



OPEN[®] PHYSICAL EDUCATION CURRICULUM MAPS 40 WEEKS FOR GRADES 6-8

WEEKS 1 – 4

Weeks 1-4 (3 classes/week)	Week 1	Week 2	Week 3	Week 4
OPEN Module	Back To School	Back To School	OPEN 8	OPEN 8
Outcome Focus	<ul style="list-style-type: none"> Identify routines, behaviors, and etiquette needed to build a positive learning environment 	<ul style="list-style-type: none"> Identify 5 health-related fitness components 	<ul style="list-style-type: none"> Work with classmates to successfully complete challenges 	<ul style="list-style-type: none"> Discuss connection between social interaction and physical activity
Instant Activity	Name Tag	Super Chicken	Lead By Example	Catch Me If You Can
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	Birth of Sky Emerging Force Awaken the Earth	Life of Water Life of Wind Life 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	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



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WEEKS 5 – 8

Weeks 5-8 (3 classes/week)	Week 5	Week 6	Week 7	Week 8
OPEN Module	OPEN 8	Fitness Knowledge	Fitness Knowledge	The Adventure Mile
Outcome Focus	<ul style="list-style-type: none"> Discuss relationship between physical activity and cognitive function 	<ul style="list-style-type: none"> Calculate resting heart rate and target heart rate zone 	<ul style="list-style-type: none"> Discuss dynamic and static stretches Design a MyPlate meal with balanced nutrition 	<ul style="list-style-type: none"> Demonstrate correct dynamic stretching technique Discuss safety protocols for fitness running
Instant Activity	String Theory	Coach D's FITTness Warm-up	Emotional Health Warm-up	Out & Back Warm-Up
Skill Development Activities	Emerging Force Master of Life Act of Ultimate Courage	AMRAP Teamwork Cupid Fitness Capacity Tabata to Improve	Stretch Arm Strong Make a MyPlate Meal Freeze Yoga	Walk/Jog Scavenger Hunt Form 101 Jigsaw Continuous Relay
Assessment Tools	Academic Language Quiz Holistic Performance Rubric	Fitness Knowledge Exit Slip FITT Activity Log	Academic Language Quiz Holistic Performance Rubric	Self-Assessment Worksheet Jigsaw 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	Week 5	Week 6	Week 7	Week 8
Other Resources	ASCII Code Hacker Guide	Perceived Exertion Card	MyPlate Food Cards	Heart Rate Zones Chart



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WEEKS 9 – 12

Weeks 9-12 (3 classes/week)	Week 9	Week 10	Week 11	Week 12
OPEN Module	The Adventure Mile	Roundnet	Roundnet	Roundnet
Outcome Focus	<ul style="list-style-type: none"> Maintain a heart rate in the heart healthy zone 	<ul style="list-style-type: none"> Describe similarities and differences between the types of bounces used 	<ul style="list-style-type: none"> Accurately rate effort Accurately record performance data 	<ul style="list-style-type: none"> Describe positions that reduce offensive options during defensive challenges
Instant Activity	Shadow Running	Shape Shifters	Rally Time	Make 'em Move
Skill Development Activities	Continuous Relay 800-Meter Time Trial The Adventure Mile The 3K Marathon	Self-Passing Challenges Spikeball Bounce & Catch Partner Passing Plays Rally Time	Partner Passing Pentathlon Selfie Spikes Spiking Pentathlon Make 'em Move	Anticipate & Position Roundnet 4 Rookies Tam Tactics Roundnet 4 Pros
Assessment Tools	Time Trial Journal Page Academic Language Quiz	DOK Questions	Passing Pentathlon Skill Card Spiking Pentathlon Skill 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	Week 9	Week 10	Week 11	Week 12
Other Resources	Optimism Announcement Card	OPEN YouTube Channel	Cue Charts Challenge Cards	Tournament Options Tactical Team Challenge Card



