**WEEKS 1 – 4**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Weeks 1-4**  **(2 classes/week)** | **Week 1** | **Week 2** | **Week 3** | **Week 4** |
| **OPEN**  **Module** | **[Back to School:](https://openphysed.org/best-practices/backtoschool)**  **[The Fun Routine](https://openphysed.org/best-practices/backtoschool)** | **[Back to School:](https://openphysed.org/best-practices/backtoschool)**  **[The Fun Routine](https://openphysed.org/best-practices/backtoschool)** | [**Personal & Social Responsibility**](https://openphysed.org/curriculum_resources/personal-social-responsibility1) | [**Locomotor & Manipulative Skills**](https://openphysed.org/curriculum_resources/locomotor-and-manipulative-skills) |
| **Outcome Focus** | * Move safely in personal/general space * Start/stop with signal | * Respectfully sharing equipment * Start/stop with signal | * Cooperating with teammates * Active participation | * Demonstrate locomotor skills * Move in different pathways |
| **Instant**  **Activity** | Name Tag | Super Chicken | Hoop Tower Relay | Say Cheese Tag |
| **Skill Development Activities** | Traffic Time in the Garage  Hula Hoop Hideouts  Bubble Jumpers  Share-A-Lot | Corner to Corner Touchdown Traders  Jump Rope Hurdle Hustle  The Calm Cleaner | Hide and Seek  Train Tracks  No More Monkeys  Heavy Lifters  Hula Hoop Igloos | Juggle Scarf 1  Juggle Scarf 2  Hula Hoop 1  Hula Hoop 2 |
| **Assessment**  **Tools** | Discussion Starters | Performance Rubric | Self-Assessment | Self-Assessment |
| **Academic**  **Language** | Start/Stop Signal, Jump, Locomotor Skills, Safe | Control, Equipment, Respect, Share | Cooperation, Fun, Responsibility, Safety | Clockwise, Counter-Clockwise, Pathways |
| **Other**  **Resources** | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | Active Home Menu | Complete Module Packet | Station Cards |

**WEEKS 5 – 8**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Weeks 5-8**  **(2 classes/week)** | **Week 5** | **Week 6** | **Week 7** | **Week 8** |
| **OPEN**  **Module** | [**Locomotor & Manipulative Skills**](https://openphysed.org/curriculum_resources/locomotor-and-manipulative-skills) | [**Flag Tag**](https://openphysed.org/curriculum_resources/flagtag) | [**Flag Tag**](https://openphysed.org/curriculum_resources/flagtag) | [**Pumpkin Patch Games**](https://openphysed.org/curriculum_resources/pumpkinpatch) |
| **Outcome Focus** | * Controlling bean bag/ ball * Correct underhand tosses | * Chase, flee and dodge to catch or avoid being caught | * Travel at different speeds using different locomotor skills | * Safely move and increase heart rate |
| **Instant**  **Activity** | Toss 3 | Slow-Motion Tag | Slow-Motion Tag | Ghostbusters Tag |
| **Skill Development Activities** | Bean Bag 1  Bean Bag 2  Ball Skills 1  Ball Skills 2 | 1 v 1 Tag  Football Freeze Tag  Island Tag | Super Salad Bowl Tag  Offense/Defense Tag  Firework Tag | Ghost Tossers  The Pumpkin Patch  Monster Madness  Spooky Stations |
| **Assessment**  **Tools** | Holistic Performance Rubric | Self-Assessment | Holistic Performance Rubric | DOK Questions |
| **Academic**  **Language** | Control, Effort, Mature | Chase, Dodge, Flee, General Space | Locomotor Skills, Nutrition, Respect | Responsibility, Physical Activity, Self-Control |
| **Other**  **Resources** | Activity Card Set | Universal Design Adaptations | Teacher Self-Evaluation & Reflection Guide | The Great Pumpkin Run |

