



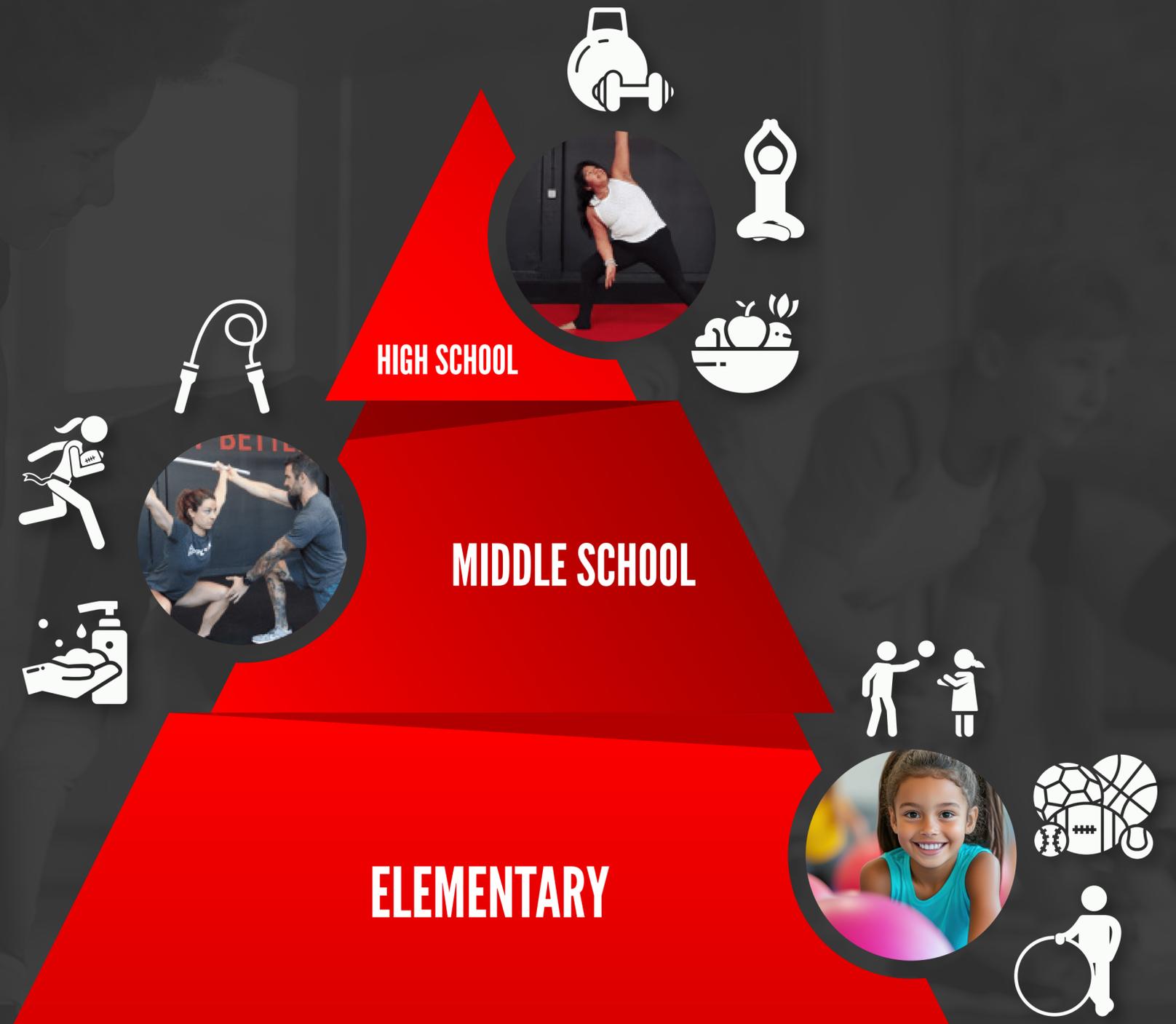
PLT4M Scope & Sequence

Helping Teachers *Engage Every Student* in Quality Health and Physical Education

About PLT4M

PLT4M exists to **EMPOWER** educators with the tools and resources needed to impact the health and wellness of the nation's youth in a real way.

We aim to be partners with teachers and students alike in pursuit of lifelong physical, mental, and emotional well-being.





Founded in Boston in 2013, we are proud to partner with **over 1,000 schools**, improving the health and wellness of more than 500,000 students through a modernized and engaging Health and PE experience.

WE HELP SCHOOLS



Develop Physical Literacy



Support Whole Child Wellness



Inspire Student Confidence



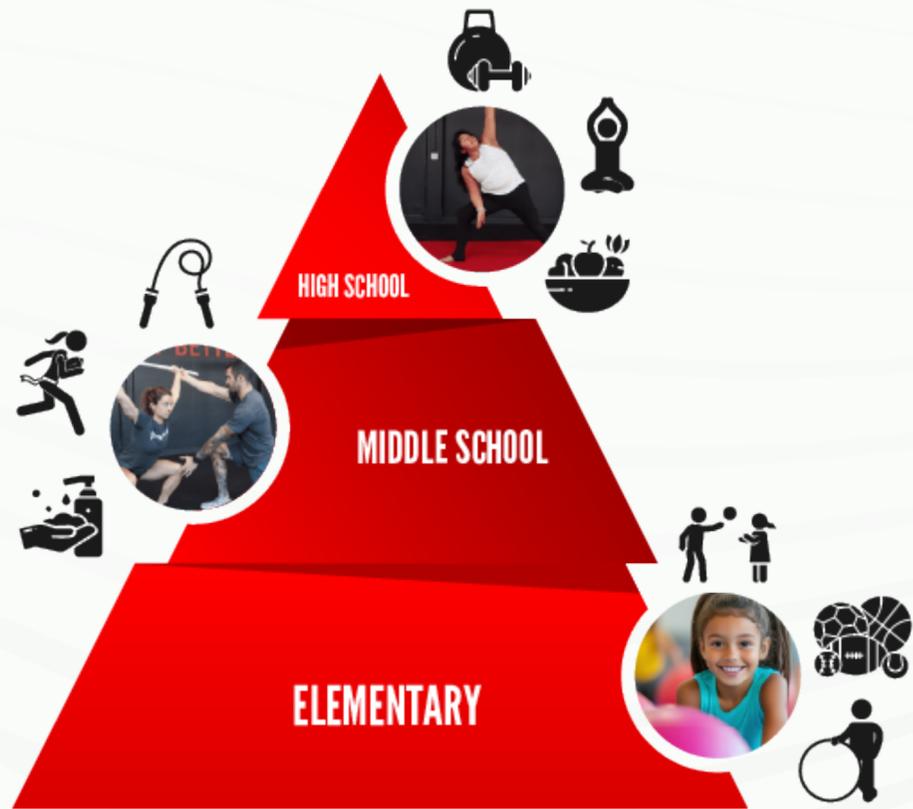
Boost Classroom Engagement

The #1 Instructional Resource for K-12 Health and PE

Our customizable learning platform helps teachers improve student engagement by expanding curriculum, harnessing data, and improving classroom management.

[Get A FREE Trial](#)





K-12 SCOPE & SEQUENCE:

A Comprehensive Journey to Health & Physical Literacy

Overview

The PLT4M K-12 Curriculum provides a vertically aligned educational framework designed to guide students along a sequential developmental continuum—from foundational movement exploration in early childhood to lifelong autonomy in young adulthood. By integrating Physical Education with Health Literacy, our ecosystem ensures seamless progression across four key grade spans. This approach meets the rigors of the 2024 SHAPE America National Standards, equipping educators with the tools to foster physical literacy, social-emotional resilience, and health-enhancing behaviors in every student.

Vertical Alignment & Progression: Grade-Span Focus

Our curriculum is structured around four distinct learning phases, ensuring that knowledge and skills are scaffolded to meet students at their specific developmental level.

Phases

Phase 1: GRADES K-2
(Foundations & Exploration)

Focus: "Learning to Move."

Students focus on acquiring fundamental motor skills (locomotor, non-locomotor, manipulative) and developing spatial awareness in a low-stakes, joy-centered environment.



Phase 2: GRADES 3-5
(Development & Application)

Focus: "Moving to Learn."

Students begin combining fundamental skills into complex patterns, applying them in dynamic environments, and engaging in cooperative problem-solving to build social skills.



Phase 3: GRADES 6-8
(Competence & Experience)

Focus: "Learning to Train."

Students refine biomechanics for functional fitness and explore a variety of lifetime activities to discover personal interests, setting the stage for exploration and mastery in 9-12th grade.



Phase 4: GRADES 9-12
(Autonomy & Mastery)

Focus: "Training for Life."

Students pursue their passions through diverse lifetime activities and fitness choices, building confidence to support self-sufficiency, while analyzing how nutrition, sleep, and stress management support holistic well-being.

Vertical Curriculum Alignment At-a-Glance

USING NATIONAL PE STANDARDS WITH INTEGRATED HEALTH CONCEPTS

	<i>Grades K-2</i> (Foundations & Exploration)	<i>Grades 3-5</i> (Development & Application)	<i>Grades 6-8</i> (Competence & Experience)	<i>Grades 9-12</i> (Autonomy & Mastery)
Standard 1: Motor Skills (Physical)	Acquisition of Fundamentals Focus on isolating and mastering basic locomotor (skipping, galloping) and manipulative skills (throwing, catching) in stable, low-stakes environments.	Combination & Dynamic Application Focus on linking skills together (e.g., dribbling while running) and applying them in small-sided games and changing environments.	Refinement & Functional Fitness Focus on specific sport techniques (serve, volley) and foundational fitness mechanics (squat, hinge, lunge) with bodyweight.	Advanced Mastery & Complexity Focus on technical proficiency in self-selected lifetime activities (Yoga, Spin) and advanced resistance training (Olympic lifting, power development).
Standard 2: Concepts & Strategy (Cognitive)	Movement Awareness Focus on recognizing spatial concepts (personal vs. shared space), effort, pathways, and identifying basic body parts.	Tactical Application Focus on applying simple strategies (offense vs. defense, creating space) and understanding the rules of cooperative and competitive games.	Principles of Training Focus on understanding biomechanics, the FITT principle, and analyzing the relationship between nutrition, hydration, and physical performance.	Program Design & Analysis Focus on synthesizing health knowledge to design valid fitness plans and evaluating how sleep, nutrition, and stress management impact holistic performance.
Standard 3: Social Skills (Social/Emotional)	Rules & Safety Focus on following directions, sharing equipment, maintaining safety, and exhibiting appropriate behavior in a group setting.	Cooperation & Teamwork Focus on working collaboratively to solve problems, practicing good sportsmanship, and treating peers with respect.	Self-Management & Empathy Focus on regulating emotions, resolving conflicts constructively, and recognizing the role of diverse abilities in physical activity.	Leadership & Communication Focus on effective communication (consent, boundaries), demonstrating etiquette, and advocating for a positive, inclusive community culture.
Standard 4: Personal Engagement (Affective)	Joy of Movement Focus on participating freely in physical activities for enjoyment, self-expression, and the immediate physical sensation of moving.	Identifying Benefits Focus on recognizing the connection between physical activity and good health, and enjoying the challenge of learning new skills.	Connection & Decision Making Focus on helping students make personal connections between physical activity, health, and overall well-being, practicing goal-setting, self-assessment, and informed decision-making.	Passion & Self-Sufficiency Focus on pursuing passions through diverse lifetime activities to build confidence for self-sufficiency and lifelong well-being.

ELEMENTARY FOUNDATIONS:

From Exploration to Application

The elementary journey is a critical period for building physical literacy, transitioning students from foundational movement exploration to the purposeful application of complex skills. By meeting the rigors of the 2024 SHAPE America National Standards, our K–5 framework ensures every student develops the motor skills and social-emotional resilience needed for a lifetime of health and activity.

“I was spending hours and hours searching for the right combination of materials, but PLT4M has an awesome library of various games, resources, and more. As a result, it has cut my planning time in half.”

– RACHEL CASTOR, FRANK WAGNER ELEMENTARY (WA)



Elementary PE

Basketball

● Bowling

Floor Hockey

Invasion Games

Soccer

● Tag Games

Throwing & Catching

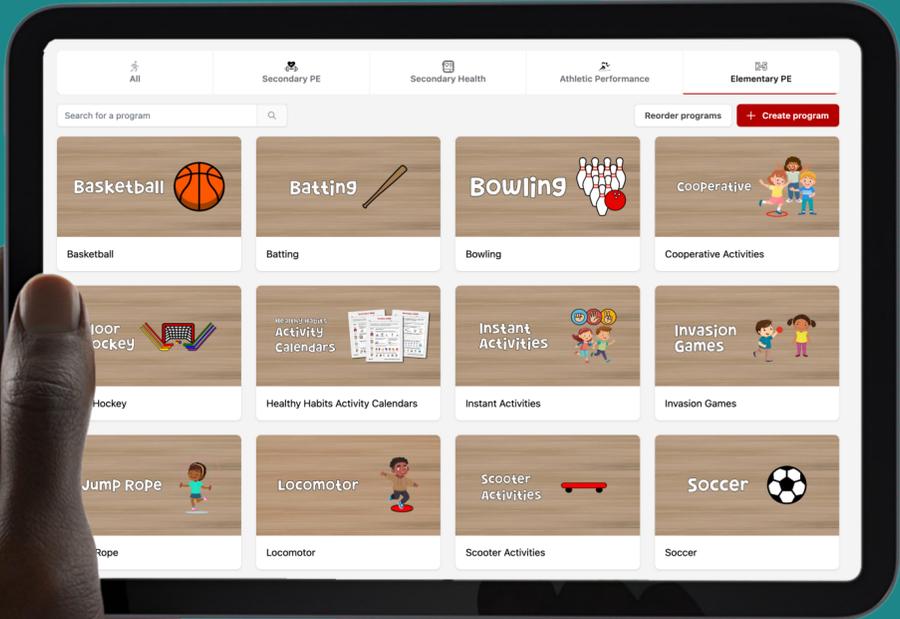
Batting

Cooperative

General Activities

● Jump Rope

Scooter Activities



SECONDARY EXCELLENCE:

From Competence to Autonomy

The secondary journey is designed to transition students from guided skill development to independent, lifelong wellness. By following a vertically aligned framework, our 6–12 curriculum empowers students to refine their physical abilities, explore diverse interests, and take ownership of their holistic health.

“PLT4M had everything I was trying to build on my own, and it made it way easier to show students with high quality videos and resources how to do things the right way.”

-ALISHA MORROW, MORTON HIGH SCHOOL (IL)



Secondary PE

Lifetime Fitness

- | | |
|------------------|----------------------------|
| Intro to Fitness | Intro to Strength Training |
| Yoga & Pilates | Bodyweight Bootcamp |
| Dance Fitness | Flexibility Training |
| Boxing | Personal Weight Training |
| ...and more! | |

Games & Activities

- | | |
|--------------|------------|
| Gymnastics | Volleyball |
| Badminton | Soccer |
| Pickleball | Basketball |
| Tennis | Swim |
| ...and more! | |

Strength & Conditioning

- | | |
|-----------------|----------------------|
| Off-Season | Speed |
| In-Season | Conditioning |
| Active Recovery | Performance Anywhere |

Secondary Health

- | | |
|-----------------------|------------------------|
| Fitness Literacy | Digital Citizenship |
| Nutrition | Sleep |
| Drugs & Alcohol | Stress Management |
| Healthy Relationships | Emotions & Mindfulness |
| ...and more! | |



Sample Resources

CURRICULUM MAPS, PACING GUIDES, & LESSONS

The curriculum maps and pacing guides on the following pages provide high-level examples of how PLT4M units can be organized into complete, standards-aligned courses across grade levels. These examples are illustrative, not prescriptive.

They are designed to highlight the intentional structure of the PLT4M curriculum—including thoughtful scope and sequence, vertical alignment, and multiple entry points that allow schools to meet students where they are.

All curriculum materials are built to support flexible implementation and co-creation between educators and PLT4M onboarding specialists. Schools can adjust pacing, reorder or add units, and tailor instruction to reflect local priorities, student needs, and available resources.

Samples of modified lesson plans are included alongside these resources to provide insight into how this high level planning flows through to classroom instruction with a PLT4M membership.

[View Google Sheet](#)

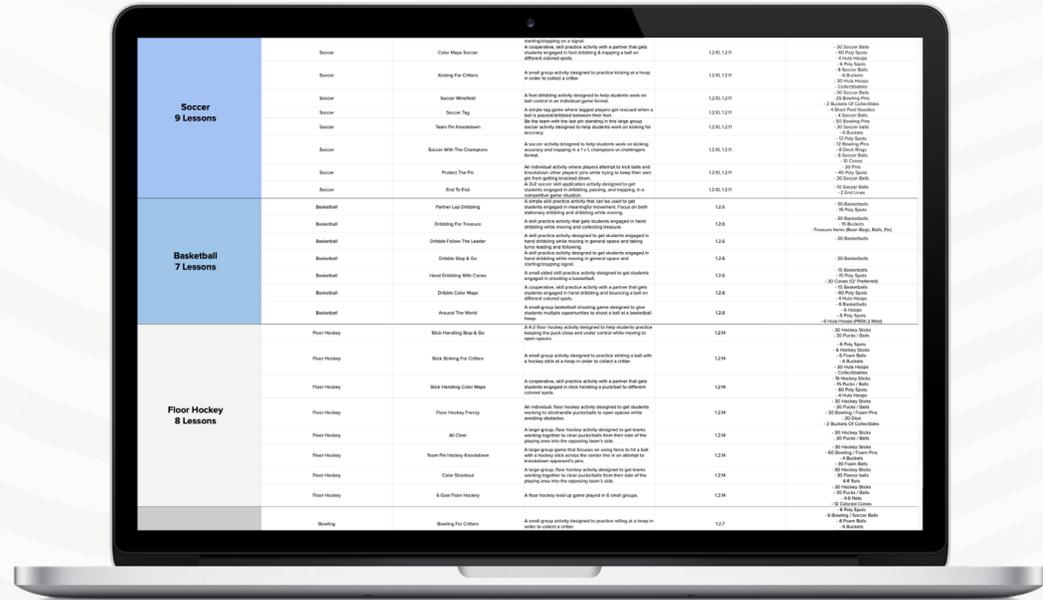
Elementary PE Curriculum Map

CURRICULUM MAPS, PACING GUIDES, & LESSONS

Standard	August	September & October	November & December	January & February	March & April	May
Standard 1: Motor Skills	Orientation & Setting Classroom Expectations 6 Lessons	Throwing & Catching 8 Lessons Locomotor & Jump Rope 10 Lessons	Chasing, Fleeing, & Invasion 9 Lessons Batting 3 Lessons	Soccer 9 Lessons Basketball 7 Lessons	Floor Hockey 8 Lessons Bowling 8 Lessons	Assessments Teacher Choice
Standard 2: Concepts & Strategy	Students understand and apply classroom expectations such as forming lines, obeying start and stop signals, and sharing equipment	Students understand and apply a variety of motor patterns, analyzing the use of underhand vs overhead, distance awareness, appropriate force, and partner positioning	Students learn and understand movement concepts such as space, effort, and relationships	Students understand and apply strategies, tactics, and rules	Students understand and apply strategies, tactics, and rules	
Standard 3: Social Skills	Students work cooperatively in partner and small group tasks, manage emotions in a variety of challenges and problem-solving activities, and demonstrate self-control and perseverance					
	Students demonstrates respectful behaviors that contribute to positive social interaction in group activities, such as stopping and starting on a signal, responsible equipment use, and avoiding collisions through application of spatial awareness strategies					
Standard 4: Personal Engagement	Students develop personal engagement by identifying activities that meet their needs for self-expression and social interaction while learning how movement positively impacts health.					

ELEMENTARY PE

K-5 PACING GUIDE

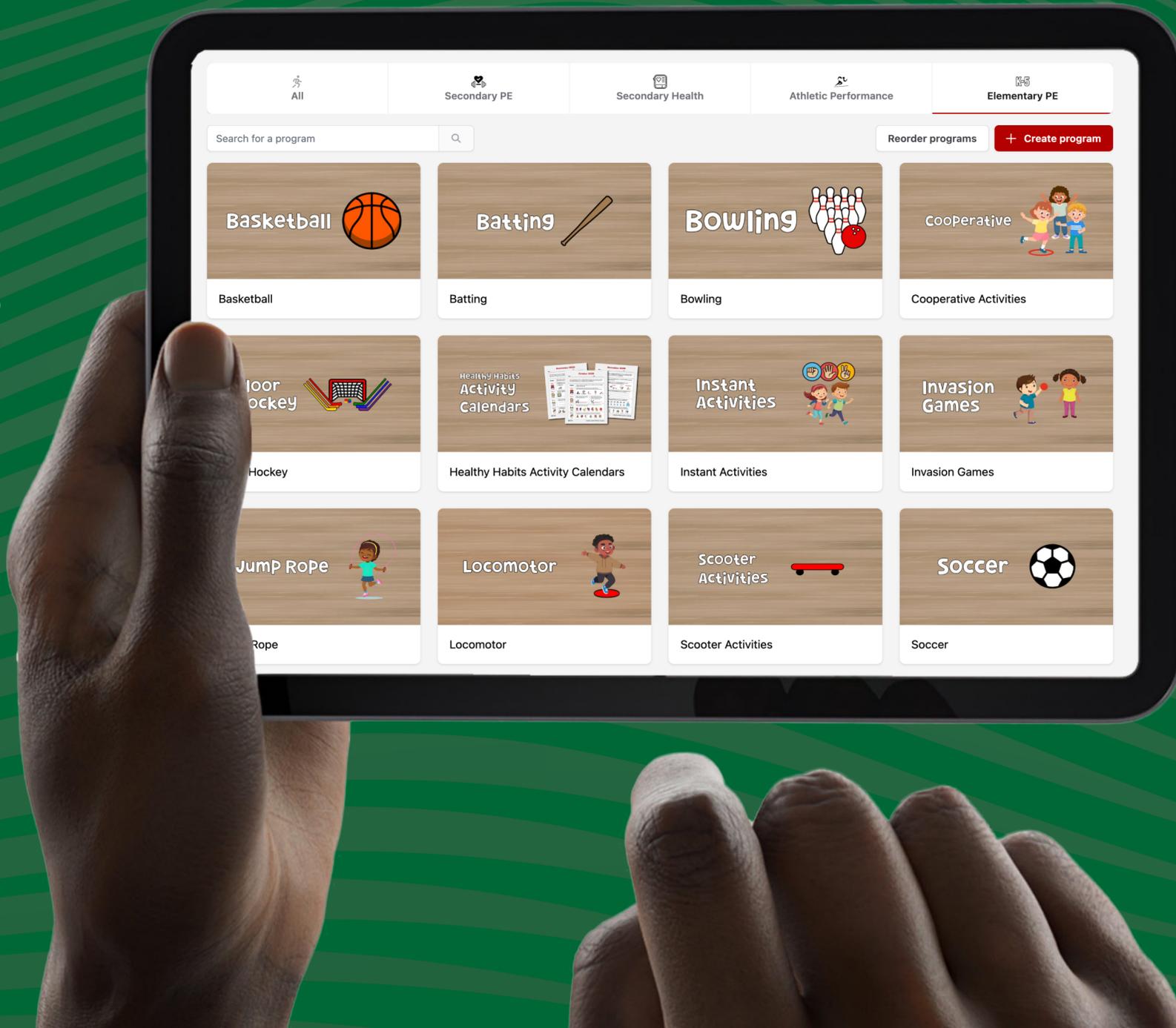


[View Google Sheet](#)

