



PHYSICAL EDUCATION CURRICULUM MAPS 40 WEEKS FOR GRADES 6-8

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 Triangle Dance 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	Health and Wellness	Fitness Knowledge	Fitness Knowledge	Team Invasion
Outcome Focus	<ul style="list-style-type: none"> Identify the 4 Pillars of Health Design a fitness and nutrition plan 	<ul style="list-style-type: none"> Calculate resting heart rate and target heart rate zone 	<ul style="list-style-type: none"> Discuss dynamic and static stretches Design a MyPlate meal with balanced nutrition 	<ul style="list-style-type: none"> Create space or close space to create an advantage
Instant Activity	Pillars of Health	Coach D's FITTness Warm-up	Emotional Health Warm-up	See It, Move It
Skill Development Activities	Food is Fuel Food Relationships On the Run Spell it Out The A to ZZZ's of Sleep My Fitness Plan	AMRAP Teamwork Cupid Fitness Capacity Tabata to Improve	Stretch Arm Strong Make a MyPlate Meal Freeze Yoga	4 to Score Switch Team Handball Smash Ultimate Aussie Ricochet
Assessment Tools	Spell it Out Worksheet Sleep PSA Worksheet	Fitness Knowledge Exit Slip FITT Activity Log	Academic Language Quiz Holistic Performance Rubric	Exit Slips
Academic Language	Nutrition, Movement, Stress Management, Sleep, Leadership	FITT Formula, Moderate, Vigorous, AMRAP	Static Stretch, Dynamic Stretch, Nutrition, Food Groups	Create Space, Close Space, Communication
Believe In You Journal	Week 5	Week 6	Week 7	Week 8
Other Resources	Pillars of Health Activity Cards	Perceived Exertion Card	MyPlate Food Cards	Movement Concepts Cards



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WEEKS 9 – 12

Weeks 9-12 (3 classes/week)	Week 9	Week 10	Week 11	Week 12
OPEN Module	Flag Football	Soccer	Instant Activities	Gratitude Games
Outcome Focus	<ul style="list-style-type: none"> Apply movement concepts to small sided games 	<ul style="list-style-type: none"> Maintain possession while defenders try to intercept 	<ul style="list-style-type: none"> Discuss ways to be physically active Actively engage with classmates 	<ul style="list-style-type: none"> Demonstrate teamwork and cooperation
Instant Activity	Pass and Chase	Box & Move Passing Drill	Toss 3	Thankful Turkey Toss
Skill Development Activities	1v1 Flag Tag Touchdown Run 4 Down Frenzy Catch and Score Route Rotations	Basic Rondo 3-point Rondo Challenge 4v2 Dual Defender Zone-to-Zone Rondo Cone Touch Rondo Rondo Festival	Aerobic Numbers Capture the Corner Party Control Patrol RPS Victory Lap Center Field Relay Empire Tag	Trap the Turkey Rows of Gratitude Gratitude Wreath Food Collectors Leaf Launchers Turkey Bowl
Assessment Tools	Flag Football 5-day Journal	Rondo Reflection Page	DOK Questions	DOK Questions
Academic Language	Route, Huddle, Create Space, Close Space	Agility, Defender, Intercept, Rondo	Physical Activity, Actively Engage, Fitness	Gratitude, Cooperation, Etiquette
Believe In You Journal	Week 9	Week 10	Week 11	Week 12
Other Resources	Route Rotation Cards	Rondo Festival Station Cards	Believe In You Great Goal Journal	Rows of Gratitude Yoga Cards



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WEEKS 13 – 16

Weeks 13-16 (3 classes/week)	Week 13	Week 14	Week 15	Week 16
OPEN Module	<u>Gratitude Games</u>	<u>Circus Arts</u>	<u>Winter Wonderland</u>	<u>Winter Wonderland</u>
Outcome Focus	<ul style="list-style-type: none"> Discussion about the true meaning of the Thanksgiving season 	<ul style="list-style-type: none"> Perform a circus arts routine solo or with a group/partner 	<ul style="list-style-type: none"> Demonstrate etiquette and kindness 	<ul style="list-style-type: none"> Increase heart rate to improve fitness level
Instant Activity	Catch the Turkey	Hoop Tower Relay	Elf on the Shelf Tag	Red Nose Relay
Skill Development Activities	Stuff the Turkey Pass the Joy The Night Before Thanksgiving Turkey Feather Round Up	Basic Juggling Advanced Juggling Balance Challenges Circus Practice Circus Performance	Polar Bear Cave Ornaments in the Attic Gift Ninjas Red Nose Relay No Grinches Allowed	Snowmobile Tag Ice Fishing Snowman and Sunshine Feed the Reindeer Down the Chimney
Assessment Tools	DOK Questions	Circus Routine Planning Card	Academic Language Discussion	Academic Language Discussion
Academic Language	Integrity, Teamwork, Enthusiasm, Joy	Balance, Center of Gravity, Focus, Challenge	Leadership, Generosity, Kindness	Self-Control, Heart Rate, Fitness
<u>Believe In You Journal</u>	Week 13	Week 14	Week 15	Week 16
Other Resources	The Night Before Thanksgiving Cards	Teacher Tips for Circus Skills	Ornament Cut Outs	<u>Generosity 5-day Journal</u>



