**WEEKS 1 – 4**

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| **Weeks 1-4**  **(2 classes/week)** | **Week 1** | **Week 2** | **Week 3** | **Week 4** |
| **OPEN**  **Module** | **[Back to School:](https://openphysed.org/best-practices/backtoschool)**  **[Team Fitness Adventure](https://openphysed.org/best-practices/backtoschool)** | **[Back to School:](https://openphysed.org/best-practices/backtoschool)**  **[Team Fitness Adventure](https://openphysed.org/best-practices/backtoschool)** | [**Fitness Knowledge**](https://openphysed.org/curriculum_resources/fitness-knowledge) | [**Fitness Knowledge**](https://openphysed.org/curriculum_resources/fitness-knowledge) |
| **Outcome Focus** | * Move safely in personal and general space * Start/stop with signal | * Cooperate with teammates * Start/stop with signal | * Design a fitness plan with a variety of activities | * Identify components of Health-Related and Skill-Related Fitness |
| **Instant**  **Activity** | Name Tag | Super Chicken | Hoop Tower Relay | Catch Me If You Can |
| **Skill Development Activities** | Instant Fitness Adventures  Team Giants,  Wizards, Elves  Cone Flip Treasure Grab | Up or Down  Build Your Plate  Closing Fitness Adventures | 1-Minute Fitness Challenge  Invisible Dumbbells  Walk ’n Talk Cool-Down | Health-Related Challenges  Skill-Related Challenges  Dice Stretch |
| **Assessment**  **Tools** | Discussion Starters | Performance Rubric | Self-Assessment,  Fitness Portfolio | Academic Language Quiz |
| **Academic**  **Language** | Start/Stop Signal, Jump, Locomotor Skills, Safe | Control, Equipment, Respect, Share | Circuit Training, Cool-Down, Warm-Up | Health-Related Fitness, Skill-Related Fitness |
| **Other**  **Resources** | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | Active Home Menu | Food Card Warm-Up | Teacher Self-Evaluation & Reflection Guide |

**WEEKS 5 – 8**

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| **Weeks 5-8**  **(2 classes/week)** | **Week 5** | **Week 6** | **Week 7** | **Week 8** |
| **OPEN**  **Module** | [**Yoga & Mindfulness**](https://openphysed.org/curriculum_resources/yoga-mindfulness) | [**Invasion Basics**](https://openphysed.org/curriculum_resources/invasion) | [**Invasion Basics**](https://openphysed.org/curriculum_resources/invasion) | [**Pumpkin Patch Games**](https://openphysed.org/curriculum_resources/pumpkinpatch) |
| **Outcome Focus** | * Experience mindful practices and stress reduction techniques | * Apply cues to pass and shoot accurately | * Identify and apply basic offensive and defensive strategies | * Safely move and increase heart rate |
| **Instant**  **Activity** | Pass the Pose | Toss 3 | Golden Goalie | Ghostbusters Tag |
| **Skill Development Activities** | Fast to Slow  Sun Salutation  Relax and Reflect | The Grouch  Over There  Four Corners | Fitness Relay  Switch  Invasion Triathlon | Ghost Tossers  Partner Pumpkin Rolling  Spooky Stations |
| **Assessment**  **Tools** | Relax & Reflect Exit Slip | Self-Assessment | Academic Language Quiz | DOK Questions |
| **Academic**  **Language** | Balance, Calm, Flexibility, Heart Rate, Strength | Accuracy, Invasion Games, Target | Defense, Offense, Advantage | Responsibility, Physical Activity, Self-Control |
| **Other**  **Resources** | Peer Teaching  Activity Cards | Universal Design Adaptations | Team Handball Activity | The Great Pumpkin Run |