Unit	PLT4M Location	Lesson Name	Lesson Focus	SHAPE Standard	Equipment
Orientation & Setting Classroom Expectations 6 Lessons	Instant Activities	Go Fish	A small-group, relay-style game that gets students taking turns to find matching "Go Fish" cards.	3	- 6 Rainbow Color Hula Hoops
	Instant Activities	Sort The Trash	An individual instant activity that gets students collecting various items & sorting them into matching-colored buckets.	3	- 4 Large Buckets - Lots of Equipment (4 Different Colors)
	Locomotor	Airplane Pilots	An individual activity designed to help K-2 students work on traveling safely in general space and starting/stopping with a signal.	3	N/A
	Cooperative	Magic Number	Teach your students how to make groups quickly with "Magic Number."	3	4 Cones
	Cooperative	Partner Mixer	A cooperative, instant activity designed to get students working with a variety of different partners.	3	4 Cones
	Cooperative	Hula Hut Relay	A small group cooperative activity designed to challenge students to work together in a variety of ways building hula huts!	3	- 30 Hula Hoops - 5 Cones - Blind Folds (Optional)
Throwing & Catching 8 Lessons	Throwing & Catching	Bean Bag Challenges	A progression of tossing/catching challenges using bean bags.	1.2.8, 1.2.9	- 30 Bean Bags
	Throwing & Catching	Catch The Critters	An individual activity designed to help K-2 students work on catching a self-toss.	1.2.8, 1.2.9	- All The Beanie Babies & Stuff Animals - 30 Hula Hoops
	Throwing & Catching	Clean Up Your Yard	A two-team game designed to practice the overhand throw at a large target.	1.2.8, 1.2.9	- 10 Cones - 30+ Soft Throwing Items - 10 Hula Hoops - 10 Poly Spots - 10 Bucks
	Throwing & Catching	Decorate The Cookie	A K-2 underhand tossing activity designed to help students practice their throwing accuracy at a target.	1.2.8, 1.2.9	- 100+ Throwing Items
	Throwing & Catching	Over The Fence	An overhand throwing activity designed to get students working on multiple overhand throws in a large-group format.	1.2.8, 1.2.9	- Tumbling Mats - 100+ Soft Throwing Items
	Throwing & Catching	Catch It, Keep It	A partner activity designed to practice throwing and catching from a variety of different distances.	1.2.8, 1.2.9	- 60 Poly Spots - 15 Hula Hoops - 15 Balls
	Throwing & Catching	Make It, Take It	A throwing for accuracy activity that can be played individually, with a partner, or in a group.	1.2.8, 1.2.9	- 60 Poly Spots - 8 Buckets - 30 Koosh Balls/Bean Bags - 15 Hula Hoops - 15 Foam Mats
	Throwing & Catching	Move The Mat	A throwing for accuracy activity with a partner that works on communication and teamwork.	1.2.8, 1.2.9	- 2 Bucks Of Collectibles
Locomotor & Jump Rope 10 Lessons	Locomotor	Locomotor Laps	An individual activity designed to help K-2 students practice locomotor skills.	1.2.1	- 4 Cones
	Locomotor	Zoo Keeper	An individual activity designed to help K-2 students work on various locomotor skills and animal walks.	1.2.1	- 60 Poly Spots
	Locomotor	Locomotor Roll & Go	A self directed activity designed to help K-2 students practice their locomotor skills.	1.2.1	- 30 Dice - 4 Cone Sign Holders
	Locomotor	Locomotor Fitness With Spots	A teacher-led activity that combines locomotor skill practice and fitness.	1.2.1	- 60 Poly Spots
	Locomotor	Over, Unders, & Flip Flops	A turn-based activity with a partner that combines leaping, crawling, & supporting your body weight as well as the movement concepts of over/under & up/down.	1.2.1	- Tumbling Mats (Preferred Not Required)
	Locomotor	Locomotor Jump Rope # 1	An individual, teacher/slide directed activity where students use a jump rope to practice a variety of fundamental movement skills.	1.2.1	- 30 Jump Ropes (Varying Sizes)
	Locomotor	Locomotor Jump Rope # 2	An individual, turn based jump rope activity where students use a jump rope to practice a variety of fundamental movement skills.	1.2.1	- 30 Jump Ropes (Varying Sizes)
	Jump Rope	Jump To 100	An individual, turn based jump rope activity designed to help students practice up to 6 consecutive jumps.	1.2.16	- 30 Jump Ropes (Varying Sizes) - 30 Dice
	Jump Rope	Jump Rope Ninjas	Challenge your students to level up by completing consecutive jumps and earning colored belts. Can you earn your black belt?	1.2.16	- 30 Jump Ropes (Varying Sizes)
	Jump Rope	Long Rope: Stationary Start	A small group activity designed to help students practice jumping and turning a long jump rope.	1.5.6	- 10 16' Long Jump Ropes
Chasing, Fleeing, & Invasion 9 Lessons	Tag	Couch Potato Tag	This tag game can be used as a warmup or instant activity to get students moving right away. A focus on sharing equipment & learning that our energy comes from the food we eat.	2.2.1, 2.2.2	- 4 Rubber Fruits/Vegetables - 4 Short Noodles - 2 Noodles - 2 Buckets
	Tag	Leprechaun Tag	Leprechauns versus the Villagers to see which group can have more gold at the end of the game.	2.2.1, 2.2.2	- 30 Bean Bags - 10 Cones - 10 Hula Hoops
	Tag	Triangle Tag	This tag game can be used as a warmup or instant activity to get students moving right away. Emphasis on strategy/tactics and small group cooperation.	2.2.1, 2.2.2	- 6 Cones - 6 Noodles (Optional)
	Tag	Plank Tag	This tag game can be used as a warmup or instant activity to get students moving right away. Emphasis on supporting body weight in a high plank or pushup position.	2.2.1, 2.2.2	- 3 Hula Hoops - 4 Pool Noodles
	Tag	Scarf or Flag Tag	This tag game can be used as a warmup or instant activity to get students moving right away. Emphasis on chasing and fleeing using juggling scarves or flag belts.	2.2.1, 2.2.2	- 34 Scarf/Flags - 4 Hula Hoops
	Tag	Partner Catch Tag	This tag game can be used as a warmup or instant activity to get students moving right away. Focus on throwing and catching.	2.2.1, 2.2.2	- 15 Koosh Balls
	Invasion	Catch 5	A fast-paced, small sided game that gets students working together to move to open spaces, defend players, and make good throws and catches.	2.2.1, 2.2.2	- 3 Balls (Koosh Recommended) - 20 Cones
	Invasion	Steal The Treasure	A simple invasion activity designed to get students working on stealing and guarding treasure in several small-sided mini-games.	2.2.1, 2.2.2	- Pinnies / Jerseys For Teams - 6 Poly Spots - 6 Scarves
	Invasion	Ring Raiders	A large group invasion game designed to get students working as a team to steal and protect their rings.	2.2.1, 2.2.2	- 30 Deck Rings or Bean Bags - 15 Pinnies - 10 Cones

Elementary PE Sample Lesson Plans

[View the Lesson Plans](#)



Secondary PE Curriculum Map

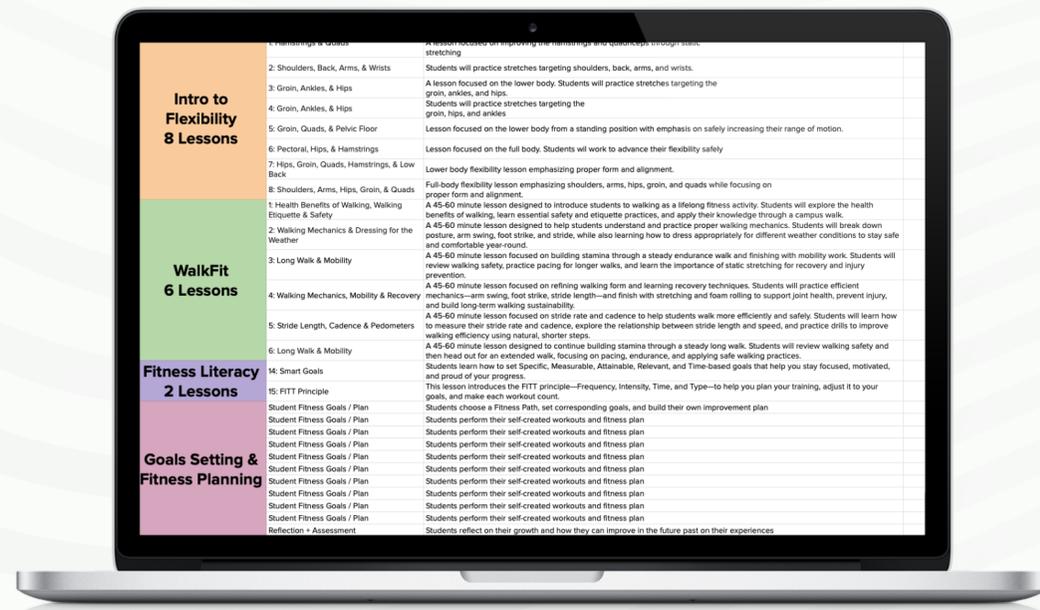
INTRODUCTION TO FITNESS - SEMESTER AT A GLANCE

	August/January	September/February	October/March	November/April	December/May
Units & Lesson Count	Intro to Fitness Part 1: 15 Lessons Intro to Fitness Part 2: 16 Lessons				Goal Setting and Fitness Planning Project: Lesson Count at teacher Discretion
	Fitness Literacy: 8 Lessons				
	Intro to Stretching: 3-15 lessons			WalkFit: 4-8 Lessons	
Standard 1: Motor Skills	<p>Focus Standard: 6-8: (1.8.3) Demonstrates appropriate form in a variety of health-related fitness activities. 9-12: (1.12.6) Demonstrates appropriate technique in muscular strength and endurance training.</p> <p>See Pacing Guide for additional Standard 1 Learning Indicators layered throughout lessons</p>				
Standard 2: Concepts & Strategy	<p>Focus Standard: 6-8: (2.8.17) Examines how rest impacts the body's response to physical activity. 9-12: (2.12.12) Applies knowledge of rest when planning regular physical activity.</p> <p>See Pacing Guide for additional Standard 2 Learning Indicators layered throughout lessons</p>				
Standard 3: Social Skills	<p>Focus Standard: 6-8: (3.8.4) Implements and provides constructive feedback to and from others when prompted and supported by the teacher. 9-12: (3.12.4) Implements and provides feedback to improve performance without prompting from teacher.</p> <p>See Pacing Guide for additional Standard 3 Learning Indicators layered throughout lessons</p>				
Standard 4: Personal Engagement	<p>Focus Standard: 6-8: (4.8.4) Connects how choice and personal interests impact individual engagement in physical activity. 9-12: (4.12.6) Sets and develops movement goals related to personal interests.</p> <p>See Pacing Guide for additional Standard 4 Learning Indicators layered throughout lessons</p>				
Health Concepts	<p>Focus Health Standard: 6-8: (8.8.1) Analyze opportunities to advocate for the health and well-being of individuals, families, and communities. 9-12: (8.12.4) Demonstrate self-advocacy skills and strategies to promote health and well-being.</p>	<p>Focus Health Standard: 6-8: (5.8.4) Evaluate how various options may affect health-related outcomes at individual, interpersonal, community, societal, and environmental levels. 9-12: (5.12.4) Analyze a variety of options based on priorities and potential outcomes when making a health-related decision.</p>			<p>Focus Health Standard: 6-8: (6.8.1) Assess personal health and well-being to identify focus areas for goal-setting. 9-12: (6.12.1) Assess personal health, well-being, and factors for engaging in a goal-setting process.</p>

SECONDARY PE

INTRODUCTION TO FITNESS

PACING GUIDE



[View Google Sheet](#)

Unit	Lesson Name	Lesson Focus	SHAPE Standard	Equipment
Fitness Literacy 7 Lessons	1: The Power of Fitness	Students learn how fitness helps you succeed in school, boosts your mental health, and prepares you for a healthier future. See why movement matters more than ever in today's world.	Health 8.8.1 ; Health 8.12.4	
	2: Movement & Exercise	This lesson breaks down the different types of exercise and introduces six key movement patterns that help you train smarter and feel better. Build a solid foundation now to move with confidence for life.	Health 7.8.3 ; Health 7.12.3	
	3: Cardiorespiratory Endurance	This lesson explains how the body creates energy in different ways depending on the activity	Health 5.8.4 ; Health 5.12.4	
	4: Muscular Strength & Muscular Endurance	Students explore what strength really means and how to improve both power and endurance, with or without equipment. The stronger you are, the more you can do—now and in the future.	Health 6.8.1 ; Health 6.12.1	
	5: Stability & the Core	This lesson dives into why core strength and stability are essential for athletic performance, injury prevention, and everyday life	Health 4.8.1 ; Health 4.12.1	
	6: Mobility vs Flexibility	This lesson shows why mobility matters, how it differs from flexibility, and simple ways to improve your movement and avoid injury.	Health 7.8.3 ; Health 7.12.3	
	7: Body Composition	Students will learn that body composition is defined by what the body is made of—such as muscle, fat, and bone—rather than just weight	Health 8.8.1 ; Health 8.12.2	
Intro to Fitness 15 Lessons	1: Squat & Hinge	A foundational movement lesson designed to introduce students to two essential human movements — the squat and the hinge.	1.8.3 ; 1.12.6	
	2: Push & Pull	A foundational movement lesson designed to introduce students to two essential human movements — push and pull.	1.8.3 ; 1.12.6	Gymnastic Rings OR TRX
	3: Lunge & Burpee	A foundational movement lesson designed to introduce students to the lunge and burpee and build it into a fun, full-body workout.	1.8.3 ; 1.12.6	PVC
	4: Squat & Pull	A 45 minute skill-building lesson focused on refining key movements like the squat, hinge, inverted row, and burpee — helping students improve technique and build confidence through a fun, full-body EMOM workout.	2.8.17 ; 2.12.12	Gymnastic Rings OR TRX
	5: Press & Core	A 45 minute skill-focused lesson designed to strengthen bodyweight pressing through push-up technique and scaling, while introducing new plank variations to activate the core and build total-body control.	2.8.11 ; 2.12.13	
	6: Jump & Lunge	A skill-focused lesson designed to develop lower-body power and control through tuck jump technique and walking lunge progressions, while emphasizing skill-related fitness components such as balance, coordination, agility, and proper mechanics.	1.8.4 ; 1.12.8	
	7: Jump & Squat	A skill-focused lesson designed to build lower-body power and control by reviewing tuck jump and squat technique, emphasizing skill-related fitness components such as balance, coordination, and proper mechanics.	1.8.4 ; 1.12.8	
	8: Push, Pull & Conditioning	A skill-building lesson designed to develop upper-body strength and endurance while applying push and pull variations in a superset, emphasizing proper form, exercise principles, and pacing to maintain performance and manage heart rate during conditioning.	2.8.11 ; 2.12.13	Gymnastic Rings OR TRX
	9: Core & Overhead Lunge	A skill-building lesson designed to improve strength and conditioning through overhead walking lunges and core supersets, building lower-body endurance and core stability.	2.8.12 ; 1.12.8	PVC Pipe
	10: Thruster & Hinge	A skill-building lesson designed to improve full-body strength and conditioning through squats, thrusters, and good mornings, using PVC pipes to develop proper mechanics, build lower-body and core strength, and enhance overall movement proficiency.	1.8.3 ; 1.12.6	PVC Pipe
	11: Push, Pull, & Jump	A skill-building lesson designed to improve full-body strength and conditioning through squats, thrusters, and good mornings, using PVC pipes to develop proper mechanics, build lower-body and core strength, and enhance overall movement proficiency.	1.8.4 ; 1.12.8	Gymnastic Rings OR TRX
	12: Lunges, Burpees, & Sit Ups	A skill-building lesson designed to help students continue developing lunges, burpees, and sit-ups, building strength, power, and endurance while practicing movements at their own ability level and applying strategies for effective rest during the finisher.	2.8.17 ; 2.12.12	Gymnastic Rings OR TRX PVC Pipes
	13: Thrusters, Pull, & Burpees	A skill-building lesson designed to review and improve thrusters, inverted rows, and burpees, helping students build full-body strength, coordination, and endurance while refining technique and progressing movements to match their ability level.	4.8.4 ; 4.12.6	
	14: Press, Core & Conditioning	A skill-building lesson designed to review and improve push-ups, core supersets, and overall conditioning, helping students build upper-body strength, core stability, and muscular endurance while refining technique and challenging themselves through progressively harder exercises.	3.8.4 ; 3.12.4	
	15: Lunge & Conditioning	A skill-building lesson designed to help students demonstrate proper etiquette, support peers, and maintain personal pacing during a longer, more challenging workout. Students will apply the skills and techniques they have learned throughout the program while encouraging teammates, managing effort, and finishing strong.	3.8.9 ; 3.12.2	PVC Pipe
Intro to Fitness 2 16 Lessons	1: MB Squat, Sit Ups, & Conditioning	A lesson designed to introduce students to the medball squat, emphasizing proper form and technique while moving with an external object.	1.8.3 ; 1.12.6	Med Balls OR Dumbbells OR Kettlebells
	2: Pull Up, MB Overhead Press, & Burpee	A lesson designed to introduce students to the pull-up and overhead press, emphasizing proper form, technique, and safe use of equipment.	3.8.7 ; 3.12.6	Med Balls OR Dumbbells OR Kettlebells Rings or TRX
	3: Jump Rope, Press, & Squat	A lesson designed to introduce students to jump rope skills while also practicing foundational movements like squats and push-ups.	1.8.3 ; 1.12.6	Jump Ropes PVC Pipes
	4: MB Deadlift, MB Lunge, Core, & Conditioning	A foundational movement lesson designed to introduce students to the medicine ball deadlift and front rack lunge while also learning to use the RPE scale to manage intensity during conditioning.	2.8.13 ; 2.12.9	Med Balls OR Dumbbells OR Kettlebells
	5: MB Thruster & Burpee	Lesson is focused on teaching students proper technique for the thruster, while also helping them understand and monitor their heart rate to manage intensity throughout the workout.	2.8.11 ; 2.12.13	Med Balls OR Dumbbells OR Kettlebells
	6: Pull Up, Press, MB Deadlift, & Conditioning	A skill-focused lesson designed to develop upper-body strength and control through pull up and push up progressions, while emphasizing effective use of rest during EMOM-style conditioning to maintain form, readiness, and overall performance.	1.8.3 ; 1.12.6	
	7: Jump Rope, Lunge, & Core	A skill-focused lesson designed to develop lower-body strength, coordination, and endurance through overhead walking lunges and jump rope, while emphasizing proper technique, posture, and controlled movement.	1.8.4 ; 1.12.8	Jump Ropes PVC Pipes
	8: MB Clean & Conditioning	A skill-focused lesson designed to introduce the medicine ball clean, emphasizing the transfer of power from lower to upper body while reinforcing proper technique and control. Students will also apply the movement under fatigue during a shuttle run finisher to challenge endurance and maintain form.	2.8.12 ; 1.12.8	Med Balls OR Dumbbells OR Kettlebells
	9: Pull Up, Jump Rope, MB Press, & Sit Up	A skill-focused lesson designed to refine technique in the overhead press, pull up, and jump rope, while applying effective use of rest in AMRAP-style workouts and encouraging students to consider how fitness can continue beyond school.	2.8.17 ; 2.12.12	Med Balls OR Dumbbells OR Kettlebells Rings or TRX
	10: MB Lunge, Jump, Core, & Conditioning	A skill-focused lesson designed to develop lower-body power, coordination, and balance through broad jumps, while building strength, stability, and proper mechanics with front rack walking lunges.	1.8.4 ; 1.12.8	Med Balls OR Dumbbells OR Kettlebells
	11: MB Clean, Jump Rope, Core, & Conditioning	A skill-focused lesson designed to refine technique in the Medicine Ball Clean and jump rope while developing lower-body power, coordination, and overall conditioning. Students will also practice using perceived exertion to manage effort and recovery during a challenging finisher workout.	1.8.3 ; 1.12.6	Med Balls OR Dumbbells OR Kettlebells Jump Ropes PVC Pipes
	12: Pull Up, MB OH Lunge, MB Press, & Conditioning	A skill-focused lesson designed to refine pulling, pressing, and lunge movements while emphasizing proper form, control, and posture with external loads.	3.8.4 ; 2.12.12	Med Balls OR Dumbbells OR Kettlebells Rings or TRX
	13: MB G2OH, Push Up, & Burpee	A skill-focused lesson designed to introduce the Medicine Ball Ground to Overhead while reviewing push-ups and burpees. Students will practice combining hinge and overhead pressing mechanics, scale bodyweight movements to their fitness level, and reflect on how these exercises could fit into personal fitness routines outside of class.	1.8.4 ; 1.12.8	Med Balls OR Dumbbells OR Kettlebells
	14: MB Squat, Jump, & Conditioning	A skill- and fitness-focused lesson designed to reinforce proper mechanics in the Medicine Ball Squat while introducing lunge jumps to develop lower-body power and plyometric skill. Students will focus on form, control, and progression, then apply these skills in a rotating EMOM workout that challenges both strength and cardiovascular endurance.	1.8.4 ; 1.12.8	Med Balls OR Dumbbells OR Kettlebells
	15: MB G2OH, Push Up, Sit Up, & Conditioning	A skill-focused lesson designed to reinforce proper mechanics in the MB Deadlift and Ground to Overhead, while building strength, coordination, and control. Students will also reflect on their performance, identify movements they enjoy or struggle with, and set goals for continued improvement in future workouts.	4.8.4 ; 4.12.16	Med Balls OR Dumbbells OR Kettlebells PVC Pipes
	16: Pull Up, MB Lunge, Core, & Conditioning	A skill-building lesson designed to help students demonstrate proper etiquette, support peers, and maintain personal pacing during a longer, more challenging workout. Students will apply the skills and techniques they have learned throughout the program while encouraging teammates, managing effort, and finishing strong.	3.8.9 ; 3.12.2	Med Balls OR Dumbbells OR Kettlebells Rings or TRX

Secondary PE Curriculum Map

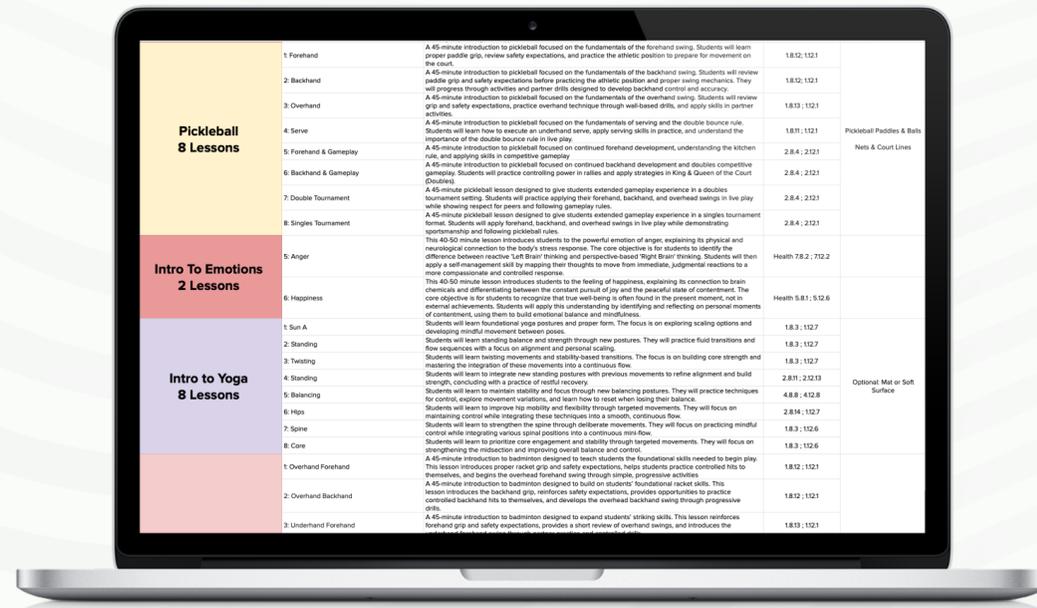
INDY & DUAL ACTIVITIES

	August/January	September/February	October/March	November/April	December/May
Units & Available Lesson Count	Tennis: 8 Lessons + Game Play		Pickleball: 8 Lessons + Game Play	Badminton: 8 Lessons + Game Play	
	Intro to Emotions: 10 Lessons				
	WalkFit: 6-12 Lessons Intro to Yoga: 12-24 Lessons			Dance Fitness: 8-12 Lessons Intro to Pilates: 8-12 Lessons	
Standard 1: Motor Skills	<p>Focus Standards:</p> <p>6-8: (1.8.12) Demonstrates the correct form of a forehand and backhand stroke with a short-handled and long-handled implement in a variety of practice tasks and modified small-sided games. 9-12: (1.12.1) Demonstrates activity-specific movement skills in a variety of lifetime sports and activities.</p> <p>See Pacing Guide for additional Standard 1 Learning Indicators layered throughout lessons</p>				
Standard 2: Concepts & Strategy	<p>Focus Standard:</p> <p>6-8: (2.8.4) Selects and applies the appropriate shot and technique in net and wall games. 9-12: (2.12.1) Demonstrates knowledge of tactics and strategies within lifetime sports & activities</p> <p>See Pacing Guide for additional Standard 2 Learning Indicators layered throughout lessons</p>				
Standard 3: Social Skills	<p>Focus Standard:</p> <p>6-8: (3.8.1) Understands and accepts others' differences during a variety of physical activities. 9-12: (3.12.1) Demonstrates awareness of other people's emotions and perspectives in a physical activity setting.</p> <p>See Pacing Guide for additional Standard 3 Learning Indicators layered throughout lessons</p>				
Standard 4: Personal Engagement	<p>Focus Standard:</p> <p>6-8: (4.8.2) Describes how social interaction impacts individual engagement in physical activity. 9-12: (4.12.2) Selects and participates in physical activities that meet the need for social interaction.</p> <p>See Pacing Guide for additional Standard 4 Learning Indicators layered throughout lessons</p>				
Health Concepts	<p>Focus Health Standard:</p> <p>6-8: (5.8.3) Use an individual, supported, or collaborative decision-making process to maintain or improve health and well-being. 9-12: (5.12.3) Apply an individual, supported, or collaborative decision-making process to maintain or improve health and well-being.9-12: (6.12.1) Assess personal health, well-being, and factors for engaging in a goal-setting process.</p>				

