



OPEN[®] PHYSICAL EDUCATION CURRICULUM MAPS 40 WEEKS FOR GRADES 3-5

WEEKS 1 – 4

Weeks 1-4 (2 classes/week)	Week 1	Week 2	Week 3	Week 4
OPEN Module	<u>Back to School: Team Fitness Adventure</u>	<u>Back to School: Team Fitness Adventure</u>	<u>Fitness Knowledge</u>	<u>Fitness Knowledge</u>
Outcome Focus	<ul style="list-style-type: none"> • Move safely in personal and general space • Start/stop with signal 	<ul style="list-style-type: none"> • Cooperate with teammates • Start/stop with signal 	<ul style="list-style-type: none"> • Design a fitness plan with a variety of activities 	<ul style="list-style-type: none"> • 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	<u>OPEN YouTube Channel</u>	Active Home Menu	Food Card Warm-Up	Teacher Self-Evaluation & Reflection Guide



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WEEKS 5 – 8

Weeks 5-8 (2 classes/week)	Week 5	Week 6	Week 7	Week 8
OPEN Module	<u>Yoga & Mindfulness</u>	<u>Invasion Basics</u>	<u>Invasion Basics</u>	<u>Pumpkin Patch Games</u>
Outcome Focus	<ul style="list-style-type: none"> Experience mindful practices and stress reduction techniques 	<ul style="list-style-type: none"> Apply cues to pass and shoot accurately 	<ul style="list-style-type: none"> Identify and apply basic offensive and defensive strategies 	<ul style="list-style-type: none"> 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



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WEEKS 9 – 12

Weeks 9-12 (2 classes/week)	Week 9	Week 10	Week 11	Week 12
OPEN Module	<u>Soccer Skills</u>	<u>Soccer Skills</u>	<u>Soccer Skills</u>	<u>Gratitude Games</u>
Outcome Focus	<ul style="list-style-type: none"> Demonstrate control of soccer ball while dribbling and passing 	<ul style="list-style-type: none"> Identify ways to look for and move to open space to pass/receive 	<ul style="list-style-type: none"> Demonstrate accurate passing/kicking skills towards a target 	<ul style="list-style-type: none"> 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



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WEEKS 13 – 16

Weeks 13-16 (2 classes/week)	Week 13	Week 14	Week 15	Week 16
OPEN Module	<u>Personal & Social Responsibility</u>	<u>Personal & Social Responsibility</u>	<u>Winter Holiday Games</u>	<u>Winter Holiday Games</u>
Outcome Focus	<ul style="list-style-type: none"> Cooperating with teammates Active participation 	<ul style="list-style-type: none"> Increasing heart rate Safely share activity space 	<ul style="list-style-type: none"> Demonstrate leadership and kindness during tag games 	<ul style="list-style-type: none"> 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	Teacher Self-Evaluation & Reflection Guide	Christmas Tree, Menorah and Kinara Relays	Snowflake Station Cards



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WEEKS 17 – 20

Weeks 17-20 (2 classes/week)	Week 17	Week 18	Week 19	Week 20
OPEN Module	<u>Plug & Play Fitness</u>	<u>Plug & Play Fitness</u>	<u>Jump Rope</u>	<u>Jump Rope</u>
Outcome Focus	<ul style="list-style-type: none"> Ability to discuss the importance of aerobic capacity 	<ul style="list-style-type: none"> Ability to discuss the importance of form when exercising 	<ul style="list-style-type: none"> Ability to perform a variety of jump rope tricks 	<ul style="list-style-type: none"> 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



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WEEKS 21 – 24

Weeks 21-24 (2 classes/week)	Week 21	Week 22	Week 23	Week 24
OPEN Module	<u>Educational Gymnastics</u>	<u>Educational Gymnastics</u>	<u>Basketball Skills</u>	<u>Basketball Skills</u>
Outcome Focus	<ul style="list-style-type: none"> Identify how to have a strong base of support for balances 	<ul style="list-style-type: none"> Identify how to transfer weight from one body part to another safely 	<ul style="list-style-type: none"> Demonstrate control while dribbling with both hands 	<ul style="list-style-type: none"> 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 Safety Checklist	Gymnastics Cards Safety Checklist	Academic Language Cards	OPEN YouTube Channel



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WEEKS 25 – 28

Weeks 25-28 (2 classes/week)	Week 25	Week 26	Week 27	Week 28
OPEN Module	<u>Basketball Skills</u>	<u>Pickleminton</u>	<u>Pickleminton</u>	<u>Pickleminton</u>
Outcome Focus	<ul style="list-style-type: none"> Identify ways to look for and move to open space to pass/receive 	<ul style="list-style-type: none"> Identify proper grip Describe sequence of an underhand serve 	<ul style="list-style-type: none"> Develop a SMART goal for health-related fitness 	<ul style="list-style-type: none"> 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



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WEEKS 29 – 32

Weeks 29-32 (2 classes/week)	Week 29	Week 30	Week 31	Week 32
OPEN Module	<u>Dance</u>	<u>Dance</u>	<u>Dance</u>	<u>Field Day</u>
Outcome Focus	<ul style="list-style-type: none"> Actively engage during dances 	<ul style="list-style-type: none"> Perform correct movements with beat of the music 	<ul style="list-style-type: none"> Move with the beat and tempo of the music 	<ul style="list-style-type: none"> 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	<u>OPEN YouTube Channel</u>	Cha Cha Slide with Basketball	Hip Hop Virginia Reel Dance	Spirit of the Game Student Contract



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WEEKS 33 – 36

Weeks 33-36 (2 classes/week)	Week 33	Week 34	Week 35	Week 36
OPEN Module	<u>Field Day</u>	<u>Rhythm Fit</u>	<u>Rhythm Fit</u>	<u>Lacrosse</u>
Outcome Focus	<ul style="list-style-type: none"> Demonstrate Spirit of the Game during all Field Day activities 	<ul style="list-style-type: none"> Perform choreography to the correct beat and tempo 	<ul style="list-style-type: none"> Perform the order and sequence of the routines by memory 	<ul style="list-style-type: none"> 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	<u>OPEN YouTube Channel</u>	<u>Buckets YouTube Playlist</u>	<u>Exercise Ball YouTube Playlist</u>	Hand Placement Chart LAX Skill Cue Chart



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WEEKS 37 – 40

Weeks 37-40 (2 classes/week)	Week 37	Week 38	Week 39	Week 40
OPEN Module	<u>Lacrosse</u>	<u>Bat and Ball Games</u>	<u>Bat and Ball Games</u>	<u>Square Court Games</u>
Outcome Focus	<ul style="list-style-type: none"> Apply concepts of opening and closing space 	<ul style="list-style-type: none"> Identify the skill cues for throwing, catching, and batting 	<ul style="list-style-type: none"> Demonstrate the skill cues for throwing, catching, and batting 	<ul style="list-style-type: none"> 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