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WEEKS 13 – 16

Weeks 13-16 (3 classes/week)	Week 13	Week 14	Week 15	Week 16
OPEN Module	Rugby	Rugby	Rugby	Winter Holiday Games
Outcome Focus	<ul style="list-style-type: none"> Perform a leading pass to a moving teammate 	<ul style="list-style-type: none"> Identify strategies for finding/creating space on offense and closing space on defense 	<ul style="list-style-type: none"> Combine skills and strategies learned to successfully participate in rugby 	<ul style="list-style-type: none"> Increase heart rate to improve fitness level
Instant Activity	Rugby Tag	Monkey in the Middle	Machine Shop	Red Nose Relay
Skill Development Activities	Stationary Passing Leader Ball Star Passing Drill	Sharks & Minnows Gauntlet Partner Score	Learning Lanes Ultimate End Ball Flag Rugby	Snowman and Sunshine Feed the Reindeer Down 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	Week 13	Week 14	Week 15	Week 16
Other Resources	Grip Cue Chart Passing Cue Chart	Try Cue Chart Ball Handling Cue Chart	OPEN YouTube Channel	Snowflake Station Cards



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WEEKS 17 – 20

Weeks 17-20 (3 classes/week)	Week 17	Week 18	Week 19	Week 20
OPEN Module	<u>Plug and Play Fitness</u>	<u>Plug and Play Fitness</u>	<u>Basketball Skills</u>	<u>Basketball Skills</u>
Outcome Focus	<ul style="list-style-type: none"> Discuss the connection between core strength and overall physical health 	<ul style="list-style-type: none"> Discuss the importance of form when exercising 	<ul style="list-style-type: none"> Demonstrate critical cues for passing, receiving, and dribbling 	<ul style="list-style-type: none"> Demonstrate critical cues for shooting
Instant Activity	Pitch & Go Treasure	20-Meter RPS Challenge	<u>Alphabet Soup</u>	Toss 3
Skill Development Activities	Planking 4-Square 4-Corner Boogie Planking Hockey	Warrior Fitness Partner Poses Unplugged	All-Star Passing Dribble Stoppers Corner to Corner	Money in the Bank Three to a Hoop Challenger
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
<u>Believe In You Journal</u>	Week 17	Week 18	Week 19	Week 20
Other Resources	Planking Slam Ball	<u>OPEN YouTube Channel</u>	Skill Cards	Academic Language Cards



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WEEKS 21 – 24

Weeks 21-24 (3 classes/week)	Week 21	Week 22	Week 23	Week 24
OPEN Module	<u>Basketball Skills</u>	<u>Circus Arts</u>	<u>Circus Arts</u>	<u>Tabata Training</u>
Outcome Focus	<ul style="list-style-type: none"> Identify strategies for finding/creating space on offense and closing space on defense 	<ul style="list-style-type: none"> Juggle successfully with a variety of objects 	<ul style="list-style-type: none"> Perform a circus arts routine with a group, with a partner, or as a solo act 	<ul style="list-style-type: none"> Demonstrate fitness activities with proper form and attention to safety
Instant Activity	All-Star Passing	<u>Shape Shifters</u>	Hoop Tower Relay	Tabata Warm-Up
Skill Development Activities	POKE Kareem Abdul-Jabbar Can't Stop Me Stations	Basic Juggling Advanced Juggling Diabolo Flower Sticks	Balance Challenges Circus Practice Circus Combinations Circus Performance	One and Done Double or Nothing Tabata 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
<u>Believe In You Journal</u>	Week 21	Week 22	Week 23	Week 24
Other Resources	Half-Court Basketball Rules Station Cards	<u>OPEN YouTube Channel</u> Juggling Station Cards	Newton's Laws Posters Circus Arts Station Cards	Blank Routine Cards



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WEEKS 25 – 28

Weeks 25-28 (3 classes/week)	Week 25	Week 26	Week 27	Week 28
OPEN Module	Tabata Training	Dance	Dance	Dance
Outcome Focus	<ul style="list-style-type: none"> Ability to work in target zone by adjusting exercise intensity as needed 	<ul style="list-style-type: none"> Perform correct movements with beat of the music 	<ul style="list-style-type: none"> Actively engage during dances Perform order and sequence by memory 	<ul style="list-style-type: none"> Move with the beat and tempo of the music
Instant Activity	Tabata Warm-Up	Leadership Dance Party	The Safety Dance	Sports Picture Dance
Skill Development Activities	Mirror Mirror Flip Flop Don't Stop Tabata Interval Stations	The Safety Dance Sports Picture Dance Dance With Words	Fist Pump Jump Jump Samoa Sasa Crazy Bird	D'Hammerschmiedsgselln The Appalachian Big Circle Dance With Words
Assessment Tools	Academic Language Quiz Holistic 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	Week 25	Week 26	Week 27	Week 28
Other Resources	Muscle & Bone Strengthening Puzzle	OPEN YouTube Channel	Universal Design Adaptations	Dance With Words Movement Cards



