**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)****[The Fun Routine](https://openphysed.org/best-practices/backtoschool)** | **[Back to School:](https://openphysed.org/best-practices/backtoschool)****[The Fun Routine](https://openphysed.org/best-practices/backtoschool)** | [**Personal & Social Responsibility**](https://openphysed.org/curriculum_resources/personal-social-responsibility1) | [**Personal & Social Responsibility**](https://openphysed.org/curriculum_resources/personal-social-responsibility1) |
| **Outcome Focus** | * Move safely in personal/general space
* Start/stop with signal
 | * Respectfully sharing equipment
* Start/stop with signal
 | * Cooperating with teammates
* Active participation
 | * Increasing heart rate
* Safely share activity space
 |
| **Instant****Activity** | Name Tag | Super Chicken | Hoop Tower Relay | Catch Me If You Can |
| **Skill Development Activities** | Traffic Time in the GarageBubble JumpersCorner to Corner | Hula Hoop Hideouts Touchdown TradersThe Calm Cleaner | Hide and SeekTrain TracksNo More Monkeys | Beanbag Bandage TagHeavy LiftersHula Hoop Igloos |
| **Assessment****Tools** | Discussion Starters | Performance Rubric | Self-Assessment | Holistic Performance Rubric |
| **Academic** **Language** | Start/Stop Signal, Jump, Locomotor Skills, Safe | Control, Equipment, Respect, Share | Cooperation, Fun, Responsibility, Safety | Heart, Muscle, Physical Activity |
| **Other****Resources** | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | Active Home Menu | Complete Module Packet | 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** | [**Locomotor & Manipulative Skills**](https://openphysed.org/curriculum_resources/locomotor-and-manipulative-skills) | [**Locomotor & Manipulative Skills**](https://openphysed.org/curriculum_resources/locomotor-and-manipulative-skills) | [**Flag Tag**](https://openphysed.org/curriculum_resources/flagtag) | [**Pumpkin Patch Games**](https://openphysed.org/curriculum_resources/pumpkinpatch) |
| **Outcome Focus** | * Demonstrate locomotor skills
* Move in different pathways
 | * Controlling bean bag/ ball
* Correct underhand tosses
 | * Chase, flee and dodge to catch or avoid being caught
 | * Safely move and increase heart rate
 |
| **Instant****Activity** | Say Cheese Tag | Toss 3 | Slow-Motion Tag | Ghostbusters Tag |
| **Skill Development Activities** | Juggle Scarf 1Juggle Scarf 2Hula Hoop 1Hula Hoop 2 | Bean Bag 1Bean Bag 2Ball Skills 1Ball Skills 2 | 1 v 1 TagFootball Freeze TagIsland Tag | Ghost TossersPartner Pumpkin RollingSpooky Stations |
| **Assessment****Tools** | Self-Assessment | Holistic Performance Rubric | Self-Assessment | DOK Questions |
| **Academic** **Language** | Clockwise, Counter-Clockwise, Pathways | Control, Effort, Mature | Chase, Dodge, Flee, General Space | Responsibility, Physical Activity, Self-Control |
| **Other****Resources** | Station Cards | Activity Card Set | Universal Design Adaptations | 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** | [**Flag Tag**](https://openphysed.org/curriculum_resources/flagtag) | [**Foot Skills**](https://openphysed.org/curriculum_resources/primary-footskills) | [**Foot Skills**](https://openphysed.org/curriculum_resources/primary-footskills) | [**Gratitude Games**](https://openphysed.org/curriculum_resources/instant-activitieselementary-k-5) |
| **Outcome Focus** | * Travel at different speeds using different locomotor skills
 | * Use appropriate amount of force on soccer ball to keep control
 | * Demonstrate accurate passing/kicking skills towards a target
 | * Demonstrate teamwork and cooperation
 |
| **Instant****Activity** | Slow-Motion Tag | Soccer Red Light, Green Light | Soccer Tag | Thankful Turkey Toss |
| **Skill Development Activities** | Super Salad Bowl TagOffense/Defense TagFirework Tag | Driver’s TestFollow the LeaderTreasure Hunt | Soccer BowlingPartner PassingKick and Chase Race | Rows of GratitudeGratitude WreathTom Turkey’s Shopping List |
| **Assessment****Tools** | Holistic Performance Rubric | Self-Assessment | Holistic Performance Rubric | Discussion Starters |
| **Academic** **Language** | Locomotor Skills, Nutrition, Respect | Ball Control, Force | Pass, Trap, Target | Gratitude, Cooperation, Etiquette |
| **Other****Resources** | Teacher Self-Evaluation & Reflection Guide | DOK Questions | Station Day Task Cards | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) |

