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## PHYSICAL EDUCATION CURRICULUM MAPS 40 WEEKS FOR GRADES K-2

### WEEKS 1 – 4

Weeks 1-4 (2 classes/week)	Week 1	Week 2	Week 3	Week 4
OPEN Module	<a href="#"><u>Back to School: The Fun Routine</u></a>	<a href="#"><u>Back to School: The Fun Routine</u></a>	<a href="#"><u>Locomotor &amp; Manipulative Skills</u></a>	<a href="#"><u>Locomotor &amp; Manipulative Skills</u></a>
Outcome Focus	<ul style="list-style-type: none"> <li>• Move safely in personal/general space</li> <li>• Start/stop with signal</li> </ul>	<ul style="list-style-type: none"> <li>• Respectfully sharing equipment</li> <li>• Start/stop with signal</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate locomotor skills</li> <li>• Move in different pathways</li> </ul>	<ul style="list-style-type: none"> <li>• Controlling bean bag/ ball</li> <li>• Correct underhand tosses</li> </ul>
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



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**WEEKS 5 – 8**

Weeks 5-8 (2 classes/week)	Week 5	Week 6	Week 7	Week 8
<b>OPEN Module</b>	<a href="#"><u>Instant Activities</u></a>	<a href="#"><u>Flag Tag</u></a>	<a href="#"><u>Flag Tag</u></a>	<a href="#"><u>Pumpkin Patch Games</u></a>
<b>Outcome Focus</b>	<ul style="list-style-type: none"> <li>Cooperate with teammates</li> <li>Safely share space and equipment</li> </ul>	<ul style="list-style-type: none"> <li>Chase, flee and dodge to catch or avoid being caught</li> </ul>	<ul style="list-style-type: none"> <li>Travel at different speeds using different locomotor skills</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate cooperation and teamwork skills</li> </ul>
<b>Instant Activity</b>	First Things First	Slow-Motion Tag	Handoff Helper Tag	Candy Crushers
<b>Skill Development Activities</b>	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
<b>Assessment Tools</b>	DOK Questions	Self-Assessment	Performance Rubric	DOK Questions
<b>Academic Language</b>	Cooperation, Teamwork, Communication	Chase, Dodge, Flee, General Space	Locomotor Skills, Nutrition, Respect	Cooperation, Teamwork, Honesty, Encourage
<b>Other Resources</b>	Tag of the Month Activities	Sample Lesson Plan	Academic Language Cards	Ghost Hunters Exercise Chart



# PHYSICAL EDUCATION CURRICULUM MAPS 40 WEEKS FOR GRADES K-2

## WEEKS 9 – 12

Weeks 9-12 (2 classes/week)	Week 9	Week 10	Week 11	Week 12
<b>OPEN Module</b>	<a href="#">Pumpkin Patch Games</a>	<a href="#">Foot Skills</a>	<a href="#">Foot Skills</a>	<a href="#">Gratitude Games</a>
<b>Outcome Focus</b>	<ul style="list-style-type: none"> <li>Safely move and increase heart rate</li> </ul>	<ul style="list-style-type: none"> <li>Use appropriate amount of force on soccer ball to keep control</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate accurate passing/kicking skills towards a target</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate teamwork and cooperation</li> </ul>
<b>Instant Activity</b>	Ghostbusters Tag	Teacher Says	Soccer Tag	Thankful Turkey Toss
<b>Skill Development Activities</b>	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
<b>Assessment Tools</b>	DOK Questions	Self-Assessment	Performance Rubric	DOK Questions
<b>Academic Language</b>	Responsibility, Physical Activity, Self-Control	Ball Control, Force	Pass, Trap, Target	Gratitude, Cooperation, Etiquette
<b>Other Resources</b>	Trick or Treat Fitness Stations	<a href="#">Foot Skills YouTube Playlist</a>	Station Day Task Cards	Rows of Gratitude Yoga Cards