SECONDARY PE

INDY & DUAL ACTIVITIES

PACING GUIDE



[View Google Sheet](#)

Unit	Lesson Name	Lesson Focus	SHAPE Standard	Equipment
Tennis 8 Lessons	1: Forehand	A 45-minute introductory lesson designed to introduce students to one of the fundamental skills of tennis, the forehand swing. Students will first review racket grip and essential safety expectations. They will then practice the four-step forehand technique through individual drills like Wall Ball and progress to partner hitting activities to develop control and accuracy.	1.8.12; 1.12.1	Tennis Rackets Tennis Balls Nets & Courts
	2: Backhand	A 45-minute introductory lesson designed to introduce students to one of the fundamental skills of tennis, the backhand swing. Students will first review racket grip and essential safety expectations. They will then practice the backhand technique through individual drills like Wall Ball and progress to partner hitting activities to develop control and accuracy.	1.8.12; 1.12.1	
	3: Forehand and Backhand	A 45-minute intermediate lesson designed to combine the fundamental forehand and backhand skills introduced in previous lessons. Students will review racket grip and safety before engaging in a warm-up drill and progressing to a moving partner drill and short-court rallying to build consistency and control.	2.8.4 ; 2.12.1	
	4: Overhead & Rallying	A 45-minute intermediate lesson designed to introduce students to the fundamental overhead swing and combine all groundstroke skills in a full-court rallying format. Students will review safety and grip before practicing the overhead technique and applying their forehand, backhand, and overhead strokes in an extended partner rally.	1.8.13 ; 1.12.1	
	5: Serving	A 45-minute introductory lesson designed to teach students the fundamental skill of the overhead serve. Students will review racket grip and safety before learning the basic court structure and serving rules. They will then practice the serve technique through drills focused on accuracy and control, culminating in a competitive serving activity.	1.8.11 ; 2.12.1	
	6: Modified Game Play	A 45-minute intermediate lesson designed to apply all previously learned strokes in competitive, modified doubles tennis gameplay. Students will focus on maintaining a rally, applying basic doubles strategies, and exhibiting positive sportsmanship in a game setting.	2.8.4 ; 2.12.1	
	7: Doubles Tournament	A 45-minute introductory lesson designed to consolidate all fundamental skills of tennis through competitive gameplay in a doubles tournament format. Students will apply their strokes, serving, and basic court strategy while focusing on sportsmanship.	2.8.4 ; 2.12.1	
	8: Singles Tournament	A 45-minute concluding lesson designed to introduce students to competitive tennis gameplay in a singles tournament format, requiring independent application of all learned strokes and court coverage skills.	2.8.4 ; 2.12.1	
Intro To Emotions 2 Lessons	1: Excitement	This 40-50 minute lesson introduces students to the powerful emotion of excitement, explaining its physical and neurological effects, and the potential for it to lead to disappointment if expectations are unmanaged. The core objective is for students to differentiate between excitement and its physical similarities to anxiety, and to practice the skill of shifting personal expectations into balanced intentions to foster emotional resilience.	Health 5.8.3 ; 5.12.3	
	2: Disappointment	This 40-50 minute lesson introduces students to the emotion of disappointment, explaining its scientific basis, healthy purpose, and the connection between unmanaged expectations and the intensity of the feeling. The core objective is for students to acknowledge disappointment as a natural signal that they care about an outcome, and to build emotional resilience by developing a personal, structured coping plan for managing their response when hopes are not fulfilled.	Health 6.8.4 ; 6.12.4	
WalkFit 8 Lessons	7: Heart Rate & Heart Rate Monitors	A 45-60 minute lesson introducing students to heart rate as a measure of exercise intensity and overall fitness. Students will learn how to find their pulse, calculate their resting heart rate and target heart rate zones, and explore how heart rate monitors and fitness trackers provide useful feedback for training and wellness.	2.8.15 ; 2.12.10	N/A
	8: MVPA, Stability & The Core	A 45-60 minute lesson focused on training in the moderate-to-vigorous physical activity (MVPA) zone while strengthening the core. Students will learn how heart rate zones connect to fitness goals, practice core stability exercises, and apply their strength during a tempo walk to improve control, rhythm, and endurance.	2.8.13 ; 2.12.9	N/A
	9: Long Walk & Mobility	A 45-60 minute lesson designed to build endurance through a steady long walk and introduce SMART goal setting.	2.8.10 ; 2.12.6	N/A
	10: Pacing, Mindfulness & Breathing	A 45-60 minute lesson focused on pacing strategies to help students walk farther, stronger, and smarter. Students will explore three pace zones (easy, moderate, and brisk), practice each one during short walking loops, and reflect on which pace is sustainable for longer walks. The lesson will close with mindful breathing to support recovery and awareness.	1.8.3 ; 1.12.6	N/A
	11: Intro to Resistance Training: Hinges, Squats & Lunges	A 45-60 minute lesson introducing resistance training to build lower body and core strength. Students will complete a circuit of squats, lunges, hinges, and planks to develop strength, stability, and endurance. Options allow students to focus on resistance work, core training, a tempo walk, or combine all three for a challenge. The class finishes with a brisk tempo walk to apply strength and stability in motion.	1.8.3 ; 1.12.6	N/A
	12: Long Walk & Mobility	A 45-60 minute lesson designed to continue building stamina through a steady long walk. Students will review walking safety and then head out for an extended walk, focusing on pacing, endurance, and applying safe walking practices.	1.8.3 ; 2.12.13	N/A
	13: Introducing Intervals & Circuit Training	A 45-60 minute lesson where students rotate through six stations of walking, cardio, strength, and core work. Each station is performed for 40 seconds with 20 seconds of rest, keeping students in the MVPA zone while balancing effort and recovery. The workout closes with an interval walk and mindful breathing.	2.8.15 ; 2.12.10	N/A
	14: Intro to Resistance Training: Push, Pulls & Core	A 45-60 minute lesson introducing resistance training to build lower body and core strength. Students will complete a circuit of squats, lunges, hinges, and planks to develop strength, stability, and endurance. Options allow students to focus on resistance work, core training, a tempo walk, or combine all three for a challenge. The class finishes with a brisk tempo walk to apply strength and stability in motion.	1.8.3 ; 1.12.6	N/A
15: Long Walk & Mobility	A 45-60 minute lesson designed to continue building stamina through a steady long walk. Students will review walking safety and then head out for an extended walk, focusing on pacing, endurance, and applying safe walking practices.	1.8.3 ; 2.12.13	N/A	
16: Mindfulness & Mobility	A 45-60 minute lesson combining walking, mindfulness, and mobility to support whole-body wellness. Students will practice gratitude, explore the physical, mental, and social benefits of walking, and finish with an easy walk that encourages relaxation, connection, and reflection.	4.8.2 ; 4.12.2	N/A	

Secondary PE Curriculum Map

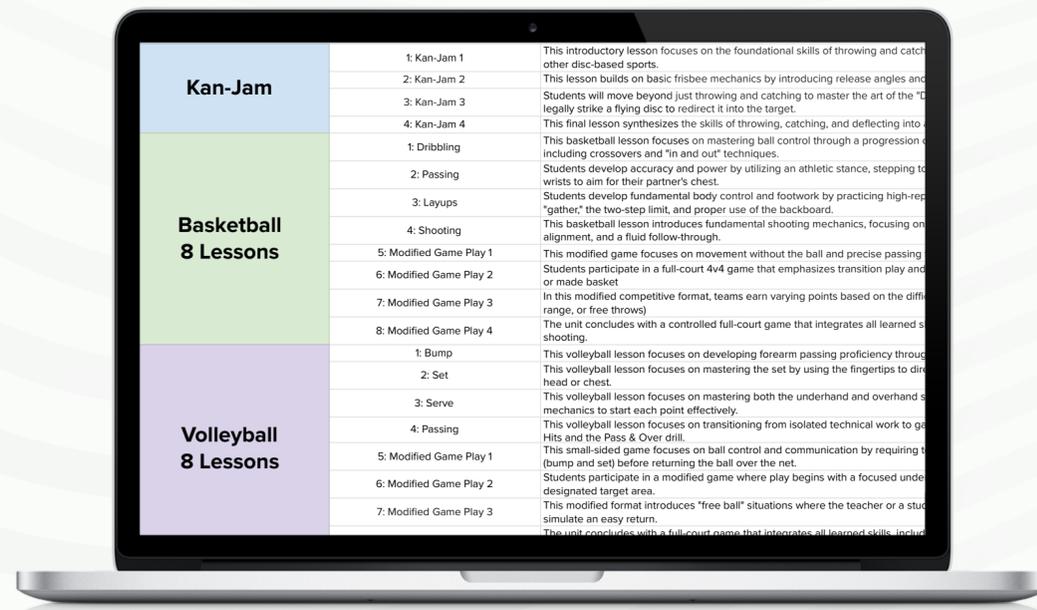
OUTDOOR & TEAM ACTIVITIES

	August/January	September/February	October/March	November/April	December/May
Units & Available Lesson Count	Swimming: 8 Lessons		Soccer: 8 Lessons + Game Play	Volleyball: 8 Lessons + Game Play	
	Spikeball: 4 Lessons + Game Play		Kan-Jam: 4 Lessons + Game Play	Basketball: 8 Lessons + Game Play	
	Intro to Nutrition: 10 Lessons				
Standard 1: Motor Skills	Focus Standard: 6-8: (1.8.20) Demonstrates water safety skills. If a pool facility is available, demonstrates water safety and basic swimming skills. 9-12: (1.12.9) Demonstrates water safety skills. If a pool facility is available, demonstrates water safety and basic swimming skills.		Focus Standard: 6-8: (1.8.18) Demonstrates multiple techniques to create open space during a variety of practice tasks and small-sided games (offense). 9-12: (1.12.2) Demonstrates activity-specific movement skills in a variety of recreational and backyard games. <i>See Pacing Guide for additional Standard 2 Learning Indicators layered throughout lessons</i>		
Standard 2: Concepts & Strategy	Focus Standard: 6-8: 2.8.1 Identifies the effective use of movement concepts within multiple dynamic environments. 2.12.3 Demonstrates knowledge of tactics and strategies within outdoor pursuits. <i>See Pacing Guide for additional Standard 2 Learning Indicators layered throughout lessons</i>				
Standard 3: Social Skills	Focus Standard: (3.8.6) Demonstrates the ability to follow game rules in a variety of physical activity situations. (3.12.2) Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity. <i>See Pacing Guide for additional Standard 3 Learning Indicators layered throughout lessons</i>				
Standard 4: Personal Engagement	Focus Standard: (4.8.9) Reflects on movement experiences during physical education to develop understanding of how movement is personally meaningful. (4.12.9) Reflects on movement experiences during physical education to develop understanding of how movement is personally meaningful. <i>See Pacing Guide for additional Standard 4 Learning Indicators layered throughout lessons</i>				
Health Concepts	Focus PE Standard: 6-8: 2.8.20 Explains the relationships among nutrition, physical activity, and health factors. 9-12: 2.12.16 Identifies snacks and food choices that help and hinder performance, recovery, and enjoyment during physical activity.			Focus Health Standard: 6-8: (1.8.2) Analyze how practices and behaviors support a variety of dimensions of wellness. 9-12: (1.12.4) Evaluate practices and behaviors that support health and well-being, including how to manage health conditions.	

SECONDARY PE

OUTDOOR & TEAM ACTIVITIES

PACING GUIDE



[View Google Sheet](#)

Unit	Lesson Name	Lesson Focus	SHAPE Standard	Equipment
Swimming 8 Lessons	1: Flutter Kick & Bilateral Breathing	This 45 minute swim lesson focuses on water safety, practicing the correct technique for the flutter kick both on dryland and in the water, and introducing the bilateral breathing technique to prepare students for freestyle swimming.	1.8.20 ; 1.12.9	Pool Kickboards
	2: Freestyle: Kickboard Drills Part 1	This 45 minute swim lesson focuses on reviewing the flutter kick and bilateral breathing, and then introducing the correct technique for the freestyle stroke through single-arm and 'catch-up' drills using a kickboard.	1.8.30 ; 1.12.9	
	3: Freestyle: Kickboard Drills Part 2	This 45 minute swim lesson focuses on reviewing the flutter kick and bilateral breathing, and then introducing key freestyle arm recovery techniques through the Zipper Drill and Finger Tip Drag, utilizing a kickboard for support.	1.8.30 ; 1.12.9	
	4: Freestyle Putting It All Together	This 45 minute swim lesson focuses on reviewing the key freestyle drills (Catch Up and Zipper), transitioning to performing the skills without a kickboard, and finally combining all learned techniques for a complete standard freestyle stroke.	1.8.30 ; 1.12.9	
	5: Breaststroke Part 1	This 45 minute swim lesson focuses on an initial introduction to the breaststroke, breaking down the key mechanics of the breaststroke kick and arm pull, and practicing the proper timing for a strong pull and glide.	1.8.30 ; 1.12.9	
	6: Breaststroke Part 2	This 45 minute swim lesson focuses on reviewing the breaststroke kick and arm pull mechanics, practicing coordination drills to improve the timing sequence, and finally transitioning to performing a complete, standard breaststroke.	1.8.30 ; 1.12.9	
	7: Backstroke Part 1	This 45 minute swim lesson introduces the backstroke, focusing on maintaining a flat body position, practicing the flutter kick on the back, and learning the straight-arm recovery and pull of the backstroke arm cycle.	1.8.30 ; 1.12.9	
	8: Backstroke Part 2	This 45 minute swim lesson focuses on reviewing the key backstroke skills (kick and arm recovery), transitioning to performing the full stroke without a kickboard, and finally combining all learned techniques for a complete, standard backstroke.	1.8.30 ; 1.12.9	
Roundnet by Spikeball 4 Lessons	5: Roundnet by Spikeball 1	This lesson, Spikeball Rookie Games, introduces younger students to the core mechanics of Roundnet through foundational lead-up games.	1.8.4 ; 1.12.1	Spikeball Sets
	6: Roundnet by Spikeball 2	This lesson focuses on developing strategic decision-making and deception to enhance offensive performance in Roundnet.	1.8.4 ; 1.12.1	
	7: Roundnet by Spikeball 3	This lesson features a progressive series of SpikeSchool drills designed to isolate and master the fundamental mechanics of hitting, passing, and defense.	1.8.4 ; 1.12.1	
	8: Roundnet by Spikeball 4	This lesson utilizes the Roundnet Station Cards to develop technical proficiency through a high-repetition circuit.	1.8.4 ; 1.12.1	
Soccer 8 Lessons	1: Ball Mastery	This lesson introduces students to stationary ball control techniques, specifically focusing on Toe Touches and Inside Touches.	1.8.14 ; 1.12.1	Soccer Balls
	2: Dribbling	This lesson focuses on developing foundational soccer dribbling skills through a series of progressive cone drills	1.8.14 ; 1.12.1	
	3: Passing	This lesson introduces students to the fundamental mechanics of the inside-of-the-foot pass and the trap	1.8.14 ; 1.12.1	
	4: Shooting	This lesson introduces foundational soccer shooting mechanics, emphasizing proper form and technique through step-by-step "Points of Performance" like plant foot placement and striking with the laces.	1.8.14 ; 1.12.1	
	5: Modified Game Play 1	This lesson transitions skills into a small-sided 2v2 format to maximize ball contact and decision-making opportunities.	1.8.14 ; 1.12.1	
	6: Modified Game Play 2	Students participate in a "4v1" or "3v1" possession drill designed to emphasize accurate passing and efficient trapping under light defensive pressure.	1.8.14 ; 1.12.1	
	7: Modified Game Play 3	This modified game features a dedicated "target player" who receiving passes and sets up teammates for dynamic shots on goal	1.8.14 ; 1.12.1	
	8: Modified Game Play 4	The unit concludes with a larger-scale modified game that incorporates all previous skills, including dribbling, passing, and shooting	1.8.14 ; 1.12.1	
Intro to Nutrition 10 Lessons	1: Needs for Growing Students	This 45-60 minute lesson introduces students to the role of nutrition as fuel for health and performance. Students will move beyond "good" or "bad" food beliefs to understand food's vital role in energy and growth, culminating in a practical meal planning exercise to find a realistic balance for "thriving" nutrition.	Health 1.8.2 ; 1.12.4	N/a
	2: Calories: Energy & Chemistry	This 45-60 minute lesson moves beyond general food beliefs to explore the scientific reality of nutrition. Students will learn that calories are essential energy, not something to be feared, and examine food based on its chemistry (macronutrients) rather than arbitrary "good" or "bad" labels.	Health 1.8.4 ; 1.12.4	
	3: Calories: Understanding Calorie Needs	This 45-60 minute lesson teaches students to use their body's internal hunger and satiety signals as a personalized tool for determining energy needs, moving beyond rigid calorie counting. Students will identify signs of being under- or overfueled, culminating in an advocacy activity to correct nutrition misinformation.	Health 1.8.2 ; 1.12.4	
	4: Carbohydrates	This 45-60 minute lesson shifts focus to the body's preferred fuel source: carbohydrates. Students will learn the science behind carbohydrates, differentiating between sugar, starch, and fiber.	Health 7.8.3 ; 7.12.3	
	5: Carbohydrates	This 45-60 minute lesson breaks down the three types of carbohydrates: sugar, starch, and fiber. Students will learn the unique chemistry and function of each, understanding that some provide rapid fuel and others offer sustained energy.	Health 5.8.3 ; 5.12.3	
	6: Protein	This 45-60 minute lesson shifts focus to the second macronutrient: protein. Students will explore protein's role as the body's 'building blocks' for growth and repair, analyze where it is found (animal vs. plant sources), and understand how personal protein needs are calculated.	Health 7.8.3 ; 7.12.3	
	7: Protein	This 45-60 minute lesson focuses on debunking common myths and misconceptions surrounding protein, its function, and the use of supplements. Students will learn the factual basis for protein needs and the risks of misinformation.	Health 8.8.4 ; 8.12.3	
	8: Protein	This 45-60 minute lesson focuses on the growing area of plant-based nutrition. Students will explore the unique benefits and distinct nutritional challenges (like iron and B12 absorption, and protein density) of relying on plant sources for protein. The lesson culminates in a practical "Meatless Monday" activity where students apply their knowledge to reformulate common meals.	Health 5.8.3 ; 5.12.4	
	9: Fats	This 45-60 minute lesson introduces students to dietary fat, its essential functions (energy, hormones, satiety), and its chemical types (saturated, unsaturated, trans). Students will analyze different perspectives on fat and apply their scientific knowledge to create a factual resource that corrects common misconceptions for a school-wide audience.	Health 2.8.1 ; 2.12.1	
	10: Fats	This 45-60 minute lesson focuses on dismantling widespread myths and misinformation about dietary fat, addressing topics like its relation to body weight and the false health halo around certain products.	Health 3.8.4 ; 3.12.3	

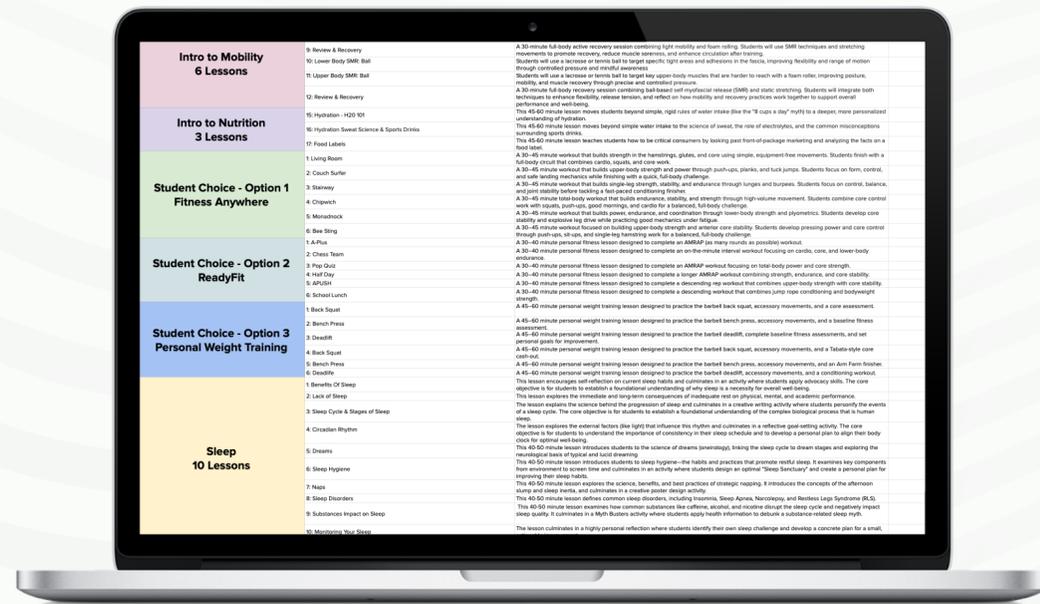
Secondary Elective

PERSONAL FITNESS LEVEL 1 – SEMESTER AT A GLANCE

Standard	August/January	September/February	October/March	November/April	December/May
Units & Available Lesson Count	Intro to Strength Training 1 & 2: 30 Lessons				Student Choice: 6 Lessons
	Stretching Routines: 3 lessons		Intro to Mobility: 6 Lessons		
	Intro to Nutrition: 6 Lessons		Sleep: 8 Lessons		
Standard 1: Motor Skills	<p>Focus Standard: 6-8: (1.8.20) Demonstrates water safety skills. If a pool facility is available, demonstrates water safety and basic swimming skills. 9-12: (1.12.9) Demonstrates water safety skills. If a pool facility is available, demonstrates water safety and basic swimming skills.</p>		<p>Focus Standard: 6-8: (1.8.18) Demonstrates multiple techniques to create open space during a variety of practice tasks and small-sided games (offense). 9-12: (1.12.2) Demonstrates activity-specific movement skills in a variety of recreational and backyard games. <i>See Pacing Guide for additional Standard 2 Learning Indicators layered throughout lessons</i></p>		
Standard 2: Concepts & Strategy	<p>Focus Standard: 6-8: 2.8.1 Identifies the effective use of movement concepts within multiple dynamic environments. 2.12.3 Demonstrates knowledge of tactics and strategies within outdoor pursuits. <i>See Pacing Guide for additional Standard 2 Learning Indicators layered throughout lessons</i></p>				
Standard 3: Social Skills	<p>Focus Standard: (3.8.6) Demonstrates the ability to follow game rules in a variety of physical activity situations. (3.12.2) Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity. <i>See Pacing Guide for additional Standard 3 Learning Indicators layered throughout lessons</i></p>				
Standard 4: Personal Engagement	<p>Focus Standard: (4.8.9) Reflects on movement experiences during physical education to develop understanding of how movement is personally meaningful. (4.12.9) Reflects on movement experiences during physical education to develop understanding of how movement is personally meaningful. <i>See Pacing Guide for additional Standard 4 Learning Indicators layered throughout lessons</i></p>				
Health Concepts	<p>Focus PE Standard: 6-8: 2.8.20 Explains the relationships among nutrition, physical activity, and health factors. 9-12: 2.12.16 Identifies snacks and food choices that help and hinder performance, recovery, and enjoyment during physical activity.</p>			<p>Focus Health Standard: 6-8: (1.8.2) Analyze how practices and behaviors support a variety of dimensions of wellness. 9-12: (1.12.4) Evaluate practices and behaviors that support health and well-being, including how to manage health conditions.</p>	