**WEEKS 9 – 12**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Weeks 9-12**  **(2 classes/week)** | **Week 9** | **Week 10** | **Week 11** | **Week 12** |
| **OPEN**  **Module** | [**Foot Skills**](https://openphysed.org/curriculum_resources/primary-footskills) | [**Foot Skills**](https://openphysed.org/curriculum_resources/primary-footskills) | [**Parachute**](https://openphysed.org/curriculum_resources/parachute) | [**Gratitude Games**](https://openphysed.org/curriculum_resources/instant-activitieselementary-k-5) |
| **Outcome Focus** | * Use appropriate amount of force on soccer ball to keep control | * Demonstrate accurate passing/kicking skills towards a target | * Work cooperatively with classmates * Use parachute appropriately | * Demonstrate teamwork and cooperation |
| **Instant**  **Activity** | Soccer Red Light,  Green Light | Soccer Tag | Parachute Fitness | Thankful Turkey Toss |
| **Skill Development Activities** | Driver’s Test  Follow the Leader  Treasure Hunt | Soccer Bowling  Partner Passing  Kick and Chase Race | The Basics  Ball Fun  Under the ‘Chute  Parachute Games | Rows of Gratitude  Gratitude Wreath  Tom Turkey’s Shopping List |
| **Assessment**  **Tools** | Self-Assessment | Holistic Performance Rubric | Self-Assessment | Discussion Starters |
| **Academic**  **Language** | Ball Control, Force | Pass, Trap, Target | Overhand Grip, Underhand Grip, Mixed Grip, Etiquette | Gratitude, Cooperation, Etiquette |
| **Other**  **Resources** | DOK Questions | Station Day Task Cards | Parachute Rules Poster | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) |

**WEEKS 13 – 16**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Weeks 13-16**  **(classes/week)** | **Week 13** | **Week 14** | **Week 15** | **Week 16** |
| **OPEN**  **Module** | [**Rhythm Fit**](https://openphysed.org/curriculum_resources/rhythmfit) | [**Rhythm Fit**](https://openphysed.org/curriculum_resources/rhythmfit) | [**Winter Holiday Games**](https://openphysed.org/curriculum_resources/winterwonderland) | [**Winter Holiday Games**](https://openphysed.org/curriculum_resources/winterwonderland) |
| **Outcome Focus** | * Demonstrate the movements in the correct sequence | * Perform routines to the correct beat and tempo | * Demonstrate leadership and kindness during tag games | * Increase heart rate to improve fitness level during activities |
| **Instant**  **Activity** | Catch Me If You Can | Jump-N-Kick | Polar Bear Cave | Red Nose Relay |
| **Skill Development Activities** | Hip Hop Feet  Coastin’  Run It Back | Shout Out  Groove and Flow  Go Off | 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** | DOK Questions | Holistic Performance Rubric | Discussion Starters | DOK Questions |
| **Academic**  **Language** | Click, Rhythm, Beat | Tap, Tempo, Choreography | Leadership, Generosity, Kindness | Self-Control, Heart Rate, Fitness |
| **Other**  **Resources** | [Lummi Stick YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtDSQ852YfdLUEnyUxuhyU4t) | [Buckets YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtBJN9dH3cV79iqOo5V4jxZe) | Classroom-based Snowman Games | Snowflake Station Cards |

**WEEKS 17 – 20**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Weeks 17-20**  **(2 classes/week)** | **Week 17** | **Week 18** | **Week 19** | **Week 20** |
| **OPEN**  **Module** | [**Plug and Play Classroom Management**](https://openphysed.org/curriculum_resources/plug-and-play-classroom-management-k-12) | [**Locomotor & Manipulative Skills**](https://openphysed.org/curriculum_resources/locomotor-and-manipulative-skills) | [**Ball Handling and Dribbling Skills**](https://openphysed.org/curriculum_resources/passing-hand-dribbling) | [**Ball Handling and Dribbling Skills**](https://openphysed.org/curriculum_resources/passing-hand-dribbling) |
| **Outcome Focus** | * Review routines, behaviors, and etiquette needed to build a positive learning environment | * Move safely using locomotor skills and manipulatives | * Ability to dribble a basketball continuously with one hand | * Identify dominant hand for dribbling |
| **Instant**  **Activity** | Super Chicken | Roll and Go | Toss 3 | High 5 Bank Account |
| **Skill Development Activities** | Partner Flip the Hoop  Toss 3  Soccer Tag  Four Corner Boogie | Noodles 1  Noodles 2  Hula Hoop 2 | Bubble Breakers  Dribble Fitness  7 Dribbles | Bounce and Catch  Driver’s Test  Walk the Dog |
| **Assessment**  **Tools** | DOK Questions | DOK Questions | Self-Assessment | Holistic Performance Rubric |
| **Academic**  **Language** | Challenge, Etiquette, Teamwork, Grit | Levels, Pathways,  Personal Space | Bounce, Dribble, Continuous | Drop, Catch,  Pass, Pathway |
| **Other**  **Resources** | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | Skill Cue Posters | Universal Design Adaptations | Sample Lesson Plan |