**WEEKS 9 – 12**

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| **Weeks 9-12**  **(2 classes/week)** | **Week 9** | **Week 10** | **Week 11** | **Week 12** |
| **OPEN**  **Module** | [**Soccer Skills**](https://openphysed.org/curriculum_resources/soccer-skills) | [**Soccer Skills**](https://openphysed.org/curriculum_resources/soccer-skills) | [**Soccer Skills**](https://openphysed.org/curriculum_resources/soccer-skills) | [**Gratitude Games**](https://openphysed.org/curriculum_resources/instant-activitieselementary-k-5) |
| **Outcome Focus** | * Demonstrate control of soccer ball while dribbling and passing | * Identify ways to look for and move to open space to pass/receive | * Demonstrate accurate passing/kicking skills towards a target | * Demonstrate teamwork and cooperation |
| **Instant**  **Activity** | R, P, S, Victory Lap | Any Ball | Soccer Tag | Thankful Turkey Toss |
| **Skill Development Activities** | Scramble  Pass vs. Dribble  Shark Attack | Keep Away  Soccer Tag  Windows | Soccer Golf  Shooting Thunder  Station Day | Rows of Gratitude  Gratitude Wreath  Tom Turkey’s Shopping List |
| **Assessment**  **Tools** | Self-Assessment | Academic Language  Quiz | Holistic Performance Rubric | Discussion Starters |
| **Academic**  **Language** | Ball Control, Dribble,  Pass, Trap | Receive, Ready Position, Offense, Defense | Follow Through, Accuracy, Punt, Clearing Kick | Gratitude, Cooperation, Etiquette |
| **Other**  **Resources** | Universal Design Adaptations | Academic Language Cards | Station Day Task Cards | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) |

**WEEKS 13 – 16**

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| **Weeks 13-16**  **(2 classes/week)** | **Week 13** | **Week 14** | **Week 15** | **Week 16** |
| **OPEN**  **Module** | [**Personal & Social Responsibility**](https://openphysed.org/curriculum_resources/personal-social-responsibility-2) | [**Personal & Social Responsibility**](https://openphysed.org/curriculum_resources/personal-social-responsibility-2) | [**Winter Holiday Games**](https://openphysed.org/curriculum_resources/winterwonderland) | [**Winter Holiday Games**](https://openphysed.org/curriculum_resources/winterwonderland) |
| **Outcome Focus** | * Cooperating with teammates * Active participation | * Increasing heart rate * Safely share activity space | * Demonstrate leadership and kindness during tag games | * Increase heart rate to improve fitness level |
| **Instant**  **Activity** | Hoop Tower Relay | Catch Me If You Can | Polar Bear Cave | Red Nose Relay |
| **Skill Development Activities** | Robotics Lab  Ice, Water, & Steam  Machine Shop | Foam Ball Frenzy  Aerobic Pattern Perfection  Cooperative Triathlon | Elf on the Shelf Tag  Gift Ninjas  Gift Wrappers | Snowman and Sunshine  Feed the Reindeer  Down the Chimney |
| **Assessment**  **Tools** | Self-Assessment | Holistic Performance Rubric | Discussion Starters | DOK Questions |
| **Academic**  **Language** | Cooperation, Fun, Responsibility, Safety | Physical Activity, Strategy, Teamwork | Leadership, Generosity, Kindness | Self-Control, Heart Rate, Fitness |
| **Other**  **Resources** | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | Teacher Self-Evaluation & Reflection Guide | Christmas Tree, Menorah and Kinara Relays | Snowflake Station Cards |

**WEEKS 17 – 20**

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| **Weeks 17-20**  **(2 classes/week)** | **Week 17** | **Week 18** | **Week 19** | **Week 20** |
| **OPEN**  **Module** | [**Plug & Play Fitness**](https://openphysed.org/curriculum_resources/plugplay3-5) | [**Plug & Play Fitness**](https://openphysed.org/curriculum_resources/plugplay3-5) | [**Jump Rope**](https://openphysed.org/curriculum_resources/3-5jumprope) | [**Jump Rope**](https://openphysed.org/curriculum_resources/3-5jumprope) |
| **Outcome Focus** | * Ability to discuss the importance of aerobic capacity | * Ability to discuss the importance of form when exercising | * Ability to perform a variety of jump rope tricks | * Successfully turn and jump a long rope |
| **Instant**  **Activity** | Fitness UNO | Core Balance Tag | Roll and Go | Jump Rope Battle Bags |
| **Skill Development Activities** | Aerobic Build and Break  Aerobic Treasure Grab  Core Balance Tag | Plank Tap Relay  Free Foam Ball Fitness  Color Crushers | Back to Basics  Creative Mode Stations  Jump Routines | Long Rope Basics  Long Rope Rhymes  Station Day |
| **Assessment**  **Tools** | DOK Exit Slips | Academic Language Quiz | Jump Rope Routine  Task Card | Dual Performance Rubric |
| **Academic**  **Language** | Aerobic Capacity, Pace, Base of Support | Core, Balance, Form, Plank | Jump, Land,  Skill, Trick | Turn, Rhythm, Long Rope, Rhyme |
| **Other**  **Resources** | Universal Design Adaptations | Sample Lesson Plan | Rope Selection Rule Poster | Survival Mode  Station Cards |