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WEEKS 29 – 32

Weeks 29-32 (3 classes/week)	Week 29	Week 30	Week 31	Week 32
OPEN Module	Pickleball	Pickleball	Pickleball	Ultimate Disc
Outcome Focus	<ul style="list-style-type: none"> Demonstrate a correct forehand, backhand, and lob stroke 	<ul style="list-style-type: none"> Perform both forehand and backhand strokes during game play 	<ul style="list-style-type: none"> Volley continuously with others 	<ul style="list-style-type: none"> Throw and catch a disc using skill cues
Instant Activity	Pickleball Tag	String Theory	Level 2 Toss Drills	Switch
Skill Development Activities	Pancake Flipper Level 1 Toss Drills 1-Bounce Partner Scramble Partner Rally Drills	Partner Rally Tally Serve Drills Fronton Singles Crosscourt/Down the Line	Doubles Rally Tally Fronton Doubles Pickleball Station Day Royal Court Game Day	Toss Up Throw and Go Fly Disc Baseball
Assessment Tools	Self-Assessment	Partner Rally Tally Card	Academic Language Quiz Doubles 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	Week 29	Week 30	Week 31	Week 32
Other Resources	OPEN YouTube Channel Pickleball Cue Cards	Pickleball Rules Poster Pickleball Court Diagram	Spirit of the Game Award Pickleball Strategy Cards	Throwing & Catching Skill Cue Charts



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WEEKS 33 – 36

Weeks 33-36 (3 classes/week)	Week 33	Week 34	Week 35	Week 36
OPEN Module	<u>Ultimate Disc</u>	<u>Ultimate Disc</u>	<u>Rhythm Fit</u>	<u>Rhythm Fit</u>
Outcome Focus	<ul style="list-style-type: none"> Ability to make quick transitions from offense to defense 	<ul style="list-style-type: none"> Ability to apply skills to a modified or regulation game of Ultimate Disc 	<ul style="list-style-type: none"> Demonstrate movements in the correct sequence 	<ul style="list-style-type: none"> Perform choreography to the correct beat and tempo
Instant Activity	Hoop It Up	Disc Tag	Coastin'	Jump-N-Kick
Skill Development Activities	Uno, Dos, Tres Ultimate Contests Hot Box	Goaltimate Mini-Ultimate Ultimate Disc	Hip Hop Feet Jump-N-Kick Run It Back Cross & Dip	Groove and Flow Go Off To the Core
Assessment Tools	Purposeful Practice Plan	Academic Language Quiz Holistic 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
<u>Believe In You Journal</u>	Week 33	Week 34	Week 35	Week 36
Other Resources	<u>OPEN YouTube Channel</u>	Ultimate Disc Rule Sheet	<u>Lummi Sticks YouTube Playlist</u>	<u>Buckets YouTube Playlist</u>



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WEEKS 37 – 40

Weeks 37-40 (3 classes/week)	Week 37	Week 38	Week 39	Week 40
OPEN Module	Rhythm Fit	Limited Equipment/ Instant Activities	Limited Equipment/ Instant Activities	Limited Equipment/ Instant Activities
Outcome Focus	<ul style="list-style-type: none"> Perform the order and sequence of the routines by memory 	<ul style="list-style-type: none"> Discuss the importance of cooperation during physical activities 	<ul style="list-style-type: none"> Work safely while staying active 	<ul style="list-style-type: none"> Create a summer fitness plan
Instant Activity	Run It Back	Hoop Tower Relay	Super Chicken	Team Leaders
Skill Development Activities	Island Hopping Keep Climbin' NYC Roll Call	Self-Passing Challenges Partner Passing Challenges Selfie Spikes Rally Time	Capture the Corner Switch Hoop It Up Ghosts in the Graveyard	Cardio Max Kickball Odd 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	Week 37	Week 38	Week 39	Week 40
Other Resources	Exercise Ball YouTube Playlist	Believe In You Leadership Program	Summer Fitness Plan	Summer Fitness Activity Tracker