



# OPEN<sup>®</sup> PHYSICAL EDUCATION CURRICULUM MAPS 40 WEEKS FOR GRADES K-2

## WEEKS 1 – 4

Weeks 1-4 (2 classes/week)	Week 1	Week 2	Week 3	Week 4
<b>OPEN Module</b>	<a href="#"><u>Back to School: The Fun Routine</u></a>	<a href="#"><u>Back to School: The Fun Routine</u></a>	<a href="#"><u>Personal &amp; Social Responsibility</u></a>	<a href="#"><u>Locomotor &amp; Manipulative Skills</u></a>
<b>Outcome Focus</b>	<ul style="list-style-type: none"> <li>• Move safely in personal/general space</li> <li>• Start/stop with signal</li> </ul>	<ul style="list-style-type: none"> <li>• Respectfully sharing equipment</li> <li>• Start/stop with signal</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperating with teammates</li> <li>• Active participation</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate locomotor skills</li> <li>• Move in different pathways</li> </ul>
<b>Instant Activity</b>	Name Tag	Super Chicken	Hoop Tower Relay	Say Cheese Tag
<b>Skill Development Activities</b>	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
<b>Assessment Tools</b>	Discussion Starters	Performance Rubric	Self-Assessment	Self-Assessment
<b>Academic Language</b>	Start/Stop Signal, Jump, Locomotor Skills, Safe	Control, Equipment, Respect, Share	Cooperation, Fun, Responsibility, Safety	Clockwise, Counter-Clockwise, Pathways
<b>Other Resources</b>	<a href="#"><u>OPEN YouTube Channel</u></a>	Active Home Menu	Complete Module Packet	Station Cards



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## WEEKS 5 – 8

Weeks 5-8 (2 classes/week)	Week 5	Week 6	Week 7	Week 8
<b>OPEN Module</b>	<a href="#"><u>Locomotor &amp; Manipulative Skills</u></a>	<a href="#"><u>Flag Tag</u></a>	<a href="#"><u>Flag Tag</u></a>	<a href="#"><u>Pumpkin Patch Games</u></a>
<b>Outcome Focus</b>	<ul style="list-style-type: none"> <li>Controlling bean bag/ ball</li> <li>Correct underhand tosses</li> </ul>	<ul style="list-style-type: none"> <li>Chase, flee and dodge to catch or avoid being caught</li> </ul>	<ul style="list-style-type: none"> <li>Travel at different speeds using different locomotor skills</li> </ul>	<ul style="list-style-type: none"> <li>Safely move and increase heart rate</li> </ul>
<b>Instant Activity</b>	Toss 3	Slow-Motion Tag	Slow-Motion Tag	Ghostbusters Tag
<b>Skill Development Activities</b>	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
<b>Assessment Tools</b>	Holistic Performance Rubric	Self-Assessment	Holistic Performance Rubric	DOK Questions
<b>Academic Language</b>	Control, Effort, Mature	Chase, Dodge, Flee, General Space	Locomotor Skills, Nutrition, Respect	Responsibility, Physical Activity, Self-Control
<b>Other Resources</b>	Activity Card Set	Universal Design Adaptations	Teacher Self-Evaluation & Reflection Guide	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
<b>OPEN Module</b>	<a href="#"><u>Foot Skills</u></a>	<a href="#"><u>Foot Skills</u></a>	<a href="#"><u>Parachute</u></a>	<a href="#"><u>Gratitude Games</u></a>
<b>Outcome Focus</b>	<ul style="list-style-type: none"> <li>Use appropriate amount of force on soccer ball to keep control</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate accurate passing/kicking skills towards a target</li> </ul>	<ul style="list-style-type: none"> <li>Work cooperatively with classmates</li> <li>Use parachute appropriately</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate teamwork and cooperation</li> </ul>
<b>Instant Activity</b>	Soccer Red Light, Green Light	Soccer Tag	Parachute Fitness	Thankful Turkey Toss
<b>Skill Development Activities</b>	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
<b>Assessment Tools</b>	Self-Assessment	Holistic Performance Rubric	Self-Assessment	Discussion Starters
<b>Academic Language</b>	Ball Control, Force	Pass, Trap, Target	Overhand Grip, Underhand Grip, Mixed Grip, Etiquette	Gratitude, Cooperation, Etiquette
<b>Other Resources</b>	DOK Questions	Station Day Task Cards	Parachute Rules Poster	<a href="#"><u>OPEN YouTube Channel</u></a>