SECONDARY PE

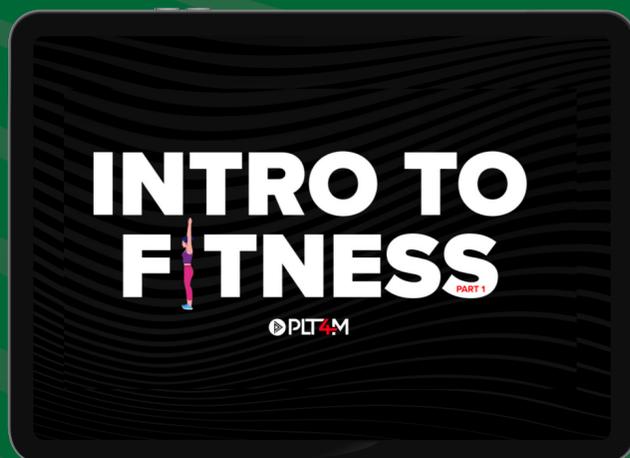
PERSONAL FITNESS PACING GUIDE



[View Google Sheet](#)

Unit	Lesson Name	Lesson Focus	SHAPE Standard	Equipment
Intro to Strength Part 1 15 Lessons	1: Back Squat	A 45-60 minute foundational strength training lesson designed to introduce students to the barbell back squat and accessory dumbbell exercises.	1.8.3 ; 112.6	Barbells Dumbbells
	2: Bench Press	A 45-60 minute foundational strength training lesson designed to introduce students to the barbell bench press and accessory plyometric and dumbbell exercises.	1.8.3 ; 112.6	Barbells Dumbbells
	3: Deadlift	A 45-60 minute foundational strength training lesson designed to introduce students to the barbell deadlift and accessory exercises.	1.8.3 ; 112.6	Barbells Dumbbells Bodyweight Pulling (rings, trx, etc)
	4: Back Squat	A 45-60 minute foundational strength training lesson designed to build students' skills in the barbell back squat and accessory dumbbell exercises.	2.8.11 ; 212.13	Barbells Dumbbells
	5: Bench Press	A 45-60 minute foundational strength training lesson designed to build students' skills in the barbell bench press and accessory plyometric and dumbbell exercises.	2.8.11 ; 212.13	Barbells Dumbbells
	6: Deadlift	A 45-60 minute foundational strength training lesson designed to build students' skills in the barbell deadlift and accessory exercises.	2.8.11 ; 212.13	Barbells Dumbbells Bodyweight Pulling (rings, trx, etc)
	7: Back Squat	A 45-60 minute foundational strength training lesson designed to build students' skills in the barbell back squat and accessory dumbbell exercises while examining ways to apply these workouts outside of class.	1.8.3 ; 112.6	Barbells Dumbbells
	8: Bench Press	A 45-60 minute foundational strength training lesson designed to build students' skills in the barbell bench press and accessory plyometric and dumbbell exercises, while fostering support, respect, and understanding among classmates.	1.8.4 ; 112.8	Barbells Dumbbells Boxes or Flat Surface
	9: Deadlift	A 45-60 minute foundational strength training lesson designed to build students' skills in the barbell deadlift and accessory exercises with a special focus on safety and injury prevention during our deadlift.	3.8.7 ; 312.6	Medballs Dumbbells Barbells Bodyweight Pulling (rings, trx, etc)
	10: Back Squat	A 45-60 minute foundational strength training lesson designed to build students' skills in the barbell back squat and accessory dumbbell exercises while helping students set safe, challenging personal goals to work toward in future workouts.	4.8.6 ; 412.6	Barbells Dumbbells
	11: Bench Press	A 45-60 minute foundational strength training lesson designed to build students' skills in the barbell bench press while promoting proper spotting, safety, and goal-setting.	2.8.11 ; 212.13	Barbells Dumbbells Boxes or Flat Surface
	12: Deadlift	A 45-60 minute foundational strength training lesson designed to build students' skills in the barbell deadlift and pulling variations while emphasizing safe technique, back protection, and setting personal goals for future progress.	4.8.6 ; 412.6	Medballs Dumbbells Barbells Bodyweight Pulling (rings, trx, etc)
13: Back Squat	A 45-60 minute foundational strength training lesson focused on establishing a baseline barbell back squat, practicing new accessory dumbbell variations, and reflecting on overall progress to prepare for future training.	3.8.4 ; 312.4	Barbells Dumbbells	
14: Bench Press	A 45-60 minute foundational strength training lesson focused on establishing a baseline barbell bench press, practicing proper spotting and support, and reflecting on progress to prepare for future strength training.	2.8.11 ; 212.13	Barbells Dumbbells Boxes or Flat Surface	
15: Deadlift	A 45-60 minute foundational strength training lesson focused on establishing a baseline barbell deadlift, reflecting on form and technique, and setting a SMART goal for continued progress in strength training.	4.8.6 ; 412.6	Medballs Dumbbells Barbells Bodyweight Pulling (rings, trx, etc)	
Intro to Nutrition 3 Lessons	12: Micronutrients - Overview	This 45-60 minute lesson introduces students to the role of micronutrients (vitamins and minerals) in sustaining overall health and performance.	Health 7.8.3 ; 712.3	
	13: Micronutrients - Commonly Seen Micros	This 45-60 minute lesson focuses on the application of micronutrient knowledge by having students create a "Micro Meal" for school lunch. They will research and explain the importance of key micronutrients—such as iron, calcium, and vitamins A, C, and B12—to understand how intentional food choices contribute to overall health.	Health 8.8.4 ; 812.3	N/A
	14: Micronutrients: FAQ	This 45-60 minute lesson challenges students to apply their knowledge of micronutrients to real-life scenarios. They will use critical thinking to provide practical, health-enhancing advice, moving beyond memorization to problem-solving.	Health 3.8.3 ; 312.4	
Stretching Routines 3 Lessons	1: Lower Body	Students will demonstrate proper form and control while performing lower-body stretches targeting the calves, hips, and hamstrings.	1.8.3 ; 112.7	
	2: Upper Body	A 30-minute stretching lesson focusing on the upper body. Students will stretch the shoulders, back, and arms, practicing proper form and technique in poses like Thread the Needle, Saddle Archer, and Child's Pose with Shoulder Variation.	1.8.3 ; 112.7	Optional: Mat or soft surface
	3: Lower Body and Trunk	Students will demonstrate proper form and control while performing stretches targeting quads, hips, ankles, and the trunk.	1.8.3 ; 112.7	
Intro to Strength Part 2 15 Lessons	1: Front Squat	A 45-60 minute foundational strength training lesson designed to introduce students to the barbell front squat and accessory exercises.	1.8.3 ; 112.6	Barbells Dumbbells
	2: Strict Press	A 45-60 minute foundational strength training lesson designed to introduce students to the barbell strict press and accessory plyometric and dumbbell exercises.	1.8.3 ; 112.6	Barbells Dumbbells Bodyweight Pulling (rings, trx, etc)
	3: Hang Clean	A 45-60 minute foundational strength training lesson designed to introduce students to the high hang power clean and accessory exercises.	1.8.3 ; 112.6	Barbells Dumbbells Bodyweight Pulling (rings, trx, etc)
	4: Front Squat	A 45-60 minute foundational strength training lesson designed to build students' skills in the barbell front squat and accessory exercises.	2.8.11 ; 212.13	Barbells Dumbbells
	5: Strict Press	A 45-60 minute foundational strength training lesson designed to build students' skills in the barbell strict press and accessory plyometric and dumbbell exercises.	2.8.11 ; 212.13	Barbells Dumbbells
	6: Hang Clean	A 45-60 minute foundational strength training lesson designed to build students' skills in the high hang power clean and accessory exercises.	2.8.11 ; 212.13	Barbells Dumbbells Bodyweight Pulling (rings, trx, etc)
	7: Front Squat	A 45-60 minute foundational strength training lesson designed to build students' skills in the barbell front squat and accessory dumbbell exercises while examining ways to apply these workouts outside of class.	1.8.3 ; 112.6	Barbells Dumbbells
	8: Strict Press	A 45-60 minute foundational strength training lesson designed to build students' skills in the barbell strict press and accessory plyometric and dumbbell exercises, while fostering support, respect, and understanding among classmates.	1.8.4 ; 112.8	Medballs Dumbbells Barbells Bodyweight Pulling (rings, trx, etc)
	9: Hang Clean	A 45-60 minute foundational strength training lesson designed to build students' skills in the hang clean and accessory exercises with a special focus on safety and injury prevention during our hang clean.	3.8.7 ; 312.6	Barbells Dumbbells Bodyweight Pulling (rings, trx, etc)
	10: Front Squat	A 45-60 minute foundational strength training lesson designed to build students' skills in the barbell front squat and accessory dumbbell exercises while helping students set safe, challenging personal goals to work toward in future workouts.	4.8.6 ; 412.6	Barbells Dumbbells
	11: Strict Press	A 45-60 minute foundational strength training lesson designed to build students' skills in the barbell strict press while promoting etiquette, safety, and goal-setting.	2.8.11 ; 212.13	Barbells Dumbbells
	12: Hang Clean	A 45-60 minute foundational strength training lesson designed to build students' skills in the hang clean and pulling variations while emphasizing safe technique, back protection, and setting personal goals for future progress.	4.8.6 ; 412.6	Barbells Dumbbells Bodyweight Pulling (rings, trx, etc)
	13: Front Squat	A 45-60 minute foundational strength training lesson focused on establishing a baseline barbell front squat, practicing new accessory dumbbell variations, and reflecting on overall progress to prepare for future training.	3.8.4 ; 312.4	Barbells Dumbbells
	14: Strict Press	A 45-60 minute foundational strength training lesson focused on establishing a baseline barbell strict press, practicing proper technique, etiquette, and support, and reflecting on progress to prepare for future strength training.	2.8.11 ; 212.13	Barbells Dumbbells
	15: Hang Clean	A 45-60 minute foundational strength training lesson focused on establishing a baseline hang power clean, reflecting on form and technique, and setting a SMART goal for continued progress in strength training.	4.8.6 ; 412.6	Barbells Dumbbells Bodyweight Pulling (rings, trx, etc)

Secondary PE Sample Lesson Plans



[View the Fitness Lesson Plan](#)



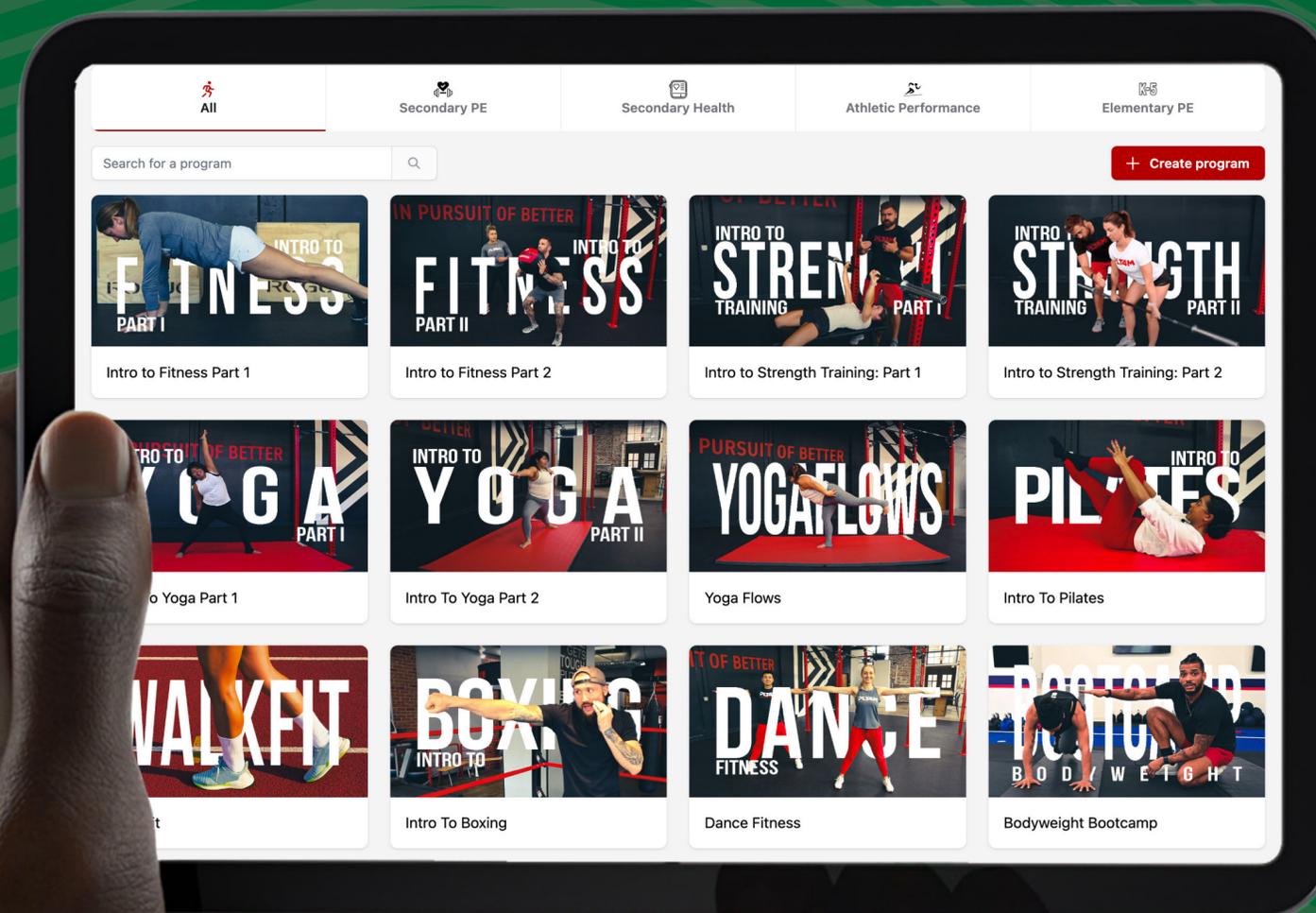
[View the Swimming Lesson Plan](#)



[View the Swimming Lesson Plan](#)

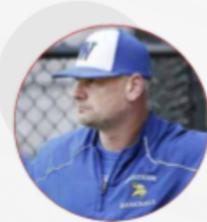


[View the Personal Weight Training Lesson Plan](#)



Evidence-Based Instructional Design & Developmental Approach

PLT4M’s instructional model is grounded in research-supported practices in physical education, motor learning, and instructional design. Materials are intentionally structured to support student growth across physical, cognitive, and social-emotional domains while maintaining flexibility for local context and co-creation.



“The PLT4M videos are an invaluable resource for students. And because they focus on form and technique, **students build confidence** that will help them know they can eventually go workout independently.”

Chris Cabe | Old Rochester, MA



“We saw PLT4M as a valuable resource in our ability to deliver a **high-quality curriculum**. Our goal has always been to provide students fitness, health, and wellness experiences, and we saw PLT4M’s curriculum as our best opportunity to enhance that.”

Chris Meyer | Lewiston, ID



“What I love most about PLT4M is my ability to **differentiate instruction** to each of my students. I can feel confident that I am meeting each student at their ability level, but also catering to their individual interests.”

Brandon Siegel | Fullerton, NE



“With PLT4M, students can see everything that has ever been logged. Now, they are more **engaged and excited about PE.**”

Annie Hinkhouse | Reedsburg, WI

Real School Case Studies

Engaging & Effective Elementary PE

“I want my lessons to be highly skill-based, but I also want my students to have fun and feel successful. PLT4M helps me do that.”

– **Rachel Castor** | Monroe, WA

K-8 Continuity at Title 1 School

“The way PLT4M is designed—intermixing elementary and secondary—helps maintain continuity. It’s not teaching an overhand throw one way in K or 1 and then completely different in sixth or seventh grade.”

– **Michelle Pastor** | Guilford County, NC

SMART Goals & Student-Built Fitness Plans

The biggest thing is that everything lives in one place. I can see student goals, their workouts, and their data without chasing papers or spreadsheets...Students can actually see the work they’re putting in and how it’s paying off.”

– **Alisha Morrow** | Morton, IL

National Reviews

PLT4M has been widely publicized and reported on since its inception in 2013, including nationally recognized sources such as SHAPE America, EdWeek, Forbes, and School News Network, to state and local news agencies. Below are two such reviews.



Forbes

Make P.E. Great—For The First Time? PLT4M Raises The Game With Personalized Physical Education

“PLT4M is now bringing the benefits of online P.E. into brick-and-mortar schools to create what you might call “blended learning” P.E.—physical education personalized by the power of technology to allow each individual to develop at the path and pace that makes sense for her in school. The goal isn’t just to prepare students for competition, but to prepare them for life.”

– **Michael Horn**, Forbes Author, 2019

[View Article](#)



Grant-funded tech helps students get the most out of workouts

If I have a kid from freshman year, sophomore year, junior year, I have all their fitness data from freshman year to senior year,” Graham said. “It’s kind of cool to see all the data — to look back and see, ‘Oh, I wasn’t very strong when I was a little freshman, and now I’m strong and potentially going to play college sports or something like that.”

– **Mike Graham**, PE Teacher, 2025

[View Article](#)



SHAPE America Momentum Magazine Premier Partner Spotlight

“We help teachers reinvigorate their classrooms using technology, data, and content to create a 21st-century program that students love and administrators support!”

– **Alex Relph**, PLT4M co-founder, 2025

[View Article](#)

The #1 Instructional Resource for K-12 Health and PE

Our customizable learning platform helps teachers improve student engagement by expanding curriculum, harnessing data, and improving classroom management.

[Get A FREE Trial](#)



COURSE DESCRIPTIONS

ELEMENTARY PE ... 26

- Basketball
- Bowling
- Floor Hockey
- Invasion Games
- Soccer
- Tag Games
- Throwing & Catching
- Batting
- Cooperative
- General Movement
- Instant Activities
- Jump Rope
- Scooter Activities

SECONDARY PE ... 40

Fitness & Strength

- Intro to Fitness Part 1
- Intro to Fitness Part 2
- Intro to Strength Training Part 1
- Intro to Strength Training Part 2
- Intro to Yoga Part 1
- Intro to Yoga Part 2
- Yoga Flows
- Intro to Pilates
- Intro to Boxing
- Dance Fitness

Games & Activities

- Gymnastics
- Badminton
- Pickleball
- Tennis
- Roundnet by Spikeball™
- Kan Kam

- Tread
- Spin
- Bodyweight Bootcamp
- Intro to Flexibility
- Stretching Routines
- Intro to Mobility
- Fitness Anywhere
- ReadyFit
- Personal Fitness
- Personal Weight Training

- Volleyball
- Basketball
- Soccer
- Flag Rugby
- Swim

SECONDARY HEALTH ... 71

- Fitness Literacy
- Intro to Nutrition
- Applied Nutrition
- Drug Education
- Underage Drinking Prevention
- Healthy Relationships
- Personal Hygiene
- Digital Citizenship
- Sleep
- Stress Management
- Intro to Emotions
- Intro to Mindfulness
- Breathing

ATHLETIC PERFORMANCE ... 87

- Athletic On-Ramp
- 2 Day Off-Season Training
- 3 Day Off-Season Training
- 4 Day Off-Season Training
- In-Season Training
- Speed Training
- Conditioning
- Performance Anywhere





ELEMENTARY PE

BASKETBALL

Program Description:

Dribble into action with this comprehensive collection of basketball lessons! Explore a wide variety of individual, partner, and group activities designed to teach and reinforce basketball skills in a fun and developmentally appropriate way. Whether you're working on dribbling technique, shooting form, or creative game variations, these lessons have everything you need to build skills and keep students engaged on the court.

Breakdown:

- 11 Lessons Fully Loaded With:
 - Fun and dynamic slides
 - Activity sheets and printouts (if applicable)
 - Clear activity descriptions
 - Skill cues and standard alignment
 - Game set-up details
 - Step-by-step instructions
 - Best practices and teaching tips

Standards Alignment:

1.2.6: Demonstrates bouncing a ball in a variety of non-dynamic practice tasks.

1.5.9: Demonstrates dribbling with hands in non-dynamic and dynamic practice tasks.

1.5.17: Demonstrates sending and receiving an object in a variety of practice tasks.

Additional standards from across Standards 2–4 are also addressed through purposeful lesson design and activity variation.

Audience:

- Grades K–5
- See individual lessons for grade-level recommendations and suggested modifications.



Basketball



Common Equipment:

- Basketballs/Playground Balls
- Basketball Hoops
- Additional equipment may vary by activity. Refer to individual lessons for specific equipment lists.

Lessons:

- 3 Wins...Win!
- Around The World
- Dribble Color Maps
- Dribble Follow The Leader
- Dribbling For Treasure
- Dribble Stop & Go
- Hand Dribbling With Cones
- Hoop To Hoop
- Kings & Queens
- Magic Number Dribbling
- Partner Lap Dribbling

BOWLING

Program Description:

Strike up some fun with this comprehensive collection of bowling lessons. Explore a wide variety of individual, partner, and group activities designed to teach and reinforce bowling skills in an engaging and developmentally appropriate way. Whether you're working on rolling technique, scoring concepts, or creative game variations, these lessons have everything you need to roll into action.

Breakdown:

- 15 Lessons Fully Loaded With:
 - Fun and dynamic slides
 - Activity sheets and printouts (if applicable)
 - Clear activity descriptions
 - Skill cues and standard alignment
 - Game set-up details
 - Step-by-step instructions
 - Best practices and teaching tips

Standards Alignment:

1.2.7: Demonstrates rolling a ball in a variety of non-dynamic practice tasks.

1.5.9: Demonstrates rolling a ball in a non-dynamic environment.

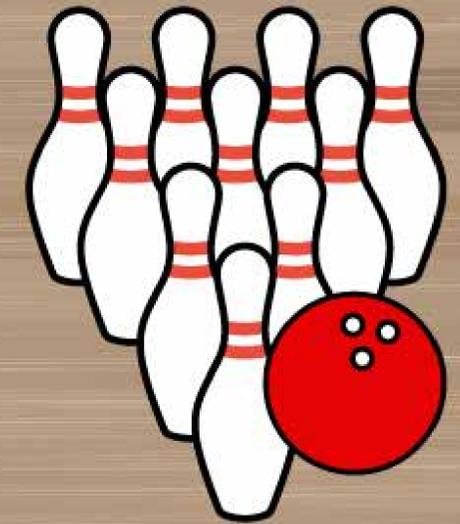
Additional standards from across Standards 2–4 are also addressed through purposeful lesson design and activity variation.

Audience:

- Grades K–5
- See individual lessons for grade-level recommendations and suggested modifications.



Bowling



Common Equipment:

- Bowling Balls
- Bowling Pins
- Pin Number Spots (Carpet Lanes Optional)
- Additional equipment may vary by activity. Refer to individual lessons for specific equipment lists.

Lessons:

- Add A Pin
- Bowling Pins
- Aerobic Bowling
- Bingo Bowling
- Blackout Bowling
- Bowling For Critters
- Bowling For Dollars
- Bowling Tic-Tac-Toe
- Bowling With The Champions
- Caterpillar Bowling
- Cube Collectors
- Full Lane Bowling
- Team Pin Knockdown
- Wacky Bowling

FLOOR HOCKEY

Program Description:

Hit the floor with this action-packed collection of floor hockey lessons! Explore a wide variety of individual, partner, and group activities designed to teach and reinforce key floor hockey skills in a fun and developmentally appropriate way. Whether you're working on stickhandling, passing, shooting, or game play strategies, these lessons have everything you need to build skills and keep students engaged on the move.

Breakdown:

- 12 Lessons Fully Loaded With:
 - Fun and dynamic slides
 - Activity sheets and printouts (if applicable)
 - Clear activity descriptions
 - Skill cues and standard alignment
 - Game set-up details
 - Step-by-step instructions
 - Best practices and teaching tips

Standards Alignment:

1.2.14: Demonstrates striking with a long-handled implement in a variety of non-dynamic practice tasks.

1.5.11: Demonstrates striking with a long-handled implement in a variety of practice tasks.

Additional standards from across Standards 2–4 are also addressed through purposeful lesson design and activity variation.

Audience:

- Grades K–5
- See individual lessons for grade-level recommendations and suggested modifications.



Floor Hockey



Common Equipment:

- Hockey Sticks
- Pucks/Balls
- Nets/Cones
- Additional equipment may vary by activity. Refer to individual lessons for specific equipment lists.

Lessons:

- Team Pin Hockey Knockdown
- Stickhandling Switcheroo
- Stickhandling Stop and Go
- 3 Stickhandling Progressions
- Shoot Pucks Get Bucks
- Goals and Saves
- Full Game Hockey
- Floor Hockey Frenzy
- Critter Keepers
- Color Shootout
- All Clear
- 6 Goal Hockey

INVASION GAMES

Program Description:

Sneak, chase, and strategize with this dynamic collection of invasion games! Explore a wide variety of individual, partner, and group activities designed to teach and reinforce key movement concepts in a fun and developmentally appropriate way. Whether you're working on chasing, fleeing, offensive plays, or defensive strategies, these lessons have everything you need to build teamwork, critical thinking, and game sense.

