

# **CURRICULUM MAPPING IN PHYSICAL EDUCATION**



# THE BIG PICTURE

At PLT4M, we believe in setting common foundations and progressing students through a variety of fitness tracks that allow them to realize their full potential, all while recognizing that no two individuals are the same.

This article provides examples for designing a long-term curriculum built around the PLT4M programs. We recognize that there is no “one size fits all,” and each school has a unique combination of goals, education requirements, staff backgrounds, and student populations to consider when building a curriculum. Use this as a blueprint as you begin to map out your Physical Education Curriculum with the help of PLT4M.

Keep in mind: program durations will vary based on class length and frequency. Reference the Sample Weekly Schedules towards the end of this article for more finite examples of weekly programming.

# FOUNDATION + ELECTIVE

Empower your students to navigate their own fitness journey by providing them with the foundation and tools they need to confidently progress into an elective fitness path of their choosing.



The goal of this curriculum is to provide every student with a strong foundation of human movement through the Intro to Fitness and Intro to Strength Series. The focus in grade 9 is to introduce the fundamental movement patterns with proper technique: The squat, press, pull, hinge, and lunge, as well as introduce elements of resistance and capacity training. Building on this foundation, grade 10 focuses on developing strength by introducing loaded versions of fundamental movement patterns, while also increasing intensity.

When students enter 11<sup>th</sup> & 12<sup>th</sup> grade, they may elect to continue on a fitness path of their choosing; be it weight training, mat fitness, or studio fitness.

Cognitive Edu programs are incorporated throughout to supplement the physical component, and may also meet the requirements for certain health/wellness units. Students will learn basic fitness concepts as well as begin to understand how nutrition plays a role in their training.

The curriculum in grades 9 and 10 is designed to be instructor led. Lesson plans as well as fitness assessments are available to assist teachers with lesson prep and benchmark testing. The elective curriculum in grades 11 and 12 are designed to be self-directed by the student or athlete. At the conclusion of the grade 10 curriculum, students will be well versed in the language of fitness, experienced in fundamental human movements, and capable of guiding themselves through individually assigned workouts via their devices.

# FOUDATION + ELECTIVE

## 9<sup>TH</sup> GRADE

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
 FITNESS UNIT	 LIFETIME SPORTS UNIT	 FITNESS UNIT	 WELLNESS UNIT
 INTRO TO FITNESS – PART 1	 PICKLE BALL	 INTRO TO FITNESS – PART 2	 INTRO TO NUTRITION

## 10<sup>TH</sup> GRADE

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
 STRENGTH UNIT	 WELLNESS UNIT	 STRENGTH UNIT	 WELLNESS UNIT
 INTRO TO STRENGTH 1	 APPLIED NUTRITION	 INTRO TO STRENGTH 2	 MINDFULNESS

## 11/12<sup>TH</sup> GRADE

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
WEIGHT TRAINING ELECTIVES →  PERSONAL WEIGHT TRAINING		 PESONAL FITNESS	
MATT FITNESS ELECTIVES →  INTRO TO YOGA - PART 1	 INTRO TO YOGA - PART 2	 PILATES	 YOGA FLOWS
BODYWEIGHT FITNESS ELECTIVES →  BOXING	 DANCE FITNESS	 BODYWEIGHT BOOTCAMP	 FITNESS ANYWHERE

# ATHLETICS PE

*Help students maximize their scheduled training time by developing as athletes whether they are novice, experienced, currently in a season of competition, or off-season.*



In this curriculum, we begin by building a strong foundation of movement mechanics. In 9<sup>th</sup> grade, students will first learn to perform foundational human movements with just their body weight. Once mastered, we begin to develop strength capacities through weight lifting and help students establish baseline strength data.

In 10<sup>th</sup> grade and beyond, students will complete an accelerated on-ramp prior to progressing into personalized athletic training—varying in volume and intensity depending upon their season.

At this time, student-athletes may opt to include supplemental training programs such as Speed Training, Conditioning, or Mobility, into their training.

Cognitive Edu programs are incorporated throughout to supplement the physical component, and may also meet the requirements for certain health/wellness units. Students will learn basic fitness concepts as well as begin to understand how nutrition plays a role in their training.

