



OPEN[®] PHYSICAL EDUCATION CURRICULUM MAPS 40 WEEKS FOR GRADES K-2

WEEKS 1 – 4

Weeks 1-4 (2 classes/week)	Week 1	Week 2	Week 3	Week 4
OPEN Module	<u>Back to School: The Fun Routine</u>	<u>Back to School: The Fun Routine</u>	<u>Personal & Social Responsibility</u>	<u>Personal & Social Responsibility</u>
Outcome Focus	<ul style="list-style-type: none"> • Move safely in personal/general space • Start/stop with signal 	<ul style="list-style-type: none"> • Respectfully sharing equipment • Start/stop with signal 	<ul style="list-style-type: none"> • Cooperating with teammates • Active participation 	<ul style="list-style-type: none"> • 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 Garage Bubble Jumpers Corner to Corner	Hula Hoop Hideouts Touchdown Traders The Calm Cleaner	Hide and Seek Train Tracks No More Monkeys	Beanbag Bandage Tag Heavy Lifters Hula 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	<u>OPEN YouTube Channel</u>	Active Home Menu	Complete Module Packet	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>Locomotor & Manipulative Skills</u>	<u>Locomotor & Manipulative Skills</u>	<u>Flag Tag</u>	<u>Pumpkin Patch Games</u>
Outcome Focus	<ul style="list-style-type: none"> Demonstrate locomotor skills Move in different pathways 	<ul style="list-style-type: none"> Controlling bean bag/ ball Correct underhand tosses 	<ul style="list-style-type: none"> Chase, flee and dodge to catch or avoid being caught 	<ul style="list-style-type: none"> Safely move and increase heart rate
Instant Activity	Say Cheese Tag	Toss 3	Slow-Motion Tag	Ghostbusters Tag
Skill Development Activities	Juggle Scarf 1 Juggle Scarf 2 Hula Hoop 1 Hula Hoop 2	Bean Bag 1 Bean Bag 2 Ball Skills 1 Ball Skills 2	1 v 1 Tag Football Freeze Tag Island Tag	Ghost Tossers Partner Pumpkin Rolling Spooky 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



OPEN[®] PHYSICAL EDUCATION CURRICULUM MAPS 40 WEEKS FOR GRADES K-2

WEEKS 9 – 12

Weeks 9-12 (2 classes/week)	Week 9	Week 10	Week 11	Week 12
OPEN Module	<u>Flag Tag</u>	<u>Foot Skills</u>	<u>Foot Skills</u>	<u>Gratitude Games</u>
Outcome Focus	<ul style="list-style-type: none"> Travel at different speeds using different locomotor skills 	<ul style="list-style-type: none"> Use appropriate amount of force on soccer ball to keep control 	<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	Slow-Motion Tag	Soccer Red Light, Green Light	Soccer Tag	Thankful Turkey Toss
Skill Development Activities	Super Salad Bowl Tag Offense/Defense Tag Firework Tag	Driver's Test Follow the Leader Treasure Hunt	Soccer Bowling Partner Passing Kick and Chase Race	Rows of Gratitude Gratitude Wreath Tom 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	<u>OPEN YouTube Channel</u>



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WEEKS 13 – 16

Weeks 13-16 (classes/week)	Week 13	Week 14	Week 15	Week 16
OPEN Module	<u>Parachute</u>	<u>Parachute</u>	<u>Winter Holiday Games</u>	<u>Winter Holiday Games</u>
Outcome Focus	<ul style="list-style-type: none"> • Work cooperatively with classmates • Use parachute appropriately 	<ul style="list-style-type: none"> • Discuss different muscles used during parachute activities • Use parachute appropriately 	<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 during activities
Instant Activity	Parachute Fitness	Parachute Fitness	Polar Bear Cave	Red Nose Relay
Skill Development Activities	The Basics Ball Fun	Under the 'Chute Parachute Games	Elf on the Shelf Tag Gift Ninjas Gift Wrappers	Snowman and Sunshine Feed the Reindeer Down 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



