



Online Physical Education Network

1-Hour Introduction to OPENPhysEd.org

Welcome Message

This is an OPENPhysEd.org mini-workshop designed to introduce you to the OPEN Curriculum Project sponsored by US Games. We're going to experience a set of activities from the program and talk briefly about the academic rigor components involved in the curriculum design.

Toss 3 [Instant Activities]

Backward Design

- **Standard 1 [E16.4]** Catches a thrown ball at chest/waist level using a mature pattern in a non-dynamic environment (Grade 4).
- **Standard 3 [E6.5]** Analyzes the impact of food choices relative to physical activity, youth sports & personal health (Grade 5).

Heavy Lifters [K-2 Personal & Social Responsibility]

Academic Language

Share (verb) To split or divide a portion of something with others.

We need to share the beanbags with other teams so that everyone has equipment to play with.

4-Corner Boogie [Middle School Plug & Play Fitness]

Academic Language and DOK Questions

Physically Active Lifestyle (noun) A way of living that includes regular, habitual physical activity.

DOK 1: Let's create a list of all of the physical activities we enjoy.

DOK 2: How does each activity on our list impact our physical and mental health?

Robotics Lab [3-5 Personal & Social Responsibility]

Academic Language and DOK Questions

Safety (noun) The condition of being protected against physical, social, and emotional harm.

DOK 1: How can you recognize safe behaviors?

DOK 2: How would you compare and contrast safe behaviors with dangerous behaviors?

DOK 3: Can you predict what would happen in our Robotics Lab if students acted in ways that were not safe?

DOK 4: Let's develop a plan that we can follow if any of us see unsafe behaviors.

Self Passing Challenges & Partner Passing Challenges [Middle School Roundnet]

Customizable Resources: Self and Partner Passing Challenge Cards

Quick Guide for Accessing OPEN Materials

Step 1: Visit www.OPENPhysEd.org

Step 2: Mouse-over "Login for Free" (upper right of page) and select "Signup Now"

Step 3: Fill out all information and then click the "Register" button (bottom of page)

Step 4: Login using your new username and password

Step 5: Go to "Curriculum Resources" to view and access all of the OPEN content

Contact information

- www.openphysed.org/about/contact-open
- Contact the OPEN Team via Aaron Hart: ahart@usgames.com
- Connect on Twitter: @OPENPhysEd