**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/fun-routine-k-2/)**  **[The Fun Routine](https://open.varsityuniversity.org/fun-routine-k-2/)** | **[Back to School:](https://open.varsityuniversity.org/fun-routine-k-2/)**  **[The Fun Routine](https://open.varsityuniversity.org/fun-routine-k-2/)** | [**Locomotor & Manipulative Skills**](https://open.varsityuniversity.org/locomotor-manipulative-skills-k-2/) | [**Locomotor & Manipulative Skills**](https://open.varsityuniversity.org/locomotor-manipulative-skills-k-2/) |
| **Outcome Focus** | * Move safely in personal/general space * Start/stop with signal | * Respectfully sharing equipment * Start/stop with signal | * Demonstrate locomotor skills * Move in different pathways | * Controlling bean bag/ ball * Correct underhand tosses |
| **Instant**  **Activity** | Traffic Time in the Garage | Partner Scavenger Hunt | Say Cheese Tag | Toss 3 |
| **Skill Development Activities** | Partner Scavenger Hunt  Hula Hoop Hideouts  The Fragile Moving Co  Bubble Jumpers  Share-A-Lot | Corner to Corner Touchdown Traders  Jump Rope Hurdle Hustle  The Calm Cleaner | Juggle Scarf 1  Juggle Scarf 2  Hula Hoop 1  Hula Hoop 2  Jump Rope 1 | Bean Bag 1  Bean Bag 2  Ball Skills 1  Ball Skills 2  Station Day |
| **Assessment**  **Tools** | Discussion Starters | Performance Rubric | Self-Assessment | Performance Rubric |
| **Academic**  **Language** | Start/Stop Signal, Jump, Locomotor Skills,  Safe, Partner | Control, Equipment, Respect, Share | Clockwise, Counter-Clockwise, Pathways | Control, Effort, Mature |
| **Other**  **Resources** | Classroom Rules Poster | Student Empowerment Rights Poster | Activity Card Set | Station Cards |

**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 Tag**](https://open.varsityuniversity.org/flag-tag-k-2/) | [**Flag Tag**](https://open.varsityuniversity.org/flag-tag-k-2/) | [**Pumpkin Patch Games**](https://open.varsityuniversity.org/pumpkin-patch-k-5/) |
| **Outcome Focus** | * Cooperate with teammates * Safely share space and equipment | * Chase, flee and dodge to catch or avoid being caught | * Travel at different speeds using different locomotor skills | * Demonstrate cooperation and teamwork skills |
| **Instant**  **Activity** | First Things First | Slow-Motion Tag | Handoff Helper Tag | Candy Crushers |
| **Skill Development Activities** | Hoop Tower Relay  Catch Me If You Can  Super Chicken  High 5 Bank Account | 1 v 1 Tag  Scoreboard Tag  Football Freeze Tag  Island Tag | Super Salad Bowl Tag  Offense/Defense Tag  Firework Tag | Ghost Tossers  The Pumpkin Patch  Ghost Hunt  Spooky Stations |
| **Assessment**  **Tools** | DOK Questions | Self-Assessment | Performance Rubric | DOK Questions |
| **Academic**  **Language** | Cooperation, Teamwork, Communication | Chase, Dodge, Flee, General Space | Locomotor Skills, Nutrition, Respect | Cooperation, Teamwork, Honesty, Encourage |
| **Other**  **Resources** | Tag of the Month Activities | Sample Lesson Plan | Academic Language Cards | 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/) | [**Foot Skills**](https://open.varsityuniversity.org/foot-skills-k-2/) | [**Foot Skills**](https://open.varsityuniversity.org/foot-skills-k-2/) | [**Gratitude Games**](https://open.varsityuniversity.org/gratitude-games-k-8/) |
| **Outcome Focus** | * Safely move and increase heart rate | * Use appropriate amount of force on soccer ball to keep control | * Demonstrate accurate passing/kicking skills towards a target | * Demonstrate teamwork and cooperation |
| **Instant**  **Activity** | Ghostbusters Tag | Teacher Says | Soccer Tag | Thankful Turkey Toss |
| **Skill Development Activities** | Pass the Pumpkin Relay  Pumpkin Tic-Tac-Toe  The Great Pumpkin Hunt  Pumpkin Races | Driver’s Test  Follow the Leader  Red Light Green Light  Treasure Grab | Kick and Chase Race Soccer Bowling  Partner Passing  Station Day | Trap the Turkey  Rows of Gratitude  Gratitude Wreath  Food Collectors |
| **Assessment**  **Tools** | DOK Questions | Self-Assessment | Performance Rubric | DOK Questions |
| **Academic**  **Language** | Responsibility, Physical Activity, Self-Control | Ball Control, Force | Pass, Trap, Target | Gratitude, Cooperation, Etiquette |
| **Other**  **Resources** | Trick or Treat  Fitness Stations | [Foot Skills YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtD6pGBh971oVMvnnWo7RMwo) | Station Day  Task Cards | Rows of Gratitude  Yoga Cards |

