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OPEN Up Your PE Program

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- Teacher & Coach
- National Presenter
- 2023 SHAPE NJ Elementary PE TOY



Evan Norwood

 **@MillstonePS_PE**



MILLSTONE M TOWNSHIP SCHOOL DISTRICT

US Games

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Varsity Brands
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OPEN is a network of #TeachersHelpingTeachers



We are a public service organization made possible through the financial support of **US Games, BSN Sports & Varsity Brands**



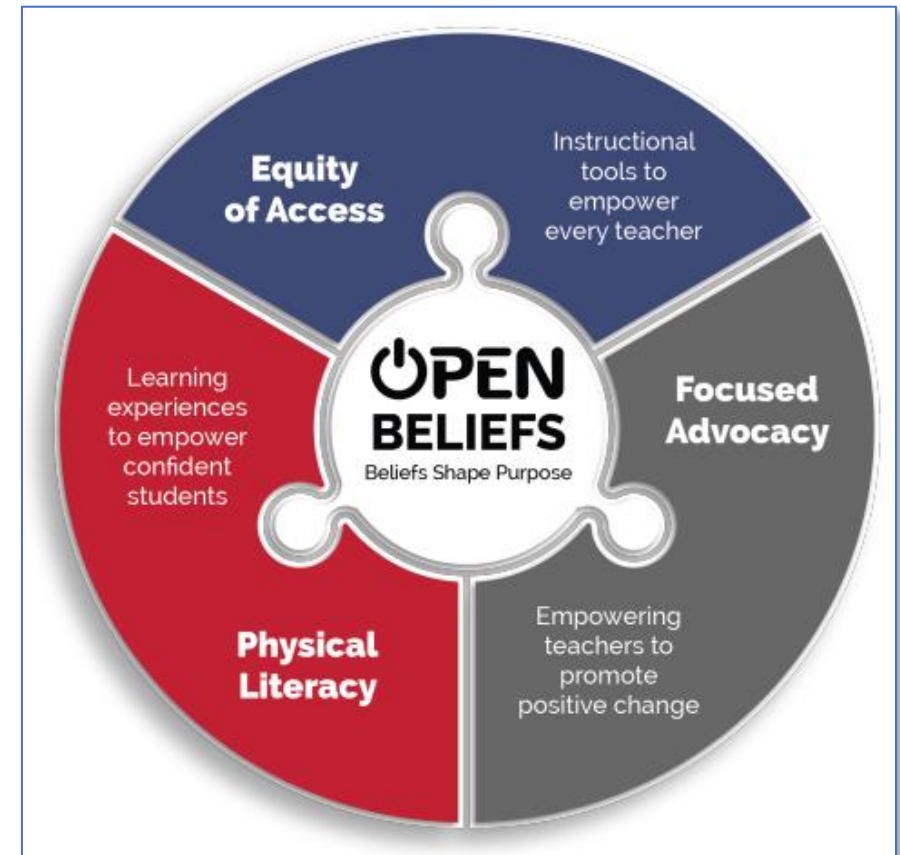
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The Mission of OPEN



Our mission is to provide educational equity to inspire great teaching and empower future leaders.



OPEN Provides Equity of Access

Since launching in 2015,
We have served:

- ✓ 150,000+ teachers
- ✓ 79 million students
- ✓ 7.9 million downloads
- ✓ 10,000+ resources



Sign Up for OPEN



- **Step 1:** Visit www.OPENPhysEd.org
- **Step 2:** Select “Register for Free”
- **Step 3:** Complete the Form
- **Step 4:** Click “Register”

A screenshot of the OPEN website's registration page. At the top right is the OPEN logo. Below it is a search bar with the text "Go to...". A grey bar with the word "Register" is prominent. Below this, a paragraph of text states: "Registration is FREE. We will absolutely respect your privacy. This registration system helps us protect the OPENPhysEd.org Website, while providing you with ongoing announcements, free curriculum resources and occasional email notifications. Thank you for taking the time to set up a membership profile." Underneath is the heading "Register New Account" followed by five input fields labeled "Username", "Email", "First Name", "Last Name", and "Password".

WHY INSTANT ACTIVITIES?