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## WEEKS 13 – 16

Weeks 13-16 (classes/week)	Week 13	Week 14	Week 15	Week 16
<b>OPEN Module</b>	<a href="#"><u>Gratitude Games</u></a>	<a href="#"><u>Winter Wonderland</u></a>	<a href="#"><u>Snowman Championships</u></a>	<a href="#"><u>Snowman Championships</u></a>
<b>Outcome Focus</b>	<ul style="list-style-type: none"> <li>Discussion about the true meaning of the Thanksgiving season</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate etiquette and kindness</li> </ul>	<ul style="list-style-type: none"> <li>Build teamwork and leadership</li> </ul>	<ul style="list-style-type: none"> <li>Develop school spirit and community pride</li> </ul>
<b>Instant Activity</b>	Catch the Turkey	Polar Bear Cave	Frostbite Tag	Snowman Builders
<b>Skill Development Activities</b>	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
<b>Assessment Tools</b>	DOK Questions	Discussion Starters	Academic Language Quiz	Performance Rubric
<b>Academic Language</b>	Integrity, Teamwork, Enthusiasm, Joy	Leadership, Generosity, Kindness	Challenge, Cooperation, Self-control	Respect, Support, Encourage
<b>Other Resources</b>	The Night Before Thanksgiving Cards	Classroom-based Snowman Games	Physical Education Scoring Instructions	Pep Rally Instructions and Ideas



# PHYSICAL EDUCATION CURRICULUM MAPS 40 WEEKS FOR GRADES K-2

## WEEKS 17 – 20

Weeks 17-20 (2 classes/week)	Week 17	Week 18	Week 19	Week 20
OPEN Module	<u>Personal &amp; Social Responsibility</u>	<u>Personal &amp; Social Responsibility</u>	<u>Yoga &amp; Mindfulness</u>	<u>Yoga &amp; Mindfulness</u>
Outcome Focus	<ul style="list-style-type: none"> <li>Move safely in self-space</li> <li>Actively participate while following rules</li> </ul>	<ul style="list-style-type: none"> <li>Work cooperatively with teammates</li> <li>Share equipment and space</li> </ul>	<ul style="list-style-type: none"> <li>Define Mindfulness</li> <li>Demonstrate a variety of static balance positions</li> </ul>	<ul style="list-style-type: none"> <li>Show control while transferring weight</li> <li>Discuss joy of being physically active</li> </ul>
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



# PHYSICAL EDUCATION CURRICULUM MAPS 40 WEEKS FOR GRADES K-2

## WEEKS 21 – 24

Weeks 21-24 (2 classes/week)	Week 21	Week 22	Week 23	Week 24
<b>OPEN Module</b>	<a href="#"><u>Educational Gymnastics</u></a>	<a href="#"><u>Educational Gymnastics</u></a>	<a href="#"><u>Run for Fun</u></a>	<a href="#"><u>Run for Fun</u></a>
<b>Outcome Focus</b>	<ul style="list-style-type: none"> <li>Identify how to have a strong base of support for balances</li> </ul>	<ul style="list-style-type: none"> <li>Identify how to transfer weight from one body part to another safely</li> </ul>	<ul style="list-style-type: none"> <li>Move safely around a running loop</li> </ul>	<ul style="list-style-type: none"> <li>Explore different locomotors</li> <li>Move with control</li> </ul>
<b>Instant Activity</b>	Balance Tag	Balance Tag	Music Mania	Fruit and Veggie Run
<b>Skill Development Activities</b>	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
<b>Assessment Tools</b>	Self-Assessment	Holistic Dual Performance Rubric	Fast or Slow Assessment	Performance Rubric
<b>Academic Language</b>	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
<b>Other Resources</b>	<a href="#"><u>Educational Gymnastics YouTube Playlist</u></a>	Gymnastics Cards Safety Checklist	Traffic Sign Posters	Space Race Posters



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## WEEKS 25 – 28

Weeks 25-28 (2 classes/week)	Week 25	Week 26	Week 27	Week 28
<b>OPEN Module</b>	<a href="#"><u>Scooter Activities</u></a>	<a href="#"><u>Pi Day Activities</u></a>	<a href="#"><u>Ball Handling &amp; Dribbling</u></a>	<a href="#"><u>Ball Handling &amp; Dribbling</u></a>
<b>Outcome Focus</b>	<ul style="list-style-type: none"> <li>Safely move on a scooter with control and coordination</li> </ul>	<ul style="list-style-type: none"> <li>Cooperate with teammates while completing challenges</li> </ul>	<ul style="list-style-type: none"> <li>Identify dominant hand for dribbling</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate dribbling with 1 hand continuously</li> <li>Pass to a target</li> </ul>
<b>Instant Activity</b>	Red Light Green Light	Pi Day Races	Bubble Breakers	Toss 3
<b>Skill Development Activities</b>	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
<b>Assessment Tools</b>	Performance Rubric	Who Wants Pi Exercise Chart	Self-Assessment	Performance Rubric
<b>Academic Language</b>	Control, Direction, Force, Personal Space	Challenge, Cooperation, Pi, Target Heart Rate	Bounce, Dribble, Drop, Catch, Pathway	Continuous, Pass, Accurate, Target
<b>Other Resources</b>	<a href="#"><u>Scooters YouTube Playlist</u></a>	Academic Language Cards	<a href="#"><u>Ball Handling YouTube Playlist</u></a>	Wall Passing Target



