**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) | [**Adventure Learning**](https://openphysed.org/curriculum_resources/adventure-learning-grades-6-12) | [**Adventure Learning**](https://openphysed.org/curriculum_resources/adventure-learning-grades-6-12) |
| **Outcome Focus** | * Identify routines, behaviors, and etiquette needed to build a positive learning environment | * Identify 5 health-related fitness components | * Demonstrate verbal communication and active listening | * Identify the 5 Core Values of Adventure Learning |
| **Instant**  **Activity** | Name Tag | [Super Chicken](https://www.varsitybrands.com/biy-student-leadership-program) | [String Theory](https://www.varsitybrands.com/biy-student-leadership-program) | Treasure Hunt |
| **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 | Three P’s  Me, You, You, Me  Here You Go  Righty, Lefty  Head Shoulders Knees Toes | Mistaken Identity  1,2,3 Show  Robotics Lab  Leaning Tower  Look Up  Wah Master |
| **Assessment**  **Tools** | Performance Rubric | Create Your Own  Tabata Routine | DOK Questions | Academic Language Quiz |
| **Academic**  **Language** | Respect, Team, Repetition | Control, Cooperation, Health-Related Fitness | Cooperation, Community, Challenge | Open-minded, Responsible, Respectful, Commitment, Safety |
| **[Believe In You Journal](https://www.varsitybrands.com/biydigitaljournals)** | Week 1 | Week 2 | Week 3 | Week 4 |
| **Other**  **Resources** | Components of  Fitness Posters | Believe In You Video Series | Adventure Learning Core Values Card | Academic Language Cards |

**WEEKS 5 – 8**

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| **Weeks 5-8**  **(3 classes/week)** | **Week 5** | **Week 6** | **Week 7** | **Week 8** |
| **OPEN**  **Module** | [**Adventure Learning**](https://openphysed.org/curriculum_resources/adventure-learning-grades-6-12) | [**Creative Mode Fitness**](https://openphysed.org/curriculum_resources/creativemodefitness) | [**Plug and Play Fitness**](https://openphysed.org/curriculum_resources/plugplay9-12) | [**Roundnet**](https://openphysed.org/curriculum_resources/hsroundnet) |
| **Outcome Focus** | * Identify and demonstrate supportive language for classmates | * Demonstrate fitness activities with proper form and attention to safety | * Calculate target heart rate and identify target heart rate zone | * Demonstrate a variety of Roundnet skills required for maintaining a rally |
| **Instant**  **Activity** | [Shape Shifters](https://www.varsitybrands.com/biy-student-leadership-program) | Team FITT RPS | [Machine Shop](https://www.varsitybrands.com/biy-student-leadership-program) | Roundnet Toss 3 |
| **Skill Development Activities** | Count Up  Partner Pathways  Circle the Wagons  Ducks and Dogs  Cooperative Count | Health-Related Jigsaw  Aerobic Tic Tac Toe  Tag Team Scramble  Circuit Training  Creative Mode | Partner-Rep Burn-Out  Plank Races  Pace Stations  Down-Up Reps  Cone Flip Chaos  Bean Bag Blockers | Self-Passing Challenge  Partner Passing Challenge  Selfie Spikes  Rally Time  Anticipate and Position |
| **Assessment**  **Tools** | Holistic Rubric | Academic Language Quiz | DOK Exit Slip | Academic Language Quiz |
| **Academic**  **Language** | Patience, Responsibility, Respect, Commitment | FITT, Heart Rate Zone, Target Heart Rate Zone | Perceived Exertion, Repetition, Calculate | Purposeful Competition, Sport Education, Teamwork, Leadership |
| [**Believe In You Journal**](https://www.varsitybrands.com/biydigitaljournals) | Week 5 | Week 6 | Week 7 | Week 8 |
| **Other**  **Resources** | Universal Design for Learning | [Darebee](https://darebee.com/)  Heart Rate Zone Chart | Heart Rate Zone Chart  Perceived Exertion Card | Fair Play Point System  Homework List |

**WEEKS 9 – 12**

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| **Weeks 9-12**  **(3 classes/week)** | **Week 9** | **Week 10** | **Week 11** | **Week 12** |
| **OPEN**  **Module** | [**Roundnet**](https://openphysed.org/curriculum_resources/hsroundnet) | [**Roundnet**](https://openphysed.org/curriculum_resources/hsroundnet) | [**Tai Chi**](https://openphysed.org/uncategorized/hs-taichi) | [**Badminton**](https://openphysed.org/curriculum_resources/hs-badminton) |
| **Outcome Focus** | * Work cooperatively to help teammates practice Roundnet skills and strategy | * Demonstrate skills and strategies required to play a full game of Roundnet | * Discuss the benefits of mind-body exercises and activities | * Discuss movement concepts and how they relate to skill improvement |
| **Instant**  **Activity** | Spikeball Tag | Spikeball Knee Tag | Ju Fu Kata | [Leadership Dance Party](https://www.varsitybrands.com/biy-student-leadership-program) |
| **Skill Development Activities** | Roundnet Fronton  Team Tactics  1 V 1  Champion of the Net  Make Em Move  Serving Challenge  Offensive Drills | Aerobic Numbers  Create a Drill  Roundnet Tabata  Royal Court  Round Robin Tournament  Season Tournament | Belly Breathing  Ju Fu Kata (Arms)  Ju Fu Kata (Legs)  Ju Fu Kata Jigsaw | Volley Challenge  Badminton 101  Move and Clear  Racquet Square |
| **Assessment**  **Tools** | Academic Language Quiz | Officiating Assessment  Create a Drill Worksheet | Tai Chi Fitness Portfolio | Badminton 101  Diagram Quiz |
| **Academic**  **Language** | Cooperation, Effort, Strategy, Teamwork | Challenge, Competition, Spirit of the Game | Tai Chi, Belly Breathing, Mental Clarity | Sportsmanship, Positioning, Etiquette |
| [**Believe In You Journal**](https://www.varsitybrands.com/biydigitaljournals) | Week 9 | Week 10 | Week 11 | Week 12 |
| **Other**  **Resources** | Purposeful Competition Discussion Card | Event Planning Guide  Team Roles Rubric | Tai Chi Movement  Concept Posters | Self-Efficacy and Social Support Inventory |