- **Minimal Equipment**
- **Quick Instructions**
- **Maximum Participation**

Lets Get Moving



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The "Cabbage Patch"

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The "Running Man"

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The "Kid 'N Play"

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**WE ARE LIVING IN THE
MOST CONNECTED
AND
MOST DISCONNECTED
SOCIETY EVER**

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INSTANT ACTIVITIES



TOSS THREE





TOOLS FOR LEARNING **THE FUN ROUTINE**

PRIMARY (K-2)



All About OPEN

Physical Education K-12

Early Childhood

Physical Activity K-8

Best Practices

- Curriculum Maps
- Priority Outcomes
- Professional Learning

Rhythm Fit

Believe In You

Youth Sports Team Development

PUBLIC SERVICE

(noun)

The business of working in the public interest in order to provide a service to all members of a community.

OPEN is a public service organization made possible through the support of US Games and BSN Sports.



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BSN SPORTS



LEARNING GROWTH MINDSET WITH **MINUTE TO WIN CHALLENGES**

INTERMEDIATE (3-5)



BALANCING ACT



The object of the game is to see how many successful laps around your team's cone you can complete in 1 minute.



MINUTE TO WIN

OPEN[®]

CONE CATCHERS

The object of the game is for your team to use the cone to catch as many bean bags as you can in 1 minute.

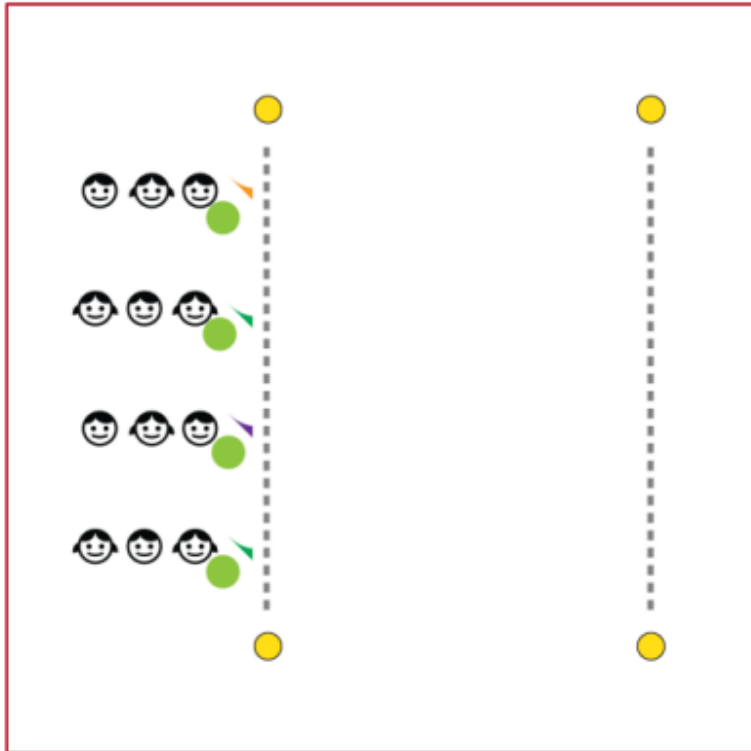


MINUTE TO WIN



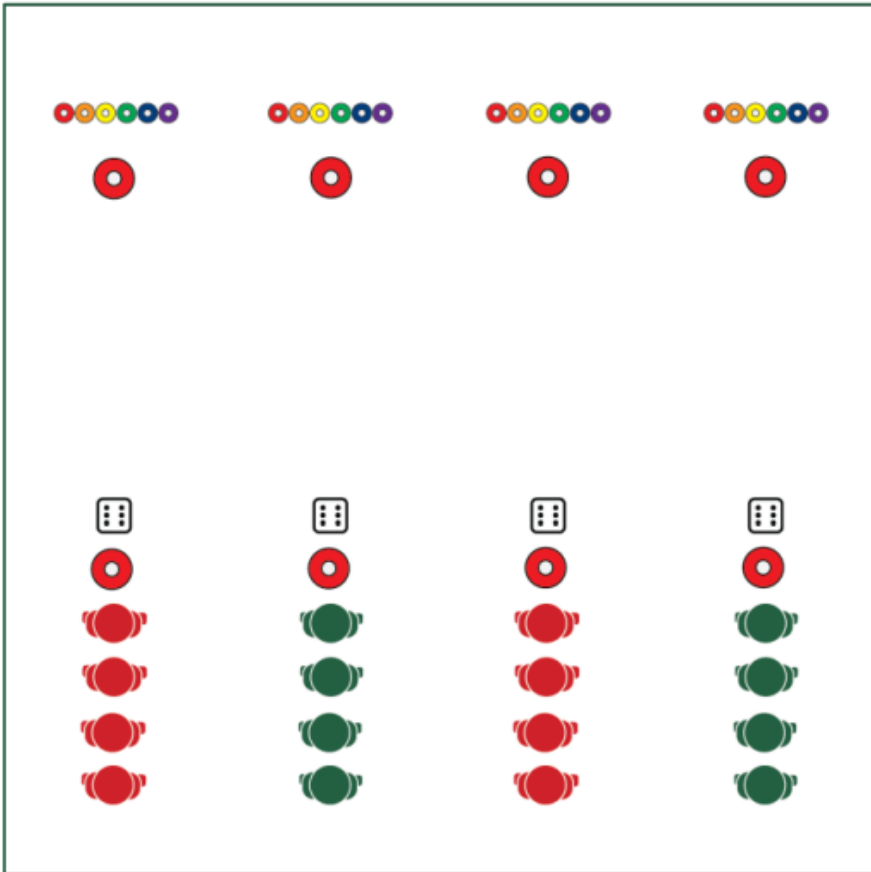
TOOLS FOR CREATING **ACTIVE CLASSROOMS**