**WEEKS 13 – 16**

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| **Weeks 13-16**  **(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 Turkey  Pass the Joy  Night Before Thanksgiving  Turkey Feather Round Up | Elf on the Shelf Tag  Gift Ninjas  Red Nose Relay  No Grinches Allowed | Snowman Run  Snowball Toss  Snowman & Sunshine Tag | Ornaments in the Attic  Feed the Reindeer  Snowman Run  Snowflake 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-k-2/) | [**Personal & Social Responsibility**](https://open.varsityuniversity.org/personal-social-responsibility-k-2/) | [**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 | * Work cooperatively with teammates * Share equipment ad space | * Define Mindfulness * Demonstrate a variety of static balance positions | * Show control while transferring weight * Discuss joy of being physically active |
| **Instant**  **Activity** | Beanbag Bandages | Heavy Lifters | Pass the Pose | Brr I am Cold |
| **Skill Development Activities** | Set the Table  Hide and Seek  Train Tracks  No More Monkeys | Beanbag Bandage Tag  Hula Hoop Igloos  Station Day | Relaxation Reflection  Fast to Slow  Make Your Shape  Flowing Movements | Sun Salutation  Wordles  Developing a Flow  Breathing Bags |
| **Assessment**  **Tools** | Self-Assessment | Performance Rubric | Self-Assessment | Breathing Bags Exit Slip |
| **Academic**  **Language** | Listen, Rules, Follow Directions, Behavior | Share, Locomotor Skills, General Space | Mindfulness, Base of Support, Flow, Static Balance | Joy, Control, Transfer, Flexibility, Sequence |
| **Other**  **Resources** | Sample Lesson Plan | Station Cards | 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/) | [**Run for Fun**](https://open.varsityuniversity.org/run-for-fun-k-2/) | [**Run for Fun**](https://open.varsityuniversity.org/run-for-fun-k-2/) |
| **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 | * Move safely around a running loop | * Explore different locomotors * Move with control |
| **Instant**  **Activity** | Balance Tag | Balance Tag | Music Mania | Fruit and Veggie Run |
| **Skill Development Activities** | Balancing Act  The Equalizer  Leaps and Bounds | Rocking and Rolling  Step It Up  Mix and Match | Sleeping Giants  Animal Run  Freeze | Driving Around  Get on An Island  Space Race |
| **Assessment**  **Tools** | Self-Assessment | Holistic Dual  Performance Rubric | Fast or Slow Assessment | Performance Rubric |
| **Academic**  **Language** | Asymmetrical, Symmetrical, Balance, Base of Support, Center of Gravity | Combination, Creativity, Flow, Rolling, Inverted, Sequence, Transfer of Weight | Balance, Control, Run, Safety, Speed | Food Group, Gallop, Leap, Skip |
| **Other**  **Resources** | [Educational Gymnastics YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtD7Hszxdpxzi6QZVqRODKnb) | Gymnastics Cards  Safety Checklist | Traffic Sign Posters | Space Race Posters |

**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-k-2/) | [**Pi Day Activities**](https://open.varsityuniversity.org/pi-day-k-8/) | [**Ball Handling & Dribbling**](https://open.varsityuniversity.org/dribbling-skills-k-2/) | [**Ball Handling & Dribbling**](https://open.varsityuniversity.org/dribbling-skills-k-2/) |
| **Outcome Focus** | * Safely move on a scooter with control and coordination | * Cooperate with teammates while completing challenges | * Identify dominant hand for dribbling | * Demonstrate dribbling with 1 hand continuously * Pass to a target |
| **Instant**  **Activity** | Red Light Green Light | Pi Day Races | Bubble Breakers | Toss 3 |
| **Skill Development Activities** | Up or Down  Scooter Tag  Under the Sea  Scooter City | Pi Toss  Pi Day Dice Relay  Cake or Pi?  Who Wants Pi? | Dribble Fitness  Bounce and Catch  Driver’s Test  7 Dribbles | Walk the Dog  Wall Passing  Balance Ball  Station Day |
| **Assessment**  **Tools** | Performance Rubric | Who Wants Pi  Exercise Chart | Self-Assessment | Performance Rubric |
| **Academic**  **Language** | Control, Direction, Force, Personal Space | Challenge, Cooperation, Pi, Target Heart Rate | Bounce, Dribble, Drop, Catch, Pathway | Continuous, Pass, Accurate, Target |
| **Other**  **Resources** | [Scooters YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtDgvUzXDZRXLRTVwKo8iK6c) | Academic Language Cards | [Ball Handling YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtB79FTOwfj5FW4B-eiWB5g2) | Wall Passing Target |