**WEEKS 21 – 24**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Weeks 21-24**  **(2 classes/week)** | **Week 21** | **Week 22** | **Week 23** | **Week 24** |
| **OPEN**  **Module** | [**Ball Handling and Dribbling Skills**](https://openphysed.org/curriculum_resources/passing-hand-dribbling) | [**Educational Gymnastics**](https://openphysed.org/curriculum_resources/ed-gymnastics) | [**Educational Gymnastics**](https://openphysed.org/curriculum_resources/ed-gymnastics) | [**Instant Activities**](https://openphysed.org/curriculum_resources/instant-activitieselementary-k-5) |
| **Outcome Focus** | * Demonstrate correct force needed for passing to target | * Identify how to have a strong base of support for balances | * Identify how to transfer weight from one body part to another safely | * Moving safely in general and personal space |
| **Instant**  **Activity** | Dribble Fitness | Balance Tag | Pass the Pose | Fiddlesticks |
| **Skill Development Activities** | Balance Ball  Wall Passing  Station Day | Balancing Act  The Equalizer  Leaps and Bounds | Rocking and Rolling  Step It Up  Mix and Match | Farmville  Food is Fuel Tag  Fuel Collector |
| **Assessment**  **Tools** | Dual Performance Rubric | Self-Assessment | Holistic Dual  Performance Rubric | DOK Questions |
| **Academic**  **Language** | Force, Pass,  Accurate, Target | Asymmetrical, Symmetrical, Balance, Base of Support, Center of Gravity | Combination, Creativity, Flow, Rolling, Inverted, Sequence, Transfer of Weight | Fruit, Vegetable, Healthy |
| **Other**  **Resources** | Wall Passing Target | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A)  Safety Checklist | Gymnastics Cards  Safety Checklist | Dance Instant Activities |

**WEEKS 25 – 28**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Weeks 25-28**  **(2 classes/week)** | **Week 25** | **Week 26** | **Week 27** | **Week 28** |
| **OPEN**  **Module** | [**Instant Activities**](https://openphysed.org/curriculum_resources/instant-activitieselementary-k-5) | [**Pi Day Activities**](https://openphysed.org/curriculum_resources/physical_education_modules/pi-day) | [**Dance**](https://openphysed.org/curriculum_resources/physical_education_modules/dance-k2) | [**Dance**](https://openphysed.org/curriculum_resources/physical_education_modules/dance-k2) |
| **Outcome Focus** | * Accurately toss and catch with a partner | * Cooperate with teammates while completing challenges | * Actively engage during dances | * Perform correct movements with beat of the music |
| **Instant**  **Activity** | Toss 3 | Pi Day Races | Pop See Ko | Dancing Duke of York |
| **Skill Development Activities** | Shadow Ball  Slam Ball  Any Ball | Pi Toss  Pi Day Dice Relay  Cake or Pi?  Who Wants Pi? | Moving 8’s  A Very Simple Dance  Dancing Duke of York | The Hokey Pokey  The Birdie Dance  Goldfish Dance |
| **Assessment**  **Tools** | DOK Questions | Who Wants Pi  Exercise Chart | Self-Assessment | Holistic Performance Rubric |
| **Academic**  **Language** | Underhand Throw, Overhand Throw | Challenge, Cooperation, Pi, Target Heart Rate | Dance, Leader, Beat, Rhythm, Tempo | Movement, Locomotor, Non-Locomotor |
| **Other**  **Resources** | Instant Activity  Dice Games | Academic Language Cards | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | Dance Activity Cards |

