

School Year 2020-2021
Module Design Details & Rationale
OPENPhysEd.org

This document provides an outline for the curriculum modules that will make up the first three weeks of physical education instruction in the 2020-2021 school year. The goal is to provide educators with the information and curriculum planning tools needed to focus their professional efforts on local advocacy efforts to ensure physical education remains a core subject within every student's school day.

As we plan to support teachers in all 50 of the United States and in more than 100 countries world-wide, OPEN will be designing new curriculum modules to be implemented under three unique instructional environments.

OPTION 1:

Students Return to School (In School Instruction). This format will take physical distancing and CDC Guidance for Schools & Child Care into consideration. All learning activities will be designed to be adaptable for small and large spaces, both indoors and out.

OPTION 2:

Students Continue Distance Learning. This format will consider the fact that approximately 50% of all students do not have reliable access to an Internet-enabled device. It will also take accessibility to physical activity and fitness equipment into consideration.

OPTION 3:

Students Experience a Blended Instructional Approach (Shortened School Days/Weeks with Some Distance Learning). This format will assume that in-school physical education instruction will be limited (in time and/or space) and must focus on teaching concepts and demonstrating skills that will be learned, practiced and refined at home.

For planning purposes, the instructional materials for **the first 10 weeks** of the academic school year **will be available for free** on the OPENPhysEd.org website **starting August 1, 2020.**

When will other content be available?

- By September 15 we will deliver the second 10-weeks of instructional resources.
- By October 15 we will deliver the third 10-weeks.
- By December 15 we will deliver the fourth 10-weeks.

What about the At-Home Packets currently published on the OPENPhysEd.org website?

- Those packets will still be available. However, we encourage you to use our new instructional materials as you begin Day 1 of the 2020-2021 school year.



What to expect for

WEEKS 1-3

[Grades K-2 and Grades 3-5] **Go Be Great: A back-to-school tour of physical education.**

These two instructional modules introduce primary and intermediate students to the goals, routines, and safety protocols to be followed for safe and effective physical education. By the end of the module, students will be able to answer the guiding question, “How can I improve health and wellness for myself and others with routine physical activity?”

The emphasis of this module naturally falls on instilling in students an intrinsic value for physical activity that is both personal and relevant. This is done in a structure that also teaches personal responsibility for behaviors and for following the etiquette of physical education and activity environments. (*Refer to grade-level outcomes maps for priority outcomes addressed.*)

If your students return to school and you have face-to-face instruction, this module will also introduce the other two instructional formats (distance learning and blended) in order to prepare classes for potential disruptions in scheduling due to local COVID-19 outbreaks.

Additionally, students will be introduced to the larger *Go Be Great* social and emotional learning ecosystem. *Go Be Great* is an SEL instructional platform designed to empower students to become more confident and resilient in order to take control of their emotional and physical wellbeing.

Within the *Go Be Great* ecosystem, students are encouraged to embrace 5 actionable rights.

- To live optimistically.
- To act on positive motivation.
- To live with respect for self and others.
- To communicate with a unique voice.
- To make choices about how to share their greatness.

Each of these *Go Be Great* rights is aligned to one of the CASEL Core SEL Competencies.

[Middle School] **Go Be Great: A back-to-school tour of physical education.**

The middle school version of this module follows the vertical alignment started within the primary and intermediate grade levels. Middle schoolers will progress their understanding and appreciation for the value of physical activity within a structure that teaches and reinforces the safety protocols and etiquette of physical education class. (*Refer to grade-level outcomes maps for priority outcomes addressed.*)

Like the *Go Be Great* elementary modules, this middle school instructional module will also begin to explore the larger *Go Be Great* SEL ecosystem. Guided journals will help each student explore what it means to “live optimistically” as they make choices about how to share their unique voice and their greatness. All 5 *Go Be Great* rights will be presented in developmentally appropriate and relevant ways throughout the school year. This introductory module sets the stage for ongoing SEL progress throughout the 2020-2021 school year.

At the end of Grade 8, students will graduate into the *Believe In You* SEL ecosystem.

[High School] **Believe in You: Developing a healthy, active, and optimistic lifestyle.**

This instructional module lays a student-centered foundation for a high school physical education experience that empowers students to take control of their learning and their unique fitness journey with safe and developmentally appropriate activity options. (*Refer to grade-level outcomes maps for priority outcomes addressed.*)

Again, physical education goals, routines, and essential safety protocols will be addressed, and the groundwork will be laid so that instruction can move quickly from classroom to distance learning formats while building on OPEN's outcomes-based vertical alignment. By designing all 2020-2021 physical education modules for three instructional scenarios, teachers will be able to navigate likely scheduling disruptions while maintaining a consistent and structured focus on priority learning outcomes.

Believe in You is the cornerstone SEL program of Varsity Brands and is widely used throughout the United States. Brand Ambassador Kevin Atlas hosts two complete seasons of an inspirational streaming video series with OPEN-created curriculum tools to support progress toward CASEL Core SEL Competencies. Season 3 of *Believe in You* will be released in time for the 2020-21 school year.

The integration of *Believe in You* with OPEN's high school physical education curriculum resources provides a school-wide SEL focus that meets the critical needs of students and works toward priority physical education learning outcomes.

Learn more at www.believeinyou.com

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Check back soon for details on the modules for weeks 4-10.