# PHYSICAL EDUCATION CURRICULUM MAPS 40 WEEKS FOR GRADES K-2

## WEEKS 29 – 32

Weeks 29-32 (2 classes/week)	Week 29	Week 30	Week 31	Week 32
<b>OPEN Module</b>	<u><a href="#">Volleying and Striking</a></u>	<u><a href="#">Volleying and Striking</a></u>	<u><a href="#">Dance</a></u>	<u><a href="#">Dance</a></u>
<b>Outcome Focus</b>	<ul style="list-style-type: none"> <li>Ability to strike and volley an object upward continuously</li> </ul>	<ul style="list-style-type: none"> <li>Ability to strike an object with a paddle</li> </ul>	<ul style="list-style-type: none"> <li>Actively engage during dances</li> </ul>	<ul style="list-style-type: none"> <li>Perform correct movements with beat of the music</li> </ul>
<b>Instant Activity</b>	First Things First	Musical Balloon Bop	Pop See Ko	The Birdie Dance
<b>Skill Development Activities</b>	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
<b>Assessment Tools</b>	Self-Assessment	DOK Questions	Self-Assessment	Holistic Performance Rubric
<b>Academic Language</b>	Consecutive, Self-Space, Actively Engage	Volley, Strike, Feedback, Response	Dance, Leader, Beat, Rhythm, Tempo	Movement, Locomotor, Non-Locomotor
<b>Other Resources</b>	Academic Language Cards	Station Cards	Sample Lesson Plan	Dance Activity Cards





# PHYSICAL EDUCATION CURRICULUM MAPS 40 WEEKS FOR GRADES K-2

## WEEKS 33 – 36

Weeks 33-36 (2 classes/week)	Week 33	Week 34	Week 35	Week 36
<b>OPEN Module</b>	<a href="#"><u>Parachute Games</u></a>	<a href="#"><u>Field Day</u></a>	<a href="#"><u>Field Day</u></a>	<a href="#"><u>Rhythm Fit</u></a>
<b>Outcome Focus</b>	<ul style="list-style-type: none"> <li>Demonstrate personal and social responsibility</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate Spirit of the Game during all Field Day activities</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate Spirit of the Game during all Field Day activities</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate rhythmic movements in the correct sequence</li> </ul>
<b>Instant Activity</b>	The Basics	Alaskan Baseball	Cherry on Top	Hip Hop Feet
<b>Skill Development Activities</b>	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
<b>Assessment Tools</b>	Self-Assessment	National Field Day Certificate	National Field Day Certificate	DOK Questions
<b>Academic Language</b>	Clockwise, Cooperation, Mixed Grip, Responsibility	Respect, Collaboration, Spirit of the Game	Teamwork, Cooperation, Integrity	Click, Rhythm, Beat, Sequence
<b>Other Resources</b>	Parachute Rules Poster	Academic Language Cards	Spirit of the Game Student Contract	<a href="#"><u>Lummi Stick YouTube Playlist</u></a>



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## WEEKS 37 – 40

Weeks 37-40 (2 classes/week)	Week 37	Week 38	Week 39	Week 40
<b>OPEN Module</b>	<a href="#"><u>Rhythm Fit</u></a>	<a href="#"><u>Limited Equipment</u></a>	<a href="#"><u>Limited Equipment</u></a>	<a href="#"><u>Hopscotch</u></a>
<b>Outcome Focus</b>	<ul style="list-style-type: none"> <li>Perform routines to the correct beat and tempo</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate cooperation and teamwork</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate personal and social responsibility</li> </ul>	<ul style="list-style-type: none"> <li>Identify ways to be physically active at home</li> </ul>
<b>Instant Activity</b>	Rhythm of the Music	Color Dash	Chariot Races	Around the Blocks Tabata
<b>Skill Development Activities</b>	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
<b>Assessment Tools</b>	Performance Rubric	DOK Questions	DOK Questions	Thumbs Up/Down Assessment
<b>Academic Language</b>	Tap, Tempo, Choreography	Cooperation, Teamwork, Communication	Responsibility, Respect, Integrity	Balance, Challenge, Healthy Lifestyle, Breathe, Choice
<b>Other Resources</b>	<a href="#"><u>Buckets YouTube Playlist</u></a>	Color Dash Cards	<a href="#"><u>OPEN YouTube Channel</u></a>	<a href="#"><u>Hopscotch YouTube Playlist</u></a>