



OPEN[®]

PHYSICAL EDUCATION CURRICULUM MAPS
40 WEEKS FOR GRADES 3-5

WEEKS 1 – 4

Weeks 1-4 (2 classes/week)	Week 1	Week 2	Week 3	Week 4
OPEN Module	<u>Back to School: Team Fitness Adventure</u>	<u>Back to School: Team Fitness Adventure</u>	<u>Fitness Knowledge</u>	<u>Fitness Knowledge</u>
Outcome Focus	<ul style="list-style-type: none"> • Move safely in personal and general space • Start/stop with signal 	<ul style="list-style-type: none"> • Cooperate with teammates • Start/stop with signal 	<ul style="list-style-type: none"> • Design a fitness plan with a variety of activities 	<ul style="list-style-type: none"> • Identify components of Health-Related and Skill-Related Fitness
Instant Activity	Name Tag	Super Chicken	Hoop Tower Relay	Catch Me If You Can
Skill Development Activities	Instant Fitness Adventures Team Giants, Wizards, Elves Cone Flip Treasure Grab	Up or Down Build Your Plate Closing Fitness Adventures	1-Minute Fitness Challenge Invisible Dumbbells Walk 'n Talk Cool-Down	Health-Related Challenges Skill-Related Challenges Dice Stretch
Assessment Tools	Discussion Starters	Performance Rubric	Self-Assessment, Fitness Portfolio	Academic Language Quiz
Academic Language	Start/Stop Signal, Jump, Locomotor Skills, Safe	Control, Equipment, Respect, Share	Circuit Training, Cool-Down, Warm-Up	Health-Related Fitness, Skill-Related Fitness
Other Resources	<u>OPEN YouTube Channel</u>	Active Home Menu	Food Card Warm-Up	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>Yoga & Mindfulness</u>	<u>Invasion Basics</u>	<u>Invasion Basics</u>	<u>Pumpkin Patch Games</u>
Outcome Focus	<ul style="list-style-type: none"> Experience mindful practices and stress reduction techniques 	<ul style="list-style-type: none"> Apply cues to pass and shoot accurately 	<ul style="list-style-type: none"> Identify and apply basic offensive and defensive strategies 	<ul style="list-style-type: none"> Safely move and increase heart rate
Instant Activity	Pass the Pose	Toss 3	Golden Goalie	Ghostbusters Tag
Skill Development Activities	Relaxation Reflection Fast to Slow Sun Salutation Relax and Reflect	The Grouch Over There Four Corners	Fitness Relay Switch Invasion Triathlon	Ghost Tossers The Pumpkin Patch Monster Madness Spooky Stations
Assessment Tools	Relax & Reflect Exit Slip	Self-Assessment	Academic Language Quiz	DOK Questions
Academic Language	Balance, Calm, Flexibility, Heart Rate, Strength	Accuracy, Invasion Games, Target	Defense, Offense, Advantage	Responsibility, Physical Activity, Self-Control
Other Resources	Peer Teaching Activity Cards	Universal Design for Learning	Team Handball Activity	The Great Pumpkin Run



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WEEKS 9 – 12

Weeks 9-12 (2 classes/week)	Week 9	Week 10	Week 11	Week 12
OPEN Module	<u>Soccer Skills</u>	<u>Soccer Skills</u>	<u>Soccer Skills</u>	<u>Gratitude Games</u>
Outcome Focus	<ul style="list-style-type: none"> Demonstrate control of soccer ball while dribbling and passing 	<ul style="list-style-type: none"> Identify ways to look for and move to open space to pass/receive 	<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	R, P, S, Victory Lap	Any Ball	Soccer Tag	Thankful Turkey Toss
Skill Development Activities	Scramble Pass vs. Dribble Shark Attack	Keep Away Soccer Tag Windows	Soccer Golf Shooting Thunder Station Day	Rows of Gratitude Gratitude Wreath Tom Turkey's Shopping List
Assessment Tools	Self-Assessment	Academic Language Quiz	Holistic Performance Rubric	Discussion Starters
Academic Language	Ball Control, Dribble, Pass, Trap	Receive, Ready Position, Offense, Defense	Follow Through, Accuracy, Punt, Clearing Kick	Gratitude, Cooperation, Etiquette
Other Resources	Universal Design for Learning	Academic Language Cards	Station Day Task Cards	OPEN YouTube Channel