**WEEKS 29 – 32**

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| **Weeks 29-32**  **(2 classes/week)** | **Week 29** | **Week 30** | **Week 31** | **Week 32** |
| **OPEN**  **Module** | [**Volleying and Striking**](https://open.varsityuniversity.org/volleying-striking-k-2/) | [**Volleying and Striking**](https://open.varsityuniversity.org/volleying-striking-k-2/) | [**Dance**](https://open.varsityuniversity.org/dance-k-2/) | [**Dance**](https://open.varsityuniversity.org/dance-k-2/) |
| **Outcome Focus** | * Ability to strike and volley an object upward continuously | * Ability to strike an object with a paddle | * Actively engage during dances | * Perform correct movements with beat of the music |
| **Instant**  **Activity** | First Things First | Musical Balloon Bop | Pop See Ko | The Birdie Dance |
| **Skill Development Activities** | Keep it Up  Musical Balloon Bop  Bull’s Eye  Air Ball | Net Ball  Paddle it Up  Net Ball w/Paddle  Station Day | Moving 8’s  A Very Simple Dance  Dancing Duke of York  The Hokey Pokey | Sitting Square Dance  Kinderpolka  Mexican Hat Dance  Goldfish Dance |
| **Assessment**  **Tools** | Self-Assessment | DOK Questions | Self-Assessment | Holistic Performance Rubric |
| **Academic**  **Language** | Consecutive, Self-Space, Actively Engage | Volley, Strike, Feedback, Response | Dance, Leader, Beat, Rhythm, Tempo | Movement, Locomotor, Non-Locomotor |
| **Other**  **Resources** | Academic Language Cards | Station Cards | Sample Lesson Plan | Dance Activity Cards |

**WEEKS 33 – 36**

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| **Weeks 33-36**  **(2 classes/week)** | **Week 33** | **Week 34** | **Week 35** | **Week 36** |
| **OPEN**  **Module** | [**Parachute Games**](https://open.varsityuniversity.org/parachute-games-k-2/) | [**Field Day**](https://open.varsityuniversity.org/field-day/) | [**Field Day**](https://open.varsityuniversity.org/field-day/) | [**Rhythm Fit**](https://open.varsityuniversity.org/rhythm-fit-k-8/) |
| **Outcome Focus** | * Demonstrate personal and social responsibility | * Demonstrate Spirit of the Game during all Field Day activities | * Demonstrate Spirit of the Game during all Field Day activities | * Demonstrate rhythmic movements in the correct sequence |
| **Instant**  **Activity** | The Basics | Alaskan Baseball | Cherry on Top | Hip Hop Feet |
| **Skill Development Activities** | Ball Fun  Under the ‘Chute  Parachute Games  Parachute Fitness | 4-way Capture the Flag  Chicken Pot Pie  Race through the Galaxy  Mega Mat Ball | Bounce Back  Bounce Ball Team Relay  Mission Impossible  Pie Pan Race | Run it Back  Coastin’  Cross & Dip  Jump-N-Kick |
| **Assessment**  **Tools** | Self-Assessment | National Field Day Certificate | National Field Day Certificate | DOK Questions |
| **Academic**  **Language** | Clockwise, Cooperation, Mixed Grip, Responsibility | Respect, Collaboration, Spirit of the Game | Teamwork, Cooperation, Integrity | Click, Rhythm, Beat, Sequence |
| **Other**  **Resources** | Parachute Rules Poster | Academic Language Cards | Spirit of the Game Student Contract | [Lummi Stick YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtDSQ852YfdLUEnyUxuhyU4t) |

**WEEKS 37 – 40**

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| **Weeks 37-40**  **(2 classes/week)** | **Week 37** | **Week 38** | **Week 39** | **Week 40** |
| **OPEN**  **Module** | [**Rhythm Fit**](https://open.varsityuniversity.org/rhythm-fit-k-8/) | [**Limited Equipment**](https://open.varsityuniversity.org/limited-equipment-k-12/) | [**Limited Equipment**](https://open.varsityuniversity.org/limited-equipment-k-12/) | [**Hopscotch**](https://open.varsityuniversity.org/hopscotch-elementary-k-5/) |
| **Outcome Focus** | * Perform routines to the correct beat and tempo | * Demonstrate cooperation and teamwork | * Demonstrate personal and social responsibility | * Identify ways to be physically active at home |
| **Instant**  **Activity** | Rhythm of the Music | Color Dash | Chariot Races | Around the Blocks Tabata |
| **Skill Development Activities** | Shout Out  Groove and Flow  Go Off  To the Core | 12 Hoops of Fitness  Team Rep Time  Healthy Choice Tag  Landing Pad | Soccer Spots  Leaning Tower  Partner Flip the Hoop  3-Way Tag | Traditional Hopscotch  Fruit & Veggie Challenge  Balance & Breathe Mindful Walk |
| **Assessment**  **Tools** | Performance Rubric | DOK Questions | DOK Questions | Thumbs Up/Down Assessment |
| **Academic**  **Language** | Tap, Tempo, Choreography | Cooperation, Teamwork, Communication | Responsibility, Respect, Integrity | Balance, Challenge, Healthy Lifestyle, Breathe, Choice |
| **Other**  **Resources** | [Buckets YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtBJN9dH3cV79iqOo5V4jxZe) | Color Dash Cards | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | [Hopscotch YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtApRXACUgZR0FLbm-u7-cWA) |