

Week 1-4	Cognitive	Motor Skills	Fitness	Personal & Social Responsibility
Essential Questions 6	1) How can I identify appropriate use of problem-solving, conflict resolution, and decision-making skills in PE?	1) How can I combine and apply mature locomotor and manipulative skills into specialized sequences in PE?	1) What are the six components of skill-related fitness?	1) How can I demonstrate integrity in PE?
Essential Questions 7	1) What guidelines should I follow when problem-solving and resolving conflicts in PE?	1) How can I demonstrate mature movement forms and skill combinations in PE?	1) How can I remain safe while improving my skill-related fitness?	1) How can rules, proper use of equipment, and etiquette help us to be safe in PE?
Essential Questions 8	1) Why are problem-solving & conflict resolution skills important in cooperative and dynamic physical activity settings?	1) How can I demonstrate mature movement patterns in a variety of cooperative activities?	1) How can I demonstrate each component of skill-related fitness during each fitness activity?	1) How can I demonstrate teamwork and respect for others in PE?
OPEN Module	OPEN 8 Challenges	OPEN 8 Challenges	Tabata Training Module	OPEN 8 Challenges
Activities	<ul style="list-style-type: none"> <li>• Birth of Sky</li> <li>• Emerging Force</li> <li>• Awaken the Earth</li> <li>• Life of Water</li> <li>• Life of Wind</li> <li>• Life on the Ice</li> <li>• Master of Life</li> <li>• Act of Ultimate Courage</li> </ul>	<ul style="list-style-type: none"> <li>• Birth of Sky</li> <li>• Emerging Force</li> <li>• Awaken the Earth</li> <li>• Life of Water</li> <li>• Life of Wind</li> <li>• Life on the Ice</li> <li>• Master of Life</li> <li>• Act of Ultimate Courage</li> </ul>	<ul style="list-style-type: none"> <li>• One and Done: Health- &amp; Skill-Related Fitness Cards</li> </ul>	<ul style="list-style-type: none"> <li>• Birth of Sky</li> <li>• Emerging Force</li> <li>• Awaken the Earth</li> <li>• Life of Water</li> <li>• Life of Wind</li> <li>• Life on the Ice</li> <li>• Master of Life</li> <li>• Act of Ultimate Courage</li> </ul>
Assessment(s)	<ul style="list-style-type: none"> <li>• Holistic Rubrics</li> <li>• Quizzes &amp; Exit Slips</li> <li>• Grit Builder Guide</li> </ul>	<ul style="list-style-type: none"> <li>• Holistic Rubrics</li> <li>• Quizzes &amp; Exit Slips</li> <li>• Grit Builder Guide</li> </ul>	<ul style="list-style-type: none"> <li>• Blank Tabata Routine Cards</li> </ul>	<ul style="list-style-type: none"> <li>• Holistic Rubrics</li> <li>• Quizzes &amp; Exit Slips</li> <li>• Grit Builder Guide</li> </ul>
Focused Standards 6 (Codes Only)	<ul style="list-style-type: none"> <li>• S4.[6.a]</li> </ul>	<ul style="list-style-type: none"> <li>• S1.[6.a]</li> </ul>	<ul style="list-style-type: none"> <li>• S1.[6.c]</li> </ul>	<ul style="list-style-type: none"> <li>• S4.[6.e]</li> </ul>
Focused Standards 7 (Codes Only)	<ul style="list-style-type: none"> <li>• S4.[7.b]</li> </ul>	<ul style="list-style-type: none"> <li>• S1.[7.a]</li> </ul>	<ul style="list-style-type: none"> <li>• S3.[7.a]</li> </ul>	<ul style="list-style-type: none"> <li>• S4.[7.h]</li> </ul>
Focused Standards 8 (Codes Only)	<ul style="list-style-type: none"> <li>• S4.[8.f,g]</li> </ul>	<ul style="list-style-type: none"> <li>• S1.[8.a]</li> </ul>	<ul style="list-style-type: none"> <li>• S1.[8.c]</li> </ul>	<ul style="list-style-type: none"> <li>• S4.[8.c]</li> </ul>
Notes	PE=Physical Education	PE=Physical Education		PE=Physical Education

Week 5-8	Cognitive	Motor Skills	Fitness	Personal & Social Responsibility
Essential Questions 6	1) How does being physically active lead to a healthy body?	1) How do the six components of skill-related fitness relate to each activity?	1) What is resting heart rate? 2) How can I calculate resting heart rate?	1) What strategies can I use to include others in physical activity?