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WEEKS 13 – 16

Weeks 13-16 (2 classes/week)	Week 13	Week 14	Week 15	Week 16
OPEN Module	Rhythm Fit	Rhythm Fit	Winter Holiday Games	Winter Holiday Games
Outcome Focus	<ul style="list-style-type: none"> Perform choreography to the correct beat and tempo 	<ul style="list-style-type: none"> Perform the order and sequence of the routines by memory 	<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
Instant Activity	Jump-N-Kick	Run It Back	Polar Bear Cave	Red Nose Relay
Skill Development Activities	Groove and Flow Go Off To the Core	Island Hopping Keep Climbin' NYC Roll Call	Elf on the Shelf Tag Gift Ninjas Gift Wrappers Christmas Tree Relay	Snowman and Sunshine Feed the Reindeer Menorah Relay Down the Chimney
Assessment Tools	Bucket Academic Language Quiz	Exercise Ball Academic Language Quiz	Discussion Starters	DOK Questions
Academic Language	Rhythm, Beat, Choreography	Tempo, Combination, Sequence	Leadership, Generosity, Kindness	Self-Control, Heart Rate, Fitness
Other Resources	Buckets YouTube Playlist	Exercise Ball YouTube Playlist	Classroom-based Snowman Games	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>Plug & Play Classroom Management</u>	<u>Plug & Play Fitness</u>	<u>Basketball Skills</u>	<u>Basketball Skills</u>
Outcome Focus	<ul style="list-style-type: none"> Review routines, behaviors, and etiquette needed to build a positive learning environment 	<ul style="list-style-type: none"> Ability to discuss the importance of form when exercising 	<ul style="list-style-type: none"> Demonstrate control while dribbling with both hands 	<ul style="list-style-type: none"> Avoid defenders while dribbling Ability to complete a variety of passes
Instant Activity	Super Chicken	Fitness UNO	Toss 3	High 5 Bank Account
Skill Development Activities	Partner Flip the Hoop 4-Corner Boogie Machine Shop	Plank Tap Relay Free Foam Ball Fitness Color Crushers Aerobic Treasure Grab	Dribble Triathlon Hand Skills Driver's Test	Knuckle Collectors Dribble Tag Passing Triathlon
Assessment Tools	DOK Questions	Academic Language Quiz	Self-Assessment	Academic Language Quiz
Academic Language	Challenge, Etiquette, Teamwork, Grit	Core, Balance, Form, Plank, Aerobic Capacity	Dribble, Control, Practice	Defense, Offense, Pass
Other Resources	OPEN YouTube Channel	Universal Design for Learning	Academic Language Cards	OPEN YouTube Channel



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WEEKS 21 – 24

Weeks 21-24 (2 classes/week)	Week 21	Week 22	Week 23	Week 24
OPEN Module	<u>Basketball Skills</u>	<u>Educational Gymnastics</u>	<u>Educational Gymnastics</u>	<u>Lacrosse</u>
Outcome Focus	<ul style="list-style-type: none"> Identify ways to look for and move to open space to pass/receive 	<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 field, cradle and throw a lacrosse ball
Instant Activity	Dribble Tag	Balance Tag	Pass the Pose	Yum Yum Yum
Skill Development Activities	Shoot, Dribble, Pass, Dribble 3v3 Bounce Ball Station Day	Balancing Act The Equalizer Leaps and Bounds	Rocking and Rolling Step It Up Mix and Match	Clean Your Yard Musical LAX Target Practice
Assessment Tools	Dual Performance Rubric	Self-Assessment	Holistic Dual Performance Rubric	Self-Assessment
Academic Language	Accuracy, Target, Strategy	Asymmetrical, Symmetrical, Balance, Base of Support, Center of Gravity	Combination, Creativity, Flow, Rolling, Inverted, Sequence, Transfer of Weight	Control, Cradle, Scoop
Other Resources	Teacher Self-Evaluation & Reflection Guide	OPEN YouTube Channel Safety Checklist	Gymnastics Cards Safety Checklist	Hand Placement Chart LAX Skill Cue Chart



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WEEKS 25 – 28

Weeks 25-28 (2 classes/week)	Week 25	Week 26	Week 27	Week 28
OPEN Module	<u>Lacrosse</u>	<u>Pi Day Activities</u>	<u>Dance</u>	<u>Dance</u>
Outcome Focus	<ul style="list-style-type: none"> Apply concepts of opening and closing space 	<ul style="list-style-type: none"> Cooperate with teammates while completing challenges 	<ul style="list-style-type: none"> Actively engage during dances Move with the beat and tempo of the music 	<ul style="list-style-type: none"> Perform correct movements with beat of the music
Instant Activity	LAX Tag	Pi Day Races	Trolls Tag	Sea Creature Tag
Skill Development Activities	Sharks in the Sea Partner Toss & Catch Lacrosse Basketball	Pi Toss Pi Day Dice Relay Cake or Pi? Who Wants Pi?	Counting in 8's Dancin' Train Trolls September Dance Cupid Shuffle	Cha Cha Slide Space Jam Fjaskern Can't Stop the Feeling
Assessment Tools	Holistic Performance Rubric	Who Wants Pi Exercise Chart	Self-Assessment	Academic Language Quiz
Academic Language	Face Dodge, Split Dodge, Stick Head, Stick Shaft	Challenge, Cooperation, Pi, Target Heart Rate	8-counts, Beat, Rhythm	Choreography, Lyric, Four-Wall Dance
Other Resources	Lacrosse Station Cards	Academic Language Cards	Hip Hop Virginia Reel Dance	Cha Cha Slide with Basketball



