**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) | [**OPEN 8**](https://openphysed.org/curriculum_resources/open8) | [**OPEN 8**](https://openphysed.org/curriculum_resources/open8) |
| **Outcome Focus** | * Identify routines, behaviors, and etiquette needed to build a positive learning environment
 | * Identify 5 health-related fitness components
 | * Work with classmates to successfully complete challenges
 | * Discuss connection between social interaction and physical activity
 |
| **Instant****Activity** | Name Tag | [Super Chicken](https://www.varsitybrands.com/biy-student-leadership-program) | [Lead By Example](https://www.varsitybrands.com/biy-student-leadership-program) | Catch Me If You Can |
| **Skill Development Activities** | Team Walk and TalkTabata Hot PotatoTabata Dice DuelTabata Team Rep Challenge | Tabata Bowling BattleTabata RPS RaceTabata Team CharadesTabata High or Low | Birth of SkyEmerging ForceAwaken the Earth | Life of Water Life of WindLife on the Ice |
| **Assessment****Tools** | Performance Rubric | Create Your Own Tabata Routine | DOK Questions | Academic Language Exit Slip |
| **Academic** **Language** | Respect, Team, Repetition | Control, Cooperation, Health-Related Fitness | Accurate, Challenging, Spirit of the Game | Actively Engage, Responsibility, Teamwork |
| **[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 | Muscular Fitness Challenge Poster | Aerobic Challenge Card |

**WEEKS 5 – 8**

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| **Weeks 5-8****(3 classes/week)** | **Week 5** | **Week 6** | **Week 7** | **Week 8** |
| **OPEN****Module** | [**OPEN 8**](https://openphysed.org/curriculum_resources/open8) | [**Fitness Knowledge**](https://openphysed.org/curriculum_resources/msfitnessknowledge) | [**Fitness Knowledge**](https://openphysed.org/curriculum_resources/msfitnessknowledge) | [**The Adventure Mile**](https://openphysed.org/curriculum_resources/theadventuremile) |
| **Outcome Focus** | * Discuss relationship between physical activity and cognitive function
 | * Calculate resting heart rate and target heart rate zone
 | * Discuss dynamic and static stretches
* Design a MyPlate meal with balanced nutrition
 | * Demonstrate correct dynamic stretching technique
* Discuss safety protocols for fitness running
 |
| **Instant****Activity** | [String Theory](https://www.varsitybrands.com/biy-student-leadership-program) | Coach D’s FITTness Warm-up | Emotional Health Warm-up | Out & Back Warm-Up |
| **Skill Development Activities** | Emerging ForceMaster of LifeAct of Ultimate Courage | AMRAP TeamworkCupid Fitness CapacityTabata to Improve | Stretch Arm StrongMake a MyPlate MealFreeze Yoga | Walk/Jog Scavenger HuntForm 101 JigsawContinuous Relay |
| **Assessment****Tools** | Academic Language QuizHolistic Performance Rubric | Fitness Knowledge Exit SlipFITT Activity Log | Academic Language QuizHolistic Performance Rubric | Self-Assessment WorksheetJigsaw Note Card |
| **Academic****Language** | Binary Code, Cognitive Function, Grit | FITT Formula, Moderate, Vigorous, AMRAP | Static Stretch, Dynamic Stretch, Nutrition, Food Groups | Pace, Self-Regulation, Safety, Fitness Running |
| [**Believe In You Journal**](https://www.varsitybrands.com/biydigitaljournals) | Week 5 | Week 6 | Week 7 | Week 8 |
| **Other****Resources** | ASCII Code Hacker Guide | Perceived Exertion Card | MyPlate Food Cards | Heart Rate Zones Chart |

