**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 TalkTabata Hot PotatoTabata Dice DuelTabata Team Rep Challenge | Tabata Bowling BattleTabata RPS RaceTabata Team CharadesTabata High or Low | Three P’sMe, You, You, MeHere You GoRighty, LeftyHead Shoulders Knees Toes | Mistaken Identity1,2,3 ShowRobotics LabLeaning TowerLook UpWah 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 UpPartner PathwaysCircle the WagonsDucks and DogsCooperative Count | Health-Related JigsawAerobic Tic Tac ToeTag Team ScrambleCircuit TrainingCreative Mode | Partner-Rep Burn-OutPlank RacesPace StationsDown-Up Reps Cone Flip ChaosBean Bag Blockers | Self-Passing ChallengePartner Passing ChallengeSelfie SpikesRally 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 ChartPerceived Exertion Card | Fair Play Point SystemHomework 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 FrontonTeam Tactics1 V 1Champion of the NetMake Em MoveServing ChallengeOffensive Drills | Aerobic NumbersCreate a DrillRoundnet TabataRoyal CourtRound Robin TournamentSeason Tournament | Belly BreathingJu Fu Kata (Arms)Ju Fu Kata (Legs)Ju Fu Kata Jigsaw | Volley ChallengeBadminton 101Move and ClearRacquet Square |
| **Assessment****Tools** | Academic Language Quiz | Officiating AssessmentCreate 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 GuideTeam 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 PracticeCover the CourtKing/Queen of the CourtRound Robin Tournament | VollapaloozaMoney BallThree and RunPass and Go | Volleyball TabataBingo, Bango, BongoVolley Tic Tac ToeVolleyball Royal Court | Double Line Pursuit1600 Meter Prediction RunUphill ChallengeCasino RoyaleCheckpoint DestinationWalk/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 ChallengeWall Ball Challenge4-Minute Toss & Roll RaceDynamic Stretching Multiplier | Card Cardio Challenge6-Minute FITT DiceFitness CategoriesOut & Back Wellness Walk | Mission PossibleExercise Word ScramblerThis or That20 Questions (100 Reps) | Plank Party RPSFirst Letter, Last LetterMemory Plate5 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 |