**WEEKS 1 – 4**

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| **Weeks 1-4****(2 classes/week)** | **Week 1** | **Week 2** | **Week 3** | **Week 4** |
| **OPEN****Module** | **[Back to School:](https://open.varsityuniversity.org/back-to-school-3-5/)** **[Minute to Win](https://open.varsityuniversity.org/back-to-school-3-5/)** | **[Back to School:](https://open.varsityuniversity.org/back-to-school-3-5/)** **[Minute to Win](https://open.varsityuniversity.org/back-to-school-3-5/)** | [**Fitness Knowledge**](https://open.varsityuniversity.org/fitness-knowledge-3-5/) | [**Fitness Knowledge**](https://open.varsityuniversity.org/fitness-knowledge-3-5/) |
| **Outcome Focus** | * Move safely in personal and general space
* Start/stop with signal
 | * Cooperate with teammates
* Responsibly share space and equipment
 | * Design a fitness plan with a variety of activities
 | * Identify components of Health-Related and Skill-Related Fitness
 |
| **Instant****Activity** | Name Tag | Partner Scavenger Hunt | Food Card Warm-up | Dynamic Warm-up |
| **Skill Development Activities** | Chain BreakersIce Cream Cone RacesBeanbag LauncherDonut DashStrikers United | Golf Bucket ChallengeBucket HeadBucket BouncerHoop It UpCone Catcher | 1-Minute Fitness ChallengeInvisible DumbbellsWalk ’n Talk Cool-DownDice Stretch | Plank TagHealth-Related ChallengesSkill-Related ChallengesRoll the Dice |
| **Assessment****Tools** | Growth Mindset Journal | Performance Rubric | Self-Assessment | Student Fitness Portfolio |
| **Academic** **Language** | Safety, Respect, Teamwork, Personal Space, General Space | Integrity, Share, Cooperation, Communication | Circuit Training, Cool-Down, Warm-Up | Health-Related Fitness, Skill-Related Fitness |
| **Other****Resources** | Classroom Rules Poster | Student Empowerment Rights Poster | 1-minute Fitness Challenge Card | Fitness Plan |

**WEEKS 5 – 8**

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| **Weeks 5-8****(2 classes/week)** | **Week 5** | **Week 6** | **Week 7** | **Week 8** |
| **OPEN****Module** | [**Instant Activities**](https://open.varsityuniversity.org/instant-activities-k-5/) | [**Flag Football**](https://open.varsityuniversity.org/flag-football-3-5/) | [**Flag Football**](https://open.varsityuniversity.org/flag-football-3-5/) | [**Pumpkin Patch Games**](https://open.varsityuniversity.org/pumpkin-patch-k-5/) |
| **Outcome Focus** | * Cooperate with teammates
* Safely share space and equipment
 | * Accurately throw and catch
* Identify strategies for flag pulling
 | * Apply movement concepts to safely chase or flee
 | * Demonstrate cooperation and teamwork skills
 |
| **Instant****Activity** | First Things First | Toss 3 | High 5 Bank Account | Candy Crushers |
| **Skill Development Activities** | Hoop Tower RelayCatch Me If You CanSuper ChickenHigh 5 Bank Account | Partner Pass and Chase2 Steps Forward, 1 Step BackBee Hive | Partner Catch and Flip1v1 Catch and ScoreLook It InWristband Wranglers | Ghost TossersThe Pumpkin PatchGhost HuntSpooky Stations |
| **Assessment****Tools** | DOK Questions | Academic Language Quiz | Performance Rubric | DOK Questions |
| **Academic****Language** | Cooperation, Teamwork, Communication | Chase, Flee, Offense, Defense | Huddle, Movement Concepts, Strategy | Cooperation, Teamwork, Honesty, Encourage |
| **Other****Resources** | Tag of the Month Activities | Skill Cards | Universal Design for Learning | Ghost Hunters Exercise Chart |

**WEEKS 9 – 12**

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| **Weeks 9-12****(2 classes/week)** | **Week 9** | **Week 10** | **Week 11** | **Week 12** |
| **OPEN****Module** | [**Pumpkin Patch Games**](https://open.varsityuniversity.org/pumpkin-patch-k-5/) | [**Soccer Skills**](https://open.varsityuniversity.org/soccer-skills-3-5/) | [**Soccer Skills**](https://open.varsityuniversity.org/soccer-skills-3-5/) | [**Gratitude Games**](https://open.varsityuniversity.org/gratitude-games-k-8/) |
| **Outcome Focus** | * Safely move and increase heart rate
 | * Demonstrate control of soccer ball while dribbling and passing
 | * Identify ways to look for and move to open space to pass/receive
 | * Demonstrate teamwork and cooperation
 |
| **Instant****Activity** | Ghostbusters Tag | R, P, S, Victory Lap | Soccer Tag | Thankful Turkey Toss |
| **Skill Development Activities** | Pass the Pumpkin RelayPumpkin Tic-Tac-ToeThe Great Pumpkin HuntPumpkin Races | ScramblePass vs. DribbleShark AttackKeep Away | WindowsSoccer GolfShooting ThunderStation Day | Trap the Turkey Rows of GratitudeGratitude WreathFood Collectors |
| **Assessment****Tools** | DOK Questions | Self-Assessment | Academic Language Quiz | DOK Questions |
| **Academic****Language** | Responsibility, Physical Activity, Self-Control | Ball Control, Dribble, Pass, Trap | Receive, Ready Position, Offense, Defense | Gratitude, Cooperation, Etiquette |
| **Other****Resources** | Trick or Treat Fitness Stations | Universal Design for Learning | Academic Language Cards | Rows of Gratitude Yoga Cards |