Breakdown:

- 6 Lessons Fully Loaded With:
 - Fun and dynamic slides
 - Activity sheets and printouts (if applicable)
 - Clear activity descriptions
 - Skill cues and standard alignment
 - Game set-up details
 - Step-by-step instructions
 - Best practices and teaching tips

Standards Alignment:

2.2.2: Identifies simple strategies in chasing and fleeing activities.

2.5.2: Demonstrates knowledge of offensive strategies in smallsided invasion practice tasks.

2.5.3: Demonstrates knowledge of defensive strategies in smallsided invasion practice tasks.

Additional standards from across Standards 2–4 are also addressed through purposeful lesson design and activity variation.

Audience:

- Grades K–5
- See individual lessons for grade-level recommendations and suggested modifications.



Invasion Games



Common Equipment:

- Balls
- Cones & Other Boundary Equipment
- Additional equipment may vary by activity. Refer to individual lessons for specific equipment lists.

Lessons:

- Ring Raiders
- Steal The Treasure
- Pin Ball
- King Pin
- Hoop Ball
- Catch 5

SOCCER

Program Description:

Kick things off with this exciting collection of soccer lessons! Explore a wide variety of individual, partner, and group activities designed to teach and reinforce essential soccer skills in a fun and developmentally appropriate way. Whether you're focusing on dribbling with feet, kicking, passing, or shooting, these lessons have everything you need to build confidence and keep students active and engaged.

Breakdown:

- 14 Lessons Fully Loaded With:
 - Fun and dynamic slides
 - Activity sheets and printouts (if applicable)
 - Clear activity descriptions
 - Skill cues and standard alignment
 - Game set-up details
 - Step-by-step instructions
 - Best practices and teaching tips

Standards Alignment:

1.2.10: Demonstrates kicking a ball in a variety of non-dynamic practice tasks.

1.5.18: Demonstrates kicking a ball using the instep in a variety of practice tasks.

1.2.11: Demonstrates dribbling with feet in a variety of nondynamic practice tasks.

1.5.20: Demonstrates dribbling with feet in a variety of practice tasks.

Additional standards from across Standards 2–4 are also addressed through purposeful lesson design and activity variation.

Audience:

- Grades K–5
- See individual lessons for grade-level recommendations and suggested modifications.



Soccer



Common Equipment:

- Soccer Balls / Playground Balls
- Additional equipment may vary by activity. Refer to individual lessons for specific equipment lists.

Lessons:

- 4 Corner Soccer
- ABC Soccer
- Color Maps Soccer
- Deck Ring Soccer
- Dribble Stop & Go Soccer
- End to End
- Hoop Kick Challenges
- Kicking for Critters
- Protect the Pin
- Soccer Tag
- Soccer Minefield
- Soccer Sums
- Over the Fence
- Soccer With The Champions
- Team Pin Knockdown

TAG GAMES

Program Description:

Get hearts racing with this exciting collection of tag games! These high-energy activities are perfect for developing locomotor skills, spatial awareness, and quick decision-making—all while having a blast. With a focus on chasing, fleeing, and dodging, these games are great for warm-ups, fitness, or as a lead-up to more complex movement concepts.

Breakdown:

- 5 Lessons Fully Loaded With:
 - Fun and dynamic slides
 - Activity sheets and printouts (if applicable)
 - Clear activity descriptions
 - Skill cues and standard alignment
 - Game set-up details
 - Step-by-step instructions
 - Best practices and teaching tips

Standards Alignment:

2.2.2: Identifies simple strategies in chasing and fleeing activities.

2.5.2: Demonstrates knowledge of offensive strategies in small-sided invasion practice tasks.

2.5.3: Demonstrates knowledge of defensive strategies in small-sided invasion practice tasks.

Additional standards from across Standards 2–4 are also addressed through purposeful lesson design and activity variation.

Audience:

- Grades K–5
- See individual lessons for grade-level recommendations and suggested modifications.



Tag Games



Common Equipment:

- Equipment may vary by activity. Refer to individual lessons for specific equipment lists.

Lessons:

- Triangle Tag
- Pizza Delivery Tag
- Soccer Tag
- Scarf or Flag Tag
- Plank Tag
- Pancake Tag
- Mosquito Tag
- Leprechaun Tag
- Leprechaun Tag
- Couch Potato Tag
- Chicken Taco Tag

THROWING & CATCHING

Program Description:

Get the ball (and other equipment) flying with this comprehensive collection of throwing and catching games! Explore a wide variety of individual, partner, and group activities designed to teach and reinforce fundamental throwing and catching skills in a fun and developmentally appropriate way. Whether you're working on accuracy, distance, or creative game variations, these lessons have everything you need to build skills and keep students moving and engaged.

Breakdown:

- 15 Lessons Fully Loaded With:
 - Fun and dynamic slides
 - Activity sheets and printouts (if applicable)
 - Clear activity descriptions
 - Skill cues and standard alignment
 - Game set-up details
 - Step-by-step instructions
 - Best practices and teaching tips

Standards Alignment:

1.2.9: Demonstrates throwing in a variety of non-dynamic practice tasks.

1.5.10: Demonstrates throwing in a variety of practice tasks.

1.2.9: Demonstrates throwing in a variety of non-dynamic practice tasks.

1.2.8: Demonstrates catching in a variety of non-dynamic practice tasks.

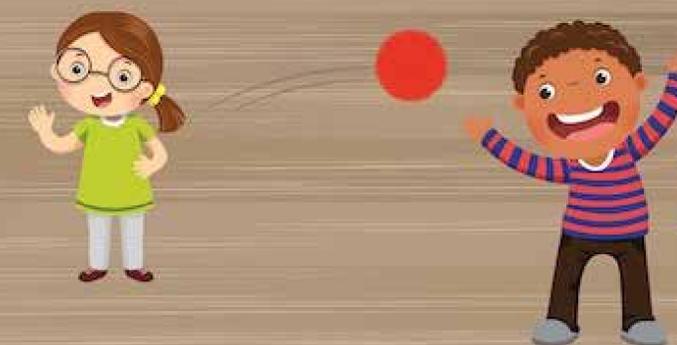
Additional standards from across Standards 2–4 are also addressed through purposeful lesson design and activity variation.

Audience:

- Grades K–5
- See individual lessons for grade-level recommendations and suggested modifications.



Throwing & Catching



Common Equipment:

- Balls (Various types like Koosh, Gatorskin, Tennis, Etc...)

Lessons:

- Bean Bag Challenges
- Bean Bag Golf
- Box Ball
- Catch It, Keep It
- Catch The Critters
- Champions & Challengers
- Clean Up Your Yard
- Decorate The Cookie
- Frisbee Pin Knockdown
- Hoop Mulah
- Move the Mat
- Move the Pin
- Over the Fence

BATTING

Program Description:

Hit a home run with this engaging collection of batting lessons! Explore a variety of individual, partner, and group activities designed to teach and reinforce proper swinging technique in a fun and developmentally appropriate way. With a focus on using a tee to support success for all learners, these lessons help students build confidence, coordination, and the fundamentals of striking with an implement.

Breakdown:

- 3 Lessons Fully Loaded With:
 - Fun and dynamic slides
 - Activity sheets and printouts (if applicable)
 - Clear activity descriptions
 - Skill cues and standard alignment
 - Game set-up details
 - Step-by-step instructions
 - Best practices and teaching tips

Standards Alignment:

1.2.14: Demonstrates striking with a long-handled implement in a variety of non-dynamic practice tasks.

1.5.11: Demonstrates striking with a long-handled implement in a variety of practice tasks.

Additional standards from across Standards 2–4 are also addressed through purposeful lesson design and activity variation.

Audience:

- Grades K–5
- See individual lessons for grade-level recommendations and suggested modifications.



Common Equipment:

- Bats
- Cones
- Dice
- Additional equipment may vary by activity. Refer to individual lessons for specific equipment lists.

Lessons:

- Home Run Dice Derby
- Home Run Derby
- Batting Bingo

COOPERATIVE

Program Description:

Teamwork makes the dream work with this fun-filled collection of cooperative games! Explore a wide variety of activities that encourage students to work together, communicate effectively, and solve problems in creative and active ways. From building trust to strengthening collaboration, these lessons offer meaningful opportunities for students to grow socially and emotionally while staying engaged and moving.

Breakdown:

- 5 Lessons Fully Loaded With:
 - Fun and dynamic slides
 - Activity sheets and printouts (if applicable)
 - Clear activity descriptions
 - Skill cues and standard alignment
 - Game set-up details
 - Step-by-step instructions
 - Best practices and teaching tips

Standards Alignment:

All Of Standard 3: Develops social skills through movement.

Additional standards from across Standards 1, 2, & 4 are also addressed through purposeful lesson design and activity variation.

Audience:

- Grades K–5
- See individual lessons for grade-level recommendations and suggested modifications.



Cooperative



Common Equipment:

- Equipment may vary by activity. Refer to individual lessons for specific equipment lists.

Lessons:

- Partner Pair Up Challenge
- Partner Mixer
- Magic Number
- Pipeline Challenge
- Hut Hut Relay

LOCOMOTOR

Program Description:

Get students up and moving with this well-rounded collection of locomotor movement lessons! These activities focus on building fitness and developing key locomotor skills like skipping, galloping, running, and jumping—all in a fun and developmentally appropriate way. Perfect for younger learners or as a lead-up to more complex skills, these lessons lay the foundation for lifelong movement success.

Breakdown:

- 11 Lessons Fully Loaded With:
 - Fun and dynamic slides
 - Activity sheets and printouts (if applicable)
 - Clear activity descriptions
 - Skill cues and standard alignment
 - Game set-up details
 - Step-by-step instructions
 - Best practices and teaching tips

Standards Alignment:

1.2.1: Demonstrates a variety of locomotor skills with the concepts of space, effort, and relationship awareness.

1.5.1: Combines varied locomotor skills in a variety of practice tasks.

Additional standards from across Standards 2–4 are also addressed through purposeful lesson design and activity variation.

Audience:

- Grades K–5
- See individual lessons for grade-level recommendations and suggested modifications.



Locomotor



Common Equipment:

- Equipment may vary by activity. Refer to individual lessons for specific equipment lists.

Lessons:

- Airplane Pilots
- Locomotor Cognitive Assessment
- Locomotor Fitness With Cones
- Locomotor Fitness With Hoops
- Locomotor Jump Rope #1
- Locomotor Jump Rope #2
- Locomotor Laps
- Locomotor Roll & Go
- Locomotor Fitness with Spots
- Overs, Unders, & Flip Flops
- Zoo Keeper

INSTANT ACTIVITIES

Program Description:

Get moving and grooving with this lively collection of instant activities! These quick, fun games are perfect for starting class off right—helping students warm up, get focused, and get their bodies moving. Whether you have 5 minutes or 15, these activities are easy to implement and packed with energy to kickstart any PE lesson.

Breakdown:

- 11 Lessons Fully Loaded With:
 - Fun and dynamic slides
 - Activity sheets and printouts (if applicable)
 - Clear activity descriptions
 - Skill cues and standard alignment
 - Game set-up details
 - Step-by-step instructions
 - Best practices and teaching tips

Standards Alignment:

Standards from across Standards 1–4 are addressed through purposeful lesson design and activity variation.

Audience:

- Grades K–5
- See individual lessons for grade-level recommendations and suggested modifications.



Instant Activities



Common Equipment:

- Equipment may vary by activity. Refer to individual lessons for specific equipment lists.

Lessons:

- Tennis Ball Sort
- RPS Home Run
- Rainbow Roll
- Race to 5
- Popsicle Stick Run
- High Rollers
- Go Fish
- Dash for Cash
- Cone Flip Championship
- Cone Flip 4 Corners
- Around the World

JUMP ROPE

Program Description:

Jump into action with this engaging collection of jump rope lessons! Explore a wide variety of individual, partner, and group activities designed to teach and reinforce jump rope skills in a fun and developmentally appropriate way. From jumping forward and backward with single ropes to working with long ropes and group routines, these lessons help students build coordination, rhythm, and confidence.

Breakdown:

- 9 Lessons Fully Loaded With:
 - Fun and dynamic slides
 - Activity sheets and printouts (if applicable)
 - Clear activity descriptions
 - Skill cues and standard alignment
 - Game set-up details
 - Step-by-step instructions
 - Best practices and teaching tips

Standards Alignment:

1.2.16: Demonstrates jumping rope in a non-dynamic environment.

1.5.6: Demonstrates jumping rope in a variety of practice tasks.

Additional standards from across Standards 2–4 are also addressed through purposeful lesson design and activity variation.

Audience:

- Grades K–5
- See individual lessons for grade-level recommendations and suggested modifications.



Jump Rope



Common Equipment:

- Jump Ropes (Varying Sizes)
- Equipment may vary by activity. Refer to individual lessons for specific equipment lists.

Lessons:

- Jump to 100
- Long Rope Enter
- Long Rope Whirlwind
- Long Rope Helicopter
- Jump Rope Ninjas
- Long Rope Stationary Start
- Jump to 200
- Jump Rope Record Boards
- Jump Rope Challenges

SCOOTER

Program Description:

Roll into fun with this favorite collection of scooter activities! Often a top choice among students, scooters bring excitement to PE while helping teach important skills like safety, spatial awareness, and teamwork. With a mix of individual, partner, and group games, these lessons keep students engaged and moving in a developmentally appropriate way.

Breakdown:

- 4 Lessons Fully Loaded With:
 - Fun and dynamic slides
 - Activity sheets and printouts (if applicable)
 - Clear activity descriptions
 - Skill cues and standard alignment
 - Game set-up details
 - Step-by-step instructions
 - Best practices and teaching tips

Standards Alignment:

3.2.7: Makes safe choices with physical education equipment.

3.5.4: Demonstrates safe behaviors independently with limited reminders.

Additional standards from across Standards 2–4 are also addressed through purposeful lesson design and activity variation.

Audience:

- Grades K–5
- See individual lessons for grade-level recommendations and suggested modifications.



Scooter Activities



Common Equipment:

- Scooters
- Equipment may vary by activity. Refer to individual lessons for specific equipment lists.

Lessons:

- Operation Cooperation
- Animal Rescue
- Road Rally
- Scooter Progression



SECONDARY PE

INTRO TO FITNESS – PART 1

Program Description:

An introduction to all things movement and fitness! The aim of this program is to provide every student a foundation upon which they can develop their personal fitness or performance training.

We seek to cement proper mechanics through all of the fundamental human movements, begin to develop relative strength & mobility, while also introducing the concept of capacity.

Breakdown:

- 15 Total Lessons | 5 Sections of 3 Lessons
- Concludes with Baseline Fitness Assessments
- 30-45 minutes per Lesson

Lesson Format:

Each lesson begins with a guided warm up, followed by movement education and technique work. Then, a workout is prescribed and explained in detail that reinforces the major education points of the day, while introducing elements of capacity and intensity.

Audience:

Everyone! Grades 6-12. Anyone looking to get into fitness should begin with this fundamental program. Long term results come from setting a good foundation!



Equipment:

Must Have

- PVC Pipe
- Open Floor
- "Run" option

Nice to Have

- TRX/Rings
- Pull-Up bar (for assessment)
- Box/Bench (for modifying push-ups)
- Bands/Foam rollers

Recommended Requisites:

No formal requisites, open to all students!

Assessments:

Culminates in a final "assessment" of:

- 1 Mile Run (Aerobic capacity)
- Push Up/Pull Up/Air Squat (Strength Capacity)
- Squat Therapy (Mobility)
- 2 Min Burpee Test (Anaerobic Capacity)
- Plank Hold (Stability)
- PLT4M MetCon (Overall Fitness)

INTRO TO FITNESS – PART 2

Program Description:

An introduction to the wide world of resistance and capacity training! We are expounding upon our mastery of human movement by adding weighted instruments and intensity. Students will learn various compound movements and loaded versions of our fundamental movement patterns. We will add elements of competition and intensity, growing our mental and physical work capacity as well.

Breakdown:

- 16 Total Lessons | 4 Sections of 4 Lessons
- 30-45 Minutes Per Lesson
- Concludes with Baseline Fitness Assessments

Lesson Format:

Each lesson begins with a guided warm up, followed by movement education and technique work. Then, a workout is prescribed and explained in detail that reinforces the major education points of the day, while introducing elements of capacity and intensity.

Audience:

Grades 7-12: Students and athletes who have a basic understanding of movement and are looking to move on into the world of fitness and performance training.



Equipment:

Must Have

- PVC Pipe
- Open Floor
- "Run" option

Nice to Have

- TRX/Rings
- Pull-Up bar (for assessment)
- Box/Bench (for modifying push-ups)
- Bands/Foam rollers

Requisites:

Intro to Fitness Part 1: OR a basic understanding of human movement mechanics. For example, students should know the points of performance within an air squat before attempting a loaded squat.

Assessments:

If progressing from FIT101, this will provide a second data point for progress evaluations. Include a re-assessment of:

- 1 Mile Run (Aerobic capacity)
- Push Up/Pull Up/Air Squat (Strength Capacity)
- Squat Therapy (Mobility)
- 2 Min Burpee Test (Anaerobic Capacity)
- Plank Hold (Stability)
- PLT4M MetCon (Overall Fitness)

INTRO TO STRENGTH TRAINING: PART 1

Program Description:

An introduction to the world of barbells and dumbbells!

Our primary focus, here, is becoming comfortable with a loaded bar for the first time. Namely, we will be introducing the 3 "Powerlifts" - aka the Back Squat, the Bench Press, and the Deadlift. These 3 movements are widely considered the foundational "Strength" movements. Not only will learning them be directly beneficial to health and performance through the development of baseline, full-body strength, they will also serve as a great jumping off point for the rest of our weight room movements.

Students will learn the movements very gradually, progressing from empty bars, to lightly loaded work, before coming to and recording a baseline "max" in each of the major lifts. This will help direct training within more advanced programs down the road.

Additionally, students will learn a host of accessory strength movements using the widely versatile dumbbell, as well as continue to develop core strength and stability!

Breakdown:

- 15 Total Training Sessions
- 5 Sections, 3 Sessions per Section | 30-45 minutes per lesson
- Each session is designed to take approximately 40-45 minutes

Workout Format:

Each training session begins with a brief guided warm up, followed by auxiliary work like core supersets, plyometrics, or loaded carries. Then, we focus on the barbell with a concerted effort paid to learning and practicing the core lift of the day. Lastly, we wrap up our instruction with 2 accessory strength movements performed "outside of the rack" with dumbbells, bands, or other equipment. If time allows, we also suggest time spent through intentional cool down and active recovery.

Audience:

Grades 9-12: Students who already have a foundational movement/fitness education but lack experience in the "weight room" and are ready to add intensity to those movement patterns via loading for the first time.



Equipment:

Must Have

- Rack/Rig/Lifting Station
- Flat Benches
- Barbells & Weight Plates (Bumpers preferred for Deadlift)
- Dumbbells & Kettlebells
- Bands
- Pull Up Bars (or other substitutes)

Recommended Requisites:

Intro to Fitness 1 & 2: Suggested for students who have had a comprehensive education of foundational human movement. This program assumes understanding of and relative mastery over the squat, hinge, press, pull, lunge, and "carry" patterns. We are building directly upon those learned patterns with immediate introduction of external load.

Assessments:

Establishment of first-time maxes for:

- Back Squat
- Bench Press
- Deadlift

INTRO TO STRENGTH TRAINING: PART 2

Program Description:

An continued introduction to the world of barbells and dumbbells!

Our primary focus, here, is becoming comfortable with three new barbell movements. Namely, we will be introducing a few weightlifting "derivatives" - the Front Squat, Overhead Press, and Hang Clean. Not only will learning them be directly beneficial to health and performance through the development of baseline, full-body strength, they will also serve as a great jumping off point for the rest of our weight room movements.

Students will learn the movements very gradually, progressing from empty bars, to lightly loaded work, before coming to and recording a baseline "max" in each of the major lifts. This will help direct training within more advanced programs down the road.

Additionally, students will learn a host of accessory strength movements using widely versatile dumbbell, as well as continue to develop core strength and stability!

Breakdown:

- 15 Total Training Sessions | 5 Sections, 3 Sessions per section
- 5 Sections, 3 Sessions per Section | 30-45 minutes per lesson
- Each Session is designed to take approximately 40-45 minutes

Lesson Format:

Each training session begins with a brief guided warm up, followed by auxiliary work like core supersets, plyometrics, or isometric holds. Then, we focus on the barbell with a concerted effort paid to learning and practicing the core lift of the day. Lastly, we wrap up our instruction with 2 accessory strength movements performed "outside of the rack" with dumbbells, bands, or other equipment. If time allows, we also suggest time spent through intentional cool down and active recovery.

Audience:

Grades 9-12: Students who already have a foundational movement/fitness education but lack experience in the "weight room" and are ready to add intensity to those movement patterns via loading for the first time.



Equipment:

Must Have

- Rack/Rig/Lifting Station
- Flat Benches
- Barbells & Weight Plates (Bumpers preferred for Deadlift)
- Dumbbells & Kettlebells
- Bands
- Pull Up Bars (or other substitutes)

Recommended Requisites:

Intro to Fitness 1 & 2 and Intro to Strength Training 1: Suggested for students who have had a comprehensive education of foundational human movement AND who have already learned the 3 core "Strength" movements (Back Squat, Bench, and Deadlift). This program assumes understanding of and relative mastery over the squat, hinge, press, pull, lunge, and "carry" patterns. We are building directly upon those learned patterns with immediate introduction of external load.

Assessments:

Establishment of first-time maxes for:

- Front Squat
- Hang Power Clean
- Strict Press

INTRO TO YOGA – PART 1

Program Description:

An introduction to the basics of yoga! We seek to develop a strong foundation in the basic areas of yoga that include standing, twisting, balancing, hips, spine, and core poses. This program seeks to onboard students of all backgrounds to yoga for the first time with in-depth movement introductions and practice. The big focus of our yoga program is education without the intimidation that yoga can sometimes bring! The program culminates in student's first experiences with long-form standard yoga flows and routines.

Breakdown:

- 12 Total Lessons | 4 Sections of 3 Lessons
- 9 Lessons of pose introduction, followed by mini-flows
- 3 Lesson of full flows
- 30 Minutes per lesson

Lesson Format:

Each yoga session begins with a guided warm up, followed by movement and pose education, scaling modifications, and detailed technique work. Then, student's finish each lesson with guided flows that reinforce the major education points of the day.

The final three lessons of this program put all the pieces together for more long-form yoga flows!

Audience:

Everyone! Grades 6-12: Anyone looking to give yoga a try should begin with this fundamental program. This is meant to be a welcoming and inviting first try of yoga for all!



Equipment:

- Soft surface recommended! There is a lot of work on the ground and rolling on the spine that is done safely on a soft surface
- No reformer machines needed! This is a mat pilates program

Recommended Requisites:

No formal requisites, open to all students!

Assessments:

There are no formal assessments in this program.

INTRO TO YOGA – PART 2

Program Description:

In Intro to Yoga Part 1, we introduced a basic Yoga foundation with in-depth movement instruction and practice. In Intro to Yoga Part 2, students will continue to grow in their yoga journey through longer form breath to movement flows while still practicing new pose variations along the way. Students will build the mind-body connection that comes with this form of exercise. Students will develop the stamina and capacity needed for full yoga workouts and be ready to continue to almost any yoga class with confidence!

Breakdown:

- 12 Total Lessons | 4 Sections of 3 Lessons
- 30 Minutes per Lesson
- Each lesson is broken into 4 video parts:
 - 1) Intro
 - 2) Opening Flow/Warm Up
 - 3) Flow
 - 4) Wrap Up

Lesson Format:

Each yoga session begins with a guided warm up and an opportunity for students to check-in mentally and physically to the day's lesson. Each lesson will follow a traditional yoga flow and move throughout an entire 30-minute workout. Lessons will also introduce 2-3 movement/pose variations embedded directly within the longer flows.

Audience:

Grades 6-12: Students who are interested in the primary movements of yoga and are looking to add this style of exercise to their fitness toolbox for long-term health and wellness.



Equipment:

- Yoga Mat

Recommended Requisites:

[Intro to Yoga Part 1](#) -OR- Students should have a basic understanding of foundational yoga movements. For example, they should be able to perform Warrior 2 with proper form and technique as a stand alone exercise before attempting to do it in a longer flow workout.

Assessments:

There are no formal assessments in this program.

