

10-Week Block Plan with Priority Outcomes & SEL Focus

Week #	Modules by Grade Level				Priority Outcomes Addressed				Social & Emotional Learning Focus			
	Primary K-2 Topic	Intermediate 3-5 Topic	Middle School 6-8 Topic	High School 9-12 Topic	Values	Movement	Fitness	Responsibility	SEL Focus	Go Be Great K-5 Alignment	Go Be Great 6-8 Alignment	Believe In You HS Alignment
Week 1	Go Be Great A back-to-school tour of physical education	Go Be Great A back-to-school tour of physical education	Go Be Great A back-to-school tour of physical education	Believe In You Developing a healthy, active, and optimistic lifestyle.	Personal Enjoyment	Movement Concepts	Physical Activity Knowledge	Personal Responsibility & Safety	Self-Awareness	Powered by Optimism: Recognize emotions and thoughts and how they influence behavior.	Powered by Optimism: Develop well-grounded confidence and growth mindset.	Knowing You: Recognize strengths to overcome obstacles.
Week 2	Go Be Great A back-to-school tour of physical education	Go Be Great A back-to-school tour of physical education	Go Be Great A back-to-school tour of physical education	Believe In You Developing a healthy, active, and optimistic lifestyle.	Social Interaction	Movement Concepts	Physical Activity Knowledge	Etiquette	Self-Management	Motivation Matters: Regulate personal responses to different situations and challenges.	Motivation Matters: Maintaining self-motivation by managing emotional highs and lows in the pursuit of personal grit.	Growing You: Apply growth mindset to self-improvement.
Week 3	Go Be Great A back-to-school tour of physical education	Go Be Great A back-to-school tour of physical education	Go Be Great A back-to-school tour of physical education	Believe In You Developing a healthy, active, and optimistic lifestyle.	Personal Enjoyment	Movement Concepts	Physical Activity Knowledge	Personal Responsibility, Safety & Etiquette	Social Awareness	Respect the Rules: Accept others and discover empathy.	Respect the Rules: Develop an inclusive and respect-centered perspective on family, local and global community.	Seeking Significant Differences: Appreciate and amplify the benefits of human diversity.
Week 4	K-2 Loopy Laps with Rising New York Road Runners	3-5 Loopy Laps with Rising New York Road Runners	Fitness on the Move with Rising New York Road Runners	Lifetime Fitness Running with Rising New York Road Runners	Personal Health	Locomotor Skills	Fitness Knowledge	Personal Responsibility & Safety	Relationship Skills	Communication Counts: Learn how to communicate clearly and listen actively.	Communication Counts: Develop the courage and skill to ask for help and offer support to others.	Valuing Relationship Rewards: Communicate and collaborate for the benefit of everyone.
Week 5	K-2 Loopy Laps with Rising New York Road Runners	3-5 Loopy Laps with Rising New York Road Runners	Fitness on the Move with Rising New York Road Runners	Lifetime Fitness Running with Rising New York Road Runners	Personal Health	Locomotor Skills	Fitness Knowledge	Personal Responsibility & Safety	Responsible Decision-Making	Choice Checkers: Think ahead about the consequences of choices.	Choice Checkers: Develop a solution-focused mindset with balanced consideration of self and others.	Growing Beyond Yourself: Analyze and solve problems to realize your ethical potential.
Week 6	K-2 Loopy Laps with Rising New York Road Runners	3-5 Loopy Laps with Rising New York Road Runners	Fitness on the Move with Rising New York Road Runners	Lifetime Fitness Running with Rising New York Road Runners	Personal Health	Locomotor Skills	Fitness Knowledge	Personal Responsibility & Safety	Self-Awareness	Powered by Optimism: Recognize emotions and thoughts and how they influence behavior.	Powered by Optimism: Develop well-grounded confidence and growth mindset.	Knowing You: Recognize strengths to overcome obstacles.
Week 7	K-2 Loopy Laps with Rising New York Road Runners	3-5 Loopy Laps with Rising New York Road Runners	Fitness on the Move with Rising New York Road Runners	Lifetime Fitness Running with Rising New York Road Runners	Personal Health	Movement Concepts	Fitness Knowledge	Personal Responsibility & Safety	Self-Management	Motivation Matters: Regulate personal responses to different situations and challenges.	Motivation Matters: Maintaining self-motivation by managing emotional highs and lows in the pursuit of personal grit.	Growing You: Apply growth mindset to self-improvement.
Week 8	Meaningful Movement and Fitness Fun for Grades K-2	Meaningful Movement and Fitness Fun for Grades 3-5	Middle School Fitness Planning with a Purpose	High School Fitness for Mind, Muscle & Health	Personal Health	Movement Concepts	Fitness Programming	Personal Responsibility & Safety	Social Awareness	Respect the Rules: Accept others and discover empathy.	Respect the Rules: Develop an inclusive and respect-centered perspective on family, local and global community.	Seeking Significant Differences: Appreciate and amplify the benefits of human diversity.
Week 9	Meaningful Movement and Fitness Fun for Grades K-2	Meaningful Movement and Fitness Fun for Grades 3-5	Middle School Fitness Planning with a Purpose	High School Fitness for Mind, Muscle & Health	Personal Health	Movement Concepts	Nutrition	Personal Responsibility & Safety	Relationship Skills	Communication Counts: Learn how to communicate clearly and listen actively.	Communication Counts: Develop the courage and skill to ask for help and offer support to others.	Valuing Relationship Rewards: Communicate and collaborate for the benefit of everyone.
Week 10	Meaningful Movement and Fitness Fun for Grades K-2	Meaningful Movement and Fitness Fun for Grades 3-5	Middle School Fitness Planning with a Purpose	High School Fitness for Mind, Muscle & Health	Personal Enjoyment	Movement Concepts	Fitness Programming & Nutrition	Personal Responsibility & Safety	Responsible Decision-Making	Choice Checkers: Think ahead about the consequences of choices.	Choice Checkers: Develop a solution-focused mindset with balanced consideration of self and others.	Growing Beyond Yourself: Analyze and solve problems to realize your ethical potential.