**WEEKS 13 – 16**

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| **Weeks 13-16****(2 classes/week)** | **Week 13** | **Week 14** | **Week 15** | **Week 16** |
| **OPEN****Module** | [**Gratitude Games**](https://open.varsityuniversity.org/gratitude-games-k-8/) | [**Winter Wonderland**](https://open.varsityuniversity.org/winter-wonderland-k-8/) | [**Snowman Championships**](https://open.varsityuniversity.org/snowman-championships-k-5/) | [**Snowman Championships**](https://open.varsityuniversity.org/snowman-championships-k-5/) |
| **Outcome Focus** | * Discussion about the true meaning of the Thanksgiving season
 | * Demonstrate etiquette and kindness
 | * Build teamwork and leadership
 | * Develop school spirit and community pride
 |
| **Instant****Activity** | Catch the Turkey | Polar Bear Cave | Frostbite Tag  | Snowman Builders |
| **Skill Development Activities** | Stuff the TurkeyPass the JoyNight Before ThanksgivingTurkey Feather Round Up | Elf on the Shelf TagGift NinjasRed Nose RelayNo Grinches Allowed | Snowman RunSnowball TossSnowman & Sunshine Tag | Ornaments in the AtticFeed the ReindeerSnowman RunSnowflake Maps |
| **Assessment****Tools** | DOK Questions | Discussion Starters | Academic Language Quiz | Performance Rubric |
| **Academic****Language** | Integrity, Teamwork, Enthusiasm, Joy | Leadership, Generosity, Kindness | Challenge, Cooperation, Self-control | Respect, Support, Encourage |
| **Other****Resources** | The Night Before Thanksgiving Cards | Classroom-based Snowman Games | Physical Education Scoring Instructions | Pep Rally Instructions and Ideas |

**WEEKS 17 – 20**

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| **Weeks 17-20****(2 classes/week)** | **Week 17** | **Week 18** | **Week 19** | **Week 20** |
| **OPEN****Module** | [**Personal & Social Responsibility**](https://open.varsityuniversity.org/personal-social-responsibility-3-5/) | [**Plug & Play Fitness**](https://open.varsityuniversity.org/plug-play-fitness-3-5/) | [**Yoga & Mindfulness**](https://open.varsityuniversity.org/yoga-mindfulness-k-5/) | [**Yoga & Mindfulness**](https://open.varsityuniversity.org/yoga-mindfulness-k-5/) |
| **Outcome Focus** | * Move safely in self-space
* Actively participate while following rules
 | * Ability to discuss the importance of form when exercising
 | * Define Mindfulness
* Demonstrate a variety of static balance positions
 | * Show control while transferring weight
* Discuss joy of being physically active
 |
| **Instant****Activity** | Robotics Lab | Fitness UNO | Pass the Pose | Brr I am Cold |
| **Skill Development Activities** | Foam Ball FrenzyMachine ShopDown & Back RelayStation Day | Plank Tap RelayFree Foam Ball FitnessColor CrushersAerobic Treasure Grab | Relaxation ReflectionFast to SlowMake Your ShapeFlowing Movements | Sun SalutationWordlesDeveloping a FlowBreathing Bags |
| **Assessment****Tools** | Performance Rubric | Academic Language Quiz | Self-Assessment | Breathing Bags Exit Slip |
| **Academic****Language** | Listen, Rules, Follow Directions, Behavior | Core, Balance, Form, Plank, Aerobic Capacity | Mindfulness, Base of Support, Flow, Static Balance | Joy, Control, Transfer, Flexibility, Sequence |
| **Other****Resources** | Station Cards | [3-5 Plug & Play Fitness YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtDI5s8TwifxjTPUQwaW0Rlt) | Yoga Pose Cards | Meditation and Mindfulness Audio Files |