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## WEEKS 13 – 16

Weeks 13-16 (classes/week)	Week 13	Week 14	Week 15	Week 16
<b>OPEN Module</b>	<a href="#">Rhythm Fit</a>	<a href="#">Rhythm Fit</a>	<a href="#">Winter Holiday Games</a>	<a href="#">Winter Holiday Games</a>
<b>Outcome Focus</b>	<ul style="list-style-type: none"> <li>Demonstrate the movements in the correct sequence</li> </ul>	<ul style="list-style-type: none"> <li>Perform routines to the correct beat and tempo</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate leadership and kindness during tag games</li> </ul>	<ul style="list-style-type: none"> <li>Increase heart rate to improve fitness level during activities</li> </ul>
<b>Instant Activity</b>	Catch Me If You Can	Jump-N-Kick	Polar Bear Cave	Red Nose Relay
<b>Skill Development Activities</b>	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
<b>Assessment Tools</b>	DOK Questions	Holistic Performance Rubric	Discussion Starters	DOK Questions
<b>Academic Language</b>	Click, Rhythm, Beat	Tap, Tempo, Choreography	Leadership, Generosity, Kindness	Self-Control, Heart Rate, Fitness
<b>Other Resources</b>	<a href="#">Lummi Stick YouTube Playlist</a>	<a href="#">Buckets YouTube Playlist</a>	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
<b>OPEN Module</b>	<b>Plug and Play Classroom Management</b>	<b><u>Locomotor &amp; Manipulative Skills</u></b>	<b><u>Ball Handling and Dribbling Skills</u></b>	<b><u>Ball Handling and Dribbling Skills</u></b>
<b>Outcome Focus</b>	<ul style="list-style-type: none"> <li>Review routines, behaviors, and etiquette needed to build a positive learning environment</li> </ul>	<ul style="list-style-type: none"> <li>Move safely using locomotor skills and manipulatives</li> </ul>	<ul style="list-style-type: none"> <li>Ability to dribble a basketball continuously with one hand</li> </ul>	<ul style="list-style-type: none"> <li>Identify dominant hand for dribbling</li> </ul>
<b>Instant Activity</b>	Super Chicken	Roll and Go	Toss 3	High 5 Bank Account
<b>Skill Development Activities</b>	Partner Flip the Hoop Soccer Tag Color Dash	Noodles 1 Noodles 2 Hula Hoop 2	Bubble Breakers Dribble Fitness 7 Dribbles	Bounce and Catch Driver's Test Walk the Dog
<b>Assessment Tools</b>	DOK Questions	DOK Questions	Self-Assessment	Holistic Performance Rubric
<b>Academic Language</b>	Challenge, Etiquette, Teamwork, Grit	Levels, Pathways, Personal Space	Bounce, Dribble, Continuous	Drop, Catch, Pass, Pathway
<b>Other Resources</b>	<a href="#">OPEN YouTube Channel</a>	Skill Cue Posters	Universal Design Adaptations	Sample Lesson Plan



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## WEEKS 21 – 24

Weeks 21-24 (2 classes/week)	Week 21	Week 22	Week 23	Week 24
<b>OPEN Module</b>	<a href="#"><u>Ball Handling and Dribbling Skills</u></a>	<a href="#"><u>Educational Gymnastics</u></a>	<a href="#"><u>Educational Gymnastics</u></a>	<a href="#"><u>Instant Activities</u></a>
<b>Outcome Focus</b>	<ul style="list-style-type: none"> <li>Demonstrate correct force needed for passing to target</li> </ul>	<ul style="list-style-type: none"> <li>Identify how to have a strong base of support for balances</li> </ul>	<ul style="list-style-type: none"> <li>Identify how to transfer weight from one body part to another safely</li> </ul>	<ul style="list-style-type: none"> <li>Moving safely in general and personal space</li> </ul>
<b>Instant Activity</b>	Dribble Fitness	Balance Tag	Pass the Pose	Fiddlesticks
<b>Skill Development Activities</b>	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
<b>Assessment Tools</b>	Dual Performance Rubric	Self-Assessment	Holistic Dual Performance Rubric	DOK Questions
<b>Academic Language</b>	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
<b>Other Resources</b>	Wall Passing Target	<a href="#"><u>OPEN YouTube Channel</u></a> Safety Checklist	Gymnastics Cards Safety Checklist	Dance Instant Activities



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## WEEKS 25 – 28

Weeks 25-28 (2 classes/week)	Week 25	Week 26	Week 27	Week 28
<b>OPEN Module</b>	<a href="#"><u>Instant Activities</u></a>	<a href="#"><u>Pi Day Activities</u></a>	<a href="#"><u>Dance</u></a>	<a href="#"><u>Dance</u></a>
<b>Outcome Focus</b>	<ul style="list-style-type: none"> <li>Accurately toss and catch with a partner</li> </ul>	<ul style="list-style-type: none"> <li>Cooperate with teammates while completing challenges</li> </ul>	<ul style="list-style-type: none"> <li>Actively engage during dances</li> </ul>	<ul style="list-style-type: none"> <li>Perform correct movements with beat of the music</li> </ul>
<b>Instant Activity</b>	Toss 3	Pi Day Races	Pop See Ko	Dancing Duke of York
<b>Skill Development Activities</b>	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
<b>Assessment Tools</b>	DOK Questions	Who Wants Pi Exercise Chart	Self-Assessment	Holistic Performance Rubric
<b>Academic Language</b>	Underhand Throw, Overhand Throw	Challenge, Cooperation, Pi, Target Heart Rate	Dance, Leader, Beat, Rhythm, Tempo	Movement, Locomotor, Non-Locomotor
<b>Other Resources</b>	Instant Activity Dice Games	Academic Language Cards	<a href="#"><u>OPEN YouTube Channel</u></a>	Dance Activity Cards