Essential Questions 7	1) What is the relationship between physical activity, caloric intake, and body composition?	1) How can I demonstrate mature movement forms using the components of skill-related fitness?	1) What is the relationship between resting heart rate and aerobic fitness?	1) Why is it important to demonstrate supportive behaviors that promote the inclusion of others?
Essential Questions 8	1) How do exercise and activity affect physical movement, body systems, and brain development?	1) How can I combine the components of skill-related fitness to complete specific physical activities?	1) Why is it important to monitor my heart rate before, during, and after MVPA?	1) How can I provide appropriate encouragement and feedback to my peers?
OPEN Module	Fitness Knowledge Module	Fitness Knowledge Module	Fitness Knowledge Module	Fitness Knowledge Module
Activities	<ul style="list-style-type: none"> <li>Coach D's FITNESS Warm-Up</li> <li>Cupid Fitness Capacity</li> <li>Tabata To Improve</li> <li>Make A MyPlate Meal</li> </ul>	<ul style="list-style-type: none"> <li>Cupid Fitness Capacity</li> <li>Tabata To Improve</li> <li>Stretch Arm Strong</li> </ul>	<ul style="list-style-type: none"> <li>AMRAP Teamwork</li> <li>Freeze Yoga</li> </ul>	<ul style="list-style-type: none"> <li>AMRAP Teamwork</li> <li>Emotional health Warm-Up</li> <li>Tabata To Improve</li> </ul>
Assessment(s)	<ul style="list-style-type: none"> <li>Self-Assessment</li> <li>Holistic Rubric</li> <li>FITT Activity Log</li> <li>Fitness &amp; Nutrition Exit Slips</li> </ul>	<ul style="list-style-type: none"> <li>Holistic Rubrics</li> <li>DOK Tiered Questions</li> </ul>	<ul style="list-style-type: none"> <li>Perceived Exertion Charts</li> <li>Heart Rate Monitors</li> </ul>	<ul style="list-style-type: none"> <li>Blank Tabata Station Cards</li> <li>Mental &amp; Emotional Health Exit Slips</li> </ul>
Focused Standards 6 (Codes Only)	<ul style="list-style-type: none"> <li>S3.[6.d]</li> </ul>	<ul style="list-style-type: none"> <li>S1.[6.c]</li> </ul>	<ul style="list-style-type: none"> <li>S3.[6.c]</li> </ul>	<ul style="list-style-type: none"> <li>S4.[6.f]</li> </ul>
Focused Standards 7 (Codes Only)	<ul style="list-style-type: none"> <li>S3.[7.d]</li> </ul>	<ul style="list-style-type: none"> <li>S1.[7.a]</li> </ul>	<ul style="list-style-type: none"> <li>S5.[7.f]</li> </ul>	<ul style="list-style-type: none"> <li>S4.[7.c]</li> </ul>
Focused Standards 8 (Codes Only)	<ul style="list-style-type: none"> <li>S2.[8.f]</li> </ul>	<ul style="list-style-type: none"> <li>S1.[8.c]</li> </ul>	<ul style="list-style-type: none"> <li>S3.[8.e]</li> </ul>	<ul style="list-style-type: none"> <li>S4.[8.b]</li> </ul>
Notes		DOK=Depth of Knowledge	MVPA= Moderate to Vigorous Physical Activity	

Week 9-12	Cognitive	Motor Skills	Fitness	Personal & Social Responsibility
Essential Questions 6	1) How can I apply concepts of relationships, effort, spatial awareness, speed, and pathways to refine my skills in rugby activities?	1) How can I demonstrate mature locomotor and manipulative skills in rugby activities?	1) What is RPE? 2) What criteria can I use to assess my RPE?	1) What are the benefits of competitive physical activities like rugby?
Essential Questions 7	1) What biomechanical principles can I apply to understand and perform skillful movements?	1) How can I demonstrate skills and movement patterns in unpredictable situations?	1) What is the relationship between resting heart rate and an RPE scale?	1) How can participating in competitive and non-competitive physical activities create enjoyment?
