



OPEN[®] PHYSICAL EDUCATION CURRICULUM MAPS 40 WEEKS FOR GRADES 6-8

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	Take Home Tabata Routines	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	<u>Adventure Learning</u>	<u>Fitness Knowledge</u>	<u>Fitness Knowledge</u>	<u>Health and Wellness</u>
Outcome Focus	<ul style="list-style-type: none"> Identify and demonstrate supportive language for classmates 	<ul style="list-style-type: none"> Calculate resting heart rate and target heart rate zone 	<ul style="list-style-type: none"> Discuss dynamic and static stretches Design a MyPlate meal with balanced nutrition 	<ul style="list-style-type: none"> Identify the 4 Pillars of Health
Instant Activity	Super Chicken	Coach D's FITTness Warm-up	Emotional Health Warm-up	Pillars of Health
Skill Development Activities	Count Up Partner Pathways Circle the Wagons Ducks and Dogs Cooperative Count	AMRAP Teamwork Cupid Fitness Capacity Tabata to Improve	Stretch Arm Strong Make a MyPlate Meal Freeze Yoga	Food is Fuel Food Relationships On the Run
Assessment Tools	Holistic Rubric	Fitness Knowledge Exit Slip FITT Activity Log	Academic Language Quiz Holistic Performance Rubric	Academic Language Quiz
Academic Language	Patience, Responsibility, Respect, Commitment	FITT Formula, Moderate, Vigorous, AMRAP	Static Stretch, Dynamic Stretch, Nutrition, Food Groups	Nutrition, Movement, Stress Management, Sleep, Leadership
<u>Believe In You Journal</u>	Week 5	Week 6	Week 7	Week 8
Other Resources	Universal Design for Learning	Perceived Exertion Card	MyPlate Food Cards	Teacher Self-Reflection Guide



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WEEKS 9 – 12

Weeks 9-12 (3 classes/week)	Week 9	Week 10	Week 11	Week 12
OPEN Module	Health and Wellness	Roundnet	Roundnet	Roundnet
Outcome Focus	<ul style="list-style-type: none"> Design a fitness and nutrition plan 	<ul style="list-style-type: none"> Describe similarities and differences between the types of bounces used 	<ul style="list-style-type: none"> Accurately rate effort Accurately record performance data 	<ul style="list-style-type: none"> Describe positions that reduce offensive options during defensive challenges
Instant Activity	Pillars of Health	Shape Shifters	Rally Time	Make 'em Move
Skill Development Activities	Spell it Out The A to ZZZ's of Sleep My Fitness Plan	Self-Passing Challenges Spikeball Bounce & Catch Partner Passing Plays Rally Time	Partner Passing Pentathlon Selfie Spikes Spiking Pentathlon Make 'em Move	Anticipate & Position Roundnet 4 Rookies Tam Tactics Roundnet 4 Pros
Assessment Tools	Spell it Out Worksheet Sleep PSA Worksheet	DOK Questions	Passing Pentathlon Skill Card Spiking Pentathlon Skill Card	Holistic Performance Rubric
Academic Language	Health-related fitness, Skill-related fitness, Goal	Accuracy, Control, Force, Rally	Pentathlon, Effort, Improve, Spike	Anticipation, Positioning, Offense, Defense
Believe In You Journal	Week 9	Week 10	Week 11	Week 12
Other Resources	Great Goal 5-day Journal	OPEN YouTube Channel	Cue Charts Challenge Cards	Tournament Options Tactical Team Challenge Card



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WEEKS 13 – 16

Weeks 13-16 (3 classes/week)	Week 13	Week 14	Week 15	Week 16
OPEN Module	Rugby	Rugby	The Adventure Mile	Winter Holiday Games
Outcome Focus	<ul style="list-style-type: none"> Perform a leading pass to a moving teammate Identify strategies for creating/closing space 	<ul style="list-style-type: none"> Combine skills and strategies learned to successfully participate in rugby 	<ul style="list-style-type: none"> Maintain a heart rate in the heart healthy zone 	<ul style="list-style-type: none"> Increase heart rate to improve fitness level
Instant Activity	Rugby Tag	Monkey in the Middle	Shadow Running	Red Nose Relay
Skill Development Activities	Stationary Passing Leader Ball Star Passing Drill Sharks & Minnows Gauntlet	Partner Score Learning Lanes Ultimate End Ball Flag Rugby	Walk/Jog Scavenger Hunt Continuous Relay 800-Meter Time Trial The Adventure Mile The 3K Marathon	Snowman and Sunshine Feed the Reindeer Down the Chimney
Assessment Tools	Purposeful Practice Plan	Teamwork Exit Slip	Time Trial Journal Page Academic Language Quiz	DOK Questions
Academic Language	Grip, Fake, Hand-Off, Pop Pass, Leading Pass	Ball Movement, Cut, Teamwork	Adjust, Technique, Empower, Exertion	Self-Control, Heart Rate, Fitness
Believe In You Journal	Week 13	Week 14	Week 15	Week 16
Other Resources	Grip Cue Chart Passing Cue Chart	Try Cue Chart Ball Handling Cue Chart	Optimism Announcement Card	Snowflake Station Cards