ELEMENTARY (K-5)



FAN FAVORITE

The object of the challenge is to use a disc to fan your scarf from the starting line, to the opposite line, and then back before 1 minute expires.



UPSIDE DOWN

PLANNING LESSONS

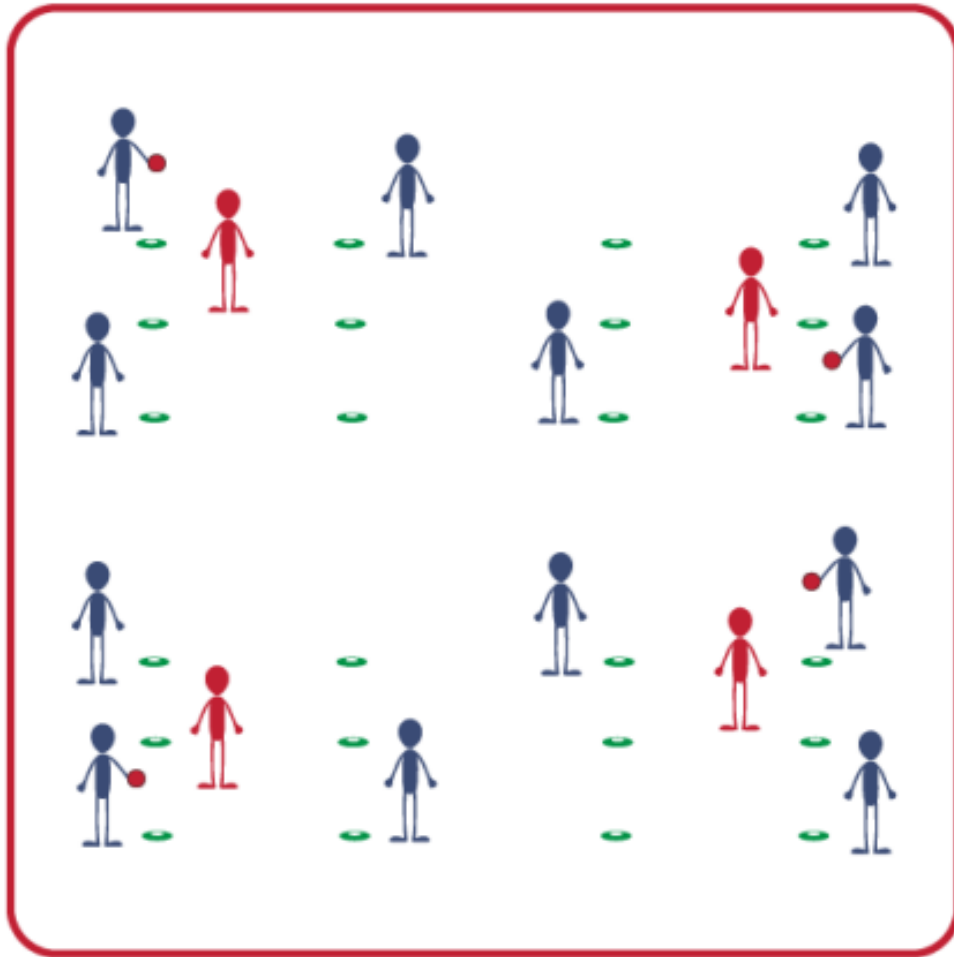


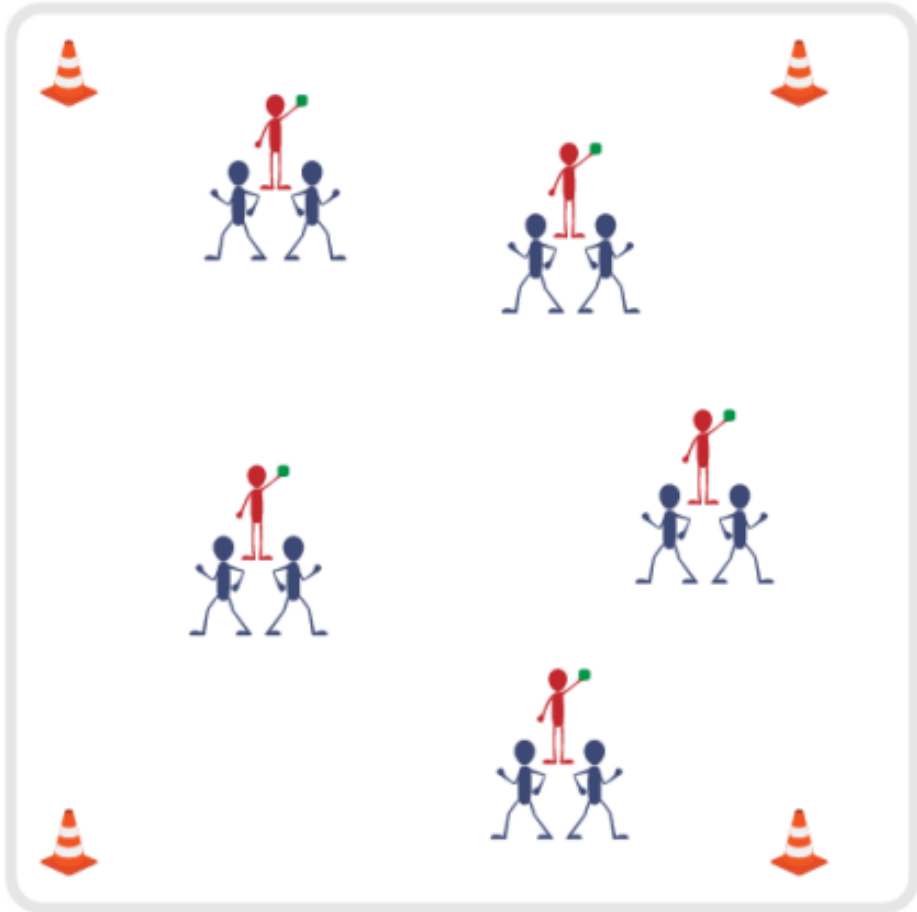
- **Is it SAFE?**
- **Are ALL students engaged?**
- **Is it grade level appropriate?**

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SEE IT
DEFEND IT





ROBOTICS LAB

BEEP
BOOP
BEEP



**DON'T BE CONTENT WITH
JUST TEACHING CONTENT**

TWO MORE THINGS!

OPEN[®]

SHOUTOUTS!



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How do I find content for my grade level?

WHAT'S NEW

CHECK OUT ALL OF OUR CURRICULUM RESOURCES

SEE WHAT'S NEW ON BELIEVEINYOU.COM

REQUEST A PROPOSAL FOR PROFESSIONAL LEARNING

Quick links to our newest curriculum modules.





SOCCER DEVELOPMENT
POWERED BY BSN SPORTS

Youth Sports – Soccer
Created by: Aaron Hart and Nick Kline
Special Contributions by: Eliza Kuhn & Andrea Hart

Welcome to Team Development for Youth Soccer – powered by BSN SPORTS!

This resource is designed to empower youth coaches as they work to develop the fundamental soccer skills, game tactics, and team culture that are crucial for the success of youth sports teams. Coaches need the tools to develop basic soccer skills, such as dribbling, passing, receiving, [...]