YOGA FLOWS

Program Description:

This program is all about the flow! In our Intro to Yoga series, we introduced the basic foundations of yoga and slowly moved through basic flows. Now with a strong foundation, students will dive into more comprehensive yoga workouts that consists of demanding breath to movement flows. We will continue to introduce more challenging poses and flow variations. Another added twist to this program is the introduction of Muscle Action Drills (MADS) that will help students target and work on both big and small muscle groups that help our yoga training.

Breakdown:

- 12 Total Lessons | 4 Sections of 3 Lessons
- 30 Minutes per Lesson
- Each lesson is broken into 4 video parts:
 - 1) Intro
 - 2) Full 30 Minute Flow
 - 3) Savasana

Lesson Format:

Each yoga session begins with a guided warm up and an opportunity for students to check-in mentally and physically to the day's lesson. Each lesson will follow a traditional yoga flow and move throughout an entire 30-minute workout. Lessons will also introduce 2-3 movement/pose variations embedded directly within the longer flows.

Audience:

Grades 6-12: Students who are interested in the primary movements of yoga and are looking to add this style of exercise to their fitness toolbox for long-term health and wellness.



Equipment:

- Yoga Mat

Recommended Requisites:

[Intro to Yoga Part 1&2](#) -OR- Students should have a basic understanding of foundational yoga movements. For example, they should be able to perform Warrior 2 with proper form and technique as a stand alone exercise before attempting to do it in a longer flow workout.

Assessments:

There are no formal assessments in this program.

PILATES

Program Description:

Pilates is a low-impact form of exercise that is a great full-body workout. Pilates focuses on control while enhancing balance, flexibility, and the mind-body connection. This introductory program provides an excellent challenge to all major muscle groups with a special emphasis on the core.

Breakdown:

- 12 Total Lessons | 4 Sections of 3 Lessons
- 20-30 Minutes per lesson

Lesson Format:

All lessons are in a follow along format. Each lesson focuses on a specific pilates topic like control, centering, fluidity, precision, etc. There is a guided warm up that always starts with movements like hundreds, single leg circles, and rolling like a ball. Then students review core components of pilates while continuing to add in new variations and modifications throughout all the lessons.

Audience:

Everyone! Grades 6-12: Anyone looking to give pilates a try should begin with this fundamental program. This is meant to be a welcoming and inviting first try of pilates for all.



Equipment:

- Yoga Mat

Recommended Requisites:

No formal requisites, open to all students!

Assessments:

There are no formal assessments in this program. Students are encouraged to progress onto YOG201: Intro to Yoga Flow, for continued education.

INTRO TO BOXING

Program Description:

An introduction to the fundamentals of boxing with a fitness twist. This program aims to introduce students to key boxing concepts like footwork, offense, and defense. In addition, students will build their general fitness skills with bodyweight exercises and different circuit style training.

These high-intensity workouts will bridge boxing skills and fitness fundamentals that are sure to be an excellent workout for any student.

Breakdown:

- 12 Total Lessons | 4 Sections of 3 Lessons
- 30 Minute Lessons
- Each lesson is broken down in 8 rounds of 3 minutes of work, 1 minute of rest.

Lesson Format:

Each workout is a total body workout! Odd rounds (1,3,5,7) consist of boxing exercises. Students will be instructed to practice different combinations and can practice at their own pace or follow along with Sean, our instructor. Even rounds (2,4,6,8) consist of bodyweight circuits. The 8th round wraps up with a core cashout. We occasionally switch up the format (boxing/fitness) of the rounds, but always follow an 8 round workout.

Audience:

No prior boxing experience needed! We do strongly recommend that students have taken part in some form of introductory fitness program as we jump right into bodyweight circuit training that requires a basic understanding of movements.



Equipment:

Must Have

- Open Floor

Nice to Have

- Boxing Bags
- Pedball/Dumbbell for occasional optional loading

Recommended Requisites:

Intro to Fitness 1 & 2: Suggested for students who have had a comprehensive education of foundational human movement. This program assumes understanding of and relative mastery over the squat, hinge, press, pull, and lunge. We are building directly upon those learned patterns within our circuit training

Assessments:

There are no formal assessments in this program.

DANCE FITNESS

Program Description:

Let's turn up the music and have some fun! This program aims to provide every student an engaging and welcoming introduction to the basics of dance fitness. We seek to introduce this form of cardio and dance fitness through a fully-developed lesson plan that allows students to learn new dance moves while getting their heart rates up and smiling!

Breakdown:

- 12 Total Lessons | 4 Sections of 3 Lessons
- 30 minutes per lesson
- Each workout takes roughly 30 minutes
- Each lesson is broken down into warm-up, choreography, cardio effort, and cool-down

Lesson Format:

Each lesson begins with a guided warm-up to prepare students for an entire dance fitness routine. The main focus of each lesson is the choreography and cardio effort, where students learn the moves for the day and then string them all together through full routine. Finally, students will wrap up with a cool-down stretch that allows them to target the muscles they just worked on and bring their heart rates down. The entire 30 minutes includes music and follow-along instruction.

Audience:

Everyone! Grades 6-12. Anyone looking to move and groove while breaking a sweat. We encourage EVERY student to give this program a try.



Equipment:

No equipment needed! Just give yourself enough room to move around.

Recommended Requisites:

No formal requisites; open to all students! No dance experience needed.

Assessments:

There are no formal assessments in this program.

TREAD

Program Description:

Tread is a dynamic and fun follow along workout for all fitness levels. Get ready to run with PLT4M as Marguerite takes students through a 30 minute interval workout on the treadmill. Each tread workout will give students an opportunity to challenge themselves with different endurance, hills, sprints, and more! Throughout workouts, students practice form, technique, and strategy to build confidence, comfort, and conditioning when running.

Breakdown:

- 6 Follow Along Workouts
- 30 Minute Lessons

Lesson Format:

Each tread workout is a full follow along workout. Students start each workout by getting warmed up on the treadmill. From there, Marguerite introduces and coaches students through new sets and challenges, also working in rest and recovery throughout! Workouts are coached by using perceived level of exertion so that students with any fitness level can find the right level of intensity.

Audience:

These workouts are intended for all fitness levels and provide a myriad of scaling modifications and opportunities to increase/decrease intensity.



Equipment:

Treadmills - Please always refer to your specific treadmills for safety instructions when using the equipment.

Recommended Requisites:

No formal requisites, open to all students!

Assessments:

There are no formal assessments in this program.

SPIN

Program Description:

Spin is a dynamic and fun follow along workout for all fitness levels. Get ready to ride with Marguerite as she takes students through a 30 minute workout to the beat of the music. Each spin workout will give students an opportunity to challenge themselves on the bike with different intervals, hills, sprints, and more! Throughout workouts, students practice form, technique, and strategy to build confidence, comfort, and conditioning on the bike.

Breakdown:

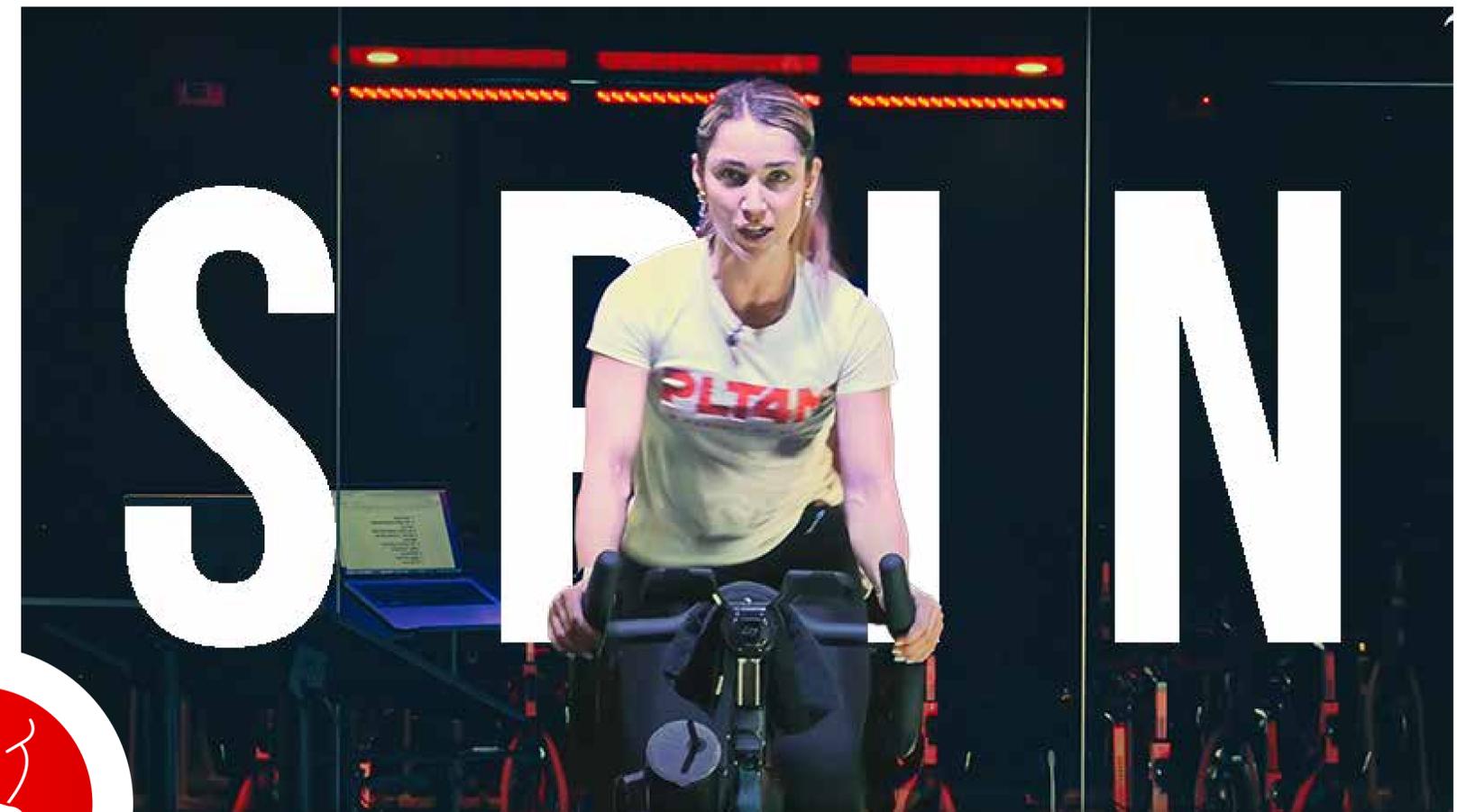
- 6 Follow Along Workouts
- 30 Minute Lessons

Lesson Forma:

Each spin workout is a full follow along workout set to the beat of the music. Students start each workout by getting warmed up on the bike. From there, each new song during the workout brings a different focus and challenge. Workouts are coached by using perceived level of exertion so that students with any fitness level can find the right level of intensity.

Audience:

These workouts are intended for all fitness levels and provide a myriad of scaling modifications and opportunities to increase/decrease intensity.



Equipment:

Bikes - Traditional spin bikes are recommended, but not required. Workouts can be completed with any bike that allows students to change the level of resistance on the pedals. While Marguerite coaches class with clip-in shoes, these are also not required to successfully complete spin workouts.

No other additional equipment required. This style of spin workout does not incorporate dumbbells or other floor equipment.

Recommended Requisites:

No formal requisites, open to all students!

Assessments:

There are no formal assessments in this program.

BODYWEIGHT BOOTCAMP

Program Description:

Bodyweight bootcamp is an interval training class for all fitness levels. This program guides students through a full-body follow-along workout. With a combination of strength training and cardio, this program is designed to help students find new boundaries that challenge muscular endurance and strength. In addition, these workouts will introduce students to a wide range of exercises and movement variations to make fitness fun and engaging.

Breakdown:

- 12 Total Lessons | 4 Sections of 3 Lessons
- 30 Minute Lessons

Lesson Format:

Each workout is a total body workout! Every lesson starts with a full-body dynamic warm-up. From there, our instructors guide students through variations of upper body, lower body, and core circuits. Within each lesson, our two instructors, Mike and Dani, will review and demonstrate scaling options and exercise modifications to help students find the right fit for their fitness level. In addition, Mike and Dani do the entire workout with students to set the pace and lead the way! Each lesson concludes with a cool down and stretching.

Audience:

These workouts are intended for all fitness levels and provide a myriad of scaling modifications. However, we do strongly recommend that students take part in some form of an introductory fitness program prior to taking these bootcamp classes as we jump right into bodyweight circuit training that requires a basic understanding of movements.



Equipment:

No equipment. All you need is space to move and workout!

Nice to Have:

- Yoga / Training Mat

Recommended Requisites:

Intro to Fitness: Part 1 & 2: Suggested for students who have had a comprehensive education of foundational human movement. This program assumes an understanding of and relative mastery over the squat, hinge, press, pull, and lunge. We are building directly upon those learned patterns within our circuit training.

Assessments:

There are no formal assessments in this program.

INTRO TO FLEXIBILITY

Program Description:

What is flexibility? Isn't it just another word for mobility? While a common misconception, flexibility and mobility are NOT the same thing. Flexibility is in fact one element of Mobility. While mobility focuses on the intentional movement of a joint through its full range of motion (with control), flexibility refers to a muscle's ability to stretch beyond its normal resting state. Therefore, flexibility can certainly be said to be a prerequisite for good mobility.

In this program, we aim to improve our flexibility through the use of static stretching. Why? Muscles all have a set length, but for a myriad of reasons like injury or poor posture, they often lose the ability to stretch to full length. This program aims to take the first step toward improving joint mobility by ensuring that our muscles can stretch to their functional limits.

Breakdown:

- 15 Total Lessons | Sections of 3 Lessons
- 20 Minutes per lesson
- Culminates in Squat Therapy Mobility Assessment

Lesson Format:

Each session begins with a brief introduction where we talk through the focus of each lesson. We will then move into the lesson, which is 20 minutes long, including 4-6 stretches for 2 or 2:30 minutes.

Audience:

Everyone! This is our first introduction into the world of Mobility, and it is a great place to start for kids of all ages.



Equipment:

- No equipment needed, but a mat or padding for knees is suggested.

Recommended Requisites:

No formal requisites, open to all students!

Assessments:

Squat therapy available as mobility assessment at the end. This same assessment will also be used at the end of MOB201. If you would like to do the Squat Therapy assessment at the beginning and end of the program, that is absolutely OK.

INTRO TO MOBILITY

Program Description:

In this introduction to mobility, we aim to introduce some key mobility principles and techniques, with the goal of moving beyond simple "flexibility" and "stretching". While we love stretching, it is only one piece of the larger mobility puzzle. To truly improve our mobility, we must equip ourselves with more advanced techniques like Self-Myofascial Release. Additionally, we review the concept of "Active Recovery", and the role it plays in our mobility

Breakdown:

- 15 Total Lessons | 5 Sections of 3 Lessons
- 30 Minutes per lesson
- Concludes with a Mobility Test

Lesson Format:

Each session begins with a brief introduction where we talk through the focus of each lesson. We will then move into the lesson, which is 20 minutes long, including 4-6 stretches for 2 or 2:30 minutes.

Audience:

Everyone! Anyone looking to get into fitness should begin with this fundamental program. Long term results come from setting a good foundation!



Equipment:

- Foam Rollers (Sections 3 & 5)
- We also suggest the use of a padded mat
- Lax or Tennis Ball (Sections 4 & 5)

Recommended Requisites:

As we begin with two Sections of Stretching, you can jump into this program without any pre-reqs. However, improving your flexibility through MOB101 would be a good course to start with.

Assessments:

Culminates in a final "assessment" of:

- Squat Therapy

FITNESS ANYWHERE

Program Description:

Each of these workouts has been programmed with the intention of being something ANYONE could complete ANYWHERE – aka without any sort of equipment at hand. We will at times recommend the use of household objects like sofas and chairs, or suggest trying to get outside to run, but for the most part everything is doable in the comfort of your own home, the gymnasium, or really anywhere with some space.

Breakdown:

- 30 Total Workouts | 10 Blocks of 3 Workouts
- Additional "Fitness Challenge" in each block
- Each workout takes roughly 30 minutes
- This program does not have to be completed in order!

Workout Format:

Every session begins with a guided dynamic warm up with position-specific mobility, followed by in-depth movement prep. Many days will include accessory work aimed at strength development and injury prevention as well. Then, the bulk of our training time is dedicated to the daily "Finisher".

Finishers combine movements and fitness elements into varying time domains and formats, designed to constantly engage and motivate for the best results.

Audience:

Grades 9-12: Students and athletes who have a complete education on all things fitness and performance and are looking to take training into their own hands for the first time without a special focus on strength training or athletic performance.



Equipment:

None! Optional: Students and athletes will have opportunities to add intensity through loading with the use of household objects, dumbbells, or kettlebells.

Recommended Requisites:

Recommended that students have completed Intro to Fitness 1 & 2, or have a strong understanding of the fundamental movements and a baseline of strength and conditioning established.

Less experienced students may scale to the most basic (bodyweight) option. Those more experienced can "scale up" movements, with household objects or dumbbells, for increased difficulty.

Assessments:

Fitness Challenges are each repeated one time during the course of the program allowing for progress reporting:

- 1 Minute Push Up Test (Block 1 and 6)
- 1 Minute Air Squat Test (Block 2 and 7)
- 1 Minute Sit Up Test (Block 3 and 8)
- 2 Minute Burpee Test (Block 4 and 9)
- Max Elbow Plank (Block 5 and 10)

READYFIT

Program Description:

A collection of 30 easy-to-follow workouts requiring minimal equipment —this program is suited for a wide audience of fitness seekers.

This program is designed to be 10 weeks long, with each week including 3 workouts and a fitness challenge.

Workout Format:

- Intro: Coach Max explains the workout.
- Movement Prep: Jackie demonstrates proper form and technique for all movements found in the workout, as well as movement modifications.
- Warm Up: Follow along with our guided warm-up, tailored specifically to the workout. We promise you won't start this workout cold!
- Workout Strategy: We offer coaching tips and pointers for getting the best workout!
- Each workout takes roughly 30 minutes
- This program does not have to be completed in order!



Equipment:

We recommend:

- Dumbbell
- Kettlebell
- Jump Rope
- Medicine Ball

It's also nice to have:

- Cardio machine (rower, bike, etc.)
- Pull Up Bar

Fitness Challenges:

This program includes 5 total fitness challenges. Throughout the 10 weeks, we will encounter each challenge twice, allowing us to track the progress made in each challenge.

- 1 Minute Max Push Ups
- 1 Minute Max Air Squats
- 1 Minute Max Sit Ups
- 2 Minute Burpee Test
- Max Elbow Plank

PERSONAL FITNESS

Program Description:

The perfect program for students and athletes that are serious about their fitness, but don't desire to throw around barbells or heavy weights every day (or do not have regular access to such equipment). While "strength" will absolutely be worked on, the emphasis here is on movement, work capacity, and conditioning.

Over the course of the program, athletes will work through a multitude of movement variations, from bodyweight to loaded MBs/DBs/KBs/etc, and do so with varying weight, volume, and intensity. Each day's main "workout" will be unique, keeping things both fun and challenging, and helping all athletes to develop true all-around fitness and performance.

Breakdown:

- 24 Total Training Sessions | 8 Weeks of 3 Sessions
- Week 5 + Week 10 = Unload Week
- Each session takes roughly 30-40 minutes

Lesson Format:

Every session begins with a guided dynamic warm up with position-specific mobility, followed by in-depth movement prep. Many days will include accessory work aimed at strength development and injury prevention as well. Then, the bulk of our training time is dedicated to the daily "Finisher".

Finishers combine movements and fitness elements into varying time domains and formats, designed to constantly engage and motivate for the best results.

Audience:

Grades 9-12: Students and athletes who have a complete education on all things fitness and performance and are looking to take training into their own hands for the first time without a special focus on strength training or athletic performance.



Equipment:

Must Have

- PVC Pipe
- Dumbbells
- Medicine Balls
- Jump Rope
- "Run" option

Nice to Have

- Kettlebells
- Plyo Boxes
- Pull-Up Bar/ TRX/Rings
- Foam Roller/Lax Ball
- Cardio Machines
- Bands

Recommended Requisites:

Intro to Fitness 1 & 2; Intro to Strength Training 1 & 2: Intended only for experienced students and athletes. Students should already have had a thorough education on all things training. From basic movement patterns to the execution of compound resistance lifts, students should be well-versed in all forms of fitness.

Assessments:

Includes re-assessment of:

- 1 Mile
- Pull Up
- 2 Min Burpee
- Squat Therapy
- Jump Rope

PERSONAL WEIGHT TRAINING

Program Description:

This program is aimed at improving total body strength and strength endurance, all built into a 3-Day/wk lifting schedule.

Over the course of 24 total sessions, we will complete one major strength cycle, with pre- and post-assessment of all the relevant training markers listed below.

In each of these 24 sessions, the major emphasis will be on the development of raw strength through both a compound Barbell movement (one of the 3 Powerlifts), and a supersetted accessory strength movement (Pull-Ups, DB OH Pressing, Single Leg Squatting, Etc). Secondly, we will combine two accessory movements into a superset designed to specifically engender hypertrophy and/or muscular endurance. Lastly, we will cap each workout with one of 3 distinct "Finisher" elements: a "Core Cash-Out," some "Arm Farm," or a short "Pillar" workout.

Breakdown:

- 24 Total Training Sessions: 18 Weeks, 3 Sessions scheduled per week
- Each Workout is designed to take approximately 40-45 minutes

Workout Format:

Each training session contains a brief guided warm up, max strength development (powerlifts), supplemental strength work, hypertrophy training, and some sort of "Finisher" element, be it core work, arm work, or a bodyweight metcon "Pillar" workout.

Audience:

Grades 9-12: Students who already have a complete fundamental fitness education, including barbell movement and baseline max assessment, and wish to continue the pursuit of Strength and Hypertrophy.



PERSONAL WEIGHT TRAINING

Equipment:

Must Have

- PVC Pipe
- Barbells, Bumper Plates & Rack
- Dumbbells & Benches
- Pull-Up Bar/TRX/Rings
- Jump Ropes

Nice to Have

- Dumbbells & Kettlebells
- Bands
- Pull Up Bars (or other substitutes)

Recommended Requisites:

Intro to Fitness 1 & 2; Strength Training Training 1 & 2: Suggested only for students who have had a full education of both movement and strength training. Athletes should have already **recent**, relevant working "maxes" of Squat, Bench, and Deadlift, and should complete by "un-trained" (no workouts in previous 2+ months).

Assessments:

Continual Tracking and 1RM Re-Assessment of...

- Squat Working Max
- Press Working Max
- Deadlift Working Max

Accessory Strength/Strength Endurance

- Pull Up (Strength)
- Push/Squat (Strength Capacity)
- Plank Hold ((Stability/Stamina)

GYMNASTICS

Program Description:

An introduction to the basic components of gymnastics. Students will practice and develop body control, balance, mobility, strength, and more through the fun and exciting sport of gymnastics. We break down movements in categories like crawls, tumbling, jumps, beam, holds, and flexibility. Students are exposed to a wide-variety of movement options and exercises suitable for any and all fitness and gymnastics levels.

Breakdown:

6 Total Sections:

- Crawls
- Beam
- Tumbling
- Holds
- Jumps
- Flexibility

Lesson Format:

Each exercise has written and video instruction. We recommend taking about 10 minutes on any drill to introduce the skill and allow time for students to practice. Teachers can pair and match different drills depending on total class time. In addition, students will benefit from reviewing and repeating drills over multiple classes to really fine tune their gymnastic skills. Eventually, teachers can create different stations for more independent practice and development.

Audience:

Grades K-12: This program is appropriate for everyone and is best suited for elementary and middle school students.



Equipment:

Must Have

- Soft Surfaces - Mats Highly Recommended
- Boxes or some type of safe surface to jump from

Nice to Have

- Beam - Soft beams and slightly elevated beams are great, but not necessary!
All beam movements can also be achieved on a painted or taped line on the floor.

Recommended Requisites:

No formal requisites; open to all students!

Assessments:

None

BADMINTON

Program Description:

Badminton is a fun, fast-moving activity that helps students develop coordination, agility, and striking skills. This program introduces the essential shots, movements, and rules of badminton through eight guided lessons featuring warm ups, progressions, drills, and small-sided games. Students build foundational technique and gradually progress toward full rallies and gameplay.

Breakdown:

Lessons Section: The program includes eight lessons that develop underhand, overhand, forehand, and backhand shots, serving variations, rallying skills, and gameplay strategies. Students begin with core swing mechanics, build consistency through partner drills, and apply skills in controlled and competitive rally formats.