**WEEKS 13 – 16**

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| **Weeks 13-16****(classes/week)** | **Week 13** | **Week 14** | **Week 15** | **Week 16** |
| **OPEN****Module** | [**Parachute**](https://openphysed.org/curriculum_resources/parachute) | [**Parachute**](https://openphysed.org/curriculum_resources/parachute) | [**Winter Holiday Games**](https://openphysed.org/curriculum_resources/winterwonderland) | [**Winter Holiday Games**](https://openphysed.org/curriculum_resources/winterwonderland) |
| **Outcome Focus** | * Work cooperatively with classmates
* Use parachute appropriately
 | * Discuss different muscles used during parachute activities
* Use parachute appropriately
 | * Demonstrate leadership and kindness during tag games
 | * Increase heart rate to improve fitness level during activities
 |
| **Instant****Activity** | Parachute Fitness | Parachute Fitness | Polar Bear Cave | Red Nose Relay |
| **Skill Development Activities** | The BasicsBall Fun | Under the ‘ChuteParachute Games | Elf on the Shelf TagGift NinjasGift Wrappers | Snowman and SunshineFeed the ReindeerDown the Chimney |
| **Assessment****Tools** | Self-Assessment | Holistic Dual Performance Rubric | Discussion Starters | DOK Questions |
| **Academic****Language** | Overhand Grip, Underhand Grip, Mixed Grip | Control, Etiquette, Muscular Strength | Leadership, Generosity, Kindness | Self-Control, Heart Rate, Fitness |
| **Other****Resources** | Parachute Rules Poster | Elementary Anatomy Chart | 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** | [**Instant Activities**](https://openphysed.org/curriculum_resources/instant-activitieselementary-k-5) | [**Instant Activities**](https://openphysed.org/curriculum_resources/instant-activitieselementary-k-5) | [**Locomotor & Manipulative Skills**](https://openphysed.org/curriculum_resources/locomotor-and-manipulative-skills) | [**Locomotor & Manipulative Skills**](https://openphysed.org/curriculum_resources/locomotor-and-manipulative-skills) |
| **Outcome Focus** | * Moving safely in general and personal space
 | * Accurately toss and catch with a partner
 | * Move safely using locomotor skills and manipulatives
 | * Move safely using locomotor skills and manipulatives
 |
| **Instant****Activity** | Fiddlesticks | Toss 3 | Roll and Go | Strong, Stretch, Sweat |
| **Skill Development Activities** | FarmvilleFood is Fuel TagFuel Collector | Shadow BallSlam BallAny Ball | Noodles 1Noodles 2Hula Hoop 2 | Bean Bag 2Ball Skills 2Station Day |
| **Assessment****Tools** | DOK Questions | DOK Questions | DOK Questions | DOK Questions |
| **Academic****Language** | Fruit, Vegetable, Healthy | Underhand Throw, Overhand Throw | Levels, Pathways, Personal Space | Pulse, Heart Rate |
| **Other****Resources** | Dance Instant Activities | Instant ActivityDice Games | Skill Cue Posters | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) |

**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) | [**Ball Handling and Dribbling Skills**](https://openphysed.org/curriculum_resources/passing-hand-dribbling) | [**Ball Handling and Dribbling Skills**](https://openphysed.org/curriculum_resources/passing-hand-dribbling) |
| **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
 | * Ability to dribble a basketball continuously with one hand
 | * Identify dominant hand for dribbling
 |
| **Instant****Activity** | Balance Tag | Pass the Pose | Toss 3 | High 5 Bank Account |
| **Skill Development Activities** | Balancing ActThe EqualizerLeaps and Bounds | Rocking and RollingStep It UpMix and Match | Bubble BreakersDribble Fitness7 Dribbles | Bounce and CatchDriver’s TestWalk the Dog |
| **Assessment****Tools** | Self-Assessment | Holistic Dual Performance Rubric | Self-Assessment | Holistic Performance Rubric |
| **Academic****Language** | Asymmetrical, Symmetrical, Balance, Base of Support, Center of Gravity | Combination, Creativity, Flow, Rolling, Inverted, Sequence, Transfer of Weight | Bounce, Dribble, Continuous | Drop, Catch, Pass, Pathway |
| **Other****Resources** | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A)Safety Checklist | Gymnastics CardsSafety Checklist | Universal Design Adaptations | Sample Lesson Plan |