**WEEKS 9 – 12**

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| **Weeks 9-12****(3 classes/week)** | **Week 9** | **Week 10** | **Week 11** | **Week 12** |
| **OPEN****Module** | [**The Adventure Mile**](https://openphysed.org/curriculum_resources/theadventuremile) | [**Roundnet**](https://openphysed.org/curriculum_resources/ms-roundnet) | [**Roundnet**](https://openphysed.org/curriculum_resources/ms-roundnet) | [**Roundnet**](https://openphysed.org/curriculum_resources/ms-roundnet) |
| **Outcome Focus** | * Maintain a heart rate in the heart healthy zone
 | * Describe similarities and differences between the types of bounces used
 | * Accurately rate effort
* Accurately record performance data
 | * Describe positions that reduce offensive options during defensive challenges
 |
| **Instant****Activity** | Shadow Running | [Shape Shifters](https://www.varsitybrands.com/biy-student-leadership-program) | Rally Time | Make ‘em Move |
| **Skill Development Activities** | Continuous Relay800-Meter Time TrialThe Adventure MileThe 3K Marathon | Self-Passing ChallengesSpikeball Bounce & CatchPartner Passing PlaysRally Time | Partner Passing PentathlonSelfie SpikesSpiking PentathlonMake ’em Move | Anticipate & PositionRoundnet 4 RookiesTam TacticsRoundnet 4 Pros |
| **Assessment****Tools** | Time Trial Journal PageAcademic Language Quiz | DOK Questions | Passing PentathlonSkill CardSpiking PentathlonSkill Card | Holistic Performance Rubric |
| **Academic****Language** | Adjust, Technique, Empower, Exertion | Accuracy, Control, Force, Rally | Pentathlon, Effort, Improve, Spike | Anticipation, Positioning, Offense, Defense |
| [**Believe In You Journal**](https://www.varsitybrands.com/biydigitaljournals) | Week 9 | Week 10 | Week 11 | Week 12 |
| **Other****Resources** | Optimism Announcement Card | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | Cue ChartsChallenge Cards | Tournament OptionsTactical Team Challenge Card |

**WEEKS 13 – 16**

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| **Weeks 13-16****(3 classes/week)** | **Week 13** | **Week 14** | **Week 15** | **Week 16** |
| **OPEN****Module** | [**Rugby**](https://openphysed.org/curriculum_resources/rugby) | [**Rugby**](https://openphysed.org/curriculum_resources/rugby) | [**Rugby**](https://openphysed.org/curriculum_resources/rugby) | [**Winter Holiday Games**](https://openphysed.org/curriculum_resources/winterwonderland) |
| **Outcome Focus** | * Perform a leading pass to a moving teammate
 | * Identify strategies for finding/creating space on offense and closing space on defense
 | * Combine skills and strategies learned to successfully participate in rugby
 | * Increase heart rate to improve fitness level
 |
| **Instant****Activity** | Rugby Tag | Monkey in the Middle | [Machine Shop](https://www.varsitybrands.com/biy-student-leadership-program) | Red Nose Relay |
| **Skill Development Activities** | Stationary PassingLeader Ball Star Passing Drill | Sharks & MinnowsGauntlet Partner Score | Learning LanesUltimate End BallFlag Rugby | Snowman and SunshineFeed the ReindeerDown the Chimney |
| **Assessment****Tools** | Purposeful Practice Plan | Teamwork Exit Slip | Academic Language Quiz | DOK Questions |
| **Academic****Language** | Grip, Fake, Hand-Off, Pop Pass, Leading Pass | Ball Movement, Cut, Teamwork | Angle, Open Space, Close Space, Drop Step | Self-Control, Heart Rate, Fitness |
| [**Believe In You Journal**](https://www.varsitybrands.com/biydigitaljournals) | Week 13 | Week 14 | Week 15 | Week 16 |
| **Other****Resources** | Grip Cue ChartPassing Cue Chart | Try Cue ChartBall Handling Cue Chart | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | Snowflake Station Cards |

