

Correlation of Personal/Social FIT BITS to Character Traits*

	Responsibility	Trustworthiness	Respect	Fairness/Justice	Caring	Citizenship
Kindergarten						
Balancing	X					
Be the Tree	X		X			
Bear Hopped Over the Mountain		X				
Breathe and Bend	X					
Can You Do...?				X	X	
Everybody Move				X		X
Hopscotch Challenge (1)	X	X	X		X	
If You're Happy and You Know It (1)	X					
Migrating Geese	X		X		X	
Opposites	X		X		X	
Over, Under, Around and Through				X		X
Rhythm in Claps and Stomps				X		
Shrug and Hug	X		X		X	
Starfish and Jellyfish			X		X	
Straight "A"	X		X			
This Is How We...	X		X		X	
Turn Around, Touch the Ground					X	
Walk and Hop			X			
Walk to the Beat						X
Windshield Wipers			X			

	Responsibility	Trustworthiness	Respect	Fairness/Justice	Caring	Citizenship
Grade 1						
Beginner Bunny Hop	X					X
Big X		X				
Bounce and Swing	X		X		X	
Colorful Musical Chairs	X	X	X	X	X	
Everybody Keep Moving				X		
Give Me an X, Y, Z						X
Hand Stretch and Shake		X	X		X	
High Energy	X		X	X	X	
If You're Happy and You Know It (2)				X		
Inchworm	X					
It's All in the Arms	X	X	X		X	
Lazy Eights	X		X			
Move With Me	X			X		
Paddling Canoes			X			X
Shoulder-Blade Squeeze			X			
Six White Horses			X			
Slow Motion Dancer Squats		X	X			X
Step and Hop-Turn			X		X	
Step-Hop	X		X		X	
Toe-Tapping X	X		X			

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Grade 2						
Balloon Tip		X			X	
Bunny Hop	X					
Clap and Slide			X	X	X	
The Conga	X		X		X	
Do the Wave			X			X
Forward and Back						X
Freeze and Move						X
Give Me an "I"			X			
Hindu Push-Ups	X	X				
Hopping in All Directions			X			
Hopscotch Challenge (2)	X		X		X	
Jumping Beans						X
The Macarena	X		X	X	X	
Mountains and Valleys	X		X	X	X	
Shuffle and Scoot	X		X		X	
Step and Tap	X		X	X	X	
Stop that Pain in the Neck	X		X		X	
Stretching Back and Around	X		X			X
Swimming Strokes	X	X				
Time Twister	X	X				

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Grade 3						
The Basic Madison	X					
Double-Grapevine	X		X			
Dribble Time	X		X	X		
Foxtrot Basic			X		X	
Grapevine Jumps					X	
Hand Jive	X	X				X
Hit the Slopes	X	X				
Hora			X		X	
Jumping Together	X		X		X	
Legs-ercise			X	X	X	
Little Line Dance	X		X	X		
Move Together	X		X	X	X	
Navigation Hop	X					
Out, Back and Forward	X	X			X	
Polka Bounce	X		X			
The Pony	X	X				
Save the Stranded	X				X	
Schottische Step	X		X		X	
Wave Medley	X		X			
Which Way?	X				X	

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Grade 4						
Backstep and Shuffle	X		X			X
Basketball Ref		X				X
Boxer Shuffle	X					
Chair Aerobics, Part 1	X		X		X	X
Chair Aerobics, Part 2			X		X	
Cross-Crawl	X	X				
Desk Press	X				X	
Elbow Action	X	X	X			
Fancy Footwork	X		X		X	
Foot Pivots		X	X		X	
Grapevine Stamp, Part 1	X		X		X	
Grapevine Stamp, Part 2			X	X	X	
Heel Thyself	X	X				
Lunges and Crossover	X		X			
Mexican Dance			X	X	X	
Move in One Place	X					
Standing Leg Exercises	X					
Tap Backs			X		X	
Texas Chug			X	X	X	
Walk, Tap and Turn			X	X	X	

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Grade 5						
Bicycle	X		X			X
Climb Every Mountain	X		X		X	
Easy Charleston	X		X		X	
Football Ref		X		X		X
Footloose			X		X	
Heel Scoot	X		X			
Jump and Pump	X					
Keyboard Hand Stretch	X				X	
Knees Up	X		X			
Mummy Plank Walk	X				X	
Polka Step			X	X	X	
Quadruped Rotation	X		X			
Semaphore	X		X			
Slosh Part 1	X				X	
Slosh Part 2	X		X		X	
Slow, Quick-Quick	X		X		X	
Step Wide, Move Forward	X					
Stomp and Slide	X	X	X		X	
Stomping Grapevine	X		X		X	
Walkout	X	X				

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