Essential Questions 8	1) How can I analyze my performance using a variety of movement concepts?	1) How can I apply offensive and defensive strategies in rugby to gain an advantage?	1) What is the relationship between an RPE scale and energy expenditure?	1) How would I compare and contrast social and emotional benefits of participating in competitive and non-competitive activities?
OPEN Module	Rugby Module	Rugby Module	Plug & Play Fitness Module	Rugby Module
Activities	<ul style="list-style-type: none"> <li>Rugby Tag</li> <li>Sharks &amp; Minnows</li> <li>Ultimate End Ball</li> <li>Partner Score</li> <li>Learning Lanes</li> </ul>	<ul style="list-style-type: none"> <li>Stationary Passing</li> <li>Leader Ball</li> <li>Star Passing Drill</li> <li>Gauntlet</li> <li>Flag Rugby</li> </ul>	<ul style="list-style-type: none"> <li>Warrior Fitness</li> <li>4-Corner Boogie</li> <li>20-Meter RPS Challenge</li> </ul>	<ul style="list-style-type: none"> <li>Stationary Passing</li> <li>Leader Ball</li> <li>Monkey in the Middle</li> <li>Gauntlet</li> </ul>
Assessment(s)	<ul style="list-style-type: none"> <li>Academic Language</li> </ul>	<ul style="list-style-type: none"> <li>Holistic Rubric</li> <li>Purposeful Practice</li> </ul>	<ul style="list-style-type: none"> <li>Perceived Exertion Card (In Fitness Knowledge)</li> </ul>	<ul style="list-style-type: none"> <li>Holistic Rubric</li> <li>Teamwork Exit Slip</li> </ul>
Focused Standards 6 (Codes Only)	<ul style="list-style-type: none"> <li>S2.[6.a]</li> </ul>	<ul style="list-style-type: none"> <li>S1.[6.a]</li> </ul>	<ul style="list-style-type: none"> <li>S3.[6.h]</li> </ul>	<ul style="list-style-type: none"> <li>S4.[6.d]</li> </ul>
Focused Standards 7 (Codes Only)	<ul style="list-style-type: none"> <li>S2.[7.b]</li> </ul>	<ul style="list-style-type: none"> <li>S1.[7.a]</li> </ul>	<ul style="list-style-type: none"> <li>S5.[7.f]</li> </ul>	<ul style="list-style-type: none"> <li>S4.[7.g]</li> </ul>
Focused Standards 8 (Codes Only)	<ul style="list-style-type: none"> <li>S2.[8.d]</li> </ul>	<ul style="list-style-type: none"> <li>S2.[8.c]</li> </ul>	<ul style="list-style-type: none"> <li>S5.[8.d]</li> </ul>	<ul style="list-style-type: none"> <li>S4.[8.h]</li> </ul>
Notes			RPE=Rate of Perceived Exertion	

Week 13-16	Cognitive	Motor Skills	Fitness	Personal & Social Responsibility
Essential Questions 6	1) What are the components of skill-related fitness that apply to Roundnet activities?	1) Why is it important to strike with a mature overarm pattern?	1) How does being physically active lead to a healthy body?	1) Why is etiquette important in Roundnet activities?
Essential Questions 7	1) How can I detect and correct mechanical errors in Roundnet related to the components of skill-related fitness?	1) How can I apply mature movement and skill combinations to respond to dynamic and unpredictable situations?	1) What is energy balance and how does it lead to a healthy body?	1) What is the role of etiquette when self-officiating Roundnet games?
Essential Questions 8	1) How can I utilize feedback to improve the movement skills of myself and others?	1) How can I transition from offense to defense quickly while communicating with my teammate?	1) What is the role of energy balance in weight management and body composition?	1) How can I handle potential conflicts during Roundnet activities?
