**WEEKS 1 – 4**

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| **Weeks 1-4**  **(3 classes/week)** | **Week 1** | **Week 2** | **Week 3** | **Week 4** |
| **OPEN**  **Module** | [**Back To School**](https://openphysed.org/best-practices/backtoschool) | [**Back To School**](https://openphysed.org/best-practices/backtoschool) | [**Creative Mode Fitness**](https://openphysed.org/curriculum_resources/creativemodefitness) | [**Creative Mode Fitness**](https://openphysed.org/curriculum_resources/creativemodefitness) |
| **Outcome Focus** | * Identify routines, behaviors, and etiquette needed to build a positive learning environment | * Identify 5 health-related fitness components | * Demonstrate fitness activities with proper form and attention to safety | * Demonstrate proper exercise form and modify exercises as needed |
| **Instant**  **Activity** | Name Tag | [Super Chicken](https://www.varsitybrands.com/biy-student-leadership-program) | Team FITT RPS | Number Card Tag |
| **Skill Development Activities** | Team Walk and Talk  Tabata Hot Potato  Tabata Dice Duel  Tabata Team Rep Challenge | Tabata Bowling Battle  Tabata RPS Race  Tabata Team Charades  Tabata High or Low | Health-Related Jigsaw  Aerobic Tic Tac Toe  Tag Team Scramble  Circuit Training | Partner Pacer Points  Push-up Ski Team  Creative Mode  Survival Mode |
| **Assessment**  **Tools** | Performance Rubric | Create Your Own  Tabata Routine | Holistic Performance Rubric | Academic Language Quiz |
| **Academic**  **Language** | Respect, Team, Repetition | Control, Cooperation, Health-Related Fitness | FITT, Heart Rate Zone, Target Heart Rate Zone | Muscular Strength, Muscular Endurance, Pace |
| **[Believe In You Journal](https://www.varsitybrands.com/biydigitaljournals)** | Week 1 | Week 2 | Week 3 | Week 4 |
| **Other**  **Resources** | Components of  Fitness Posters | Take Home  Tabata Routines | [Darebee](https://darebee.com/)  Heart Rate Zone Chart | [Believe In You Video Series](https://www.varsitybrands.com/biy-video-series) |

**WEEKS 5 – 8**

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| **Weeks 5-8**  **(3 classes/week)** | **Week 5** | **Week 6** | **Week 7** | **Week 8** |
| **OPEN**  **Module** | [**Roundnet**](https://openphysed.org/curriculum_resources/hsroundnet) | [**Roundnet**](https://openphysed.org/curriculum_resources/hsroundnet) | [**Roundnet**](https://openphysed.org/curriculum_resources/hsroundnet) | [**Fitness Planning**](https://openphysed.org/hsfitnessplan) |
| **Outcome Focus** | * Demonstrate a variety of Roundnet skills required for maintaining a rally | * Work cooperatively to help teammates practice Roundnet skills and strategy | * Demonstrate skills and strategies required to play a full game of Roundnet | * Identify physical activity and nutrition choices based on health benefits |
| **Instant**  **Activity** | [Shape Shifters](https://www.varsitybrands.com/biy-student-leadership-program) | Rally Time | Roundnet Tabata | [Lead By Example](https://www.varsitybrands.com/biy-student-leadership-program) |
| **Skill Development Activities** | Self-Passing Challenges  Partner Passing  Selfie Spikes  Rally Time | Roundnet Tabata  Toss Drills  Pepper  1 V 1 | 1 on 1 on 1  3 V 3  Roundnet  Compass Draw Tournament | Plank Party RPS  First Letter, Last Letter  Memory Plate  5 Second Rule |
| **Assessment**  **Tools** | Spirit of the Game Exit Slip | Academic Language Quiz | Holistic Performance Rubric | Discussion/Journal Prompts |
| **Academic**  **Language** | Accuracy, Control,  Force, Rally | Cooperation, Effort, Strategy, Teamwork | Challenge, Competition, Spirit of the Game | Food Groups, Health-Related Fitness |
| [**Believe In You Journal**](https://www.varsitybrands.com/biydigitaljournals) | Week 5 | Week 6 | Week 7 | Week 8 |
| **Other**  **Resources** | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | [Believe In You Video Series](https://www.varsitybrands.com/biy-video-series) | Roundnet Official Rules | Weekly Activity Logs |

**WEEKS 9 – 12**

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| **Weeks 9-12**  **(3 classes/week)** | **Week 9** | **Week 10** | **Week 11** | **Week 12** |
| **OPEN**  **Module** | **[Limited Equipment/](https://openphysed.org/curriculum_resources/limitedequip)**  **[Instant Activities](https://openphysed.org/curriculum_resources/limitedequip)** | [**Plug and Play Fitness**](https://openphysed.org/curriculum_resources/plugplay9-12) | [**Plug and Play Fitness**](https://openphysed.org/curriculum_resources/plugplay9-12) | [**Badminton**](https://openphysed.org/curriculum_resources/hs-badminton) |
| **Outcome Focus** | * Discuss the importance of cooperation during physical activities | * Calculate target heart rate and identify target heart rate zone | * Ability to pace activity based on target heart rate zone | * Discuss movement concepts and how they relate to skill improvement |
| **Instant**  **Activity** | Disc Tag | [Machine Shop](https://www.varsitybrands.com/biy-student-leadership-program) | Cone Flip Chaos | [Leadership Dance Party](https://www.varsitybrands.com/biy-student-leadership-program) |
| **Skill Development Activities** | Hoop It Up  Capture the Corner  Switch  Ghosts in the Graveyard | Partner-Rep Burn-Out  Plank Races  Pace Stations  Down-Up Reps | Music Moves  Flipper Sprints  Upside Down  Bean Bag Blockers | Volley Challenge  Badminton 101  Move and Clear  Racquet Square |
| **Assessment**  **Tools** | DOK Questions | DOK Exit Slip | Academic Language Quiz | Badminton 101  Diagram Quiz |
| **Academic**  **Language** | Actively Engage, Cooperation | Perceived Exertion, Repetition, Calculate | Pace, Fitness,  Active Lifestyle | Sportsmanship, Positioning, Etiquette |
| [**Believe In You Journal**](https://www.varsitybrands.com/biydigitaljournals) | Week 9 | Week 10 | Week 11 | Week 12 |
| **Other**  **Resources** | [Believe In You Video Series](https://www.varsitybrands.com/biy-video-series) | Heart Rate Zone Chart  Perceived Exertion Card | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | Self-Efficacy and Social Support Inventory |

