



PHYSICAL EDUCATION CURRICULUM MAPS 20 WEEKS FOR GRADES 9-12

WEEKS 1 – 4

Weeks 1-4 (3 classes/week)	Week 1	Week 2	Week 3	Week 4
OPEN Module	Back to School: Adventure Learning	Back to School: Adventure Learning	Minute to Win	Instant Activities
Outcome Focus	<ul style="list-style-type: none"> Demonstrate verbal communication and active listening 	<ul style="list-style-type: none"> Identify the 5 Core Values of Adventure Learning 	<ul style="list-style-type: none"> Cooperate with teammates Responsibly share space and equipment 	<ul style="list-style-type: none"> 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	Week 1	Week 2	Week 3	Week 4
Other Resources	Adventure Learning Core Values Card	Academic Language Cards	Challenge Scorecards	Team Leader Cards



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WEEKS 5 – 8

Weeks 5-8 (3 classes/week)	Week 5	Week 6	Week 7	Week 8
OPEN Module	Cooperative Invasion	Creative Mode Fitness	Volleyball	Tai Chi
Outcome Focus	<ul style="list-style-type: none"> Demonstrate teamwork and cooperation through small-sided games 	<ul style="list-style-type: none"> Demonstrate fitness activities with proper form and attention to safety 	<ul style="list-style-type: none"> Apply skill cues to a variety of volleyball skills and game play 	<ul style="list-style-type: none"> 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	Week 5	Week 6	Week 7	Week 8
Other Resources	Characteristics of Effective Teams Card	Darebee Heart Rate Zone Chart	Volleyball Tabata YouTube Playlist	Tai Chi Movement Concept Posters



OPEN[®] PHYSICAL EDUCATION CURRICULUM MAPS **20 WEEKS FOR GRADES 9-12**

WEEKS 9 – 12

Weeks 9-12 (3 classes/week)	Week 9	Week 10	Week 11	Week 12
OPEN Module	<u>Badminton</u>	<u>Skill-Related Fitness</u>	<u>Plug and Play Fitness</u>	<u>Basketball</u>
Outcome Focus	<ul style="list-style-type: none"> Discuss movement concepts and how they relate to skill improvement 	<ul style="list-style-type: none"> Discuss ways to improve skill-related physical fitness 	<ul style="list-style-type: none"> Calculate target heart rate and identify target heart rate zone 	<ul style="list-style-type: none"> 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
<u>Believe In You Journal</u>	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



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WEEKS 13 – 16

Weeks 13-16 (3 classes/week)	Week 13	Week 14	Week 15	Week 16
OPEN Module	Basketball	Basketball	Fitness Running	Lifetime Fitness w/Rising NYRR
Outcome Focus	<ul style="list-style-type: none"> Work cooperatively to help teammates practice Basketball skills and strategy 	<ul style="list-style-type: none"> Demonstrate skills and strategies required to play a full game of Basketball 	<ul style="list-style-type: none"> Identify components of proper running form 	<ul style="list-style-type: none"> 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	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



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WEEKS 17 – 20

Weeks 17-20 (3 classes/week)	Week 17	Week 18	Week 19	Week 20
OPEN Module	Roundnet	Roundnet	Roundnet	Backyard Games
Outcome Focus	<ul style="list-style-type: none"> Demonstrate a variety of Roundnet skills required for maintaining a rally 	<ul style="list-style-type: none"> Work cooperatively to help teammates practice Roundnet skills and strategy 	<ul style="list-style-type: none"> Demonstrate skills and strategies required to play a full game of Roundnet 	<ul style="list-style-type: none"> 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	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