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WEEKS 17 – 20

Weeks 17-20 (3 classes/week)	Week 17	Week 18	Week 19	Week 20
OPEN Module	<u>Plug and Play Classroom Management</u>	<u>Plug and Play Fitness</u>	<u>Basketball Skills</u>	<u>Basketball Skills</u>
Outcome Focus	<ul style="list-style-type: none"> Review and discuss classroom procedures 	<ul style="list-style-type: none"> Discuss the importance of form when exercising 	<ul style="list-style-type: none"> Demonstrate critical cues for passing, receiving, and dribbling 	<ul style="list-style-type: none"> Demonstrate critical cues for shooting
Instant Activity	Toss 3	20-Meter RPS Challenge	<u>Alphabet Soup</u>	Toss 3
Skill Development Activities	Switch Hoop Tower Relay Move With Words Three P's Me, You, You, Me	Warrior Fitness Partner Poses Unplugged 4-Corner Boogie Planking Hockey	All-Star Passing Dribble Stoppers Corner to Corner	Money in the Bank Three to a Hoop Challenger
Assessment Tools	DOK Questions	DOK Exit Slip	Self-Assessment Worksheet	Academic Language Quiz
Academic Language	Challenge, Etiquette, Teamwork, Grit	Core, Balance, Form, Mental Health, Plank	Dribble, Dominant Hand, Pass, Receive	Follow Through, Positive Language, Fake, Foul
<u>Believe In You Journal</u>	Week 17	Week 18	Week 19	Week 20
Other Resources	Believe in You 5-day Journals	<u>OPEN YouTube Channel</u>	Skill Cards	Academic Language Cards



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WEEKS 21 – 24

Weeks 21-24 (3 classes/week)	Week 21	Week 22	Week 23	Week 24
OPEN Module	<u>Basketball Skills</u>	<u>Circus Arts</u>	<u>Circus Arts</u>	<u>Tabata Training</u>
Outcome Focus	<ul style="list-style-type: none"> Identify strategies for finding/creating space on offense and closing space on defense 	<ul style="list-style-type: none"> Juggle successfully with a variety of objects 	<ul style="list-style-type: none"> Perform a circus arts routine with a group, with a partner, or as a solo act 	<ul style="list-style-type: none"> Demonstrate fitness activities with proper form and attention to safety
Instant Activity	All-Star Passing	<u>Shape Shifters</u>	Hoop Tower Relay	Tabata Warm-Up
Skill Development Activities	POKE Kareem Abdul-Jabbar Can't Stop Me Stations	Basic Juggling Advanced Juggling Diabolo Flower Sticks	Balance Challenges Circus Practice Circus Combinations Circus Performance	One and Done Double or Nothing Tabata Interval Stations
Assessment Tools	Holistic Performance Rubric	Academic Language Quiz	Circus Routine Planning Card	Physical Activity Log
Academic Language	Etiquette, Passing Lane, Pivot, Transition	Juggle, Gravity, Newton's Laws of Motion	Balance, Pivot Point, Practice, Grit, Focus	Skill-Related Fitness, Compare, Contrast
<u>Believe In You Journal</u>	Week 21	Week 22	Week 23	Week 24
Other Resources	Half-Court Basketball Rules Station Cards	<u>OPEN YouTube Channel</u> Juggling Station Cards	Newton's Laws Posters Circus Arts Station Cards	Blank Routine Cards



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WEEKS 25 – 28

Weeks 25-28 (3 classes/week)	Week 25	Week 26	Week 27	Week 28
OPEN Module	Tabata Training	Volleyball	Volleyball	Dance
Outcome Focus	<ul style="list-style-type: none"> Ability to work in target zone by adjusting exercise intensity as needed 	<ul style="list-style-type: none"> Apply skill cues when performing volleyball skills (e.g., bump, set, serve) 	<ul style="list-style-type: none"> Apply skill cues and strategies during small-sided games 	<ul style="list-style-type: none"> Perform correct movements with beat of the music
Instant Activity	Tabata Warm-Up	R, P, S, Victory Lap	Set Ball	Leadership Dance Party
Skill Development Activities	Mirror Mirror Flip Flop Don't Stop Tabata Interval Stations	Set Ball Hula Hoop Volleyball Sit and Set Pass and Go	Volleyball 4-Square Peer Coaching Pass, Set, Hit, Rally Royal Court Points Rotation	The Safety Dance Sports Picture Dance Dance With Words D'Hammerschmiedsgselln
Assessment Tools	Academic Language Quiz Holistic Rubric	Academic Language Quiz	Peer Coaching Feedback Form	Dance With Words Brainstorm Page
Academic Language	Respiratory System, Body Systems, Muscle	Bump, Set, Serve, Rally	Rotation, Teamwork, Integrity	Beat, 8-Count, Choreography
Believe In You Journal	Week 25	Week 26	Week 27	Week 28
Other Resources	Muscle & Bone Strengthening Puzzle	Volleyball Cue Charts	Academic Language Cards	OPEN YouTube Channel