Resources Section: A supplemental library of videos, demonstrations, and support materials helps teachers reinforce key concepts and adapt lessons to a variety of class needs.

Lesson Format:

Each lesson includes I Can Statements, a warm up, skill progressions, practice drills, and opportunities for gameplay. Lessons are designed for one class period, but teachers may revisit or extend activities depending on student readiness.

Audience:

Grades 6-12. This program is appropriate for everyone. Any student looking completely or somewhat relatively to badminton or racket sports would benefit from this foundational introduction to badminton.



Equipment:

Must Have

- Badminton Rackets
- Shuttles (Birdies)
- Badminton Nets

Nice to Have

- Court Lines (Cones work!)
- Extra Shuttles - If each partner or group can have multiple shuttles you can maximize your time and practice with basic drills

Recommended Requisites:

No formal requisites, open to all students!

Assessments:

Each lesson includes Exit Ticket questions to check for understanding and guide instructional next steps.

PICKLEBALL

Program Description:

Pickleball is a fun and fast-growing activity, and this program helps students build the skills they need for confident and successful gameplay. Across eight guided lessons, students learn the essential shots, movements, and rules of pickleball through warm ups, progressions, drills, and small-sided games. The goal is to move students from basic technique to full gameplay, all while keeping class active, engaging, and accessible.

Breakdown:

Lessons Section: The program includes eight lessons that develop underhand, overhand, forehand, and backhand shots, serving variations, rallying skills, and gameplay strategies. Students begin with core swing mechanics, build consistency through partner drills, and apply skills in controlled and competitive rally formats.

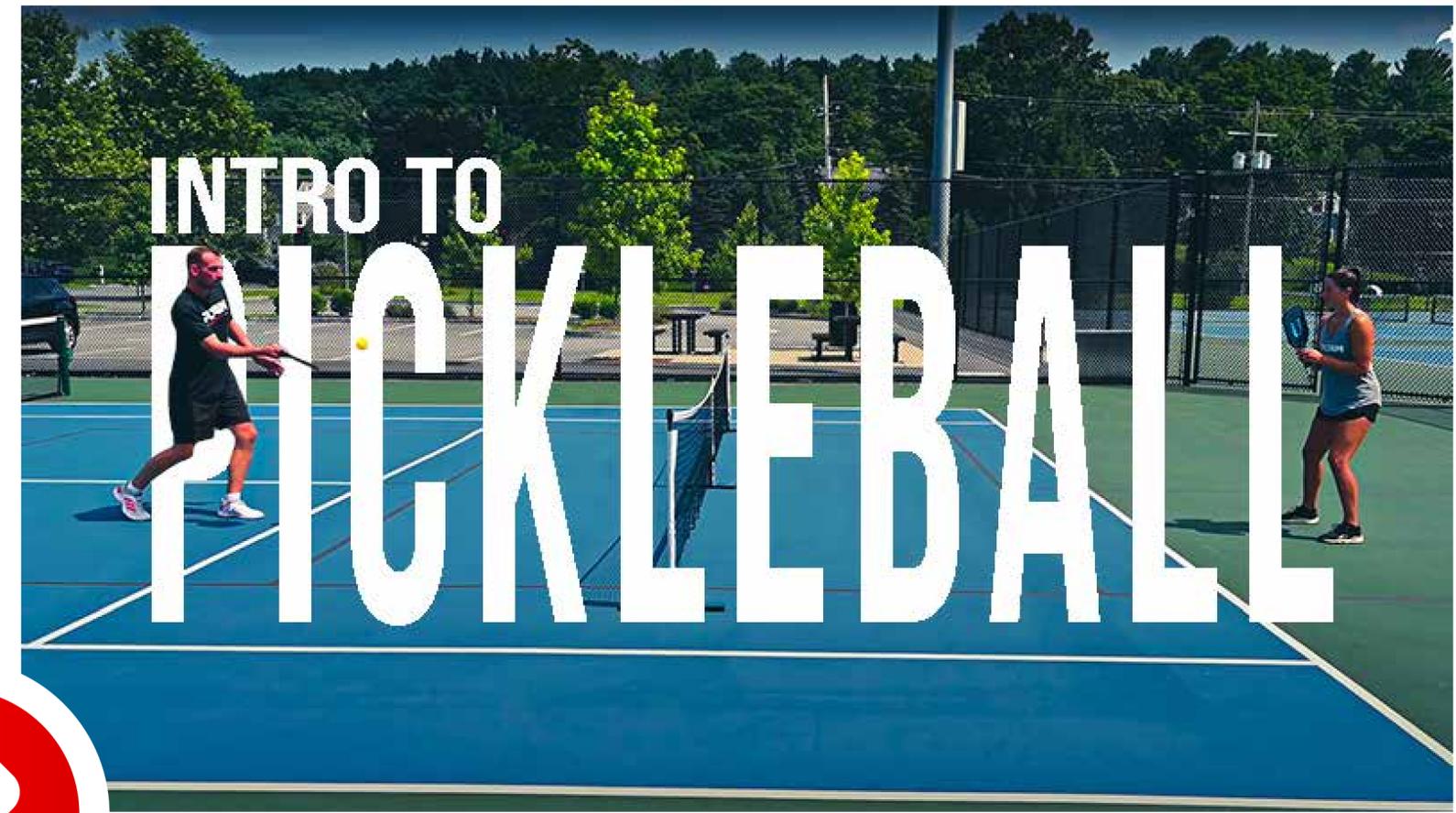
Resources Section: A supplemental library of videos, demonstrations, and support materials helps teachers reinforce key concepts and adapt lessons to a variety of class needs.

Lesson Format:

Each lesson includes I Can Statements, a warm up, skill progressions, practice drills, and opportunities for gameplay. Lessons are designed to take roughly one class period, but teachers can adjust timing or revisit activities as needed.

Audience:

Grades 6-12. This program is appropriate for everyone. Any student looking completely or somewhat relatively to pickleball or racket sports would benefit from this foundational introduction to pickleball.



Equipment:

Must Have

- Pickleball & Paddle

Nice to Have

- Pickleball nets - Eventually you will need nets to play actual games of pickleball, but many of these drills can be practiced without a net to start.
- Pickleball court lines - eventually you will need court lines to play actual games of pickleball, but many of these drills students can roughly guess distances.

Recommended Requisites:

No formal requisites, open to all students!

Assessments:

Each lesson includes Exit Ticket questions to check for understanding and guide instructional next steps.

TENNIS

Program Description:

An introduction to the basic components of tennis! These instructional materials aim to provide every student with a foundation in which they can develop their tennis skills that will eventually lead to fun and successful gameplay. While we know everyone is eager to get right into tennis gameplay, breaking down and practicing the different elements of tennis can go a long way!

To do so, students will get comfortable and confident with a full breakdown of the forehand, backhand, overhand, and serve shots. In addition, students will practice rallying with different types of shots and distances. After working on different skills and drills, we conclude with the basic rules of tennis to prepare students for their first games of tennis.

Breakdown:

6 Total Sections:

- Forehand
- Backhand
- Free Flow Rallying
- Overhand
- Serve
- Rules & Game Play

Lesson Format:

Each drill has written and video instruction. We recommend taking about 10 minutes on any drill to introduce the skill and allow time for students to practice. Teachers can pair and match different drills depending on total class time. In addition, students will benefit from reviewing and repeating drills over multiple classes to really fine tune their tennis skills.

Audience:

Grades K-12. This program is appropriate for everyone. Any student looking completely or somewhat relatively to tennis or racket sports would benefit from this foundational introduction to tennis.



Equipment:

Must Have

- Tennis Rackets & Tennis Balls

Nice to Have

- Tennis nets - Eventually you will need nets to play actual games of tennis, but many of these drills can be practiced without a net to start.
- Tennis Court Lines - eventually you will need court lines to play actual games of tennis, but many of these drills students can roughly guess distances.
- Wall - Way to practice tennis is hitting to a wall. Not necessary, but a great addition!

Recommended Requisites:

No formal requisites; open to all students!

Assessments:

Suggestion: Create custom metrics to log different types of tennis data relevant to your group/audience. Example: Number of total rallies in service court. Suggestion: Create custom metrics to log different types of tennis data relevant to your group/audience. Example: Number of total rallies in service court.

ROUNDNET BY SPIKEBALL™

Program Description:

An introduction to the basic components of Roundnet. These instructional materials are designed to give every student a strong foundation in Roundnet, setting them up for fun and competitive gameplay.

Throughout these resources, students will build comfort and confidence by learning and practicing the essential skills of passing, hitting, and serving. As their skills grow, students will begin to explore basic offensive and defensive strategies, developing teamwork and game awareness. In addition, students will also learn the simple rules of Roundnet and discover how to play different game variations—getting them ready for exciting gameplay with friends or in a class setting.

These resources are provided through a partnership with **Spikeball™**. If you're looking for awesome Roundnet equipment, check out the [PE Teacher Portal on Spikeball.com](#).

Breakdown:

5 Sections of Videos From Spikeball™:

- Spikeball™ Curriculum Videos For Roundnet
- Roundnet Station Cards
- Spikeball™ Rookie Games
- Top Plays
- SpikeSchool: Drills

Bonus: 11 Sample Lesson Plan PDF with additional warm ups, game variations, and more!

Lesson Format:

Each drill has written and video instruction. Teachers can pair and match different drills and videos depending on total class time and experience level of students.

In addition, students will benefit from reviewing and repeating drills and videos over multiple classes to really fine tune their Roundnet Skills.

Want lesson plans that put these videos into specific class sessions?

Check out the [11 lesson plan PDF from Spikeball™](#).

Audience:

Grades K-12: This program is appropriate for everyone. Any student looking completely or somewhat relatively to volleyball or team sports would benefit from this foundational introduction to volleyball.



Equipment:

- Roundnet Equipment
- Balls
- Nets
- Go To [Spikeball™ PE Shop for school discounts!](#)

Recommended Requisites:

No formal requisites; open to all students!

Assessments:

Optional assessment ideas available within the [Lesson Plan Document](#).

KAN JAM

Program Description:

An introduction to the basic components of Kan Jam! These instructional materials aim to provide every student with a foundation in which they can develop their basic frisbee skills that will eventually lead to fun and successful game of Kan Jam. While we know everyone is eager to get right into Kan Jam gameplay, breaking down and practicing the different elements of frisbee throwing, catching, and deflecting can go a long way!

To do so, students will get comfortable and confident with a full breakdown of backhand and underhand throwing (with different angles), thumbs up and down catching, and deflecting. We conclude with the basic rules and gameplay to prepare students for their first games of Kan Jam!

Breakdown:

4 Total Sections:

- Frisbee Basics - Throwing & Catching
- Varying Throws & Kan Jam Shot
- Deflecting The Frisbee
- Rules & Game Play

Lesson Format:

Each drill or tip video has written and video instruction. We recommend taking about 10 minutes to warm up and practice any of the drills to introduce the skill and allow time for students to practice. Teachers can pair and match different drills depending on total class time. Next, students can start playing Kan Jam!

Audience:

Grades K-12: This program is appropriate for everyone. Any student looking completely or somewhat relatively to frisbee and Kan Jam would benefit from this foundational introduction to the basics of the game.



Equipment:

Must Have

- Frisbee
- Kan Jam Buckets

Recommended Requisites:

No formal requisites, open to all students!

Assessments:

None

VOLLEYBALL

Program Description:

An introduction to the basic components of volleyball! These instructional materials aim to provide every student with a foundation in which they can develop their volleyball skills that will eventually lead to fun and successful gameplay. While we know everyone is eager to get right into volleyball gameplay, breaking down and practicing the different elements of volleyball can go a long way!

To do so, students will get comfortable and confident with a full breakdown of the bump, set, serve, and passing variations. After working on different skills and drills, we conclude with the basic rules of volleyball to prepare students for their first games of volleyball.

Breakdown:

5 Total Sections:

- Bump
- Passing
- Set
- Rules & Game Play
- Serve

Lesson Format:

Each drill has written and video instruction. We recommend taking about 10 minutes on any drill to introduce the skill and allow time for students to practice. Teachers can pair and match different drills depending on total class time. In addition, students will benefit from reviewing and repeating drills over multiple classes to really fine tune their volleyball skills.

Audience:

Grades K-12: This program is appropriate for everyone. Any student looking completely or somewhat relatively to volleyball or team sports would benefit from this foundational introduction to volleyball.



Equipment:

Must Have

- Volleyballs

Nice to Have

- Volleyball Nets - Eventually you will need nets to play actual games of volleyball, but many of these drills can be practiced without a net to start. (Modify with shorter nets as appropriate.)
- Volleyball Court Lines - eventually you will need court lines (or cones) to play actual games of volleyball, but many of these drills students can roughly guess distances.

Recommended Requisites:

No formal requisites; open to all students!

Assessments:

Suggestion: Create custom metrics to log different types of tennis data relevant to your group/audience. Example: Number of consecutive bumps in small group.

BASKETBALL

Program Description:

An introduction to the basic components of basketball! These instructional materials aim to provide every student with a foundation in which they can develop their basketball skills that will eventually lead to fun and successful gameplay. To do so, students will get comfortable and confident with a full breakdown of basic dribbling, passing, and shooting techniques. While working on different skills and drills, students can also explore the basic rules and strategies of basketball, with an added bonus of different games and activities they can play at any time or place!

Breakdown:

5 Total Sections:

- Dribbling
- Passing
- Lay Ups
- Shooting
- Rules & Game Play

Lesson Format:

Each drill has written and video instruction. We recommend taking about 5-10 minutes on any drill to introduce the skill and allow time for students to practice. Teachers can pair and match different drills depending on total class time. In addition, students will benefit from reviewing and repeating drills over multiple classes to really fine tune their basketball skills. This program also comes loaded with [PDF content](#) to explore different elements of basketball that can be incorporated throughout the lessons.

Audience:

Grades K-12: This program is appropriate for everyone. Any student who is relatively new to basketball would benefit from this foundational introduction to basketball.



Equipment:

Must Have

- Basketballs
- Hoops

Nice to Have

- Basketball Lines - Can also mark free throw line with cones
- Cones and or lines to mark distances for traveling dribbling drills

Recommended Requisites:

No formal requisites; open to all students!

Assessments:

Suggestion: Create custom metrics to log different types of basketball data relevant to your group/audience. Example: Free Throws Made (10 Attempts)

SOCCER

Program Description:

An introduction to the basic components of soccer! These instructional materials aim to provide every student with a foundation in which they can develop their soccer skills that will eventually lead to fun and successful gameplay. To do so, students will get comfortable and confident with a full breakdown of basic ball mastery, dribbling, passing, and shooting techniques. While working on different skills and drills, students can also explore the basic rules and strategies of soccer, with an added bonus of different games and activities they can play at any time or place!

Breakdown:

5 Total Sections:

- Ball Mastery
- Shooting
- Dribbling
- Rules & Game Play
- Passing

Lesson Format:

Each drill has written and video instruction. We recommend taking about 5-10 minutes on any drill to introduce the skill and allow time for students to practice. Teachers can pair and match different drills depending on total class time. In addition, students will benefit from reviewing and repeating drills over multiple classes to really fine tune their soccer skills. This program also comes loaded with [PDF content](#) to explore different elements of soccer that can be incorporated throughout the lessons.

Audience:

Grades K-12: This program is appropriate for everyone. Any student who is relatively new to soccer would benefit from this foundational introduction to the game.



Equipment:

Must Have

- Soccer Balls
- Cones

Nice to Have

- Soccer Nets
- Grass Field (All drills can be performed in gymnasium as well)

Recommended Requisites:

No formal requisites; open to all students!

Assessments:

Suggestion: Create custom metrics to log different types of soccer data relevant to your group/audience. Example: Number of Juggles

FLAG RUGBY

Program Description:

An introduction to the fast-paced and exciting world of rugby! These instructional materials give every student the opportunity to learn the fundamentals of flag rugby—a non-contact version of the international sport—through fun skill-building activities and engaging games. Students will develop confidence and coordination as they practice key skills like passing, moving in space, and supporting teammates. Along the way, they'll also explore the basic rules, positions, and strategies of flag rugby, with plenty of opportunities to apply what they've learned through inclusive gameplay that's perfect for all ages and experience levels.

This program and all included resources are made possible through a partnership with Imagine Rugby. Imagine Rugby strives to make rugby accessible to youth across North America by collaborating with schools, recreation departments, nonprofits, and Major League Rugby (MLR) teams. Through the power of sport, young players learn valuable lessons in leadership, mentorship, and healthy living.

Breakdown:

7 Total Sections:

- Beginner Skills (5)
- Beginner Games (6)
- Intermediate Skills (5)
- Intermediate Games (13)
- Advanced Skills (5)
- Advanced Games (4)

Additional Resources: Rugby Handbook & Grade Level Sample Lesson Plans

Lesson Format:

Each drill has written and video instruction. We recommend taking about 10 minutes on any drill to introduce the skill and allow time for students to practice. Teachers can pair and match different drills depending on total class time. In addition, students will benefit from reviewing and repeating drills over multiple classes to really fine tune their volleyball skills.

Audience:

Grades K-12: This program is appropriate for everyone. Any student looking completely or somewhat relatively to volleyball or team sports would benefit from this foundational introduction to volleyball.



Equipment:

- Rugby Balls
- Flag Sets
- Field Markers

[Reach out to Imagine Rugby to get a FREE kit of Flag Rugby materials.](#)

Recommended Requisites:

No formal requisites; open to all students!

Assessments:

None

SWIM

Program Description:

An introduction to the four major strokes of swimming - freestyle, backstroke, breaststroke, and butterfly! These instructional materials aim to provide every student with the foundation in which they can safely and successfully add swimming to their library of lifetime fitness activities.

To do so, we break down each stroke through a series of drills and technique work. We focus on building and practicing the different elements of swimming including kick, head and body positioning, arms, and breathing. To assist with this, we incorporate kick boards and a variety of drills that help to develop students form and technique. The goal of this program is to allow students to practice the basic elements of "lap swimming."

Breakdown:

4 Total Sections:

- Freestyle
- Backstroke
- Breaststroke
- Rules & Game Play
- Butterfly

Each section has materials dedicated to kick, drills, and the full standard stroke.

Lesson Format:

Each drill has written and video instruction. We recommend practicing each drill for multiple lengths of the pool so that students can get comfortable and confident. While these videos follow a sequential order to start, you can always mix and match drills after your initial introduction. Students will benefit from reviewing and repeating drills over multiple classes to really fine tune their swimming skills.

Audience:

Grades K-12: Anyone with a basic understanding of swimming that is looking to take their skills to the next level.



Equipment:

Must Have

- Kick boards (Alternatives = Noodles, Buoys, Etc)

Nice to Have

- Goggles
- Flippers/Fins
- Caps

Recommended Requisites:

Students should be able to perform all of the basic lifesaving swimming skills like treading water, breathing, floating, and getting back to the wall if fatigued. Teachers should take all necessary precautions to ensure students are safe in the pool

Assessments:

None



SECONDARY HEALTH

FITNESS LITERACY

Program Description:

Fitness Literacy is a collection of 15 cognitive-domain assignments that serve as an excellent introduction to the world of fitness and training. Students need not possess any prior knowledge or experience.

Breakdown:

- 15 Total Assignments | 4 Sections
- Each Assignment takes roughly 15-30 minutes

Lesson Format:

Each lesson includes a written article, a summary video, and the accompanying assessment questions.

Our 15 assignments are broken out into 4 distinct sections, from an introduction to the mental & physical effects of fitness, down to the mechanics of foundational human movement, and beginning to plan your own fitness journey.

Why Fitness?

1. The Power of Physical Activity: Mental & Physical Benefits
2. Movement & Exercise

Why Fitness?

3. Capacity (Aerobic & Anaerobic)
4. Strength & Strength Endurance
5. Stability & The Core
6. Mobility vs Flexibility
7. Body Composition
8. Training Terminology

Foundational Movements?

9. The Squat
10. The Hinge
11. The Lunge
12. The Press
13. The Pull

Planning Your Fitness

14. SMART Goals
15. FITT Principle

Audience:

Grades 9-12: Students and athletes who have a complete education on all things fitness and performance and are looking to take training into their own hands for the first time without a special focus on strength training or athletic performance.



Equipment:

Students need internet access to view assignment content via PLT4M account.

Recommended Requisites:

No formal requisites, open to all students!

Assessments:

Supplemental questions at the end of each chapter can be used to demonstrate knowledge of concepts.

INTRO TO NUTRITION

Program Description:

We all eat! But we don't always get our nutrition information from the place that makes the most sense. This is your complete guide to making sense of the basic nutrition in a world of information overload. This supplemental program will introduce basic concepts of nutrition and what growing bodies need to eat. This program combines videos and written lessons to help students and athletes better understand concepts of nutrition and how they can apply them to their day to day lives.

Breakdown

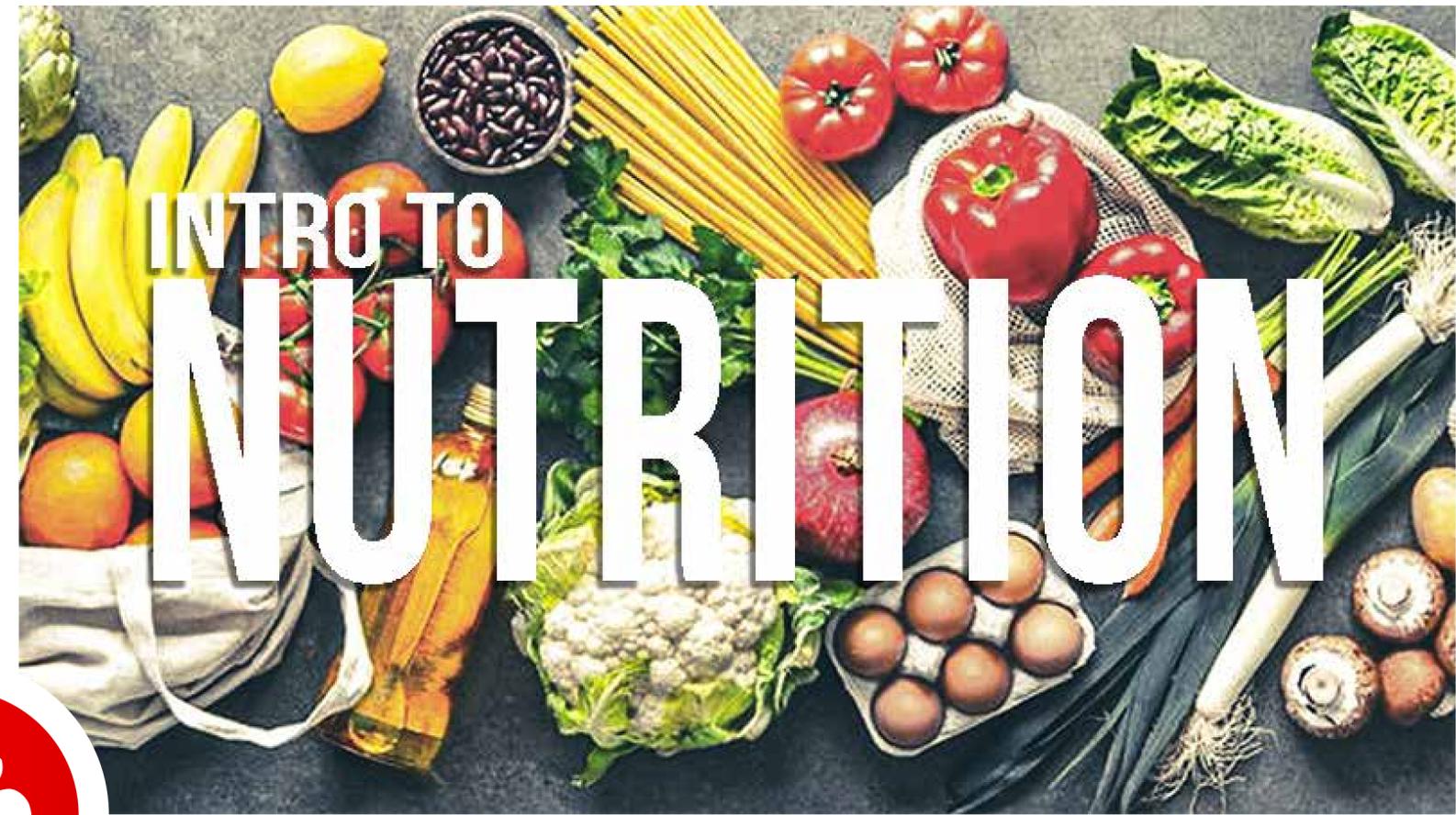
- 4 Parts | 13 Chapters (22 Total Lessons)
 - Macronutrient Lessons
 - Micronutrient Lessons
 - Types & Timing Of Meals Lessons
 - Hydration Lessons
- 4 Parts | 13 Chapters (22 Total Lessons)

Lesson Format:

Each lesson contains a 5-10 minute video that is paired with a 500-1500 word count written lesson. Students should expect to dedicate roughly 30 minutes per lesson.