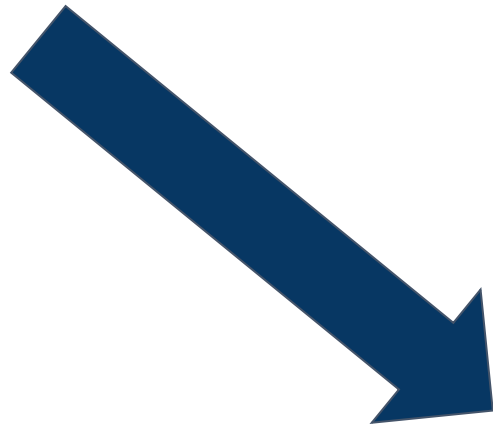
TOOLS FOR LEARNING ROUNDNET
HIGH SCHOOL (9-12)

Roundnet (HS 9 – 12)
Created by: Charla Krahnke, John Strong, Skyler Boles, Nichole Wilder
Special Contributions: Aaron Hart, Andrea Hart, Victor Spadaro

This module is intended to be a 15-day Sport Education season with 6 teams that remain the same for the entire season. This allows for student-led experiences and leadership opportunities instead of traditional teacher-led instruction. It introduces students to all aspects of Roundnet and allows students to share in the planning and [...]

Select Check out all of our curriculum resources

Select Your
Grade
Level



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TOOLS FOR TEACHING PHYSICAL EDUCATION

Curriculum Module Listing- Main

GRADES K-12

K-2 PRIMARY PHYSICAL EDUCATION

Full listing of OPEN's K-2 Primary Physical Education Modules.

3-5 INTERMEDIATE PHYSICAL EDUCATION

Full listing of OPEN's 3-5 Intermediate Physical Education Modules.

6-8 MIDDLE SCHOOL PHYSICAL EDUCATION

Full listing of OPEN's Middle School Physical Education Modules.

9-12 HIGH SCHOOL PHYSICAL EDUCATION

Full listing of OPEN's High School Physical Education Modules.

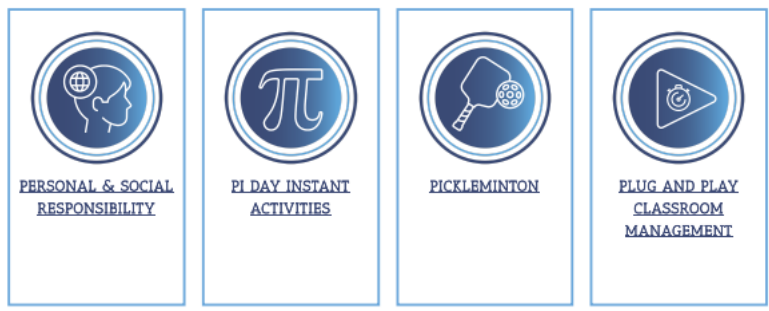


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TOOLS FOR TEACHING
PHYSICAL EDUCATION
3-5 MODULE LISTING



Now pick a
module that
interests
you



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TOOLS FOR TEACHING VOLLEYBALL

INTERMEDIATE (3-5)

Volleyball (Grades 3-5)

Created by: William Potter, Trent Suzuki, and Candace Young
Special Contributions: Nichole Wilder, Aaron Hart, Andrea Hart

This module builds on the skills introduced in the K-2 Volleying & Striking module through skill-specific volleyball lead up activities and games. Passing, serving, and the beginning stages of tracking/anticipating where the ball will travel are some of the skills introduced. A variety of other learning outcomes are also addressed within the module's activities including working within a team and providing/receiving skill-based feedback.

The activities within this module develop and reinforce responsible behaviors, while introducing volleyball skills that may be new to some students. All participants are given the opportunity to explore volleyball skills in a fun and engaging environment where all students can feel successful. This can allow all students to also participate in social engagement and building connections with their classmates that can extend beyond physical education.

Module Documents

- Complete Module Packet: [PDF Only]
- Module Overview: [PDF, WORD]
- Materials List: [PDF, WORD]
- All Module Activities: [PDF, WORD]
- Sample Lesson Plan: [PDF, WORD]
- Academic Language Cards: [PDF, WORD]
- Universal Design Adaptations: [PDF, WORD]
- Volley Hoops Partner Feedback Card: [PDF, WORD]
- Volleyball Cue Charts: [PDF, WORD]

Activity Plans

- Pass and Set Circles: [PDF, WORD]
- Bump & Set 4-Square: [PDF, WORD]
- Volley Hoops: [PDF, WORD]
- I Got It! I Got It!: [PDF, WORD]
- Volley Battleship: [PDF, WORD]
- Scooter Volleyball: [PDF, WORD]
- Helpful Net: [PDF, WORD]
- Doubles Trouble: [PDF, WORD]

