

OPEN's Suggested Module Guide

Updated 8/14/17

K-2 (Primary)

- 1 Personal & Social Responsibility
 - 2 Locomotor & Manipulative Skills
 - 3 Ball Handling & Dribbling Skills
 - 4 Volleying & Striking Skills
 - 5 Dance
 - 6 Foot Skills
 - 7 Parachute Games
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Grades 3-5 (Intermediate)

- 1 Personal & Social Responsibility
 - 2 Fitness Knowledge
 - 3 Invasion Basics
 - 4 Basketball Skills
 - 5 Pickleminton
 - 6 Jump Rope
 - 7 Soccer Skills
 - 8 Bat and Ball Games
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Middle School

- 1 OPEN 8 Middle School Challenge
- 2 Tabata Training
- 3 Flag Rugby
- 4 Circus Arts
- 5 Roundnet

Looking for more Middle School as we're working to bring you new modules? We suggest you look at and adapt the following modules from other gradelevels to meet the needs of your students. Keep in mind - we have more on the way!

* Grades 3-5: Pickleminton & Invasion Basics

* High School: Creative Mode Fitness

High School

- 1 Creative Mode Fitness
- 2 Tai Chi
- 3 Badminton

Looking for more High School as we're working to bring you new modules? We suggest you look at and adapt the following modules from Middle School to meet the needs of your students. Keep in mind - we have more on the way!

* Middle School: Roundnet & Tabata Training
