



OPEN[®] PHYSICAL EDUCATION CURRICULUM MAPS 20 WEEKS FOR GRADES 9-12

WEEKS 1 – 4

Weeks 1-4 (3 classes/week)	Week 1	Week 2	Week 3	Week 4
OPEN Module	<u>Back To School</u>	<u>Back To School</u>	<u>Adventure Learning</u>	<u>Adventure Learning</u>
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"> Demonstrate verbal communication and active listening 	<ul style="list-style-type: none"> Identify the 5 Core Values of Adventure Learning
Instant Activity	Name Tag	<u>Super Chicken</u>	<u>String Theory</u>	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
<u>Believe In You Journal</u>	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



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WEEKS 5 – 8

Weeks 5-8 (3 classes/week)	Week 5	Week 6	Week 7	Week 8
OPEN Module	Adventure Learning	Creative Mode Fitness	Plug and Play Fitness	Roundnet
Outcome Focus	<ul style="list-style-type: none"> Identify and demonstrate supportive language for classmates 	<ul style="list-style-type: none"> Demonstrate fitness activities with proper form and attention to safety 	<ul style="list-style-type: none"> Calculate target heart rate and identify target heart rate zone 	<ul style="list-style-type: none"> Demonstrate a variety of Roundnet skills required for maintaining a rally
Instant Activity	Shape Shifters	Team FITT RPS	Machine Shop	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	Week 5	Week 6	Week 7	Week 8
Other Resources	Universal Design for Learning	Darebee Heart Rate Zone Chart	Heart Rate Zone Chart Perceived Exertion Card	Fair Play Point System Homework List



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WEEKS 9 – 12

Weeks 9-12 (3 classes/week)	Week 9	Week 10	Week 11	Week 12
OPEN Module	Roundnet	Roundnet	Tai Chi	Badminton
Outcome Focus	<ul style="list-style-type: none"> Work cooperatively to help teammates practice Roundnet skills and strategy 	<ul style="list-style-type: none"> Demonstrate skills and strategies required to play a full game of Roundnet 	<ul style="list-style-type: none"> Discuss the benefits of mind-body exercises and activities 	<ul style="list-style-type: none"> Discuss movement concepts and how they relate to skill improvement
Instant Activity	Spikeball Tag	Spikeball Knee Tag	Ju Fu Kata	Leadership Dance Party
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	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



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WEEKS 13 – 16

Weeks 13-16 (3 classes/week)	Week 13	Week 14	Week 15	Week 16
OPEN Module	<u>Badminton</u>	<u>Volleyball</u>	<u>Volleyball</u>	<u>Fitness Running</u>
Outcome Focus	<ul style="list-style-type: none"> Demonstrate competency in badminton gameplay by using a variety of skills and strategies 	<ul style="list-style-type: none"> Apply skill cues to a variety of volleyball skills 	<ul style="list-style-type: none"> Demonstrate competency in volleyball gameplay by using a variety of skills and strategies 	<ul style="list-style-type: none"> Identify components of proper running form
Instant Activity	<u>String Theory</u>	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
<u>Believe In You Journal</u>	Week 13	Week 14	Week 15	Week 16
Other Resources	<u>OPEN YouTube Channel</u> Fitness Portfolio Page	Vollapalooza Station Cards	Volleyball Tabata Routine Cards	Self-Efficacy and Social Support Inventory



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WEEKS 17 – 20

Weeks 17-20 (3 classes/week)	Week 17	Week 18	Week 19	Week 20
OPEN Module	<u>Skill-Related Fitness</u>	<u>Lifetime Fitness w/Rising NYRR</u>	<u>Lifetime Fitness w/Rising NYRR</u>	<u>Fitness Planning</u>
Outcome Focus	<ul style="list-style-type: none"> Discuss ways to improve skill-related physical fitness 	<ul style="list-style-type: none"> Create fitness challenges using enjoyable activities that enhance health 	<ul style="list-style-type: none"> Ability to pace activity intensity to work in the heart health zone 	<ul style="list-style-type: none"> Identify physical activity and nutrition choices based on health benefits
Instant Activity	Strength or Endurance	Walk the Talk	Walk the Talk	<u>Lead By Example</u>
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
<u>Believe In You Journal</u>	Week 17	Week 18	Week 19	Week 20
Other Resources	<u>Believe In You Video Series</u>	<u>Activity Videos</u>	Universal Design for Learning	Weekly Activity Logs