<table>
<thead>
<tr>
<th>Week</th>
<th>Primary K-2 Topic</th>
<th>Intermediate 3-5 Topic</th>
<th>Middle School 6-8 Topic</th>
<th>High School 9-12 Topic</th>
<th>Values</th>
<th>Movement</th>
<th>Fitness</th>
<th>Responsibility</th>
<th>SEL Focus</th>
<th>Social &amp; Emotional Learning Focus</th>
<th>Believe In You HS Alignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Go Be Great A back-to-school tour of physical education</td>
<td>Go Be Great A back-to-school tour of physical education</td>
<td>Go Be Great A back-to-school tour of physical education</td>
<td>Believe In You Developing a healthy, active, and optimistic lifestyle.</td>
<td>Personal Enjoyment</td>
<td>Movement Concepts</td>
<td>Physical Activity Knowledge</td>
<td>Personal Responsibility &amp; Safety</td>
<td>Self-Awareness</td>
<td>Powered by Optimism: Recognize emotions and thoughts and how they influence behavior.</td>
<td>K-2 Topic</td>
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<tr>
<td>Week 3</td>
<td>Go Be Great A back-to-school tour of physical education</td>
<td>Go Be Great A back-to-school tour of physical education</td>
<td>Go Be Great A back-to-school tour of physical education</td>
<td>Believe In You Developing a healthy, active, and optimistic lifestyle.</td>
<td>Personal Enjoyment</td>
<td>Movement Concepts</td>
<td>Physical Activity Knowledge</td>
<td>Personal Responsibility &amp; Safety &amp; Etiquette</td>
<td>Social Awareness</td>
<td>Respect the Rules: Accept others and discover empathy.</td>
<td>Intermediate Topic</td>
</tr>
<tr>
<td>Week 4</td>
<td>K-2 Loopy Laps with Rising New York Road Runners</td>
<td>3-5 Loopy Laps with Rising New York Road Runners</td>
<td>Fitness on the Move with Rising New York Road Runners</td>
<td>Lifetime Fitness Running with Rising New York Road Runners</td>
<td>Personal Health</td>
<td>Locomotor Skills</td>
<td>Fitness Knowledge</td>
<td>Personal Responsibility &amp; Safety</td>
<td>Relationship Skills</td>
<td>Communication Counts: Learn how to communicate clearly and listen actively.</td>
<td>Middle School Topic</td>
</tr>
<tr>
<td>Week 5</td>
<td>K-2 Loopy Laps with Rising New York Road Runners</td>
<td>3-5 Loopy Laps with Rising New York Road Runners</td>
<td>Fitness on the Move with Rising New York Road Runners</td>
<td>Lifetime Fitness Running with Rising New York Road Runners</td>
<td>Personal Health</td>
<td>Locomotor Skills</td>
<td>Fitness Knowledge</td>
<td>Personal Responsibility &amp; Safety</td>
<td>Responsible Decision-Making</td>
<td>Choice Checkers: Think about the consequences of choices.</td>
<td>Middle School Topic</td>
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<tr>
<td>Week 6</td>
<td>K-2 Loopy Laps with Rising New York Road Runners</td>
<td>3-5 Loopy Laps with Rising New York Road Runners</td>
<td>Fitness on the Move with Rising New York Road Runners</td>
<td>Lifetime Fitness Running with Rising New York Road Runners</td>
<td>Personal Health</td>
<td>Locomotor Skills</td>
<td>Fitness Knowledge</td>
<td>Personal Responsibility &amp; Safety</td>
<td>Self-Awareness</td>
<td>Powered by Optimism: Recognize emotions and thoughts and how they influence behavior.</td>
<td>Middle School Topic</td>
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<tr>
<td>Week 8</td>
<td>Meaningful Movement and Fitness Fun for Grades K-2</td>
<td>Meaningful Movement and Fitness Fun for Grades 3-5</td>
<td>Middle School Fitness Planning with a Purpose</td>
<td>High School Fitness for Mind, Muscle &amp; Health</td>
<td>Personal Health</td>
<td>Movement Concepts</td>
<td>Fitness Programming</td>
<td>Personal Responsibility &amp; Safety &amp; Social Awareness</td>
<td>Respect the Rules: Accept others and discover empathy.</td>
<td>Respect the Rules: Develop an inclusive and respect-centered perspective on family, local and global community.</td>
<td>Go Be Great K-5 Alignment</td>
</tr>
<tr>
<td>Week 9</td>
<td>Meaningful Movement and Fitness Fun for Grades K-2</td>
<td>Meaningful Movement and Fitness Fun for Grades 3-5</td>
<td>Middle School Fitness Planning with a Purpose</td>
<td>High School Fitness for Mind, Muscle &amp; Health</td>
<td>Personal Health</td>
<td>Movement Concepts</td>
<td>Nutrition</td>
<td>Personal Responsibility &amp; Safety</td>
<td>Relationship Skills</td>
<td>Communication Counts: Learn how to communicate clearly and listen actively.</td>
<td>Go Be Great 6-8 Alignment</td>
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<tr>
<td>Week 10</td>
<td>Meaningful Movement and Fitness Fun for Grades K-2</td>
<td>Meaningful Movement and Fitness Fun for Grades 3-5</td>
<td>Middle School Fitness Planning with a Purpose</td>
<td>High School Fitness for Mind, Muscle &amp; Health</td>
<td>Personal Enjoyment</td>
<td>Movement Concepts</td>
<td>Fitness Programming &amp; Nutrition</td>
<td>Personal Responsibility &amp; Safety</td>
<td>Responsible Decision-Making</td>
<td>Choice Checkers: Think about the consequences of choices.</td>
<td>Go Be Great 6-8 Alignment</td>
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2020-2021 School Year

**10-Week Block Plan with Priority Outcomes & SEL Focus**

**Modules by Grade Level**

- **Week 1:** Go Be Great A back-to-school tour of physical education
- **Week 2:** Go Be Great A back-to-school tour of physical education
- **Week 3:** Go Be Great A back-to-school tour of physical education
- **Week 4:** K-2 Loopy Laps with Rising New York Road Runners
- **Week 5:** K-2 Loopy Laps with Rising New York Road Runners
- **Week 6:** K-2 Loopy Laps with Rising New York Road Runners
- **Week 7:** K-2 Loopy Laps with Rising New York Road Runners
- **Week 8:** Meaningful Movement and Fitness Fun for Grades K-2
- **Week 9:** Meaningful Movement and Fitness Fun for Grades K-2
- **Week 10:** Meaningful Movement and Fitness Fun for Grades K-2

**Priority Outcomes Addressed**

- Values
- Movement
- Fitness
- Responsibility
- SEL Focus

**Social & Emotional Learning Focus**

- Communication Counts: Learn how to communicate clearly and listen actively.
- Respect the Rules: Accept others and discover empathy.
- Powered by Optimism: Develop well-grounded confidence and growth mindset.
- K-2 Topic
- Intermediate Topic
- Middle School Topic
- High School Topic

**Believe In You HS Alignment**

- K-2 Topic
- Intermediate Topic
- Middle School Topic
- High School Topic

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