# ATHLETICS PE



## 9TH GRADE

	QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
PHYSICAL COMPONENT →	🏃 INTRO TO FITNESS – PART 1	⌚ INTRO TO FITNESS – PART 2	➡ INTRO TO STRENGTH 1	🏋 INTRO TO STRENGTH 2
COGNITIVE COMPONENT →	🧠 FIT LITERACY	📊 INTRO TO NUTRITION		🍎 APPLIED NUTRITION

## 10/11/12TH GRADE

	QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
	🏃 ATHLETE ON RAMP		🌐 IN/OFF SEASON TRAINING	
SUPPLEMENTAL →	▶ MOBILITY		🏃 SPEED TRAINING + CONDITIONING	

## SAMPLE WEEKLY SCHEDULES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EXAMPLE MEETING EVERYDAY	INTRO TO FITNESS LESSON 1	NUTRITION CHAPTER 1	INTRO TO FITNESS LESSON 2	NUTRITION CHAPTER 2	INTRO TO FITNESS LESSON 3

	MONDAY	WEDNESDAY	FRIDAY	TUESDAY	THURSDAY
EXAMPLE BLOCK SCHEDULE 3/2 SPLIT	INTRO TO FITNESS LESSON 1 NUTRITION CHAPTER 1	INTRO TO FITNESS LESSON 2	INTRO TO FITNESS LESSON 3 NUTRITION CHAPTER 2	INTRO TO FITNESS LESSON 4 NUTRITION CHAPTER 3	INTRO TO FITNESS LESSON 5 NUTRITION CHAPTER 4

PROGRAM KEY

BEGINNER

INTERMEDIATE

ADVANCED

# VERTICAL ALIGNMENT

*Build an early foundation and create a seamless transition from middle school to high school in order to maximize the development of your students and athletes.*



In this curriculum, the middle school and high school curriculums become aligned, allowing for a smoother transition between middle school and high school training, and more time to develop skills, strength, and variety in student training.

In 6-8<sup>th</sup> grade, students are introduced to the fundamental human movements through the Intro to Fitness series. The Intro to Fitness series includes a total of 30 lessons, likely only occupying a portion of the curriculum and leaving ample time for lifetime sports, and other health & wellness units.

Students will develop a common language of fitness and training, allowing for a seamless transition from middle school to high school training.

In 9<sup>th</sup> grade, students will continue developing through our educational approach to strength training via the Intro to Strength Training series. By the conclusion of grade 9, all students will have established a baseline of fitness education and introductory strength training requisites.

In grade 10, we begin to introduce variety in their training by rotating through a variety of Weight Training, Mat Fitness, and Studio Fitness units. At the conclusion of grade 10, students will be well-equipped to choose an elective training path in grades 11 & 12, and beyond.

Cognitive Edu programs are incorporated throughout to supplement the physical component, and may also meet the requirements for certain health/wellness units. Students will learn basic fitness concepts as well as begin to understand how nutrition plays a role in their overall wellness.

# VERTICAL ALIGNMENT

## 6-8<sup>TH</sup> GRADE

### BUILD A FOUNDATION OF FITNESS

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
 <b>FITNESS UNIT</b>	 <b>WELLNESS UNIT</b>	 <b>FITNESS UNIT</b>	 <b>LIFETIME SPORTS UNIT</b>
 <b>INTRO TO FITNESS – PART 1</b>	 <b>FIT LITERACY</b>	 <b>INTRO TO FITNESS – PART 2</b>	 <b>IE. PICKLE BALL</b>

## 9<sup>TH</sup> GRADE

### INTRODUCE STRENGTH + NUTRITION

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
 <b>FITNESS UNIT</b>	 <b>WELLNESS UNIT</b>	 <b>FITNESS UNIT</b>	 <b>WELLNESS UNIT</b>
 <b>INTRO TO STRENGTH 1</b>	 <b>INTRO TO NUTRITION</b>	 <b>INTRO TO STRENGTH 2</b>	 <b>APPLIED NUTRITION</b>

## 10<sup>TH</sup> GRADE

### EXPLORE FITNESS PATHS

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
 <b>WT. TRAINING UNIT</b>	 <b>MAT FITNESS UNIT</b>	 <b>STUDIO FITNESS</b>	 <b>HIIT</b>
 <b>PERSONAL WEIGHT TRAINING</b>	 <b>YOGA / PILATES</b>	 <b>BOXING / DANCE FITNESS</b>	 <b>BODYWEIGHT BOOTCAMP</b>

## 11/12<sup>TH</sup> GRADE

### STUDENTS CHOOSE ELECTIVES

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
 <b>ATHLETE ON RAMP</b>		 <b>IN/OFF SEASON TRAINING</b>	
 <b>PERSONAL FITNESS</b>		 <b>PERSONAL WEIGHT TRAINING</b>	
 <b>YOGA FLOWS</b>	 <b>BODYWEIGHT BOOTCAMP</b>		 <b>BOXING</b>

# THANKS FOR READING

**QUESTIONS?**  
REACH OUT TO PLT4M:

CALL US  
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