

OPENPhysEd.org

K-12 PE Professional Development

Presented by:

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I'm Aaron

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- Husband & Dad
- Child Advocate
- Teacher & Coach
- Curriculum Writer



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What is OPEN?

- **OPEN is the Online Physical Education Network.**
- **It is a FREE open source curriculum project** for physical educators and movement educators around the world.
- **OPEN is provided as a public service of US Games & BSN Sports.** A portion of every equipment purchase from US Games goes toward sustaining the OPEN curriculum project.

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The Impact of OPENPhysEd.org as a FREE Public Service

- **31,000** OPEN Registered Users
- **40,000** Downloads Per Month
- **16.3** Million Students Positively Impacted
- **\$22.3** Million Value of Our Public Service

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What's happening today?

- Learn how to access OPENPhysEd.org
- Explore OPEN Resources K-12
- Experience Academic Language
- Explore Depth Of Knowledge Debrief Sessions

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I need your help!

Please stay:

100% engaged

100% committed

100% amazing

100% YOU

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What's Your Personal Learning Objective?

By the end of the day,
what do you feel is
important to accomplish?

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Let's start with OPEN's Academic Language

ETIQUETTE

(noun)

The set of customary or acceptable behaviors among members of a group or in a specific setting.

John followed class **etiquette** in P.E. by taking turns with equipment and listening respectfully to the ideas of others.





INSTANT ACTIVITIES

ELEMENTARY (K-5)

Instant Activity Line-up

- High-5 Bank Account
- Around the World RPS
- Toss 3
- Say Cheese Tag

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ACTIVELY ENGAGE

(verb)

To participate in an activity while showing genuine interest and a desire for excellence.

*Caroline **actively engages** in physical education class in order to get as much physical activity as possible.*

Primary Flag Tag Line-up



TOOLS FOR LEARNING **FLAG TAG GAMES**

PRIMARY (K-2)

- Slow Motion Tag
- 1 v 1 Tag
- Football Freeze Tag
- Offense/Defense Tag

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RESPONSIBILITY

(noun)

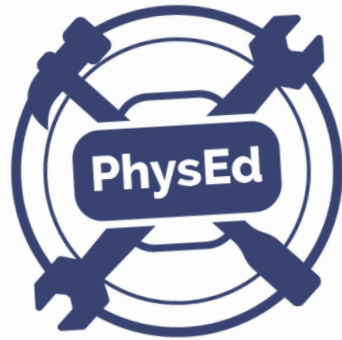
The state of having a duty or obligation.

Completing the self-assessment was a **responsibility** that Jackson took very seriously.



Limited Equipment Line-up

- Team Rep Time
- Chariot Races
- Leaning Tower



TOOLS FOR TEACHING WITH **LIMITED EQUIPMENT**

GRADES K-12

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TEAMWORK

Noun

The combined action and effort of a group of people working toward a goal or purpose.

The key to scoring an eight-ender in curling is **teamwork**; without each other, the players cannot succeed.



Olympic Games Line-up

- Train like an Olympian
- Olympic Village Clean-up
- Ski Jumping Combine



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TABATA INTERVAL TRAINING

Noun

A form of high intensity interval training inspired by the research of Dr. Izumi Tabata. It is characterized by eight rounds with 20-second intervals of high intensity exercise followed by ten seconds of rest. Oftentimes, this 4-minute interval pattern is repeated four times to create a 20-minute workout routine.

Tabata Interval Training helps to make your heart stronger by increasing your heart rate and then allowing it to slow back down.

Instant Activity Line-up

- RPS Victory Lap
- Toss 3 (Discs)
- Capture the Corner



INSTANT **ACTIVITIES**

SECONDARY (6-12)

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CONTROL


(verb)

To manage or regulate the movement or actions of something.

Collin **controlled** the ball well when he passed it accurately to his partner.




DOK Question Stems for Physical Education




DOK 1 - Recall

- 1) Can you remember the cues for (skill / task)?
- 2) How can you recognize (skill / task)?
- 3) What is (skill / task / concept)?
- 4) What would you include on a list about (skill / task / concept)?
- 5) How would you describe (skill / task / concept)?
- 6) How would you perform (skill / task)?
- 7) What does (vocabulary) mean?




DOK 2 – Skill/Concept

- 1) How did (concept) affect (performance)?
- 2) How would you apply (skill / concept) in (task / environment)?
- 3) How would you compare and/or contrast (skill / task / concept / environment) with (another skill / task / concept / environment)?
- 4) What do you know about (skill / task / concept / environment)?
- 5) What did you notice about (environment / performance)?
- 6) How can you apply what you learned to develop (skill / understanding)?
- 7) How would you summarize (skill / task / concept / performance / environment)?



DOK 3 – Strategic Thinking

- 1) How is (skill / concept / task) related to (performance / skill / concept / task)?
- 2) How would you adapt (task / environment) to create a different (task / environment)?
- 3) Can you predict the outcome of (a task / performance) if (concept / task / environment)?
- 4) How would you describe the sequence of (performance / task)?
- 5) Can you formulate a theory for (concept)? How would you test your theory?
- 6) What facts would you select to support (concept)? Can you elaborate on why you chose those facts?
- 7) What is your interpretation of this (performance / task)? Can you support your interpretation with specific examples?