**WEEKS 21 – 24**

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| **Weeks 21-24****(2 classes/week)** | **Week 21** | **Week 22** | **Week 23** | **Week 24** |
| **OPEN****Module** | [**Educational Gymnastics**](https://open.varsityuniversity.org/educational-gymnastics-k-5/) | [**Educational Gymnastics**](https://open.varsityuniversity.org/educational-gymnastics-k-5/) | [**Jump Rope**](https://open.varsityuniversity.org/jump-rope-3-5/) | [**Jump Rope**](https://open.varsityuniversity.org/jump-rope-3-5/) |
| **Outcome Focus** | * Identify how to have a strong base of support for balances
 | * Identify how to transfer weight from one body part to another safely
 | * Ability to turn and jump a short rope
 | * Ability to turn and jump a long rope
 |
| **Instant****Activity** | Balance Tag | Balance Tag | Jump Rope Battle Bags | Jump Rope Battle Bags |
| **Skill Development Activities** | Balancing ActThe EqualizerLeaps and Bounds | Rocking and RollingStep It UpMix and Match | Back to BasicsCreative Mode StationsJump RoutinesMatch Me If You Can | Long Rope Basics Long Rope RhymesSurvival Mode StationsStation Day |
| **Assessment****Tools** | Self-Assessment | Holistic Dual Performance Rubric | Jump Rope Routine Task Card | Academic Language Quiz |
| **Academic****Language** | Asymmetrical, Symmetrical, Balance, Base of Support, Center of Gravity | Combination, Creativity, Flow, Rolling, Inverted, Sequence, Transfer of Weight | Jump, Land, Turn, Rhythm | Success, Challenge, Cooperate, Rhyme |
| **Other****Resources** | [Educational Gymnastics YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtD7Hszxdpxzi6QZVqRODKnb) | Gymnastics CardsSafety Checklist | [Jump Rope YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtDq4TK-hDx8J7bm4A9xzDMs) | Station Cards |

**WEEKS 25 – 28**

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| **Weeks 25-28****(2 classes/week)** | **Week 25** | **Week 26** | **Week 27** | **Week 28** |
| **OPEN****Module** | [**Scooter Activities**](https://open.varsityuniversity.org/scooter-activities-grades-3-5/) | [**Pi Day Activities**](https://open.varsityuniversity.org/pi-day-k-8/) | [**Basketball**](https://open.varsityuniversity.org/basketball-skills-3-5/) | [**Basketball**](https://open.varsityuniversity.org/basketball-skills-3-5/) |
| **Outcome Focus** | * Move safely on a scooter with balance and control
 | * Cooperate with teammates while completing challenges
 | * Dribble with control
* Avoid defenders while dribbling
 | * Complete a variety of passes
* Move to open space to pass/receive
 |
| **Instant****Activity** | Upside Down | Pi Day Races | High-5 Bank Account | Dribble Tag |
| **Skill Development Activities** | Scooter Switch TagScooter VolleyballScooter FitnessScooter Bowling | Pi TossPi Day Dice RelayCake or Pi?Who Wants Pi? | Dribble TriathlonHand SkillsDriver’s TestKnuckle Collectors | Passing TriathlonShoot, Dribble, Pass, Dribble3v3 Bounce BallStation Day |
| **Assessment****Tools** | Academic Language Quiz | Who Wants Pi Exercise Chart | Academic Language Quiz | Performance Rubric |
| **Academic****Language** | Safety, Balance, Control, Force, Speed | Challenge, Cooperation, Pi, Target Heart Rate | Dribble, Control, Practice, Offense, Defense | Pass, Accuracy, Target, Strategy |
| **Other****Resources** | [Scooter Safety Video](https://www.youtube.com/watch?v=oFUbEuejjLs) | Academic Language Cards | [3-5 Basketball](https://www.youtube.com/playlist?list=PLRIuuDO-0RtBrL8MGNcfL_n35FasSpu-x) [YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtBrL8MGNcfL_n35FasSpu-x) | Station Cards |

**WEEKS 29 – 32**

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| **Weeks 29-32****(2 classes/week)** | **Week 29** | **Week 30** | **Week 31** | **Week 32** |
| **OPEN****Module** | [**Volleyball**](https://open.varsityuniversity.org/volleyball-3-5/) | [**Volleyball**](https://open.varsityuniversity.org/volleyball-3-5/) | [**Dance**](https://open.varsityuniversity.org/dance-3-5/) | [**Dance**](https://open.varsityuniversity.org/dance-3-5/) |
| **Outcome Focus** | * Pass to a partner or designated space
 | * Hit continuously with a partner or team
* Serve to a designated space
 | * Actively engage during dances
* Move with the beat and tempo of music
 | * Perform correct movements with beat of the music
 |
| **Instant****Activity** | Toss 3 (with volleyball passes) | Pass and Set Circles | Trolls Tag | Sea Creature Tag |
| **Skill Development Activities** | Pass and Set CirclesBump & Set 4-SquareVolley HoopsI Got It! I Got It! | Volley BattleshipScooter VolleyballHelpful NetDoubles Trouble | Counting in 8’sDancin’ TrainTrolls September DanceCupid Shuffle | Cha Cha SlideSpace JamFjaskernCan’t Stop the Feeling |
| **Assessment****Tools** | Volley Hoops Partner Feedback Card | Performance Rubric | Self-Assessment | Academic Language Quiz |
| **Academic****Language** | Pass, Set, Bump, Volley, Feedback | Rally, Cooperation, Teamwork, Encourage | 8-count, Beat Rhythm | Choreography, Lyric, Four Wall Dance |
| **Other****Resources** | Volleyball Cue Charts | Universal Design for Learning | Dance Activity Cards | Teacher Self-reflection Guide |