**WEEKS 17 – 20**

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| **Weeks 17-20****(3 classes/week)** | **Week 17** | **Week 18** | **Week 19** | **Week 20** |
| **OPEN****Module** | [**Plug and Play Fitness**](https://openphysed.org/curriculum_resources/plugplay6-8) | [**Plug and Play Fitness**](https://openphysed.org/curriculum_resources/plugplay6-8) | [**Basketball Skills**](https://openphysed.org/curriculum_resources/msbasketball) | [**Basketball Skills**](https://openphysed.org/curriculum_resources/msbasketball) |
| **Outcome Focus** | * Discuss the connection between core strength and overall physical health
 | * Discuss the importance of form when exercising
 | * Demonstrate critical cues for passing, receiving, and dribbling
 | * Demonstrate critical cues for shooting
 |
| **Instant****Activity** | Pitch & Go Treasure | 20-Meter RPS Challenge | [Alphabet Soup](https://www.varsitybrands.com/biy-student-leadership-program) | Toss 3 |
| **Skill Development Activities** | Planking 4-Square4-Corner BoogiePlanking Hockey | Warrior FitnessPartner PosesUnplugged | All-Star PassingDribble StoppersCorner to Corner | Money in the BankThree to a HoopChallenger |
| **Assessment****Tools** | DOK Exit Slip | Academic Language Quiz | Self-Assessment Worksheet | Academic Language Quiz |
| **Academic****Language** | Aerobic Capacity, Muscular Strength, Vigorous, Plank | Core, Balance, Form, Mental Health | Dribble, Dominant Hand, Pass, Receive | Follow Through, Positive Language, Fake, Foul |
| [**Believe In You Journal**](https://www.varsitybrands.com/biydigitaljournals) | Week 17 | Week 18 | Week 19 | Week 20 |
| **Other****Resources** | Planking Slam Ball | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | Skill Cards | Academic Language Cards |

**WEEKS 21 – 24**

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| **Weeks 21-24****(3 classes/week)** | **Week 21** | **Week 22** | **Week 23** | **Week 24** |
| **OPEN****Module** | [**Basketball Skills**](https://openphysed.org/curriculum_resources/msbasketball) | [**Circus Arts**](https://openphysed.org/curriculum_resources/circusarts) | [**Circus Arts**](https://openphysed.org/curriculum_resources/circusarts) | [**Tabata Training**](https://openphysed.org/curriculum_resources/mstabata) |
| **Outcome Focus** | * Identify strategies for finding/creating space on offense and closing space on defense
 | * Juggle successfully with a variety of objects
 | * Perform a circus arts routine with a group, with a partner, or as a solo act
 | * Demonstrate fitness activities with proper form and attention to safety
 |
| **Instant****Activity** | All-Star Passing | [Shape Shifters](https://www.varsitybrands.com/biy-student-leadership-program) | Hoop Tower Relay | Tabata Warm-Up |
| **Skill Development Activities** | POKEKareem Abdul-JabbarCan’t Stop Me Stations | Basic JugglingAdvanced JugglingDiaboloFlower Sticks | Balance ChallengesCircus PracticeCircus CombinationsCircus Performance | One and DoneDouble or NothingTabata Interval Stations |
| **Assessment****Tools** | Holistic Performance Rubric | Academic Language Quiz | Circus Routine Planning Card | Physical Activity Log |
| **Academic****Language** | Etiquette, Passing Lane, Pivot, Transition | Juggle, Gravity, Newton’s Laws of Motion | Balance, Pivot Point, Practice, Grit, Focus | Skill-Related Fitness, Compare, Contrast |
| [**Believe In You Journal**](https://www.varsitybrands.com/biydigitaljournals) | Week 21 | Week 22 | Week 23 | Week 24 |
| **Other****Resources** | Half-Court Basketball RulesStation Cards | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A)Juggling Station Cards | Newton’s Laws PostersCircus Arts Station Cards | Blank Routine Cards |