Assessments

- Academic Language Quiz: [PDF, WORD]
- Volley Hoops Partner Feedback Card: [PDF, WORD]
- Holistic Performance Rubric: [PDF, WORD]

Teacher Self-Reflection and Evaluation

- Teacher Self-Reflection Guide: [PDF, WORD]

Can't see the file links? Register for FREE today to access all of the modules. [SIGN UP HERE](#)

Now Choose the document you want to look at, and the form you want to see it in.
(PDF, Word, Video)
Choose between the following options:

- Module Documents
- Activity Plans
- Assessments
- Teacher Evaluation



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PASS AND SET CIRCLES

STUDENT TARGETS

- **Skill:** I will accurately pass the ball back to a partner.
- **Cognitive:** I will describe how hand position and force impacts the level of control.
- **Fitness:** I will actively engage and work to improve my striking and volleying skills.
- **Personal & Social Responsibility:** I will work cooperatively with my classmates.

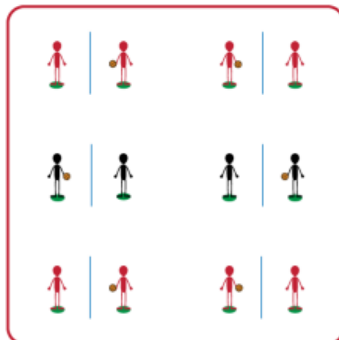
EQUIPMENT & SET-UP

Equipment:

- Foam ball for each pair of 2 students
- Jump rope (optional) for each pair of 2 students
- Spot marker for each student

Set-Up:

- Place spot markers 3-5 feet apart.
- Place a jump rope on the ground between each set of spot markers.
- Pair students in groups of 2. Each pair of 2 students will begin with a foam ball and will stand on a spot marker facing their partner (with the jump rope on the ground between them).



ACTIVITY PROCEDURES

1. This activity is called Pass and Set Circles. The object of the game is to successfully toss and return a foam ball with a partner. You do that by tossing the ball to a partner who will either forearm pass (bump) or overhead pass (set) back to the tosser.
2. On the start signal the tosser will complete 5 tosses to their partner, who will return each toss back to them using a bump (e.g., toss, bump, catch). Then the partners will switch roles after each set of 5 attempts.
3. On the stop signal the partner with the ball will place the ball between their shoes while the partner without the ball will find a new partner. You will then switch to a set instead of a bump.
4. *Teachers: Remind students that a good toss will help set their partner up for an accurate bump or set back to them.*

GRADE LEVEL PROGRESSION

- **Grade 3:** Play as described above.
- **Grade 4:** Toss and bump/set continuously with a partner.
- **Grade 5:** Have partners join another group to toss and bump/set continuously with a group of 4.

TEACHING CUES

- **Cue 1:** Body in ready position (knees bent, head up, feet shoulders width apart, hands ready, facing partner).
- **Cue 2:** Toss "rainbows" and not "lightning bolts" to your partner.
- **Cue 3:** Power comes from the legs not the arms.

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Parts of an Activity Plan

-Student Targets
-Equipment
-Set Up (with a diagram)
-Activity Procedures
-Grade Level Progressions
-Teaching Cues



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PASS AND SET CIRCLES (continued...)

UNIVERSAL DESIGN ADAPTATIONS

- **UDL 1:** Increase/decrease the size of the activity space.
- **UDL 2:** Use modified equipment as needed (e.g., beeper ball, balloon, beach ball).
- **UDL 3:** Use verbal cues and visual aids along with demonstrations.
- **UDL 4:** Use peer partners as appropriate.

ACADEMIC LANGUAGE

Volley, Toss, Bump, Set, Pass, Rally

PRIORITY OUTCOMES

Working With Others:

- **(3)** Works cooperatively with others.
- **(4)** Accepts "players" of all skill levels into the physical activity.
- **(5)** Accepts, recognizes, and actively involves others with both higher and lower skill abilities into physical activities and group projects.

DEBRIEF QUESTIONS

- **DOK 1:** What does it look like when partners work together? Sound like? Feel like?
- **DOK 2:** How does working with a partner compare to working with a group?
- **DOK 3:** In what way does force and hand position affect the pathway of the ball?



Parts of an Activity Plan Continued

- Universal Design Adaptations
- Academic Language Used
- Standards and Outcomes Addressed
- Debrief Questions
(Listed by levels of Knowledge)

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Equipment • Curriculum • Training

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US Games **POWER**
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