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WEEKS 17 – 20

Weeks 17-20 (2 classes/week)	Week 17	Week 18	Week 19	Week 20
OPEN Module	<u>Instant Activities</u>	<u>Instant Activities</u>	<u>Locomotor & Manipulative Skills</u>	<u>Locomotor & Manipulative Skills</u>
Outcome Focus	<ul style="list-style-type: none"> Moving safely in general and personal space 	<ul style="list-style-type: none"> Accurately toss and catch with a partner 	<ul style="list-style-type: none"> Move safely using locomotor skills and manipulatives 	<ul style="list-style-type: none"> Move safely using locomotor skills and manipulatives
Instant Activity	Fiddlesticks	Toss 3	Roll and Go	Strong, Stretch, Sweat
Skill Development Activities	Farmville Food is Fuel Tag Fuel Collector	Shadow Ball Slam Ball Any Ball	Noodles 1 Noodles 2 Hula Hoop 2	Bean Bag 2 Ball Skills 2 Station 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 Activity Dice Games	Skill Cue Posters	<u>OPEN YouTube Channel</u>



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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>Ball Handling and Dribbling Skills</u>	<u>Ball Handling and Dribbling 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"> Ability to dribble a basketball continuously with one hand 	<ul style="list-style-type: none"> Identify dominant hand for dribbling
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	Bubble Breakers Dribble Fitness 7 Dribbles	Bounce and Catch Driver's Test Walk 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	<u>OPEN YouTube Channel</u> Safety Checklist	Gymnastics Cards Safety Checklist	Universal Design Adaptations	Sample Lesson Plan



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WEEKS 25 – 28

Weeks 25-28 (2 classes/week)	Week 25	Week 26	Week 27	Week 28
OPEN Module	<u>Ball Handling and Dribbling Skills</u>	<u>Volleying and Striking</u>	<u>Volleying and Striking</u>	<u>Volleying and Striking</u>
Outcome Focus	<ul style="list-style-type: none"> Demonstrate correct force needed for passing to target 	<ul style="list-style-type: none"> Ability to strike and volley an object upward continuously 	<ul style="list-style-type: none"> Ability to volley with a partner 	<ul style="list-style-type: none"> 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 Ball Wall Passing Station Day	Keep it Up Musical Balloon Bop Bull's Eye	Air Ball Net Ball Paddle it Up	Musical Paddle Bop Net 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	<u>OPEN YouTube Channel</u>	Station Cards



OPEN[®] PHYSICAL EDUCATION CURRICULUM MAPS 40 WEEKS FOR GRADES K-2

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	Pop See Ko	Dancing Duke of York	The Hokey Pokey	Alaskan Baseball
Skill Development Activities	Moving 8's A Very Simple Dance Dancing Duke of York	The Hokey Pokey The Birdie Dance Goldfish Dance	Sitting Square Dance Kinderpolka Mexican Hat Dance	4-way Capture the Flag Chicken Pot Pie Race 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	<u>OPEN YouTube Channel</u>	Dance Activity Cards	Academic Language Cards	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>Yoga & Mindfulness</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 routines to the correct beat and tempo 	<ul style="list-style-type: none"> Perform routines to the correct beat and tempo 	<ul style="list-style-type: none"> 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 Back Bounce Ball Team Relay Mission Impossible	Hip Hop Feet Coastin' Run It Back	Shout Out Groove and Flow Go Off	Relaxation Reflection Brr...I am Cold Fast 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	<u>OPEN YouTube Channel</u>	<u>Lummi Stick YouTube Playlist</u>	<u>Buckets YouTube Playlist</u>	Thermometer Poster



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WEEKS 37 – 40

Weeks 37-40 (2 classes/week)	Week 37	Week 38	Week 39	Week 40
OPEN Module	<u>Yoga & Mindfulness</u>	<u>Yoga & Mindfulness</u>	<u>Hopscotch</u>	<u>Hopscotch</u>
Outcome Focus	<ul style="list-style-type: none"> Demonstrate a variety of static balance positions 	<ul style="list-style-type: none"> Demonstrate how to transfer weight to flow from one position to the next 	<ul style="list-style-type: none"> Discuss reasons to be physically active 	<ul style="list-style-type: none"> 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 Shape Flowing Movements Breathing Bags	Sun Salutation Developing a Flow Relax and Reflect	Traditional Hopscotch Balance & Breathe Mindful Walk	Traditional Hopscotch with Fruit & Veggie Challenge Balance & 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	<u>Hopscotch YouTube Playlist</u>