8.L7
- S3.M8.L8

Speed/Conditioning:

Speed/Conditioning Standards 9-12th Grade

Standard 1:

Fitness Activities

- S1.H3.L1
- S1.H3.L2

Standard 2:

Movement Concepts, Principles, & Knowledge

- S3.H1.L1
- S3.H2.L1
- S3.H3.L1

Standard 3:

Physical Activity Knowledge

- S3.H2.L2
- S3.H3.L2

Engages In Physical Activity

- S3.H6.L1
- S3.H6.L2

Fitness Knowledge

- S3.H8.L2

Assessment Program & Planning

- S3.H11.L1
- S3.H11.L2
- S3.H12.L1
- S3.H12.L2

Standard 4:

Rules & Etiquette

- S4.H2.L1

Safety

- S4.H5.L1

Standard 5:

Health

- S5.H1.L1

Challenge

- S5.H2.L2

Self-Expression & Enjoyment

- S5.H3.L1

Social Interaction

- S5.H4.L1
- S5.H4.L2

Intro To Flexibility & Mobility:

Intro To Flexibility & Mobility Standards 6-8th Grade

Standard 1:

Individual Performance Activities

- S1.M24.6-8

Standard 2:

Individual-Performance Activities, Dance & Rhythms

- S2.M12.L7
- S2.M12.L8

Standard 3:

Physical Activity Knowledge

- S3.M1.L7
- S3.M1.L8

Engages In Physical Activity

- S3.M2.L6
- S3.M2.L7
- S3.M2.L8
- S3.M3.L7

Fitness Knowledge

- S3.M8.L8
- S3.M9.L6
- S3.M9.L7
- S3.M10.L8
- S3.M12.L6
- S3.M12.L7
- S3.M12.L8
- S3.M14.L7

Assessment & Program Planning

- S3.M16.L6
- S3.M16.L7
- S3.M16.L8

Stress Management

- S3.M18.L7
- S3.M18.L8

Standard 4:

Personal Responsibility

- S4.M2.L7
- S4.M2.L8

Accepting Feedback

- S4.M3.L6
- S4.M3.L7
- S4.M3.L8

Standard 5:

Social Interaction

- S5.M6.L8

Intro To Flexibility & Mobility:

Intro To Flexibility & Mobility Standards 9-12th Grade

Standard 1:

Fitness Activities

- S1.H3.L1
- S1.H3.L2

Standard 2:

Movement Concepts, Principles & Knowledge

- S2.H1.L1
- S2.H2.L1
- S2.H3.L1

Standard 3:

Physical Activity Knowledge

- S2.H2.L2
- S3.H6.L1
- S3.H6.L2
- S3.H8.L2
- S3.H11.L1
- S3.H11.L2

Assessment & Program Planning

- S3.H12.L1
- S3.H12.L2
- S3.M16.L8

Standard 4:

Personal Responsibility

- S4.H1.L1
- S4.H1.L2

Rules & Etiquette

- S4.H2.L1

Safety

- S4.H5.L1

Standard 5:

Health

- S5.H1.L1

Challenge

- S5.H2.L2

Self-Expression & Enjoyment

- S5.H3.L1

Social Interaction

- S5.H4.L1
- S5.H4.L2