**WEEKS 33 – 36**

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| **Weeks 33-36****(2 classes/week)** | **Week 33** | **Week 34** | **Week 35** | **Week 36** |
| **OPEN****Module** | [**Small Parachute Cooperatives**](https://open.varsityuniversity.org/small-parachute-cooperatives-grades-3-5/) | [**Field Day**](https://open.varsityuniversity.org/field-day/) | [**Field Day**](https://open.varsityuniversity.org/field-day/) | [**Pickleminton**](https://open.varsityuniversity.org/pickleminton-3-5/) |
| **Outcome Focus** | * Cooperate and communicate with teammates
 | * Demonstrate Spirit of the Game during all Field Day activities
 | * Demonstrate Spirit of the Game during all Field Day activities
 | * Identify proper grip
* Develop a SMART goal for health-related fitness
 |
| **Instant****Activity** | Toss It Up | Alaskan Baseball | Cherry on Top | Hello Paddle |
| **Skill Development Activities** | Parachute VolleyballLaunch PadFruit& Veggie RelayParachute Fitness | 4-way Capture the FlagChicken Pot PieRace through the GalaxyMega Mat Ball | Bounce BackBounce Ball Team RelayMission ImpossiblePie Pan Race | Birdie in the Cage Splat the SpotTime to Get SMARTStation Day |
| **Assessment****Tools** | Academic Language Quiz | National Field Day Certificate | National Field Day Certificate | SMART Goal Guidelines |
| **Academic****Language** | Cooperation, Communication, Teamwork, Encourage | Respect, Collaboration, Spirit of the Game | Teamwork, Cooperation, Integrity | Balance, Toss, Strike, Serve, Goal |
| **Other****Resources** | [Small Parachute Cooperatives YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtA5Im6U5Af6VrlgXCBz2ohs) | Academic Language Cards | Spirit of the Game Student Contract | [Pickleminton](https://www.youtube.com/playlist?list=PLRIuuDO-0RtC7p3uzwaV9e4GQ9ybNU7bO) [YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtC7p3uzwaV9e4GQ9ybNU7bO) |

**WEEKS 37 – 40**

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| **Weeks 37-40****(2 classes/week)** | **Week 37** | **Week 38** | **Week 39** | **Week 40** |
| **OPEN****Module** | [**Street Racket**](https://open.varsityuniversity.org/street-racket-3-5/) | [**Hoop Ball**](https://open.varsityuniversity.org/hoop-ball-3-8/) | [**Bat and Ball Games**](https://open.varsityuniversity.org/bat-ball-3-5/) | [**Backyard Games**](https://open.varsityuniversity.org/backyard-games-3-12/) |
| **Outcome Focus** | * Hit continuously with a partner
 | * Quick transitions from offense to defense
 | * Apply cues for throwing, catching, and batting
 | * Cooperate and Encourage Teammates
 |
| **Instant****Activity** | Helpful Hoops | Quaffle Throw | Baseball Tag | Bean Bag Toss |
| **Skill Development Activities** | Street Racket BasicsSwitch It UpFitness FrenzyRotating CornersFollow Your Shot | Group CatchKeeper PracticeChasers vs KeepersBeater Tag | Two Ball TossersCatch on the SandlotThrow-Run DerbySandlot BaseballCircle Sandlot Stations | Spike It UpSpike It Up: Paddle StyleBucket GolfDisc Golf |
| **Assessment****Tools** | Academic Language Quiz | Performance Rubric | Self-Assessment | DOK Questions |
| **Academic****Language** | Cooperation, Supportive, Encouraging | Quaffle, Pathway, Cooperation, Teamwork | Catch, Throw, Fielding, Overhand, Underhand | Cooperation, Teamwork, Target, Strike |
| **Other****Resources** | Court Diagrams | Hoop Ball Positions & Rules | [Bat and Ball](https://www.youtube.com/playlist?list=PLRIuuDO-0RtBFoeFhYJ-jAVEVzGzQSXkR) [YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtBFoeFhYJ-jAVEVzGzQSXkR) | Academic Language Cards |