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WEEKS 17 – 20

Weeks 17-20 (3 classes/week)	Week 17	Week 18	Week 19	Week 20
OPEN Module	OPEN 8 Challenge	Plug and Play Fitness	Roundnet	Roundnet
Outcome Focus	<ul style="list-style-type: none"> Work with classmates to successfully complete challenges 	<ul style="list-style-type: none"> Discuss the importance of form when exercising 	<ul style="list-style-type: none"> Compare and contrast the different types of strikes 	<ul style="list-style-type: none"> Describe positioning that reduces offensive options
Instant Activity	Birth of Sky	20-Meter RPS Challenge	Rally Time	Make 'em Move
Skill Development Activities	Emerging Force Awaken the Earth Life of Water Life of Wind Life on the Ice Master of Life Act of Ultimate Courage	Warrior Fitness Partner Poses Unplugged 4-Corner Boogie Planking Hockey	Self-passing Challenges Spikeball Bounce & Catch Partner Passing Plays Selfie Spikes	Spiking Pentathlon Anticipate & Position Roundnet for Rookies Tam Tactics Roundnet for Pros
Assessment Tools	Grit Builder Guide	DOK Exit Slip	Academic Language Quiz	Performance Rubric
Academic Language	Accurate, Challenging, Spirit of the Game	Core, Balance, Form, Mental Health, Plank	Pass, Spike, Serve, Improve, Effort	Anticipation, Positioning, Offense, Defense
Believe In You Journal	Week 17	Week 18	Week 19	Week 20
Other Resources	Muscular Fitness Challenge Poster	Universal Design for Learning	Roundnet YouTube Playlist	Challenge Cards



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WEEKS 21 – 24

Weeks 21-24 (3 classes/week)	Week 21	Week 22	Week 23	Week 24
OPEN Module	Jump Rope	Rhythm Fit	Dance	Basketball
Outcome Focus	<ul style="list-style-type: none"> Create and perform a jump rope sequence 	<ul style="list-style-type: none"> Perform the correct order and sequence of routines 	<ul style="list-style-type: none"> Actively engage during dances Perform movements with beat of music 	<ul style="list-style-type: none"> Demonstrate dribbling, passing, receiving, and shooting skills
Instant Activity	Jump Zone	Run It Back	The Safety Dance	Toss 3 (with basketball passes)
Skill Development Activities	Jolly Jumpers Skip Squad Jumping for Joy Jump Jams Creative Combos	Bounce Ride Out Island Hopping Keep Climbin' NYC Roll Call	Sports Picture Dance Dance with Words D'Hammerschmiedsgselln Samoa Sasa Crazy Bird	All-star Passing Dribble Stoppers Corner to Corner Money in the Bank
Assessment Tools	Creative Combos Worksheet	Academic Language Quiz	Dance with Words Brainstorm Page	Academic Language Quiz
Academic Language	Challenge, Consecutive, Endurance	Rhythm, Tempo, Beat, Sequence, Combination	8-count, Choreography, Culture, Pivot	Dribble, Dominant Hand, Pass, Receive
Believe In You Journal	Week 21	Week 22	Week 23	Week 24
Other Resources	Jump Rope Skill Cards	Exercise Ball YouTube Playlist	Dance YouTube Playlist	Skill Cards



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WEEKS 25 – 28

Weeks 25-28 (3 classes/week)	Week 25	Week 26	Week 27	Week 28
OPEN Module	<u>Basketball</u>	<u>Pi Day Activities</u>	<u>Pickleball</u>	<u>Pickleball</u>
Outcome Focus	<ul style="list-style-type: none"> Identify strategies to create or close space 	<ul style="list-style-type: none"> Cooperate with teammates while completing challenges 	<ul style="list-style-type: none"> Demonstrate a correct forehand and backhand 	<ul style="list-style-type: none"> Volley continuously with others
Instant Activity	Three to a Hoop	Pi Day Races	Pickleball Tag	Level 2 Toss Drills
Skill Development Activities	Challenger POKE Kareem-Abdul-Jabbar Can't Stop Me Stations	Pi Toss Pi Day Dice Relay Cake or Pi? Who Wants Pi?	Level 1 Toss Drills 1-Bounce Partner Scramble Partner Rally Drills Partner Rally Tally	Serve Drills Fronton Siingles Doubles Rally Tally Pickleball Station Day Royal Court Game Day
Assessment Tools	Performance Rubric	Who Wants Pi Exercise Chart	Partner Rally Tally Card	Academic Language Quiz
Academic Language	Etiquette, Passing Lane, Pivot, Transition	Challenge, Cooperation, Pi, Target Heart Rate	Grip, Volley, Strike, Strategy, Cooperate	Continuous, Accuracy, Rally, Pattern
<u>Believe In You Journal</u>	Week 25	Week 26	Week 27	Week 28
Other Resources	Half-Court Basketball Rules	Academic Language Cards	Pickleball Strategy Cards	Spirit of the Game Award



