**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 HuntHula Hoop HideoutsThe Fragile Moving CoBubble JumpersShare-A-Lot | Corner to Corner Touchdown TradersJump Rope Hurdle HustleThe Calm Cleaner | Juggle Scarf 1Juggle Scarf 2Hula Hoop 1Hula Hoop 2Jump Rope 1 | Bean Bag 1Bean Bag 2Ball Skills 1Ball Skills 2Station 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 RelayCatch Me If You CanSuper ChickenHigh 5 Bank Account | 1 v 1 TagScoreboard Tag Football Freeze TagIsland Tag | Super Salad Bowl TagOffense/Defense TagFirework Tag | Ghost TossersThe Pumpkin PatchGhost HuntSpooky 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 RelayPumpkin Tic-Tac-ToeThe Great Pumpkin HuntPumpkin Races | Driver’s TestFollow the LeaderRed Light Green LightTreasure Grab | Kick and Chase Race Soccer BowlingPartner PassingStation Day | Trap the Turkey Rows of GratitudeGratitude WreathFood 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 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-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 TableHide and SeekTrain TracksNo More Monkeys | Beanbag Bandage TagHula Hoop IgloosStation Day | Relaxation ReflectionFast to SlowMake Your ShapeFlowing Movements | Sun SalutationWordlesDeveloping a FlowBreathing 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 ActThe EqualizerLeaps and Bounds | Rocking and RollingStep It UpMix and Match | Sleeping GiantsAnimal RunFreeze | Driving AroundGet on An IslandSpace 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 CardsSafety 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 DownScooter TagUnder the SeaScooter City | Pi TossPi Day Dice RelayCake or Pi?Who Wants Pi? | Dribble FitnessBounce and CatchDriver’s Test7 Dribbles | Walk the DogWall PassingBalance BallStation 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 UpMusical Balloon BopBull’s EyeAir Ball | Net BallPaddle it UpNet Ball w/PaddleStation Day | Moving 8’sA Very Simple DanceDancing Duke of YorkThe Hokey Pokey  | Sitting Square DanceKinderpolkaMexican Hat DanceGoldfish 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 FunUnder the ‘ChuteParachute GamesParachute Fitness | 4-way Capture the FlagChicken Pot PieRace through the GalaxyMega Mat Ball | Bounce BackBounce Ball Team RelayMission ImpossiblePie Pan Race | Run it BackCoastin’Cross & DipJump-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**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 FlowGo OffTo the Core | 12 Hoops of FitnessTeam Rep TimeHealthy Choice TagLanding Pad | Soccer SpotsLeaning TowerPartner Flip the Hoop3-Way Tag | Traditional HopscotchFruit & Veggie ChallengeBalance & 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) |