OPEN Module	Roundnet Module	Roundnet Module	Fitness Knowledge	Roundnet Module
Activities	<ul style="list-style-type: none"> <li>Self-Passing Challenge</li> <li>Partner Passing Plays</li> <li>Rally Time</li> <li>Partner Passing Pentathlon</li> </ul>	<ul style="list-style-type: none"> <li>Selfie Spikes</li> <li>Spiking Pentathlon</li> <li>Make 'Em Move</li> <li>Team Tactics</li> <li>Anticipate &amp; Position</li> </ul>	<ul style="list-style-type: none"> <li>Emotional Health Warm-Up</li> <li>Make a MyPlate Meal</li> </ul>	<ul style="list-style-type: none"> <li>Spikeball® Bounce &amp; Catch</li> <li>Roundnet 4 Rookies</li> <li>Roundnet 4 Pros</li> <li>Tournament Option</li> </ul>
Assessment(s)	<ul style="list-style-type: none"> <li>Academic Language</li> </ul>	<ul style="list-style-type: none"> <li>Holistic Rubric</li> <li>Spiking cue card</li> </ul>	<ul style="list-style-type: none"> <li>DOK Tiered Questions</li> <li>Nutrition Exit Slips</li> </ul>	<ul style="list-style-type: none"> <li>Holistic Rubric</li> </ul>
Focused Standards 6 (Codes Only)	<ul style="list-style-type: none"> <li>S2.[6.c]</li> </ul>	<ul style="list-style-type: none"> <li>S1.[6.a]</li> </ul>	<ul style="list-style-type: none"> <li>S3.[6.d]</li> </ul>	<ul style="list-style-type: none"> <li>S4.[6.e]</li> </ul>
Focused Standards 7 (Codes Only)	<ul style="list-style-type: none"> <li>S2.[7.d]</li> </ul>	<ul style="list-style-type: none"> <li>S1.[7.a]</li> </ul>	<ul style="list-style-type: none"> <li>S5.[7.h]</li> </ul>	<ul style="list-style-type: none"> <li>S4.[7.a]</li> </ul>
Focused Standards 8 (Codes Only)	<ul style="list-style-type: none"> <li>S2.[8.e]</li> </ul>	<ul style="list-style-type: none"> <li>S1.[8.a]</li> </ul>	<ul style="list-style-type: none"> <li>S5.[8.b]</li> </ul>	<ul style="list-style-type: none"> <li>S4.[8.f]</li> </ul>
Notes			DOK = Depth of Knowledge	

Week 17-20	Cognitive	Motor Skills	Fitness	Personal & Social Responsibility
Essential Questions 6	1) What is the relationship between resting heart rate and exercise intensity?	1) How can I develop a plan to improve my health-related fitness?	1) What is the FITT principle? 2) How can I apply the FITT principle to each fitness activity?	1) How can I use equipment appropriately and safely during PE?
Essential Questions 7	1) How are RPE scale, heart rate, and the body's response to physical activity connected to one another?	1) How can I incorporate 60 minutes of moderate to vigorous physical activity into my daily routine?	1) What resources can I use to monitor, evaluate, and record activities for fitness improvement?	1) Why is it important to identify specific safety concerns associated with Tabata?
Essential Questions 8	1) How can I use the RPE scale to adjust my workout intensity during physical activity?	1) How can I develop a Tabata routine to meet the physical activity guidelines of 60 minutes a day?	1) How can I use technology tools to monitor, record, and improve personal fitness?	1) What are best practices for participating safely in physical activity and exercise?
OPEN Module	Tabata Training Module	Tabata Training Module	Fitness Knowledge	Tabata Training Module
Activities	<ul style="list-style-type: none"> <li>• Double or Nothing</li> <li>• Mirror-Mirror</li> <li>• Flip Flop Don't Stop</li> </ul>	<ul style="list-style-type: none"> <li>• One and Done</li> <li>• Tabata Interval Training</li> </ul>	<ul style="list-style-type: none"> <li>• Coach D's FITTness Warm-Up</li> <li>• Tabata To Improve</li> <li>• AMRAP Teamwork</li> </ul>	<ul style="list-style-type: none"> <li>• Tabata Warm-Up</li> <li>• Flip Flop Don't Stop</li> </ul>
Assessment(s)	<ul style="list-style-type: none"> <li>• Muscle/Bone Strengthening Puzzle</li> <li>• Holistic Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Tabata Blank Routines</li> <li>• Holistic Rubric</li> <li>• Physical Activity Log</li> </ul>	<ul style="list-style-type: none"> <li>• Perceived Exertion Card</li> <li>• Heart Rate Monitors</li> </ul>	<ul style="list-style-type: none"> <li>• Holistic Rubric</li> <li>• Academic Language</li> </ul>
Focused Standards 6 (Codes Only)	• S5.[6.b]	• S3.[6.f]	• S3.[6.b]	• S4.[6.b]
Focused Standards 7 (Codes Only)	• S5.[7.b]	• S3.[7.f]	• S3.[7.c]	• S4.[7.h]
Focused Standards 8 (Codes Only)	• S5.[8.e]	• S3.[8.d]	• S3.[8.c]	• S4.[8.a]
Notes	RPE=Rate of Perceived Exertion		FITT=Frequency, Intensity, Time, Type	PE=Physical Education

Week 21-24	Cognitive	Motor Skills	Fitness	Personal & Social Responsibility
Essential Questions 6	1) How can I apply the concepts of effort, relationships, spatial awareness, speed, and pathways in PE?	1) How can I apply locomotor and manipulative skills in circus arts activities?	1) In what physical activities can I participate to improve my fitness?	1) What are the benefits of non-competitive physical activities?