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WEEKS 29 – 32

Weeks 29-32 (3 classes/week)	Week 29	Week 30	Week 31	Week 32
OPEN Module	Floor Hockey	Team Tabata	Tabata Training	Golf
Outcome Focus	<ul style="list-style-type: none"> Demonstrate a variety of hockey skills focusing on form and technique 	<ul style="list-style-type: none"> Demonstrate proper form and safe technique for fitness activities 	<ul style="list-style-type: none"> Ability to work in target zone by adjusting exercise or intensity as needed 	<ul style="list-style-type: none"> Use proper grip and stance for putting and chipping
Instant Activity	Hockey Tag	Team Walk & Talk	Tabata Warm-up	RPS Victory Lap
Skill Development Activities	Hockey Stations Pirate Hockey Defenders Gauntlet Power Plays 4 on the Floor 3v3 Pass and Score	Hot Potato Team Scramble Team Rep Challenge Team Charades Dice Duel	One and Done Double or Nothing Mirror Mirror Flip Flop Don't Stop Tabata Interval Stations	Golf Bowling Golf 301 Top Golf Bullseye
Assessment Tools	Academic Language Quiz	Create Your Own Tabata Routine	Performance Rubric	Academic Language Quiz
Academic Language	Advantage, Anticipate, Assist, Teamwork	Challenge, Effort, Aerobic Capacity	Skill-related Fitness, Health-related Fitness, Interval	Alignment, Etiquette, Grip, Stance, Putt
Believe In You Journal	Week 29	Week 30	Week 31	Week 32
Other Resources	Safety Rules Card	Team Scramble Fitness Cards	Blank Routine Cards	Sample Lesson Plan



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WEEKS 33 – 36

Weeks 33-36 (3 classes/week)	Week 33	Week 34	Week 35	Week 36
OPEN Module	Golf	Ultimate Disc	Ultimate Disc	Rugby
Outcome Focus	<ul style="list-style-type: none"> Develop a putt putt hole with a partner 	<ul style="list-style-type: none"> Throw and catch a disc using skill cues 	<ul style="list-style-type: none"> Ability to apply skills to a modified or regulation game of Ultimate Disc 	<ul style="list-style-type: none"> Combine skills and strategies during a flag rugby game
Instant Activity	First Things First	Switch	Hoop It Up	Rugby Tag
Skill Development Activities	Bucket Golf GOLFER Sink Holes Putt Putt	Toss Up Throw and Go Fly Disc Baseball Uno, Dos, Tres Ultimate Contests	Hot Box Goaltimate Mini-Ultimate Ultimate Disc	Stationary Passing Leader Ball Monkey in the Middle Gauntlet Flag Rugby
Assessment Tools	Create a Putt Putt Hole Worksheet	Spirit of the Game Exit Slip	Performance Rubric	Teamwork Exit Slip
Academic Language	Chipping, Follow Through, Safety, Respect	Lead Pass, Spirit of the Game, Backhand	Disc, Pancake, Possession, Communication, Cut	Grip, Fake, Hand-off, Pass, Trajectory
Believe In You Journal	Week 33	Week 34	Week 35	Week 36
Other Resources	Golf Cue Charts	Throwing & Catching Skill Cue Charts	Ultimate Disc Rule Sheet	Cue Charts



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WEEKS 37 – 40

Weeks 37-40 (3 classes/week)	Week 37	Week 38	Week 39	Week 40
OPEN Module	Stickball	Hoop Ball	Hoop Ball	Backyard Games
Outcome Focus	<ul style="list-style-type: none"> Perform striking, fielding, catching, and throwing skills during small-sided games 	<ul style="list-style-type: none"> Apply throwing and catching skills on the move 	<ul style="list-style-type: none"> Quick transitions from offense to defense 	<ul style="list-style-type: none"> Cooperate and Encourage Teammates
Instant Activity	Toss 3	Cone Catchers	Beater Tag	Bean Bag Toss
Skill Development Activities	Twin Tosser Target Smashers Smash Stations Thread the Needle Home Run Derby NYC Stickball Festival	Quaffle Throw Group Catch Keeper Practice Chasers vs Keepers	Chasers, Keepers, & Beaters Oh My! Seeker vs SnitchTag Hoop Ball	Spike It Up Spike It Up: Paddle Style Bucket Golf Disc Golf
Assessment Tools	Academic Language Quiz	Academic Language Quiz	Performance Rubric	DOK Questions
Academic Language	Batter, Fielding, Inning, Mechanics, Pitch	Quaffle, Pathway, Cooperation, Teamwork	Beater, Snitch, Communication	Cooperation, Teamwork, Target, Strike
Believe In You Journal	Week 37	Week 38	Week 39	Week 40
Other Resources	NYC Stickball Festival Rules	Hoop Ball Positions & Rules	Academic Language Cards	Summer Fitness Plan