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WEEKS 29 – 32

Weeks 29-32 (3 classes/week)	Week 29	Week 30	Week 31	Week 32
OPEN Module	<u>Dance</u>	<u>Pickleball</u>	<u>Pickleball</u>	<u>Pickleball</u>
Outcome Focus	<ul style="list-style-type: none"> Actively engage during dances Perform order and sequence by memory 	<ul style="list-style-type: none"> Demonstrate a correct forehand, backhand, and lob stroke 	<ul style="list-style-type: none"> Perform both forehand and backhand strokes during game play 	<ul style="list-style-type: none"> Volley continuously with others
Instant Activity	The Safety Dance	Pickleball Tag	<u>String Theory</u>	Level 2 Toss Drills
Skill Development Activities	Sports Picture Dance Fist Pump Jump Jump Samoa Sasa Crazy Bird	Pancake Flipper Level 1 Toss Drills 1-Bounce Partner Scramble Partner Rally Drills	Partner Rally Tally Serve Drills Fronton Singles Crosscourt/Down the Line	Doubles Rally Tally Fronton Doubles Pickleball Station Day Royal Court Game Day
Assessment Tools	Academic Language Quiz	Self-Assessment	Partner Rally Tally Card	Academic Language Quiz Doubles Rally Tally Card
Academic Language	Rhythm, Culture, Pivot, Tempo	Grip, Volley, Strike, Weight Transfer, Continuous	Strategy, Cooperate, Pattern	Accuracy, Feedback, Positive Language, Rally
<u>Believe In You Journal</u>	Week 29	Week 30	Week 31	Week 32
Other Resources	Universal Design for Learning	<u>OPEN YouTube Channel</u> Pickleball Cue Cards	Pickleball Rules Poster Pickleball Court Diagram	Spirit of the Game Award Pickleball Strategy Cards



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WEEKS 33 – 36

Weeks 33-36 (3 classes/week)	Week 33	Week 34	Week 35	Week 36
OPEN Module	<u>Ultimate Disc</u>	<u>Ultimate Disc</u>	<u>Rhythm Fit</u>	<u>Rhythm Fit</u>
Outcome Focus	<ul style="list-style-type: none"> Throw and catch a disc using skill cues 	<ul style="list-style-type: none"> Ability to apply skills to a modified or regulation game of Ultimate Disc 	<ul style="list-style-type: none"> Demonstrate movements in the correct sequence 	<ul style="list-style-type: none"> Perform choreography to the correct beat and tempo
Instant Activity	Switch	Hoop It Up	Coastin'	Jump-N-Kick
Skill Development Activities	Toss Up Throw and Go Fly Disc Baseball Uno, Dos, Tres Ultimate Contests	Hot Box Goaltimate Mini-Ultimate Ultimate Disc	Hip Hop Feet Jump-N-Kick Run It Back Cross & Dip	Groove and Flow Go Off To the Core
Assessment Tools	Spirit of the Game Exit Slip	Purposeful Practice Plan Holistic Rubric	Lummi Stick Academic Language Quiz	Bucket Academic Language Quiz
Academic Language	Lead Pass, Spirit of the Game, Backhand	Disc, Pancake, Possession, Communication, Cut	Rhythm, Beat, Choreography, Click	Actively Engage, Movement, Tap
<u>Believe In You Journal</u>	Week 33	Week 34	Week 35	Week 36
Other Resources	Throwing & Catching Skill Cue Charts	Ultimate Disc Rule Sheet	<u>Lummi Sticks YouTube Playlist</u>	<u>Buckets YouTube Playlist</u>



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WEEKS 37 – 40

Weeks 37-40 (3 classes/week)	Week 37	Week 38	Week 39	Week 40
OPEN Module	Rhythm Fit	OPEN 8	OPEN 8	Limited Equipment/ Instant Activities
Outcome Focus	<ul style="list-style-type: none"> Perform the order and sequence of the routines by memory 	<ul style="list-style-type: none"> Work with classmates to successfully complete challenges 	<ul style="list-style-type: none"> Discuss connection between social interaction and physical activity 	<ul style="list-style-type: none"> Work safely while staying active Create a summer fitness plan
Instant Activity	Run It Back	Lead By Example	Catch Me If You Can	Hoop Tower Relay
Skill Development Activities	Island Hopping Keep Climbin' NYC Roll Call	Birth of Sky Emerging Force Awaken the Earth Life of Water	Life of Wind Life on the Ice Master of Life Act of Ultimate Courage	Capture the Corner Switch Hoop It Up Cardio Max Kickball Odd Ball
Assessment Tools	Exercise Ball Academic Language Quiz	DOK Questions	Academic Language Exit Slip	Summer Fitness Activity Tracker
Academic Language	Tempo, Combination, Sequence	Accurate, Challenging, Spirit of the Game	Actively Engage, Responsibility, Teamwork	Actively Engage, SMART Goal
Believe In You Journal	Week 37	Week 38	Week 39	Week 40
Other Resources	Exercise Ball YouTube Playlist	Muscular Fitness Challenge Poster	Aerobic Challenge Card	Summer Fitness Plan