



# OPEN<sup>®</sup> PHYSICAL EDUCATION CURRICULUM MAPS 20 WEEKS FOR GRADES 9-12

## WEEKS 1 – 4

Weeks 1-4 (3 classes/week)	Week 1	Week 2	Week 3	Week 4
<b>OPEN Module</b>	<a href="#"><u>Back To School</u></a>	<a href="#"><u>Back To School</u></a>	<a href="#"><u>Creative Mode Fitness</u></a>	<a href="#"><u>Creative Mode Fitness</u></a>
<b>Outcome Focus</b>	<ul style="list-style-type: none"> <li>Identify routines, behaviors, and etiquette needed to build a positive learning environment</li> </ul>	<ul style="list-style-type: none"> <li>Identify 5 health-related fitness components</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate fitness activities with proper form and attention to safety</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate proper exercise form and modify exercises as needed</li> </ul>
<b>Instant Activity</b>	Name Tag	<a href="#"><u>Super Chicken</u></a>	Team FITT RPS	Number Card Tag
<b>Skill Development Activities</b>	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
<b>Assessment Tools</b>	Performance Rubric	Create Your Own Tabata Routine	Holistic Performance Rubric	Academic Language Quiz
<b>Academic Language</b>	Respect, Team, Repetition	Control, Cooperation, Health-Related Fitness	FITT, Heart Rate Zone, Target Heart Rate Zone	Muscular Strength, Muscular Endurance, Pace
<a href="#"><u>Believe In You Journal</u></a>	Week 1	Week 2	Week 3	Week 4
<b>Other Resources</b>	Components of Fitness Posters	Take Home Tabata Routines	<a href="#"><u>Darebee</u></a> Heart Rate Zone Chart	<a href="#"><u>Believe In You Video Series</u></a>



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## WEEKS 5 – 8

Weeks 5-8 (3 classes/week)	Week 5	Week 6	Week 7	Week 8
<b>OPEN Module</b>	<a href="#">Roundnet</a>	<a href="#">Roundnet</a>	<a href="#">Roundnet</a>	<a href="#">Fitness Planning</a>
<b>Outcome Focus</b>	<ul style="list-style-type: none"> <li>Demonstrate a variety of Roundnet skills required for maintaining a rally</li> </ul>	<ul style="list-style-type: none"> <li>Work cooperatively to help teammates practice Roundnet skills and strategy</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate skills and strategies required to play a full game of Roundnet</li> </ul>	<ul style="list-style-type: none"> <li>Identify physical activity and nutrition choices based on health benefits</li> </ul>
<b>Instant Activity</b>	<a href="#">Shape Shifters</a>	Rally Time	Roundnet Tabata	<a href="#">Lead By Example</a>
<b>Skill Development Activities</b>	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
<b>Assessment Tools</b>	Spirit of the Game Exit Slip	Academic Language Quiz	Holistic Performance Rubric	Discussion/Journal Prompts
<b>Academic Language</b>	Accuracy, Control, Force, Rally	Cooperation, Effort, Strategy, Teamwork	Challenge, Competition, Spirit of the Game	Food Groups, Health-Related Fitness
<a href="#">Believe In You Journal</a>	Week 5	Week 6	Week 7	Week 8
<b>Other Resources</b>	<a href="#">OPEN YouTube Channel</a>	<a href="#">Believe In You Video Series</a>	Roundnet Official Rules	Weekly Activity Logs



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## WEEKS 9 – 12

Weeks 9-12 (3 classes/week)	Week 9	Week 10	Week 11	Week 12
<b>OPEN Module</b>	<a href="#"><u>Limited Equipment/Instant Activities</u></a>	<a href="#"><u>Plug and Play Fitness</u></a>	<a href="#"><u>Plug and Play Fitness</u></a>	<a href="#"><u>Badminton</u></a>
<b>Outcome Focus</b>	<ul style="list-style-type: none"> <li>Discuss the importance of cooperation during physical activities</li> </ul>	<ul style="list-style-type: none"> <li>Calculate target heart rate and identify target heart rate zone</li> </ul>	<ul style="list-style-type: none"> <li>Ability to pace activity based on target heart rate zone</li> </ul>	<ul style="list-style-type: none"> <li>Discuss movement concepts and how they relate to skill improvement</li> </ul>
<b>Instant Activity</b>	Disc Tag	<a href="#"><u>Machine Shop</u></a>	Cone Flip Chaos	<a href="#"><u>Leadership Dance Party</u></a>
<b>Skill Development Activities</b>	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
<b>Assessment Tools</b>	DOK Questions	DOK Exit Slip	Academic Language Quiz	Badminton 101 Diagram Quiz
<b>Academic Language</b>	Actively Engage, Cooperation	Perceived Exertion, Repetition, Calculate	Pace, Fitness, Active Lifestyle	Sportsmanship, Positioning, Etiquette
<a href="#"><u>Believe In You Journal</u></a>	Week 9	Week 10	Week 11	Week 12
<b>Other Resources</b>	<a href="#"><u>Believe In You Video Series</u></a>	Heart Rate Zone Chart Perceived Exertion Card	<a href="#"><u>OPEN YouTube Channel</u></a>	Self-Efficacy and Social Support Inventory