**WEEKS 29 – 32**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Weeks 29-32**  **(2 classes/week)** | **Week 29** | **Week 30** | **Week 31** | **Week 32** |
| **OPEN**  **Module** | [**Dance**](https://openphysed.org/curriculum_resources/physical_education_modules/dance-k2) | [**Minute to Win**](https://openphysed.org/curriculum_resources/minute-to-win) | [**Minute to Win**](https://openphysed.org/curriculum_resources/minute-to-win) | [**Field Day**](https://openphysed.org/curriculum_resources/fieldday) |
| **Outcome Focus** | * Move with the beat and tempo of the music | * Utilize a growth mindset during challenges | * Work as a team and set goals to improve challenge scores | * Demonstrate Spirit of the Game during all Field Day activities |
| **Instant**  **Activity** | The Hokey Pokey | Balancing Spoons | Cone Catcher | Alaskan Baseball |
| **Skill Development Activities** | Sitting Square Dance  Kinderpolka  Mexican Hat Dance | 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** | Holistic Dual Performance Rubric | Academic Language Quiz | Challenge Scorecards | National Field Day Certificate |
| **Academic**  **Language** | Count, Rhythm, Direction, Culture | Growth Mindset, Grit, Challenge | Teamwork, Cooperation, Success, Goal | Respect, Collaboration, Spirit of the Game |
| **Other**  **Resources** | Academic Language Cards | Growth Mindset Journal Pages | 1-Minute Timer Music | Spirit of the Game  Student Contract |

**WEEKS 33 – 36**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Weeks 33-36**  **(2 classes/week)** | **Week 33** | **Week 34** | **Week 35** | **Week 36** |
| **OPEN**  **Module** | [**Field Day**](https://openphysed.org/curriculum_resources/fieldday) | [**Volleying and Striking**](https://openphysed.org/curriculum_resources/physical_education_modules/k2-volley-strike) | [**Volleying and Striking**](https://openphysed.org/curriculum_resources/physical_education_modules/k2-volley-strike) | [**Volleying and Striking**](https://openphysed.org/curriculum_resources/physical_education_modules/k2-volley-strike) |
| **Outcome Focus** | * Demonstrate Spirit of the Game during all Field Day activities | * Ability to strike and volley an object upward continuously | * Ability to volley with a partner | * Ability to strike with a paddle to volley with a partner |
| **Instant**  **Activity** | Cherry on Top | First Things First | Musical Balloon Bop | Say Cheese Tag |
| **Skill Development Activities** | Bounce Back  Bounce Ball Team Relay  Mission Impossible | Keep it Up  Musical Balloon Bop  Bull’s Eye | Air Ball  Net Ball  Paddle it Up | Musical Paddle Bop  Net Ball (w/paddle)  Station Day |
| **Assessment**  **Tools** | National Field Day Certificate | Self-Assessment | DOK Questions | Dual Performance Rubric |
| **Academic**  **Language** | Respect, Collaboration, Spirit of the Game | Consecutive, Self-Space, Actively Engage | Volley, Strike, Feedback, Response | Volley, Strike, Challenge |
| **Other**  **Resources** | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | Academic Language Cards | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | Station Cards |

**WEEKS 37 – 40**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Weeks 37-40**  **(2 classes/week)** | **Week 37** | **Week 38** | **Week 39** | **Week 40** |
| **OPEN**  **Module** | [**Yoga & Mindfulness**](https://openphysed.org/curriculum_resources/yoga-mindfulness) | [**Yoga & Mindfulness**](https://openphysed.org/curriculum_resources/yoga-mindfulness) | [**Hopscotch**](https://openphysed.org/hopscotch) | [**Hopscotch**](https://openphysed.org/hopscotch) |
| **Outcome Focus** | * Define Mindfulness * Demonstrate a variety of static balance positions | * Demonstrate how to transfer weight to flow from one position to the next | * Discuss reasons to be physically active | * Identify ways to be physically active at home |
| **Instant**  **Activity** | Yum Yum Yum | Pass the Pose | Around the Blocks Tabata | Around the Blocks Tabata |
| **Skill Development Activities** | Relaxation Reflection  Fast to Slow  Make Your Shape  Flowing Movements | Breathing Bags  Sun Salutation  Developing a Flow  Relax and Reflect | Traditional Hopscotch  Balance & Breathe Mindful Walk | Traditional Hopscotch with Fruit & Veggie Challenge  Balance & Breathe Mindful Walk |
| **Assessment**  **Tools** | Self-Assessment | Relax and Reflect Exit Slip | Thumbs Up/Down Assessment | Discussion/Journal Prompts |
| **Academic**  **Language** | Mindfulness, Base of Support, Flow, Static Balance | Asymmetrical, Bend, Symmetrical, Stillness | Balance, Challenge, Physical Activity | Balance, Challenge, Healthy Lifestyle, Breathe, Choice |
| **Other**  **Resources** | ABC Flash Cards | Yoga Flow Reference Card | Hopscotch Official Rules | [Hopscotch YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtApRXACUgZR0FLbm-u7-cWA) |