**WEEKS 13 – 16**

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| **Weeks 13-16**  **(3 classes/week)** | **Week 13** | **Week 14** | **Week 15** | **Week 16** |
| **OPEN**  **Module** | [**Badminton**](https://openphysed.org/curriculum_resources/hs-badminton) | [**Volleyball**](https://openphysed.org/curriculum_resources/high-school-physed-modules/volleyball-high-school) | [**Volleyball**](https://openphysed.org/curriculum_resources/high-school-physed-modules/volleyball-high-school) | [**Fitness Running**](https://openphysed.org/curriculum_resources/hsfitnessrunning) |
| **Outcome Focus** | * Demonstrate competency in badminton gameplay by using a variety of skills and strategies | * Apply skill cues to a variety of volleyball skills | * Demonstrate competency in volleyball gameplay by using a variety of skills and strategies | * Identify components of proper running form |
| **Instant**  **Activity** | [String Theory](https://www.varsitybrands.com/biy-student-leadership-program) | Toss 3 | Pass and Go | RPS Victory Lap |
| **Skill Development Activities** | Target Practice  Cover the Court  King/Queen of the Court  Round Robin Tournament | Vollapalooza  Money Ball  Three and Run  Pass and Go | Volleyball Tabata  Bingo, Bango, Bongo  Volley Tic Tac Toe  Volleyball Royal Court | Double Line Pursuit  1600 Meter Prediction Run  Uphill Challenge  Casino Royale  Checkpoint Destination  Walk/Talk Cool Down |
| **Assessment**  **Tools** | Movement Concept  Self-Analysis | Academic Language Quiz | Holistic Performance Rubric | Fitness Running Portfolio |
| **Academic**  **Language** | Target, Placement, Agility, Speed, Athletic Stance | Bump, Set, Control, Cooperation | Rally, Force, Growth Mindset, Spirit of the Game | Arm Swing, Posture, Hydration, Lactic Acid |
| [**Believe In You Journal**](https://www.varsitybrands.com/biydigitaljournals) | Week 13 | Week 14 | Week 15 | Week 16 |
| **Other**  **Resources** | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A)  Fitness Portfolio Page | Vollapalooza Station Cards | Volleyball Tabata Routine Cards | Self-Efficacy and Social Support Inventory |

**WEEKS 17 – 20**

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| **Weeks 17-20**  **(3 classes/week)** | **Week 17** | **Week 18** | **Week 19** | **Week 20** |
| **OPEN**  **Module** | [**Skill-Related Fitness**](https://openphysed.org/skillrelated-secondary) | **[Lifetime Fitness](https://openphysed.org/lifetime-fitness-high-school)**  **[w/Rising NYRR](https://openphysed.org/lifetime-fitness-high-school)** | **[Lifetime Fitness](https://openphysed.org/lifetime-fitness-high-school)**  **[w/Rising NYRR](https://openphysed.org/lifetime-fitness-high-school)** | [**Fitness Planning**](https://openphysed.org/hsfitnessplan) |
| **Outcome Focus** | * Discuss ways to improve skill-related physical fitness | * Create fitness challenges using enjoyable activities that enhance health | * Ability to pace activity intensity to work in the heart health zone | * Identify physical activity and nutrition choices based on health benefits |
| **Instant**  **Activity** | Strength or Endurance | Walk the Talk | Walk the Talk | [Lead By Example](https://www.varsitybrands.com/biy-student-leadership-program) |
| **Skill Development Activities** | Power Dice Challenge  Wall Ball Challenge  4-Minute Toss & Roll Race  Dynamic Stretching Multiplier | Card Cardio Challenge  6-Minute FITT Dice  Fitness Categories  Out & Back Wellness Walk | Mission Possible  Exercise Word Scrambler  This or That  20 Questions (100 Reps) | Plank Party RPS  First Letter, Last Letter  Memory Plate  5 Second Rule |
| **Assessment**  **Tools** | Challenge Charts | Discussion/  Journal Prompts | Daily Wellness Plan | Discussion/Journal Prompts |
| **Academic**  **Language** | Improve, Challenge, Strength, Endurance | Aerobic Capacity, Health Benefit, Health | Fitness Plan, Improve, Intensity | Food Groups, Health-Related Fitness |
| [**Believe In You Journal**](https://www.varsitybrands.com/biydigitaljournals) | Week 17 | Week 18 | Week 19 | Week 20 |
| **Other**  **Resources** | [Believe In You Video Series](https://www.varsitybrands.com/biy-video-series) | [Activity Videos](https://openphysed.org/fitmovevideos) | Universal Design for Learning | Weekly Activity Logs |