**WEEKS 13 – 16**

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| **Weeks 13-16**  **(3 classes/week)** | **Week 13** | **Week 14** | **Week 15** | **Week 16** |
| **OPEN**  **Module** | [**Badminton**](https://openphysed.org/curriculum_resources/hs-badminton) | **[Lifetime Fitness](https://openphysed.org/lifetime-fitness-high-school)**  **[w/Rising NYRR](https://openphysed.org/lifetime-fitness-high-school)** | **[Lifetime Fitness](https://openphysed.org/lifetime-fitness-high-school)**  **[w/Rising NYRR](https://openphysed.org/lifetime-fitness-high-school)** | [**Skill-Related Fitness**](https://openphysed.org/skillrelated-secondary) |
| **Outcome Focus** | * Demonstrate competency in badminton gameplay by using a variety of skills and strategies | * Create fitness challenges using enjoyable activities that enhance health | * Ability to pace activity intensity to work in the heart health zone | * Use purposeful practice and growth mindset to work toward goals |
| **Instant**  **Activity** | [String Theory](https://www.varsitybrands.com/biy-student-leadership-program) | Walk the Talk | Walk the Talk | Jump Rope Dice Battle |
| **Skill Development Activities** | Target Practice  Cover the Court  King/Queen of the Court  Round Robin Tournament | Card Cardio Challenge  6-Minute FITT Dice  Fitness Categories  Out & Back Wellness Walk | Mission Possible  Exercise Word Scrambler  This or That  20 Questions (100 Reps) | Dribble Race  Climbing the Cliff  Spikeball Self-Passing  Odd and Even |
| **Assessment**  **Tools** | Movement Concept  Self-Analysis | Discussion/  Journal Prompts | Daily Wellness Plan | Challenge Charts |
| **Academic**  **Language** | Target, Placement, Agility, Speed, Athletic Stance | Aerobic Capacity, Health Benefit, Health | Fitness Plan, Improve, Intensity | Skill-Related Fitness, Growth Mindset |
| [**Believe In You Journal**](https://www.varsitybrands.com/biydigitaljournals) | Week 13 | Week 14 | Week 15 | Week 16 |
| **Other**  **Resources** | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A)  Fitness Portfolio Page | [Activity Videos](https://openphysed.org/fitmovevideos) | [Believe In You Video Series](https://www.varsitybrands.com/biy-video-series) | 1-Minute Challenge Music |

**WEEKS 17 – 20**

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| **Weeks 17-20**  **(3 classes/week)** | **Week 17** | **Week 18** | **Week 19** | **Week 20** |
| **OPEN**  **Module** | [**Skill-Related Fitness**](https://openphysed.org/skillrelated-secondary) | [**Fitness Running**](https://openphysed.org/curriculum_resources/hsfitnessrunning) | [**Fitness Running**](https://openphysed.org/curriculum_resources/hsfitnessrunning) | [**Tai Chi**](https://openphysed.org/uncategorized/hs-taichi) |
| **Outcome Focus** | * Discuss ways to improve skill-related physical fitness | * Identify components of proper running form | * Demonstrate proper running form while maintaining a steady pace | * Discuss the benefits of mind-body exercises and activities |
| **Instant**  **Activity** | Strength or Endurance | RPS Victory Lap | Around the World RPS | Ju Fu Kata |
| **Skill Development Activities** | Power Dice Challenge  Wall Ball Challenge  4-Minute Toss & Roll Race  Dynamic Stretching Multiplier | Double Line Pursuit  1600 Meter Prediction Run  Uphill Challenge  Checkpoint Destination  Walk/Talk Cool Down | Casino Royale  Renegade Outlaws  Vocal Scavenger Hunt  3K The One With the Most  Walk/Talk Cool Down | Belly Breathing  Ju Fu Kata (Arms)  Ju Fu Kata (Legs)  Ju Fu Kata Jigsaw |
| **Assessment**  **Tools** | Challenge Charts | Self-Efficacy and Social Support Inventory | Fitness Running Portfolio | Tai Chi Fitness Portfolio |
| **Academic**  **Language** | Improve, Challenge, Strength, Endurance | Arm Swing, Posture, Hydration, Lactic Acid | Cool-Down, Performance, Technique | Tai Chi, Belly Breathing, Mental Clarity |
| [**Believe In You Journal**](https://www.varsitybrands.com/biydigitaljournals) | Week 17 | Week 18 | Week 19 | Week 20 |
| **Other**  **Resources** | [Believe In You Video Series](https://www.varsitybrands.com/biy-video-series) | Universal Design Adaptations | Academic Language Quiz | Tai Chi Movement  Concept Posters |