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WEEKS 29 – 32

Weeks 29-32 (2 classes/week)	Week 29	Week 30	Week 31	Week 32
OPEN Module	<u>Jump Rope</u>	<u>Minute to Win</u>	<u>Minute to Win</u>	<u>Field Day</u>
Outcome Focus	<ul style="list-style-type: none"> Ability to turn and jump a short and long rope 	<ul style="list-style-type: none"> Utilize a growth mindset during challenges 	<ul style="list-style-type: none"> Work as a team and set goals to improve challenge scores 	<ul style="list-style-type: none"> Demonstrate Spirit of the Game during all Field Day activities
Instant Activity	Jump Rope Battle Bags	Balancing Spoons	Cone Catcher	Alaskan Baseball
Skill Development Activities	Back to Basics Creative Mode Stations Jump Routines Long Rope Basics Station Day	Balancing Act Cone Catcher Hoop it Up Hoop Toss	Spinner Winner Chopstick Noodles Egg Toss Ball Drop	4-way Capture the Flag Chicken Pot Pie Race through the Galaxy
Assessment Tools	Jump Rope Routine Task Card	Academic Language Quiz	Challenge Scorecards	National Field Day Certificate
Academic Language	Jump, Land, Turn, Rhythm	Growth Mindset, Grit, Challenge	Teamwork, Cooperation, Success, Goal	Respect, Collaboration, Spirit of the Game
Other Resources	Rope Selection Rule Poster	Growth Mindset Journal Pages	1-Minute Timer Music	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>Volleyball</u>	<u>Volleyball</u>	<u>Pickleminton</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"> Apply skill cues to pass to a partner or designated space 	<ul style="list-style-type: none"> Rally with a partner/team Serve to a designated space 	<ul style="list-style-type: none"> Identify proper grip Develop a SMART goal for health-related fitness
Instant Activity	Cherry on Top	Toss 3 (with volleyball passes)	Pass and Set Circles	Hello Paddle
Skill Development Activities	Bounce Back Bounce Ball Team Relay Mission Impossible	Pass and Set Circles Bump & Set 4-Square Volley Hoops I Got It! I Got It!	Volley Battleship Scooter Volleyball Helpful Net Doubles Trouble	Birdie in the Cage Splat the Spot Peer Assessment Time to Get SMART
Assessment Tools	National Field Day Certificate	Volley Hoops Partner Feedback Card	Holistic Performance Rubric	Peer Assessment Worksheet
Academic Language	Respect, Collaboration, Spirit of the Game	Pass, Set, Bump, Volley, Feedback	Rally, Cooperation, Teamwork, Encourage	Balance, Toss, Strike, Serve, Goal
Other Resources	<u>OPEN YouTube Channel</u>	Academic Language Quiz	Universal Design for Learning	Skill Cue Cards SMART Goal Guidelines



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WEEKS 37 – 40

Weeks 37-40 (2 classes/week)	Week 37	Week 38	Week 39	Week 40
OPEN Module	<u>Street Racket</u>	<u>Street Racket</u>	<u>Bat and Ball Games</u>	<u>Bat and Ball Games</u>
Outcome Focus	<ul style="list-style-type: none"> Ability to hit continuously with a partner 	<ul style="list-style-type: none"> Work cooperatively with classmates 	<ul style="list-style-type: none"> Identify the skill cues for throwing, catching, and batting 	<ul style="list-style-type: none"> Demonstrate the skill cues for throwing, catching, and batting
Instant Activity	Hello Racket	Fitness Frenzy	Baseball Tag	Two Ball Tossers
Skill Development Activities	Helpful Hoops Street Racket Basics Switch It Up	Off the Walls Rotating Corners Follow Your Shot	Catch on the Sandlot Throw Run Derby Home Run Derby	Sandlot Baseball Brannboll Circle Sandlot Stations
Assessment Tools	Academic Language Quiz	Holistic Performance Rubric	Self-Assessment	Academic Language Quiz
Academic Language	Cooperation, Supportive, Encouraging	Strategy, Teamwork, Rally	Catch, Throw, Overhand, Underhand	Fielding, Athletic Stance, Strike
Other Resources	Skill Cues Chart	Court Diagrams	Bat and Ball Cue Cards	Bat and Ball Station Cards