**WEEKS 25 – 28**

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| **Weeks 25-28****(3 classes/week)** | **Week 25** | **Week 26** | **Week 27** | **Week 28** |
| **OPEN****Module** | [**Tabata Training**](https://openphysed.org/curriculum_resources/mstabata) | [**Dance**](https://openphysed.org/curriculum_resources/ms-dance) | [**Dance**](https://openphysed.org/curriculum_resources/ms-dance) | [**Dance**](https://openphysed.org/curriculum_resources/ms-dance) |
| **Outcome Focus** | * Ability to work in target zone by adjusting exercise intensity as needed
 | * Perform correct movements with beat of the music
 | * Actively engage during dances
* Perform order and sequence by memory
 | * Move with the beat and tempo of the music
 |
| **Instant****Activity** | Tabata Warm-Up | [Leadership Dance Party](https://www.varsitybrands.com/biy-student-leadership-program) | The Safety Dance | Sports Picture Dance |
| **Skill Development Activities** | Mirror MirrorFlip Flop Don’t StopTabata Interval Stations | The Safety DanceSports Picture DanceDance With Words | Fist Pump Jump Jump Samoa SasaCrazy Bird | D’Hammerschmiedsgselln The Appalachian Big CircleDance With Words |
| **Assessment****Tools** | Academic Language QuizHolistic Rubric | Dance With Words Brainstorm Page | Academic Language Quiz | Holistic Performance Rubric |
| **Academic****Language** | Respiratory System, Body Systems, Muscle | Beat, 8-Count, Choreography | Rhythm, Culture, Pivot | 6-Count, Partner, Tempo, Caller |
| [**Believe In You Journal**](https://www.varsitybrands.com/biydigitaljournals) | Week 25 | Week 26 | Week 27 | Week 28 |
| **Other****Resources** | Muscle & Bone Strengthening Puzzle | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | Universal Design Adaptations | Dance With Words Movement Cards |

**WEEKS 29 – 32**

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| **Weeks 29-32****(3 classes/week)** | **Week 29** | **Week 30** | **Week 31** | **Week 32** |
| **OPEN****Module** | [**Pickleball**](https://openphysed.org/curriculum_resources/ms-pickleball) | [**Pickleball**](https://openphysed.org/curriculum_resources/ms-pickleball) | [**Pickleball**](https://openphysed.org/curriculum_resources/ms-pickleball) | [**Ultimate Disc**](https://openphysed.org/curriculum_resources/ultimate) |
| **Outcome Focus** | * Demonstrate a correct forehand, backhand, and lob stroke
 | * Perform both forehand and backhand strokes during game play
 | * Volley continuously with others
 | * Throw and catch a disc using skill cues
 |
| **Instant****Activity** | Pickleball Tag | [String Theory](https://www.varsitybrands.com/biy-student-leadership-program) | Level 2 Toss Drills | Switch |
| **Skill Development Activities** | Pancake FlipperLevel 1 Toss Drills1-Bounce Partner ScramblePartner Rally Drills | Partner Rally TallyServe DrillsFronton SinglesCrosscourt/Down the Line | Doubles Rally TallyFronton DoublesPickleball Station DayRoyal Court Game Day | Toss UpThrow and GoFly Disc Baseball |
| **Assessment****Tools** | Self-Assessment  | Partner Rally Tally Card | Academic Language QuizDoubles Rally Tally Card | Spirit of the Game Exit Slip |
| **Academic****Language** | Grip, Volley, Strike, Weight Transfer, Continuous | Strategy, Cooperate, Pattern | Accuracy, Feedback, Positive Language, Rally | Lead Pass, Spirit of the Game, Backhand |
| [**Believe In You Journal**](https://www.varsitybrands.com/biydigitaljournals) | Week 29 | Week 30 | Week 31 | Week 32 |
| **Other****Resources** | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A)Pickleball Cue Cards | Pickleball Rules PosterPickleball Court Diagram | Spirit of the Game AwardPickleball Strategy Cards | Throwing & Catching Skill Cue Charts |