**WEEKS 21 – 24**

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| **Weeks 21-24**  **(2 classes/week)** | **Week 21** | **Week 22** | **Week 23** | **Week 24** |
| **OPEN**  **Module** | [**Educational Gymnastics**](https://openphysed.org/curriculum_resources/ed-gymnastics) | [**Educational Gymnastics**](https://openphysed.org/curriculum_resources/ed-gymnastics) | [**Basketball Skills**](https://openphysed.org/curriculum_resources/basketball-skills) | [**Basketball Skills**](https://openphysed.org/curriculum_resources/basketball-skills) |
| **Outcome Focus** | * Identify how to have a strong base of support for balances | * Identify how to transfer weight from one body part to another safely | * Demonstrate control while dribbling with both hands | * Avoid defenders while dribbling * Ability to complete a variety of passes |
| **Instant**  **Activity** | Balance Tag | Pass the Pose | Toss 3 | High 5 Bank Account |
| **Skill Development Activities** | Balancing Act  The Equalizer  Leaps and Bounds | Rocking and Rolling  Step It Up  Mix and Match | Dribble Triathlon  Hand Skills  Driver’s Test | Knuckle Collectors  Dribble Tag  Passing Triathlon |
| **Assessment**  **Tools** | Self-Assessment | Holistic Dual  Performance Rubric | Self-Assessment | Academic Language Quiz |
| **Academic**  **Language** | Asymmetrical, Symmetrical, Balance, Base of Support, Center of Gravity | Combination, Creativity, Flow, Rolling, Inverted, Sequence, Transfer of Weight | Dribble, Control, Practice | Defense, Offense, Pass |
| **Other**  **Resources** | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A)  Safety Checklist | Gymnastics Cards  Safety Checklist | Academic Language Cards | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) |

**WEEKS 25 – 28**

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| **Weeks 25-28**  **(2 classes/week)** | **Week 25** | **Week 26** | **Week 27** | **Week 28** |
| **OPEN**  **Module** | [**Basketball Skills**](https://openphysed.org/curriculum_resources/basketball-skills) | [**Pickleminton**](https://openphysed.org/curriculum_resources/pickleminton) | [**Pickleminton**](https://openphysed.org/curriculum_resources/pickleminton) | [**Pickleminton**](https://openphysed.org/curriculum_resources/pickleminton) |
| **Outcome Focus** | * Identify ways to look for and move to open space to pass/receive | * Identify proper grip * Describe sequence of an underhand serve | * Develop a SMART goal for health-related fitness | * Ability to volley the birdie back and forth with a partner |
| **Instant**  **Activity** | Dribble Tag | First Things First | Hello Paddle | Say Cheese Tag |
| **Skill Development Activities** | Shoot, Dribble, Pass, Dribble  3v3 Bounce Ball  Station Day | Hello Paddle  Pancake Flipper  Birdie in the Cage | Splat the Spot  Peer Assessment  Time to Get SMART | 1v1 Pickleminton  2v2 Pickleminton  Station Day |
| **Assessment**  **Tools** | Dual Performance Rubric | Holistic Performance Rubric | Peer Assessment | Academic Language Quiz |
| **Academic**  **Language** | Accuracy, Target,  Strategy | Balance, Toss,  Strike, Serve | Accuracy, Forehand, Backhand, Feedback | Etiquette, Volley |
| **Other**  **Resources** | Teacher Self-Evaluation & Reflection Guide | Self-Assessment Worksheet | SMART Goal Guidelines | Skill Cue Cards |

**WEEKS 29 – 32**

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| **Weeks 29-32**  **(2 classes/week)** | **Week 29** | **Week 30** | **Week 31** | **Week 32** |
| **OPEN**  **Module** | [**Dance**](https://openphysed.org/curriculum_resources/dance-35) | [**Dance**](https://openphysed.org/curriculum_resources/dance-35) | [**Dance**](https://openphysed.org/curriculum_resources/dance-35) | [**Field Day**](https://openphysed.org/curriculum_resources/fieldday) |
| **Outcome Focus** | * Actively engage during dances | * Perform correct movements with beat of the music | * Move with the beat and tempo of the music | * Demonstrate Spirit of the Game during all Field Day activities |
| **Instant**  **Activity** | Trolls Tag | Sea Creature Tag | Looking Up | Alaskan Baseball |
| **Skill Development Activities** | Counting in 8’s  Dancin’ Train  Trolls September Dance | Cha Cha Slide  Space Jam  Fjaskern | Cupid Shuffle  Can’t Stop the Feeling  Virginia Reel | 4-way Capture the Flag  Chicken Pot Pie  Race through the Galaxy |
| **Assessment**  **Tools** | Self-Assessment | Academic Language Quiz | Holistic Performance Rubric | National Field Day Certificate |
| **Academic**  **Language** | 8-counts, Beat, Rhythm | Choreography, Lyric,  Four-Wall Dance | Count, Quarter Turn, Cues | Respect, Collaboration, Spirit of the Game |
| **Other**  **Resources** | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | Cha Cha Slide  with Basketball | Hip Hop Virginia Reel Dance | Spirit of the Game  Student Contract |

