**WEEKS 1 – 4**

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| **Weeks 1-4****(3 classes/week)** | **Week 1** | **Week 2** | **Week 3** | **Week 4** |
| **OPEN****Module** | [**Back to School: Adventure Learning**](https://open.varsityuniversity.org/back-to-school-6-12/) | [**Back to School: Adventure Learning**](https://open.varsityuniversity.org/back-to-school-6-12/) | [**Minute to Win**](https://open.varsityuniversity.org/minute-to-win-3-5/) | [**Instant Activities**](https://open.varsityuniversity.org/instant-activities-6-12/) |
| **Outcome Focus** | * Demonstrate verbal communication and active listening
 | * Identify the 5 Core Values of Adventure Learning
 | * Cooperate with teammates
* Responsibly share space and equipment
 | * Discuss ways to be physically active
* Actively engage with classmates
 |
| **Instant****Activity** | Robotics Lab | Treasure Hunt | Name Tag | Partner Scavenger Hunt |
| **Skill Development Activities** | Three P’sMe, You, You, MeHere You GoRighty, LeftyHead Shoulders Knees Toes | Cooperative CountMistaken Identity1,2,3 ShowLeaning TowerLook UpWah Master | Chain BreakersDonut DashBeanbag LauncherGolf Bucket ChallengeHoop It UpBucket Head | Hoop Tower RelayCatch Me If You CanSuper ChickenTeam LeadersToss 3Name Noodle |
| **Assessment****Tools** | DOK Questions | Academic Language Quiz | Self-Assessment | DOK Questions |
| **Academic** **Language** | Cooperation, Community, Challenge | Open-minded, Responsible, Respectful, Commitment, Safety | Safety, Respect, Teamwork, Personal Space, General Space | Physical Activity, Actively Engage, Fitness |
| **[Believe In You Journal](https://www.varsitybrands.com/biydigitaljournals)** | Week 1 | Week 2 | Week 3 | Week 4 |
| **Other****Resources** | Adventure Learning Core Values Card | Academic Language Cards | Challenge Scorecards | Team Leader Cards  |

**WEEKS 5 – 8**

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| **Weeks 5-8****(3 classes/week)** | **Week 5** | **Week 6** | **Week 7** | **Week 8** |
| **OPEN****Module** | [**Cooperative Invasion**](https://open.varsityuniversity.org/cooperative-invasion-9-12/) | [**Creative Mode Fitness**](https://open.varsityuniversity.org/creative-mode-fitness-9-12/) | [**Volleyball**](https://open.varsityuniversity.org/volleyball-9-12/) | [**Tai Chi**](https://open.varsityuniversity.org/tai-chi-9-12/) |
| **Outcome Focus** | * Demonstrate teamwork and cooperation through small-sided games
 | * Demonstrate fitness activities with proper form and attention to safety
 | * Apply skill cues to a variety of volleyball skills and game play
 | * Discuss the benefits of mind-body exercises and activities
 |
| **Instant****Activity** | See It, Defend It | Team FITT RPS | Pass and Go | Ju Fu Kata |
| **Skill Development Activities** | Toss 3Catapult4 CornersFlag 4 to ScoreSwitch3v3 Bounce Ball | Health-Related JigsawAerobic Tic Tac ToeTag Team ScrambleCircuit TrainingCreative Mode | VollapaloozaMoney BallBingo, Bango, BongoVolleyball TabataVolley Tic Tac ToeVolleyball Royal Court | Belly BreathingJu Fu Kata (Arms)Ju Fu Kata (Legs)Ju Fu Kata Jigsaw |
| **Assessment****Tools** | Exit Slips | Academic Language Quiz | Academic Language Quiz | Tai Chi Fitness Portfolio |
| **Academic****Language** | Invasion, Cooperation, Teamwork, Communication | FITT, Heart Rate Zone, Target Heart Rate Zone | Bump, Set, Control, Cooperation | Tai Chi, Belly Breathing, Mental Clarity |
| [**Believe In You Journal**](https://www.varsitybrands.com/biydigitaljournals) | Week 5 | Week 6 | Week 7 | Week 8 |
| **Other****Resources** | Characteristics of Effective Teams Card | [Darebee](https://darebee.com/)Heart Rate Zone Chart | [Volleyball Tabata](https://www.youtube.com/playlist?list=PLRIuuDO-0RtDOIJ42-YQXlR1aloPrzHmm) [YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtDOIJ42-YQXlR1aloPrzHmm) | Tai Chi Movement Concept Posters |