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## WEEKS 13 – 16

Weeks 13-16 (3 classes/week)	Week 13	Week 14	Week 15	Week 16
<b>OPEN Module</b>	<a href="#"><u>Badminton</u></a>	<a href="#"><u>Lifetime Fitness w/Rising NYRR</u></a>	<a href="#"><u>Lifetime Fitness w/Rising NYRR</u></a>	<a href="#"><u>Skill-Related Fitness</u></a>
<b>Outcome Focus</b>	<ul style="list-style-type: none"> <li>Demonstrate competency in badminton gameplay by using a variety of skills and strategies</li> </ul>	<ul style="list-style-type: none"> <li>Create fitness challenges using enjoyable activities that enhance health</li> </ul>	<ul style="list-style-type: none"> <li>Ability to pace activity intensity to work in the heart health zone</li> </ul>	<ul style="list-style-type: none"> <li>Use purposeful practice and growth mindset to work toward goals</li> </ul>
<b>Instant Activity</b>	<a href="#"><u>String Theory</u></a>	Walk the Talk	Walk the Talk	Jump Rope Dice Battle
<b>Skill Development Activities</b>	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
<b>Assessment Tools</b>	Movement Concept Self-Analysis	Discussion/ Journal Prompts	Daily Wellness Plan	Challenge Charts
<b>Academic Language</b>	Target, Placement, Agility, Speed, Athletic Stance	Aerobic Capacity, Health Benefit, Health	Fitness Plan, Improve, Intensity	Skill-Related Fitness, Growth Mindset
<a href="#"><u>Believe In You Journal</u></a>	Week 13	Week 14	Week 15	Week 16
<b>Other Resources</b>	<a href="#"><u>OPEN YouTube Channel</u></a> Fitness Portfolio Page	<a href="#"><u>Activity Videos</u></a>	<a href="#"><u>Believe In You Video Series</u></a>	1-Minute Challenge Music



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## WEEKS 17 – 20

Weeks 17-20 (3 classes/week)	Week 17	Week 18	Week 19	Week 20
<b>OPEN Module</b>	<a href="#">Skill-Related Fitness</a>	<a href="#">Fitness Running</a>	<a href="#">Fitness Running</a>	<a href="#">Tai Chi</a>
<b>Outcome Focus</b>	<ul style="list-style-type: none"> <li>Discuss ways to improve skill-related physical fitness</li> </ul>	<ul style="list-style-type: none"> <li>Identify components of proper running form</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate proper running form while maintaining a steady pace</li> </ul>	<ul style="list-style-type: none"> <li>Discuss the benefits of mind-body exercises and activities</li> </ul>
<b>Instant Activity</b>	Strength or Endurance	RPS Victory Lap	Around the World RPS	Ju Fu Kata
<b>Skill Development Activities</b>	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
<b>Assessment Tools</b>	Challenge Charts	Self-Efficacy and Social Support Inventory	Fitness Running Portfolio	Tai Chi Fitness Portfolio
<b>Academic Language</b>	Improve, Challenge, Strength, Endurance	Arm Swing, Posture, Hydration, Lactic Acid	Cool-Down, Performance, Technique	Tai Chi, Belly Breathing, Mental Clarity
<a href="#">Believe In You Journal</a>	Week 17	Week 18	Week 19	Week 20
<b>Other Resources</b>	<a href="#">Believe In You Video Series</a>	Universal Design Adaptations	Academic Language Quiz	Tai Chi Movement Concept Posters