**WEEKS 33 – 36**

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| **Weeks 33-36**  **(2 classes/week)** | **Week 33** | **Week 34** | **Week 35** | **Week 36** |
| **OPEN**  **Module** | [**Field Day**](https://openphysed.org/curriculum_resources/fieldday) | [**Rhythm Fit**](https://openphysed.org/curriculum_resources/rhythmfit) | [**Rhythm Fit**](https://openphysed.org/curriculum_resources/rhythmfit) | [**Lacrosse**](https://openphysed.org/curriculum_resources/3-5lacrosse) |
| **Outcome Focus** | * Demonstrate Spirit of the Game during all Field Day activities | * Perform choreography to the correct beat and tempo | * Perform the order and sequence of the routines by memory | * Ability to field, cradle and throw a lacrosse ball |
| **Instant**  **Activity** | Cherry on Top | Jump-N-Kick | Run It Back | Yum Yum Yum |
| **Skill Development Activities** | Bounce Back  Bounce Ball Team Relay  Mission Impossible | Groove and Flow  Go Off  To the Core | Island Hopping  Keep Climbin’  NYC Roll Call | Clean Your Yard  Musical LAX  Target Practice |
| **Assessment**  **Tools** | National Field Day Certificate | Bucket Academic  Language Quiz | Exercise Ball Academic Language Quiz | Self-Assessment |
| **Academic**  **Language** | Respect, Collaboration, Spirit of the Game | Rhythm, Beat, Choreography | Tempo, Combination, Sequence | Control, Cradle, Scoop |
| **Other**  **Resources** | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | [Buckets YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtBJN9dH3cV79iqOo5V4jxZe) | [Exercise Ball](https://www.youtube.com/playlist?list=PLRIuuDO-0RtBjZOiSmhVHG3fdWL-nQej_)  [YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtBjZOiSmhVHG3fdWL-nQej_) | Hand Placement Chart  LAX Skill Cue Chart |

**WEEKS 37 – 40**

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| **Weeks 37-40**  **(2 classes/week)** | **Week 37** | **Week 38** | **Week 39** | **Week 40** |
| **OPEN**  **Module** | [**Lacrosse**](https://openphysed.org/curriculum_resources/3-5lacrosse) | [**Bat and Ball Games**](https://openphysed.org/curriculum_resources/batandball) | [**Bat and Ball Games**](https://openphysed.org/curriculum_resources/batandball) | [**Square Court Games**](https://openphysed.org/squarecourtnow) |
| **Outcome Focus** | * Apply concepts of opening and closing space | * Identify the skill cues for throwing, catching, and batting | * Demonstrate the skill cues for throwing, catching, and batting | * Identify rules and basic skills for square court games |
| **Instant**  **Activity** | LAX Tag | Baseball Tag | Two Ball Tossers | Volley Tabata |
| **Skill Development Activities** | Sharks in the Sea  Partner Toss & Catch  Lacrosse Basketball | Catch on the Sandlot  Throw Run Derby  Home Run Derby | Sandlot Baseball  Brannboll  Circle Sandlot Stations | Slam Ball  2-Square |
| **Assessment**  **Tools** | Holistic Performance Rubric | Self-Assessment | Academic Language Quiz | Weekly Activity Logs |
| **Academic**  **Language** | Face Dodge, Split Dodge, Stick Head, Stick Shaft | Catch, Throw,  Overhand, Underhand | Fielding, Athletic Stance, Strike | Tabata, Etiquette,  Leader, Volley |
| **Other**  **Resources** | Lacrosse Station Cards | Bat and Ball Cue Cards | Bat and Ball Station Cards | Discussion/Journal Prompts |