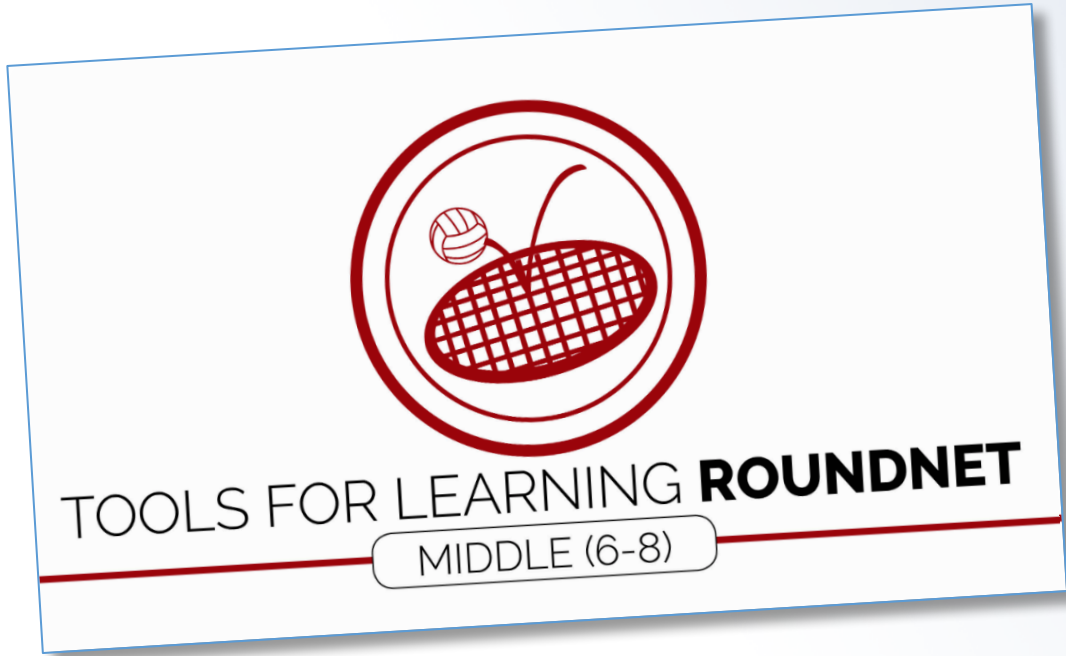
DOK 4 – Extended Thinking

- 1) Develop a comprehensive (performance) plan.
- 2) Develop a practice plan to improve your skill.
- 3) Create a performance utilizing skills and concepts previously learned. Include an interpretation of how the performance is a personal expression of both challenge and enjoyment.
- 4) Identify areas of weakness and design a plan for personal improvement.
- 5) Using information from (skill / fitness) assessment, analyze the positive and negative consequences of past (performance / habits / routines).
- 6) What information can you gather to support your ideas about (concept / activity / performance)?
- 7) Design and conduct an experiment / assessment. Then, gather information to development alternative explanation for the results.

Adapted by Aaron Hart for OPEN from the resource:
Descriptors, Examples and Question Stems for Increasing Depth of Knowledge in the Classroom
Dr. Norman Webb and Flip Chart developed by Myra Collins

MS Roundnet Line-up

- Self-Passing Challenges
- Bounce & Catch
- Partner Passing
- Rally Time



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BELOW-CHEST PASS

(noun)

A method of passing a ball that requires hand placement at waist level, palms out, and fingers away from the body.

Maria's proper hand placement helped her **below-chest pass** go right to Ethan.



ABOVE-CHEST PASS

(noun)

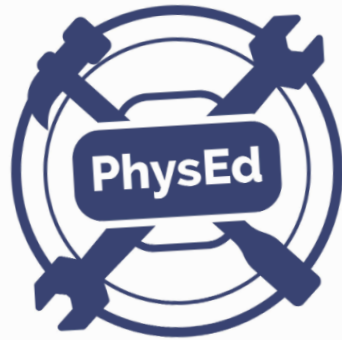
A method of passing a ball that requires hand placement at shoulder level, palms out, and fingers pointing up toward the head.

Bethany's **above-chest pass** was perfect because she was in athletic stance and had proper hand placement.



Limited Equipment Line-up

- Fly Disc Baseball



TOOLS FOR TEACHING WITH **LIMITED EQUIPMENT**

GRADES K-12

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SPIRIT OF THE GAME

(noun)

An overarching concept which places responsibility for fair play on each player. Respect, adherence to rules, and the joy of play are valued over competition.

There are no referees needed in Roundnet or Ultimate Frisbee because players depend on the **spirit of the game** to ensure fair play and fun for everyone.



HS Roundnet Line-up

- Selfie Spikes
- Roundnet Tabata
- Toss Drills
- 2v2 / 3v3 Roundnet



TOOLS FOR LEARNING **ROUNDNET**
HIGH SCHOOL

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STAGES OF MOTOR LEARNING

(noun)

The three stages through which the brain uses practice or experience in order to learn a movement or skill; they include Cognitive (understanding the skill), Associative (refining the ability to perform the skill), and Autonomous (the skill becomes mostly automatic).

Jimmy understood what was required to serve the birdie, and so he moved to the Associative **stage of motor learning**; he practiced over and over.



GRIT

(noun)

The combination of passion and perseverance, which allows an individual to continuously develop skill and work toward consistent achievement through a repetitive cycle of purposeful practice and peak performance.

Christine's **grit** allowed her to be resilient, practicing again and again until she mastered her serve.



PURPOSEFUL PRACTICE

(noun)

Structured and focused activity designed to improve skill and performance through challenging tasks that provide feedback through trial, error, adjustment, and success.

Purposeful practice helped David perfect his spike.



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- Go to **www.openphysed.org/register**
- **Registration helps us protect the site** from spam and provides you with news, announcements, and contest opportunities.
- **Registration is and always will be FREE.**
US Games and BSN Sports provide the funding for content creation and online delivery.

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