Essential Questions 7	1) How can I describe the planes of motion in which movement occurs?	1) How can I demonstrate balance and movement in the three planes of movement in circus arts activities?	1) How can I stay safe while improving my physical fitness?	1) What are the positive mental and emotional aspects of participating in non-competitive physical activities?
Essential Questions 8	1) How can I analyze movement concepts involving force, coordination, and motion to improve my circus arts performance?	1) How can I apply biomechanical principles of force, (laws of) motion, rotation, and energy to improve my circus arts performance?	1) How can I use technology to improve my physical fitness?	1) What are the social and emotional benefits of participating in a variety of physical activities?
OPEN Module	Circus Arts Module	Circus Arts Module	Plug & Play Fitness Module	Circus Arts Module
Activities	<ul style="list-style-type: none"> <li>• Diabolo</li> <li>• Flower Sticks</li> <li>• Circus Combinations</li> </ul>	<ul style="list-style-type: none"> <li>• Advanced Juggling</li> <li>• Balance Challenges</li> <li>• Circus Practice</li> </ul>	<ul style="list-style-type: none"> <li>• 4 Corner Boogie</li> <li>• 20-Meter RPS Challenge</li> </ul>	<ul style="list-style-type: none"> <li>• Basic Juggling</li> <li>• Spinning Plates</li> <li>• Circus Performance</li> </ul>
Assessment(s)	<ul style="list-style-type: none"> <li>• Holistic Rubric</li> <li>• Academic Language</li> </ul>	<ul style="list-style-type: none"> <li>• Circus Routine</li> <li>• Circus Show Line-Up</li> </ul>	<ul style="list-style-type: none"> <li>• Heart Rate Monitors</li> <li>• Perceived Exertion Card</li> </ul>	<ul style="list-style-type: none"> <li>• Holistic Rubric</li> </ul>
Focused Standards 6 (Codes Only)	• S2.[6.a]	• S1.[6.a]	• S3.[6.d]	• S4.[6.d]
Focused Standards 7 (Codes Only)	• S2.[7.c]	• S1.[7.e]	• S3.[7.a]	• S4.[7.f]
Focused Standards 8 (Codes Only)	• S2.[8.d]	• S1.[8.d]	• S3.[8.c]	• S4.[8.h]
Notes	PE=Physical Education			



Week 25-28	Cognitive	Motor Skills	Fitness	Personal & Social Responsibility
Essential Questions 6	1) What are basic offensive and defensive strategies in basketball activities?	1) How can I demonstrate dribbling with my dominant and non-dominant hands in different movement patterns?	1) What is the impact of the physical activity guidelines on energy expenditure?	1) How can I demonstrate problem-solving, conflict-resolution, and decision-making skills in PE?
Essential Questions 7	1) What are offensive strategies and tactics I can use to gain an advantage in basketball activities?	1) How can I demonstrate dribbling in dynamic and unpredictable situations?	1) How would I define and describe the aerobic and anaerobic energy systems?	1) How can I use communication skills to solve problems and resolve conflicts in PE?
Essential Questions 8	1) What are offensive and defensive strategies and tactics I can use to gain an advantage in basketball activities?	1) How can I keep possession of the ball in dynamic and unpredictable situations?	1) How can I distinguish between activities that use the aerobic energy system and those that use the anaerobic energy system?	1) How can I use communication and cooperation skills to solve problems and resolve conflicts in team situations?
