**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’s  Me, You, You, Me  Here You Go  Righty, Lefty  Head Shoulders Knees Toes | Cooperative Count  Mistaken Identity  1,2,3 Show  Leaning Tower  Look Up  Wah Master | Chain Breakers  Donut Dash  Beanbag Launcher  Golf Bucket Challenge  Hoop It Up  Bucket Head | Hoop Tower Relay  Catch Me If You Can  Super Chicken  Team Leaders  Toss 3  Name 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 3  Catapult  4 Corners  Flag 4 to Score  Switch  3v3 Bounce Ball | Health-Related Jigsaw  Aerobic Tic Tac Toe  Tag Team Scramble  Circuit Training  Creative Mode | Vollapalooza  Money Ball  Bingo, Bango, Bongo  Volleyball Tabata  Volley Tic Tac Toe  Volleyball Royal Court | Belly Breathing  Ju 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 Challenge  Badminton 101  Racquet Square  Target Practice  Cover the Court  King/Queen of the Court | Power Dice Challenge  Wall Ball Challenge  4-Min Toss & Roll Race  Flip Reaction Relay  Odd and Even | Partner-Rep Burn-Out  Plank Races  Pace Stations  Down-Up Reps  Cone Flip Chaos  Bean Bag Blockers | Speed Dribble Relay  W Dribble Defense  Dribble Knockout  Partner 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 Sheet  Skill Cue Cards | Interval Timing Music | Heart Rate Zone Chart  Perceived 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 Basketball  All-Star Passing  3v3 Bounce Ball  Create a Drill  Toss 3  2v1 Catch and Shoot | 3v2 Catch and Shoot  Triangle Boxout  Triangle Rebounding  Season Tournament | Double Line Pursuit  1600 Meter Prediction Run  Uphill Challenge  Casino Royale  Walk/Talk Cool Down | Card Cardio Challenge  6-Minute FITT Dice  Fitness Categories  Out & 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 Challenge  Partner Passing Challenge  Selfie Spikes  Rally Time  Anticipate and Position | Roundnet Fronton  Team Tactics  1 V 1  Champion of the Net  Make Em Move  Serving Challenge  Offensive Drills | Aerobic Numbers  Create a Drill  Roundnet Tabata  Royal Court  Round Robin Tournament  Season Tournament | Bocce  Spike It Up  Spike It Up: Paddle Style  Bucket Golf  Disc 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 Guide  Team Roles Rubric | Summer Fitness Plan |