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## WEEKS 29 – 32

Weeks 29-32 (2 classes/week)	Week 29	Week 30	Week 31	Week 32
<b>OPEN Module</b>	<u><a href="#">Dance</a></u>	<u><a href="#">Minute to Win</a></u>	<u><a href="#">Minute to Win</a></u>	<u><a href="#">Field Day</a></u>
<b>Outcome Focus</b>	<ul style="list-style-type: none"> <li>Move with the beat and tempo of the music</li> </ul>	<ul style="list-style-type: none"> <li>Utilize a growth mindset during challenges</li> </ul>	<ul style="list-style-type: none"> <li>Work as a team and set goals to improve challenge scores</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate Spirit of the Game during all Field Day activities</li> </ul>
<b>Instant Activity</b>	The Hokey Pokey	Balancing Spoons	Cone Catcher	Alaskan Baseball
<b>Skill Development Activities</b>	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
<b>Assessment Tools</b>	Holistic Dual Performance Rubric	Academic Language Quiz	Challenge Scorecards	National Field Day Certificate
<b>Academic Language</b>	Count, Rhythm, Direction, Culture	Growth Mindset, Grit, Challenge	Teamwork, Cooperation, Success, Goal	Respect, Collaboration, Spirit of the Game
<b>Other Resources</b>	Academic Language Cards	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
<b>OPEN Module</b>	<a href="#"><u>Field Day</u></a>	<a href="#"><u>Volleying and Striking</u></a>	<a href="#"><u>Volleying and Striking</u></a>	<a href="#"><u>Volleying and Striking</u></a>
<b>Outcome Focus</b>	<ul style="list-style-type: none"> <li>Demonstrate Spirit of the Game during all Field Day activities</li> </ul>	<ul style="list-style-type: none"> <li>Ability to strike and volley an object upward continuously</li> </ul>	<ul style="list-style-type: none"> <li>Ability to volley with a partner</li> </ul>	<ul style="list-style-type: none"> <li>Ability to strike with a paddle to volley with a partner</li> </ul>
<b>Instant Activity</b>	Cherry on Top	First Things First	Musical Balloon Bop	Say Cheese Tag
<b>Skill Development Activities</b>	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
<b>Assessment Tools</b>	National Field Day Certificate	Self-Assessment	DOK Questions	Dual Performance Rubric
<b>Academic Language</b>	Respect, Collaboration, Spirit of the Game	Consecutive, Self-Space, Actively Engage	Volley, Strike, Feedback, Response	Volley, Strike, Challenge
<b>Other Resources</b>	<a href="#"><u>OPEN YouTube Channel</u></a>	Academic Language Cards	<a href="#"><u>OPEN YouTube Channel</u></a>	Station Cards



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## WEEKS 37 – 40

Weeks 37-40 (2 classes/week)	Week 37	Week 38	Week 39	Week 40
<b>OPEN Module</b>	<a href="#"><u>Yoga &amp; Mindfulness</u></a>	<a href="#"><u>Yoga &amp; Mindfulness</u></a>	<a href="#"><u>Hopscotch</u></a>	<a href="#"><u>Hopscotch</u></a>
<b>Outcome Focus</b>	<ul style="list-style-type: none"> <li>Define Mindfulness</li> <li>Demonstrate a variety of static balance positions</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate how to transfer weight to flow from one position to the next</li> </ul>	<ul style="list-style-type: none"> <li>Discuss reasons to be physically active</li> </ul>	<ul style="list-style-type: none"> <li>Identify ways to be physically active at home</li> </ul>
<b>Instant Activity</b>	Yum Yum Yum	Pass the Pose	Around the Blocks Tabata	Around the Blocks Tabata
<b>Skill Development Activities</b>	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
<b>Assessment Tools</b>	Self-Assessment	Relax and Reflect Exit Slip	Thumbs Up/Down Assessment	Discussion/Journal Prompts
<b>Academic Language</b>	Mindfulness, Base of Support, Flow, Static Balance	Asymmetrical, Bend, Symmetrical, Stillness	Balance, Challenge, Physical Activity	Balance, Challenge, Healthy Lifestyle, Breathe, Choice
<b>Other Resources</b>	ABC Flash Cards	Yoga Flow Reference Card	Hopscotch Official Rules	<a href="#"><u>Hopscotch YouTube Playlist</u></a>