OPEN Module	Basketball Module	Basketball Module	Plug & Play Fitness Module	Basketball Module
Activities	<ul style="list-style-type: none"> <li>All-Star Passing</li> <li>Corner to Corner</li> <li>Three to a Hoop</li> </ul>	<ul style="list-style-type: none"> <li>Dribble Stoppers</li> <li>POKE</li> <li>Can't Stop Me Stations</li> </ul>	<ul style="list-style-type: none"> <li>Cupid Capacity</li> <li>AMRAP Teamwork</li> </ul>	<ul style="list-style-type: none"> <li>Money in the Bank</li> <li>Challenger</li> <li>Kareem Abdul-Jabbar</li> </ul>
Assessment(s)	<ul style="list-style-type: none"> <li>Rubric/Self-Assessment</li> <li>Language Quiz</li> </ul>	<ul style="list-style-type: none"> <li>Rubric/Self-Assessment</li> <li>Language Quiz</li> </ul>	<ul style="list-style-type: none"> <li>Fitness Knowledge Exit Slip</li> </ul>	<ul style="list-style-type: none"> <li>Basketball SEL Journal</li> </ul>
Focused Standards 6 (Codes Only)	<ul style="list-style-type: none"> <li>S2.[6.d]</li> </ul>	<ul style="list-style-type: none"> <li>S1.[6.a]</li> </ul>	<ul style="list-style-type: none"> <li>S5.[6.c]</li> </ul>	<ul style="list-style-type: none"> <li>S4.[6.a]</li> </ul>
Focused Standards 7 (Codes Only)	<ul style="list-style-type: none"> <li>S1.[7.b]</li> </ul>	<ul style="list-style-type: none"> <li>S1.[7.a]</li> </ul>	<ul style="list-style-type: none"> <li>S5.[7.c]</li> </ul>	<ul style="list-style-type: none"> <li>S4.[7.b,e]</li> </ul>
Focused Standards 8 (Codes Only)	<ul style="list-style-type: none"> <li>S2.[8.c]</li> </ul>	<ul style="list-style-type: none"> <li>S1.[8.a]</li> </ul>	<ul style="list-style-type: none"> <li>S5.[8.g]</li> </ul>	<ul style="list-style-type: none"> <li>S4.[8.e,g]</li> </ul>
Notes				PE=Physical Education

Week 29-32	Cognitive	Motor Skills	Fitness	Personal & Social Responsibility
Essential Questions 6	1) What are the benefits of participating in cultural activities?	1) How are problem-solving, conflict-resolution, and decision-making related to developing physical literacy?	1) How can I stay fit and physically active?	1) How can I demonstrate integrity during team-building activities?
Essential Questions 7	1) How does participation in cultural activities create enjoyment?	1) How does cooperation and communication affect skill development?	1) How can I remain safe while staying fit and physically active?	1) How can I demonstrate supportive behaviors to promote the inclusion and safety of others?
Essential Questions 8	1) What are the social and emotional benefits of participating in cultural activities?	1) How can I apply communication skills to help others develop their motor skills?	1) What is the SOP principle? 2) How can SOP improve my personal fitness?	1) How can I demonstrate etiquette, respect, integrity, and teamwork while engaging in physical activity?