**WEEKS 25 – 28**

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| **Weeks 25-28****(2 classes/week)** | **Week 25** | **Week 26** | **Week 27** | **Week 28** |
| **OPEN****Module** | [**Ball Handling and Dribbling Skills**](https://openphysed.org/curriculum_resources/passing-hand-dribbling) | [**Volleying and Striking**](https://openphysed.org/curriculum_resources/physical_education_modules/k2-volley-strike) | [**Volleying and Striking**](https://openphysed.org/curriculum_resources/physical_education_modules/k2-volley-strike) | [**Volleying and Striking**](https://openphysed.org/curriculum_resources/physical_education_modules/k2-volley-strike) |
| **Outcome Focus** | * Demonstrate correct force needed for passing to target
 | * Ability to strike and volley an object upward continuously
 | * Ability to volley with a partner
 | * Ability to strike with a paddle to volley with a partner
 |
| **Instant****Activity** | Dribble Fitness | First Things First | Musical Balloon Bop | Say Cheese Tag |
| **Skill Development Activities** | Balance BallWall PassingStation Day | Keep it UpMusical Balloon BopBull’s Eye | Air BallNet BallPaddle it Up | Musical Paddle BopNet Ball (w/paddle)Station Day |
| **Assessment****Tools** | Dual Performance Rubric | Self-Assessment | DOK Questions | Dual Performance Rubric |
| **Academic****Language** | Force, Pass, Accurate, Target | Consecutive, Self-Space, Actively Engage | Volley, Strike, Feedback, Response  | Volley, Strike, Challenge |
| **Other****Resources** | Wall Passing Target | Academic Language Cards | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | Station 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/physical_education_modules/dance-k2) | [**Dance**](https://openphysed.org/curriculum_resources/physical_education_modules/dance-k2) | [**Dance**](https://openphysed.org/curriculum_resources/physical_education_modules/dance-k2) | [**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** | Pop See Ko | Dancing Duke of York | The Hokey Pokey | Alaskan Baseball |
| **Skill Development Activities** | Moving 8’sA Very Simple DanceDancing Duke of York | The Hokey PokeyThe Birdie DanceGoldfish Dance | Sitting Square DanceKinderpolkaMexican Hat Dance | 4-way Capture the FlagChicken Pot PieRace through the Galaxy |
| **Assessment****Tools** | Self-Assessment | Holistic Performance Rubric | Holistic Dual Performance Rubric | National Field Day Certificate |
| **Academic****Language** | Dance, Leader, Beat, Rhythm, Tempo | Movement, Locomotor, Non-Locomotor | Count, Rhythm, Direction, Culture | Respect, Collaboration, Spirit of the Game |
| **Other****Resources** | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | Dance Activity Cards | Academic Language Cards | 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) | [**Yoga & Mindfulness**](https://openphysed.org/curriculum_resources/yoga-mindfulness) |
| **Outcome Focus** | * Demonstrate Spirit of the Game during all Field Day activities
 | * Perform routines to the correct beat and tempo
 | * Perform routines to the correct beat and tempo
 | * Define mindfulness and how it relates to tension and relaxation
 |
| **Instant****Activity** | Cherry on Top | Catch Me If You Can | Jump-N-Kick | Pass the Pose |
| **Skill Development Activities** | Bounce BackBounce Ball Team RelayMission Impossible | Hip Hop FeetCoastin’Run It Back | Shout OutGroove and FlowGo Off | Relaxation ReflectionBrr…I am ColdFast To Slow |
| **Assessment****Tools** | National Field Day Certificate | DOK Questions | Holistic Performance Rubric | Self-Assessment |
| **Academic****Language** | Respect, Collaboration, Spirit of the Game | Click, Rhythm, Beat | Tap, Tempo, Choreography | Emotions, Mindfulness, Tense, Relax |
| **Other****Resources** | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | [Lummi Stick YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtDSQ852YfdLUEnyUxuhyU4t) | [Buckets YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtBJN9dH3cV79iqOo5V4jxZe) | Thermometer Poster |

**WEEKS 37 – 40**

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| --- | --- | --- | --- | --- |
| **Weeks 37-40****(2 classes/week)** | **Week 37** | **Week 38** | **Week 39** | **Week 40** |
| **OPEN****Module** | [**Yoga & Mindfulness**](https://openphysed.org/curriculum_resources/yoga-mindfulness) | [**Yoga & Mindfulness**](https://openphysed.org/curriculum_resources/yoga-mindfulness) | [**Hopscotch**](https://openphysed.org/hopscotch) | [**Hopscotch**](https://openphysed.org/hopscotch) |
| **Outcome Focus** | * Demonstrate a variety of static balance positions
 | * Demonstrate how to transfer weight to flow from one position to the next
 | * Discuss reasons to be physically active
 | * Identify ways to be physically active at home
 |
| **Instant****Activity** | Yum Yum Yum | Pass the Pose | Around the Blocks Tabata | Around the Blocks Tabata |
| **Skill Development Activities** | Make Your ShapeFlowing MovementsBreathing Bags | Sun SalutationDeveloping a FlowRelax and Reflect | Traditional HopscotchBalance & Breathe Mindful Walk | Traditional Hopscotch with Fruit & Veggie ChallengeBalance & Breathe Mindful Walk |
| **Assessment****Tools** | Breathing Bags Exit Slip | Relax and Reflect Exit Slip | Thumbs Up/Down Assessment | Discussion/Journal Prompts |
| **Academic****Language** | Base of Support, Flow, Static Balance | Asymmetrical, Bend, Symmetrical, Stillness | Balance, Challenge, Physical Activity | Healthy Lifestyle, Breathe, Choice |
| **Other****Resources** | ABC Flash Cards | Yoga Flow Reference Card | Hopscotch Official Rules | [Hopscotch YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtApRXACUgZR0FLbm-u7-cWA) |