**WEEKS 33 – 36**

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| **Weeks 33-36****(3 classes/week)** | **Week 33** | **Week 34** | **Week 35** | **Week 36** |
| **OPEN****Module** | [**Ultimate Disc**](https://openphysed.org/curriculum_resources/ultimate) | [**Ultimate Disc**](https://openphysed.org/curriculum_resources/ultimate) | [**Rhythm Fit**](https://openphysed.org/curriculum_resources/rhythmfit) | [**Rhythm Fit**](https://openphysed.org/curriculum_resources/rhythmfit) |
| **Outcome Focus** | * Ability to make quick transitions from offense to defense
 | * Ability to apply skills to a modified or regulation game of Ultimate Disc
 | * Demonstrate movements in the correct sequence
 | * Perform choreography to the correct beat and tempo
 |
| **Instant****Activity** | Hoop It Up | Disc Tag | Coastin’ | Jump-N-Kick |
| **Skill Development Activities** | Uno, Dos, TresUltimate ContestsHot Box | GoaltimateMini-UltimateUltimate Disc | Hip Hop FeetJump-N-KickRun It BackCross & Dip | Groove and FlowGo OffTo the Core |
| **Assessment****Tools** | Purposeful Practice Plan | Academic Language QuizHolistic Rubric | Lummi Stick Academic Language Quiz | Bucket Academic Language Quiz |
| **Academic****Language** | Disc, Pancake, Possession, Communication, Cut | Handler, Mark, Pull, Stall, End Zone | Rhythm, Beat, Choreography, Click | Actively Engage, Movement, Tap |
| [**Believe In You Journal**](https://www.varsitybrands.com/biydigitaljournals) | Week 33 | Week 34 | Week 35 | Week 36 |
| **Other****Resources** | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | Ultimate Disc Rule Sheet | [Lummi Sticks YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtDSQ852YfdLUEnyUxuhyU4t) | [Buckets YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtBJN9dH3cV79iqOo5V4jxZe) |

**WEEKS 37 – 40**

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| **Weeks 37-40****(3 classes/week)** | **Week 37** | **Week 38** | **Week 39** | **Week 40** |
| **OPEN****Module** | [**Rhythm Fit**](https://openphysed.org/curriculum_resources/rhythmfit) | **Limited Equipment/ Instant Activities** | **Limited Equipment/ Instant Activities** | **Limited Equipment/ Instant Activities** |
| **Outcome Focus** | * Perform the order and sequence of the routines by memory
 | * Discuss the importance of cooperation during physical activities
 | * Work safely while staying active
 | * Create a summer fitness plan
 |
| **Instant****Activity** | Run It Back | Hoop Tower Relay | Super Chicken | Team Leaders |
| **Skill Development Activities** | Island HoppingKeep Climbin’NYC Roll Call | Self-Passing ChallengesPartner Passing ChallengesSelfie SpikesRally Time | Capture the CornerSwitchHoop It UpGhosts in the Graveyard | Cardio Max KickballOdd Ball |
| **Assessment****Tools** | Exercise Ball Academic Language Quiz | DOK Questions | DOK Questions Summer Fitness Plan | Summer Fitness Activity Tracker |
| **Academic****Language** | Tempo, Combination, Sequence | Cooperation | Actively Engage | SMART Goal |
| [**Believe In You Journal**](https://www.varsitybrands.com/biydigitaljournals) | Week 37 | Week 38 | Week 39 | Week 40 |
| **Other****Resources** | [Exercise Ball](https://www.youtube.com/playlist?list=PLRIuuDO-0RtBjZOiSmhVHG3fdWL-nQej_) [YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtBjZOiSmhVHG3fdWL-nQej_) | [Believe In You](https://www.varsitybrands.com/biy-student-leadership-program) [Leadership Program](https://www.varsitybrands.com/biy-student-leadership-program) | Summer Fitness Plan | Summer Fitness Activity Tracker |