OPEN Module	Dance Module	Dance Module	Fitness Knowledge Module	Dance Module
Activities	<ul style="list-style-type: none"> <li>Samoa Sasa</li> <li>Crazy Bird (Baba Hou!)</li> <li>D'Hammerschmiedsgelln</li> </ul>	<ul style="list-style-type: none"> <li>The Safety Dance</li> <li>Fist Pump Jump Jump</li> <li>Appalachian Big Circle</li> </ul>	<ul style="list-style-type: none"> <li>Tabata To Improve</li> </ul>	<ul style="list-style-type: none"> <li>Sports Pictures Dance</li> <li>Dance with Words</li> </ul>
Assessment(s)	<ul style="list-style-type: none"> <li>Academic Language Quiz</li> </ul>	<ul style="list-style-type: none"> <li>Holistic Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>Blank Tabata Cards</li> </ul>	<ul style="list-style-type: none"> <li>DOK Question Sets</li> </ul>
Focused Standards 6 (Codes Only)	<ul style="list-style-type: none"> <li>S4.[6.d]</li> </ul>	<ul style="list-style-type: none"> <li>S4.[6.a]</li> </ul>	<ul style="list-style-type: none"> <li>S3.[6.d]</li> </ul>	<ul style="list-style-type: none"> <li>S4.[6.e]</li> </ul>
Focused Standards 7 (Codes Only)	<ul style="list-style-type: none"> <li>S4.[7.g]</li> </ul>	<ul style="list-style-type: none"> <li>S4.[7.c,e]</li> </ul>	<ul style="list-style-type: none"> <li>S3.[7.a]</li> </ul>	<ul style="list-style-type: none"> <li>S4.[7.c]</li> </ul>
Focused Standards 8 (Codes Only)	<ul style="list-style-type: none"> <li>S4.[8.h]</li> </ul>	<ul style="list-style-type: none"> <li>S4.[8.e]</li> </ul>	<ul style="list-style-type: none"> <li>S3.[8.b]</li> </ul>	<ul style="list-style-type: none"> <li>S4.[8.c]</li> </ul>
Notes			SOP=Specificity, Overload, Progression	DOK=Depth of Knowledge



Week 33-36	Cognitive	Motor Skills	Fitness	Personal & Social Responsibility
Essential Questions 6	1) How can I apply the concept of spatial awareness to improve my performance in Ultimate Disc activities?	1) How can I analyze direction, speed, accuracy, and pathways to improve my performance?	1) What activities can I do to increase my RPE?	1) How can I implement strategies to promote inclusion and safe participation in physical activities?
Essential Questions 7	1) How can I analyze skill patterns and movement performance of myself and others to improve team dynamic and performance?	1) How can I detect and correct errors in my skill and movement patterns to improve my own and others' performance?	1) Why is it important to know your limits and how to improve them?	1) What specific safety concerns are associated with Ultimate Disc activities? (Consider rules, equipment, and etiquette.)
Essential Questions 8	1) What offensive and defensive strategies can I use to keep possession of the disc?	1) How can I use biomechanical principles to understand and improve my skill movements?	1) How can I use an RPE scale to adjust my workout intensity during physical activity?	1) How can I apply best practices for participating safely in Ultimate Disc activities?
OPEN Module	Ultimate Disc Module	Ultimate Disc Module	Plug & Play Fitness Module	Ultimate Disc Module
Activities	<ul style="list-style-type: none"> <li>Toss-Up</li> <li>Throw and Go</li> <li>Fly Disc Baseball</li> <li>Hot Box</li> </ul>	<ul style="list-style-type: none"> <li>Throw and Go</li> <li>Uno, Dos, Tres</li> <li>Ultimate Contests</li> </ul>	<ul style="list-style-type: none"> <li>Coach D's FITTness Warm-Up</li> </ul>	<ul style="list-style-type: none"> <li>Goaltimate</li> <li>Mini-Ultimate</li> <li>Ultimate Disc</li> </ul>
Assessment(s)	<ul style="list-style-type: none"> <li>Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>Purposeful Practice Plan</li> </ul>	<ul style="list-style-type: none"> <li>Perceived Exertion Card</li> <li>Fitness Knowledge Exit Slip</li> </ul>	<ul style="list-style-type: none"> <li>Spirit of the Game Exit Slip</li> </ul>
Focused Standards 6 (Codes Only)	<ul style="list-style-type: none"> <li>S1.[6.d]</li> </ul>	<ul style="list-style-type: none"> <li>S2.[6.a]</li> </ul>	<ul style="list-style-type: none"> <li>S3.[6.h]</li> </ul>	<ul style="list-style-type: none"> <li>S4.[6.f]</li> </ul>
Focused Standards 7 (Codes Only)	<ul style="list-style-type: none"> <li>S2.[7.d]</li> </ul>	<ul style="list-style-type: none"> <li>S1.[7.a,b]</li> </ul>	<ul style="list-style-type: none"> <li>S3.[7.a]</li> </ul>	<ul style="list-style-type: none"> <li>S4.[7.h]</li> </ul>
Focused Standards 8 (Codes Only)	<ul style="list-style-type: none"> <li>S2.[8.b]</li> </ul>	<ul style="list-style-type: none"> <li>S1.[8.a]</li> </ul>	<ul style="list-style-type: none"> <li>S5.[8.d,e]</li> </ul>	<ul style="list-style-type: none"> <li>S4.[8.a]</li> </ul>
Notes			RPE=Rate of Perceived Exertion	

Week 37-40	Cognitive	Motor Skills	Fitness	Personal & Social Responsibility
Essential Questions 6	1) How can I use what I know about the way physical activity leads to a healthy body in order to create a fitness plan for the summer?	1) How can I create a fitness plan using my fitness test results to address 1 or more components of health-related fitness?	1) How can I create a fitness plan that includes SMART goals and incorporates the FITT principle?	1) How can I use problem-solving and decision-making skills when creating and implementing my summer fitness plan?