**WEEKS 9 – 12**

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| **Weeks 9-12****(3 classes/week)** | **Week 9** | **Week 10** | **Week 11** | **Week 12** |
| **OPEN****Module** | [**Badminton**](https://open.varsityuniversity.org/badminton-9-12/) | [**Skill-Related Fitness**](https://open.varsityuniversity.org/skill-related-fitness-9-12/) | [**Plug and Play Fitness**](https://open.varsityuniversity.org/plug-play-fitness-9-12/) | [**Basketball**](https://open.varsityuniversity.org/basketball-9-12/) |
| **Outcome Focus** | * Discuss movement concepts and how they relate to skill improvement
 | * Discuss ways to improve skill-related physical fitness
 | * Calculate target heart rate and identify target heart rate zone
 | * Demonstrate a variety of Basketball skills required for small-sided games
 |
| **Instant****Activity** | Move and Clear | Jump Rope Dice Battle | Music Moves | Footwork Warm-up |
| **Skill Development Activities** | Volley ChallengeBadminton 101Racquet SquareTarget PracticeCover the CourtKing/Queen of the Court | Power Dice ChallengeWall Ball Challenge4-Min Toss & Roll RaceFlip Reaction RelayOdd and Even | Partner-Rep Burn-OutPlank RacesPace StationsDown-Up Reps Cone Flip ChaosBean Bag Blockers | Speed Dribble RelayW Dribble DefenseDribble KnockoutPartner Passing |
| **Assessment****Tools** | Movement Concepts Self-Analysis | Academic Language Discussion | DOK Exit Slip | Team Contract |
| **Academic****Language** | Sportsmanship, Positioning, Etiquette | Improve, Challenge, Strength, Endurance | Perceived Exertion, Repetition, Calculate | Community, Leader, Roles, Drill |
| [**Believe In You Journal**](https://www.varsitybrands.com/biydigitaljournals) | Week 9 | Week 10 | Week 11 | Week 12 |
| **Other****Resources** | Rule SheetSkill Cue Cards | Interval Timing Music | Heart Rate Zone ChartPerceived Exertion Card | Team Roles and Responsibilities  |

**WEEKS 13 – 16**

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| **Weeks 13-16****(3 classes/week)** | **Week 13** | **Week 14** | **Week 15** | **Week 16** |
| **OPEN****Module** | [**Basketball**](https://open.varsityuniversity.org/basketball-9-12/) | [**Basketball**](https://open.varsityuniversity.org/basketball-9-12/) | [**Fitness Running**](https://open.varsityuniversity.org/fitness-running-9-12/) | **[Lifetime Fitness](https://open.varsityuniversity.org/lifetime-fitness-9-12/)** **[w/Rising NYRR](https://open.varsityuniversity.org/lifetime-fitness-9-12/)** |
| **Outcome Focus** | * Work cooperatively to help teammates practice Basketball skills and strategy
 | * Demonstrate skills and strategies required to play a full game of Basketball
 | * Identify components of proper running form
 | * Create fitness challenges using enjoyable activities that enhance health
 |
| **Instant****Activity** | Dribble Warm-up | Lay-up Lines Warm-up | RPS Victory Lap | Walk the Talk |
| **Skill Development Activities** | Ultimate BasketballAll-Star Passing3v3 Bounce BallCreate a DrillToss 32v1 Catch and Shoot | 3v2 Catch and ShootTriangle BoxoutTriangle ReboundingSeason Tournament | Double Line Pursuit1600 Meter Prediction RunUphill ChallengeCasino RoyaleWalk/Talk Cool Down | Card Cardio Challenge6-Minute FITT DiceFitness CategoriesOut & Back Wellness Walk |
| **Assessment****Tools** | Create a Drill Worksheet | Team Roles Rubric | Fitness Running Portfolio | Discussion/Journal Prompts |
| **Academic****Language** | Communication, Culture, Purpose | Competition, Effort, Encouragement | Arm Swing, Posture, Hydration, Lactic Acid | Aerobic Capacity, Health Benefit, Health |
| [**Believe In You Journal**](https://www.varsitybrands.com/biydigitaljournals) | Week 13 | Week 14 | Week 15 | Week 16 |
| **Other****Resources** | Challenge Cards | Round Robin Tournament Schedule | Self-Efficacy and Social Support Inventory | Heart Rate Zone Chart |

**WEEKS 17 – 20**

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| **Weeks 17-20****(3 classes/week)** | **Week 17** | **Week 18** | **Week 19** | **Week 20** |
| **OPEN****Module** | [**Roundnet**](https://open.varsityuniversity.org/roundnet-9-12/) | [**Roundnet**](https://open.varsityuniversity.org/roundnet-9-12/) | [**Roundnet**](https://open.varsityuniversity.org/roundnet-9-12/) | [**Backyard Games**](https://open.varsityuniversity.org/backyard-games-3-12/) |
| **Outcome Focus** | * Demonstrate a variety of Roundnet skills required for maintaining a rally
 | * Work cooperatively to help teammates practice Roundnet skills and strategy
 | * Demonstrate skills and strategies required to play a full game of Roundnet
 | * Cooperate and Encourage Teammates
 |
| **Instant****Activity** | Roundnet Toss 3 | Spikeball Tag | Spikeball Knee Tag | Bean Bag Toss |
| **Skill Development Activities** | Self-Passing ChallengePartner Passing ChallengeSelfie SpikesRally Time Anticipate and Position | Roundnet FrontonTeam Tactics1 V 1Champion of the NetMake Em MoveServing ChallengeOffensive Drills | Aerobic NumbersCreate a DrillRoundnet TabataRoyal CourtRound Robin TournamentSeason Tournament | BocceSpike It UpSpike It Up: Paddle StyleBucket GolfDisc Golf |
| **Assessment****Tools** | Academic Language Quiz | Officiating Assessment | Create a Drill Worksheet | DOK Questions |
| **Academic****Language** | Purposeful Competition, Sport Education, Teamwork, Leadership | Cooperation, Effort, Strategy, Teamwork | Challenge, Competition, Spirit of the Game | Cooperation, Teamwork, Target, Strike |
| [**Believe In You Journal**](https://www.varsitybrands.com/biydigitaljournals) | Week 17 | Week 18 | Week 19 | Week 20 |
| **Other****Resources** | Fair Play Point System | Purposeful Competition Discussion Card | Event Planning GuideTeam Roles Rubric | Summer Fitness Plan |