Essential Questions 7	1) Why is it important to understand the relationship between physical activity, caloric intake, and body composition when creating a fitness plan?	1) How can I create a fitness plan to meet the guidelines of 60 minutes a day of MVPA?	1) How can I apply knowledge of aerobic and anaerobic capacity and muscular strength and endurance in my summer fitness plan?	1) What are safe practices for improving physical fitness?
Essential Questions 8	1) What is the relationship between poor caloric intake and health risk factors? 2) What is the role of energy balance in weight management and body composition?	1) How can I create a fitness plan to meet the guidelines of 60 minutes a day of MVPA that includes warm-up, cool down, and appropriate intensity levels?	1) How can I apply the SOP principle in my summer fitness plan?	1) How can I demonstrate best practices for participating safely in physical activities on my own over the summer?
OPEN Module	Fitness Knowledge Review (with Summer planning)	Fitness Knowledge Review (with Summer planning)	Fitness Knowledge Review (with Summer planning)	Fitness Knowledge Review (with Summer planning)
Activities	<ul style="list-style-type: none"> <li>AMRAP Teamwork</li> <li>Tabata To Improve</li> </ul>	<ul style="list-style-type: none"> <li>Emotional Health Warm-Up</li> <li>Make a MyPlate Meal</li> </ul>	<ul style="list-style-type: none"> <li>Cupid Fitness Capacity</li> <li>AMRAP Teamwork</li> </ul>	<ul style="list-style-type: none"> <li>Coach D's FITTness Warm-up</li> <li>Stretch Arm Strong</li> </ul>
Assessment(s)	<ul style="list-style-type: none"> <li>Summer Fitness Plan</li> <li>Summer Fitness Tracker</li> </ul>	<ul style="list-style-type: none"> <li>Summer Fitness Plan</li> <li>Summer Fitness Tracker</li> </ul>	<ul style="list-style-type: none"> <li>Summer Fitness Plan</li> <li>Summer Fitness Tracker</li> </ul>	<ul style="list-style-type: none"> <li>Summer Fitness Plan</li> <li>Summer Fitness Tracker</li> </ul>
Focused Standards 6 (Codes Only)	<ul style="list-style-type: none"> <li>S3.[6.d]</li> </ul>	<ul style="list-style-type: none"> <li>S3.[6.f]</li> </ul>	<ul style="list-style-type: none"> <li>S3.[6.b]</li> </ul>	<ul style="list-style-type: none"> <li>S4.[6.a]</li> </ul>
Focused Standards 7 (Codes Only)	<ul style="list-style-type: none"> <li>S3.[7.d]</li> <li>S5.[7.d]</li> </ul>	<ul style="list-style-type: none"> <li>S3.[7.f]</li> </ul>	<ul style="list-style-type: none"> <li>S3.[7.e]</li> </ul>	<ul style="list-style-type: none"> <li>S3.[7.a]</li> </ul>
Focused Standards 8 (Codes Only)	<ul style="list-style-type: none"> <li>S5.[8.a,b]</li> </ul>	<ul style="list-style-type: none"> <li>S3.[8.d]</li> </ul>	<ul style="list-style-type: none"> <li>S3.[8.b]</li> </ul>	<ul style="list-style-type: none"> <li>S4.[8.b]</li> </ul>
Notes		MVPA=Moderate to Vigorous Activity	FITT=Frequency, Intensity, Time, Type SOP=Specificity, Overload, Progression	SMART=Specific, Measurable, Attainable, Realistic, Timely