Audience:

Grades 7-12: This program is appropriate for Everyone! Any student looking to expand upon their knowledge of overall health and wellness. An excellent introduction to nutrition that will compliment any training program.



Equipment:

Students must have internet access to view assignment content via PLT4M account.

Chapters can be assigned and accessed digitally via PLT4M, or can be distributed using the full PDF e-Book.

Recommended Requisites:

No formal requisites, open to all students!

Assessments:

Supplemental questions at the end of each chapter can be used to demonstrate knowledge of concepts.

APPLIED NUTRITION

Program Description:

We live in a world where body weight and size take center stage in many discussions, including health and performance. But these conversations often gloss over the actual research behind weight change. Additionally, they avoid the real-life implications of weight and health.

In our first introductory series, we worked through fundamental and foundational elements of nutrition. Now it is time we tackle weight and all the intricacies of the subject. This program's goal is to get real about weight and help reorient students so that they can understand the multitude of factors that contribute to overall health and wellness. After breaking it all down, we can talk about some of the factors that surround more specific concepts like eating disorders, emotional eating, and more.

Breakdown:

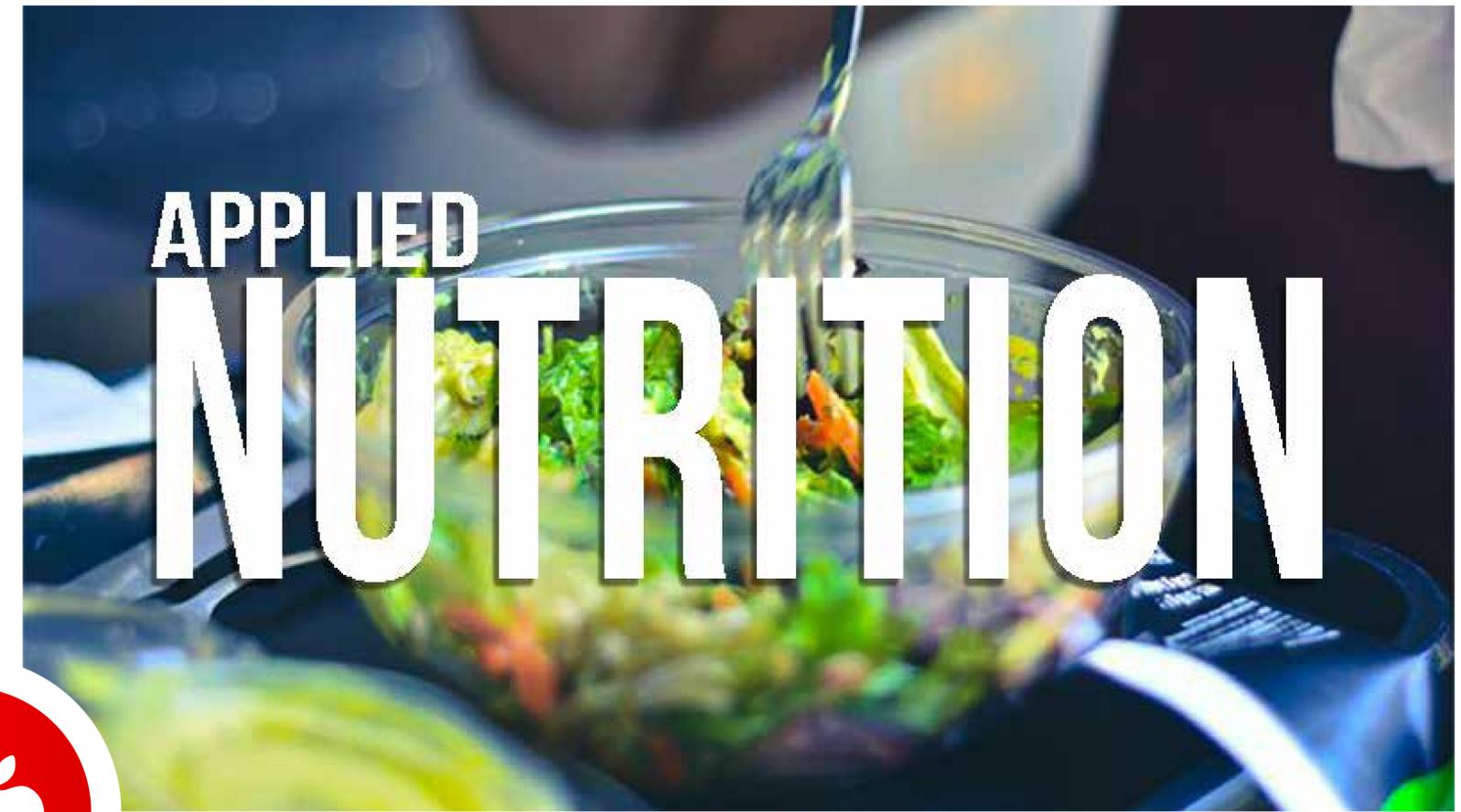
- 2 Chapters | 9 Total Lessons
- Each Lesson takes 30 minutes

Lesson Format:

Each lesson contains a 5-10 minute video that is paired with a 500-1500 word count written lesson. Students should expect to dedicate roughly 30 minutes per lesson.

Audience:

Grades 7-12: Any student looking to expand upon their nutrition knowledge. An excellent nutrition education that will compliment any training program.

**Equipment:**

Students must have internet access to view assignment content via PLT4M account.

Chapters can be assigned and accessed digitally via PLT4M, or can be distributed using the full PDF e-Book.

Recommended Requisites:

No formal requisites, open to all students!

Assessments:

Supplemental questions at the end of each chapter can be used to demonstrate knowledge of concepts.

DRUG EDUCATION

Program Description:

Different types of drugs and substances have a profound impact on the body and brain. This program invites students to take a scientific journey to learn about the body and brain's complex responses to specific drugs and substances. In these lessons, we will explore the facts and science behind drugs and substances, with a breakdown of the short and long-term affects that they have. All of this program's written materials, videos, and PDFs are from the Mind Matters Series created by The National Institute of Drug Abuse (NIDA). All lessons are based on national science and education standards and were developed by scientists from leading universities and the National Institute on Drug Abuse.

Source: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services

Breakdown: 9 Lessons:

- Drugs & The Brain
- Marijuana
- Nicotine, Tobacco, & Vaping
- Inhalants
- Opioids
- Methamphetamine
- K2/Spice & Bath Salts
- Cocaine
- Prescription Stimulants

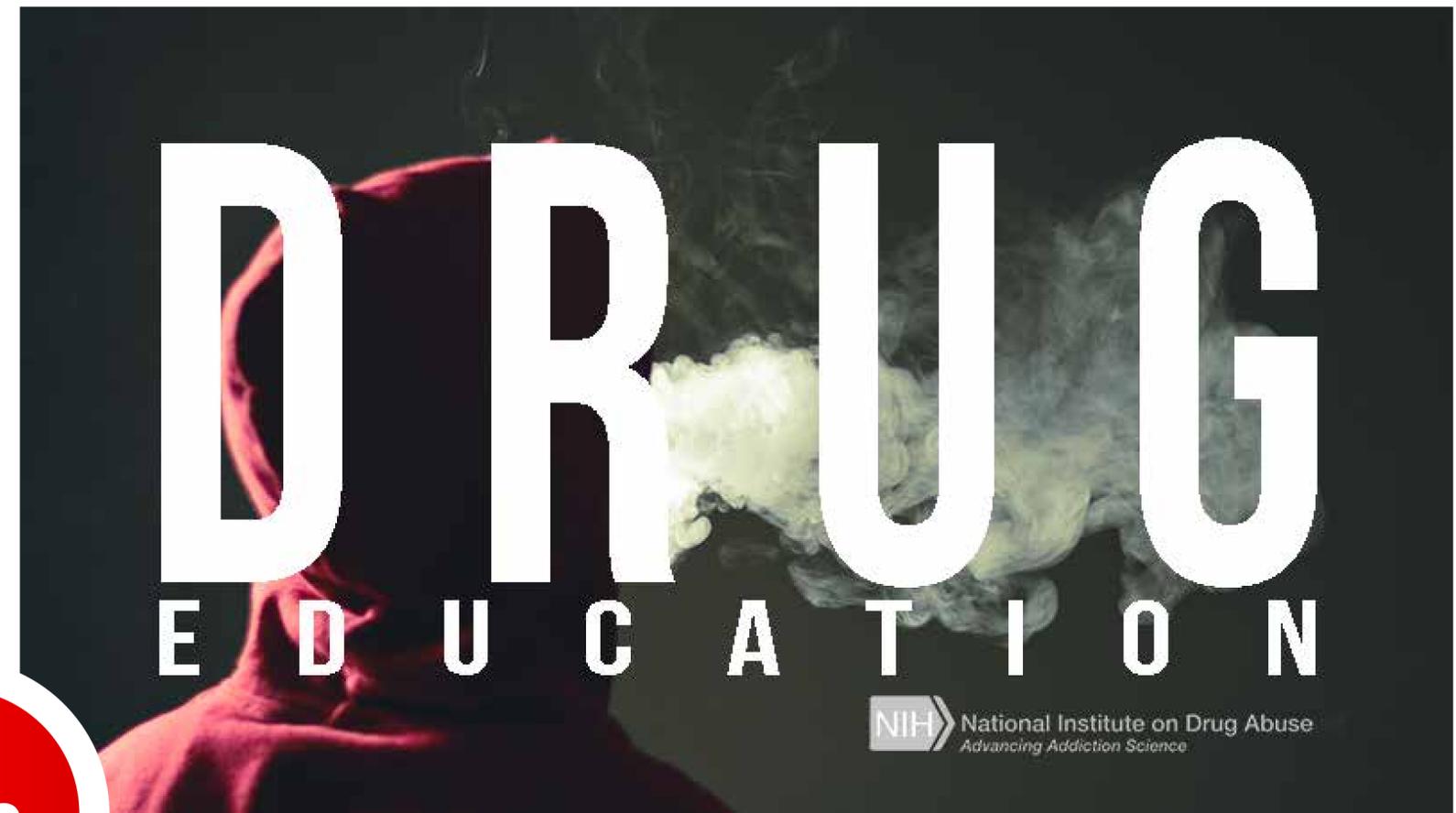
Each Lesson takes roughly 20-30 minutes

Lesson Format:

Each lesson contains a 1-2 minute video that is paired with a 500-1500 word count written lesson. Students should expect to dedicate roughly 20-30 minutes per lesson. The PDF version of these materials are also available in Spanish and linked at the top of each lesson.

Audience:

NIDA recommends these lessons are used for grade levels 5-9. We strongly recommend this program for middle school (grades 5-8). But, if your high school age students need an overview of drug and substance information this is still a great program!



Equipment:

Students must have internet access to view assignment content via PLT4M account. This program can also be accessed for free outside of PLT4M at [Mind Matters Series](#).

Recommended Requisites:

No formal requisites, open to all students!

Assessments:

Supplemental questions at the end of each chapter can be used to demonstrate knowledge of concepts.

UNDER AGE DRINKING PREVENTION

Program Description:

Ask, Listen, Learn: Kids and Alcohol Don't Mix is an underage drinking prevention program for youth in grades 4-8 and their parents and educators. The materials and resources empower kids to say "YES" to a healthy lifestyle and "NO" to underage drinking. The lessons in this collection utilize science-based content, interactive lessons, and animated videos that also include practical lessons such as decision-making, goal-setting, and refusal strategies. The program provides versatile classroom resources to facilitate conversations about underage drinking with your students, while teaching them about the scientific effects of what they put in their bodies.

Program content regarding the effects of alcohol on the developing brain has been reviewed by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and the marijuana module's content is based on scientific information and resources from the National Institute on Drug Abuse (NIDA). Content is consistent with currently available science.

This digital underage drinking prevention program is provided by Ask, Listen, Learn and all resources can be accessed for free at any time at AskListenLearn.org. The program is available directly within PLT4M for all customers thanks to the support and partnership from Ask, Listen, Learn and Responsibility.org who are proud to support underage drinking prevention.

Breakdown:

8 Lessons:

- How Alcohol Affects The Brain
- Central Nervous System
- Cerebellum
- Cerebral Cortex
- Hippocampus
- Hypothalamus
- Medulla
- How Marijuana Affects The Developing Brain

Each lesson takes approximately 30-40 minutes, including watching the corresponding lesson video.

Lesson Format:

Each lesson contains activities, worksheets, videos and other resources teachers can use in class.

A detailed lesson plan guide can be found within each lesson outlining best practices for introducing the lesson and materials to students. Information about the program's alignment to national education standards can be found [here](#). This program is best utilized as a "teacher-led" program via Classmode.

Audience:

Ask, Listen, Learn recommends introducing these lessons in grades 5 and 6 but the materials have been evaluated and found effective among students in grades 4-8.



Equipment:

Students must have internet access to view assignment content via PLT4M account. This program can also be accessed for free outside of PLT4M at AskListenLearn.org.

Recommended Requisites:

No formal requisites, open to all students!

Assessments:

Lessons within the program include a series of formative and summative assessments. A breakdown of each lesson's assessments and standards alignment can be found [here](#).

HEALTHY RELATIONSHIPS

This program includes lessons and materials that address sensitive topics related to healthy relationships, consent, sexual assault and violence, and more. Before teaching or assigning this unit, educators should review all content closely with school and district curriculum leaders to ensure alignment with local policies and state requirements.

If your school or district requires or recommends notifying families in advance, a [Sample Family/Guardian Letter](#) is available for schools to copy and customize.

Program Description:

The following ten healthy relationships lessons were created by [Answer](#), a national organization housed within Rutgers University that develops and promotes equitable access to sexual health information through youth-centered sex education resources and professional development for teachers and other youth-serving adults.

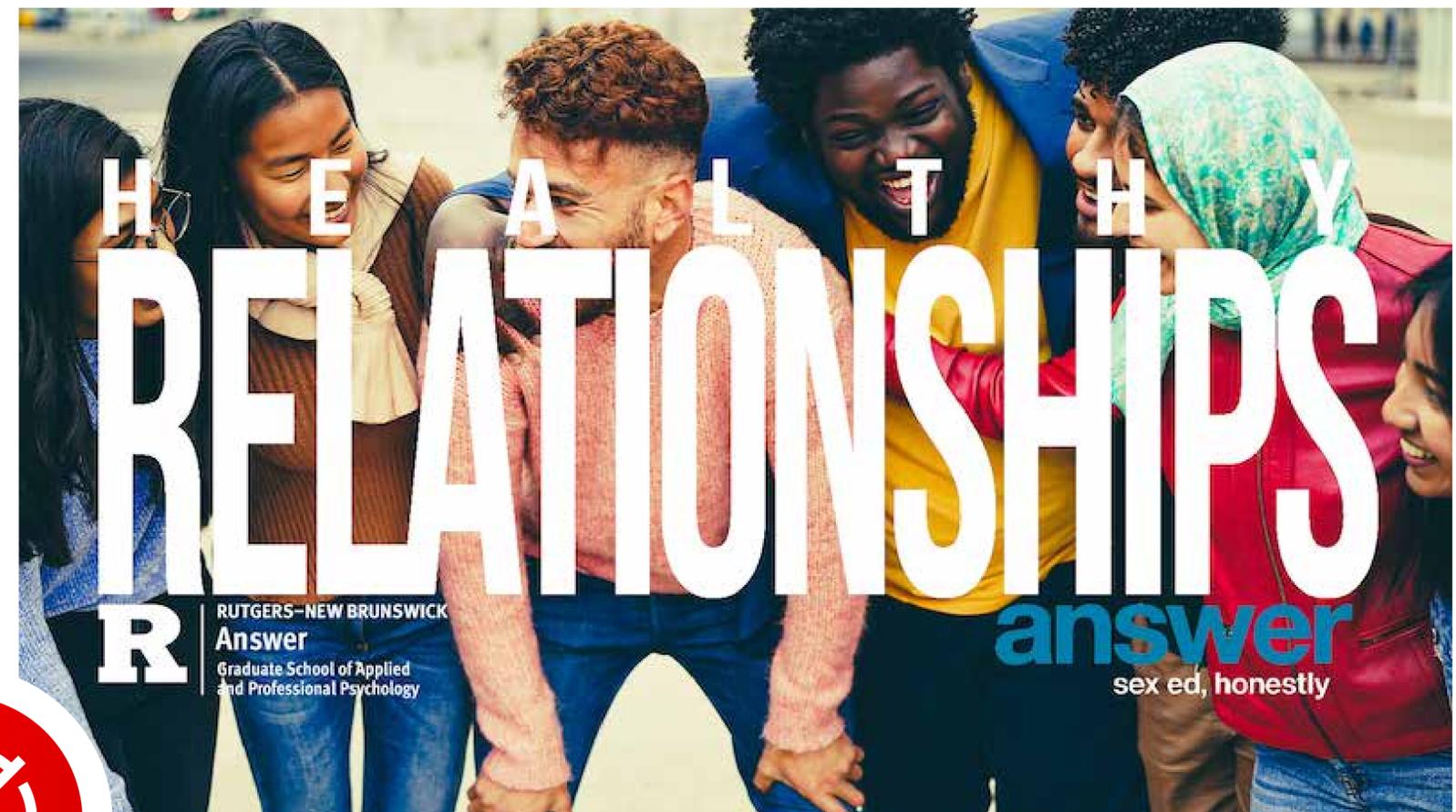
Each of the lessons in this unit is designed to cover one or more crucial standards for healthy relationships education from the [National Health Education Standards](#) and the [National Sex Education Standards](#). These include the functional knowledge and essential skills young people need to successfully navigate changing relationships among family, peers, and partners, including interpersonal and sexual violence prevention, intervention, and resources. Special emphasis is given to personal boundaries, bodily autonomy, sexual agency and consent, and the increasing use and impact of technology within relationships.

Learn More About Answer:

Founded in 1981, Answer has long been a national leader in the field of sex education, providing in-person and virtual professional development, online training workshops, capacity building (including curriculum support, coaching, lesson plan revisions, and more), and peer-to-peer education. Answer's award-winning by-teens-for-teens website, SexEtc.org, provides medically accurate sexual health information that centers young people's voices.

Answer is also one of four organizations in the [Future of Sex Education](#) coalition, which created the [National Sex Education Standards](#). Used in schools across the country, these standards outline the foundational knowledge and skills students need to navigate sexual development and grow into sexually healthy adults.

To learn more about Answer and the services it provides, visit answer.rutgers.edu or contact AnswerEd@Rutgers.edu.



Breakdown:

10 Lessons: Covering these lessons in the following order is recommended to build on concepts learned as the unit progresses:

1. Learning From Past Relationships
 2. The Importance Of Self-Intimacy
 3. Intimacy Takes Time
 4. Consent: A Practical Guide
 5. Refusing Consent: How To Say No
 6. Talking About Sex With A Partner Doesn't Have To Be Scary
 7. Listen. Believe. Support. Connect.
 8. Owning Your Online Space
 9. Three Double Standards That Hurt Everyone
 10. Building Your Relationship Anxiety Toolkit
- Each Lesson takes roughly 50-60 Minutes

See the next page for more >

HEALTHY RELATIONSHIPS CONTINUED

Lesson Format:

- Each lesson typically includes:
- Opening discussion or brainstorm
- Teen-written article from SexEtc.org
- Varied activities, including role plays, scenarios, and worksheets
- Group discussions

Audience:

These lessons are designed for high school students in grades 9-12. Many of these lessons are also appropriate for or can be quickly adapted for middle school students in grades 6-8.

Recommended Requisites:

No formal requisites, open to all students!

Equipment:

There are different options to deliver and manage lessons:

- 1. Projector** – Use PLT4M ClassMode to display lessons and materials to the whole class.
- 2. Individual Devices** – Assign programs through students' 1:1 technology so they can engage with content and respond to embedded questions.
- 3. Print Outs** – Each Do Now and Live the Lesson is available as a PDF for optional handouts.

Assessments:

- Live The Lessons serve as great formative assessments!
- Pull from various lesson specific questions in [this document](#) to create a summative assessment.



STOP BULLYING

Program Description:

With the rise in awareness and concern around bullying, it's crucial that we all operate with a shared definition and understanding of what bullying is in all its forms—physical, verbal, social, and cyber. A common understanding helps ensure that everyone can recognize bullying behaviors and respond effectively. By being informed and proactive, we can work together to prevent bullying and create safer, more supportive environments for everyone.

This program pulls materials from [StopBullying.Gov](https://www.stopbullying.gov) to help all students speak a common language about bullying and bullying prevention. Please see StopBullying.Gov's "Get Help Now" page if you need immediate assistance or resources regarding bullying that is occurring in your school.

Breakdown:

3 Lessons:

- What Is Bullying?
- What Is Cyberbullying?
- Cyberbullying
- Digital Dependence
- Bullying Prevention

Each Lesson takes roughly 20-30 minutes.

Lesson Format:

Each lesson contains a 1-2 minute video that is paired with a 500-1500 word count written lesson. Students should expect to dedicate roughly 20-30 minutes per lesson.

Audience:

Recommended for grades 6-12. Looking for more grade and age specific resources go to [StopBullying.Gov](https://www.stopbullying.gov).



Equipment:

Students must have Internet access to view assignment content via PLT4M account.

Recommended Requisites:

No formal requisites, open to all students!

Assessments:

Supplemental questions at the end of each chapter can be used to demonstrate knowledge of concepts.

STRESS MANAGEMENT

Program Description:

Stress is a common experience for students and adults of all ages. It's the body's natural response to challenges or demands, and while it can be a motivating force, it can also become overwhelming. In this program, students will work towards understanding what stress is, recognizing its signs, and learning how to manage it to maintain and promote mental, emotional, and physical well-being. Lessons come loaded with written articles, guided videos, and helpful tips and tricks. In addition, each lesson will finish with opportunities to reflect on stress with some guiding questions and prompts.

Breakdown

3 Lessons (30-45 Minutes Each)

- Science Of Stress
- Recognizing Stress In Your Life
- Stress Management Strategies

Lesson Format:

1. Written Article (10 Minutes)
2. Guided Practice & Meditation (8-10 Minutes)
3. Breathing Exercise (5 Minutes)
4. Reflection Questions (10-15 Minutes)

Audience:

Everyone! Grades 6-12: This is a great mental health and social emotional learning program for any student that wants to explore stress!



Equipment:

None

Recommended Requisites:

No formal requisites, open to all students!

Assessments:

Reflection questions and prompts included at the end of each lesson. These questions can be used for small group/class discussion or used as writing assignments.

INTRO TO MINDFULNESS

Program Description:

Mindfulness is paying attention to what's happening on purpose with kindness, curiosity, without judgment. This program will address the key components and standards of social emotional learning including self-awareness, self-management, responsible decision making, relationship skills, and social awareness. Throughout this program, students will be introduced to key concepts around mindfulness and practice skills that they can apply to their everyday lives.

Breakdown:

- 15 Lessons of 20 Minute Mindfulness Sessions
- 13 Lessons of 5 Minute Mindfulness Sessions

Lesson Format:

Our 20 minute mindfulness sessions have some combination of 4 different parts:

Centering: Allowing us to arrive and be present in our lesson together

Focus Topic Breakdown: Learning about the background and breakdown of different elements of mindfulness

Movement: Warming ourselves up and helping us to get ready for our full practice

Mindfulness Practice: Putting mindfulness into action and building skills that we can continue using outside of class

In our 5 minute mindfulness sessions, we jump right to a mindfulness or meditation practice.

Audience:

Everyone! Grades 6-12: This is a great social emotional learning program for any student that has not had any previous formal mindfulness training.



Equipment:

None

Recommended Requisites:

No formal requisites, open to all students!

Assessments:

Each lesson has a short closing video that will invite students to a practice mindfulness on their own outside of class. These send off videos can easily be turned into assignments by a teacher.

INTRO TO EMOTIONS

Program Description:

Understanding and navigating our emotions are essential skills for personal and interpersonal success. In this program, we tackle our emotions head-on through guided written and video instruction. Through this emotional journey, students will learn about the science of our different emotions and how they make us think and feel in our body and mind. From there, students will practice and develop skills and strategies to process and unpack our emotions in a healthy and productive way.

Breakdown:

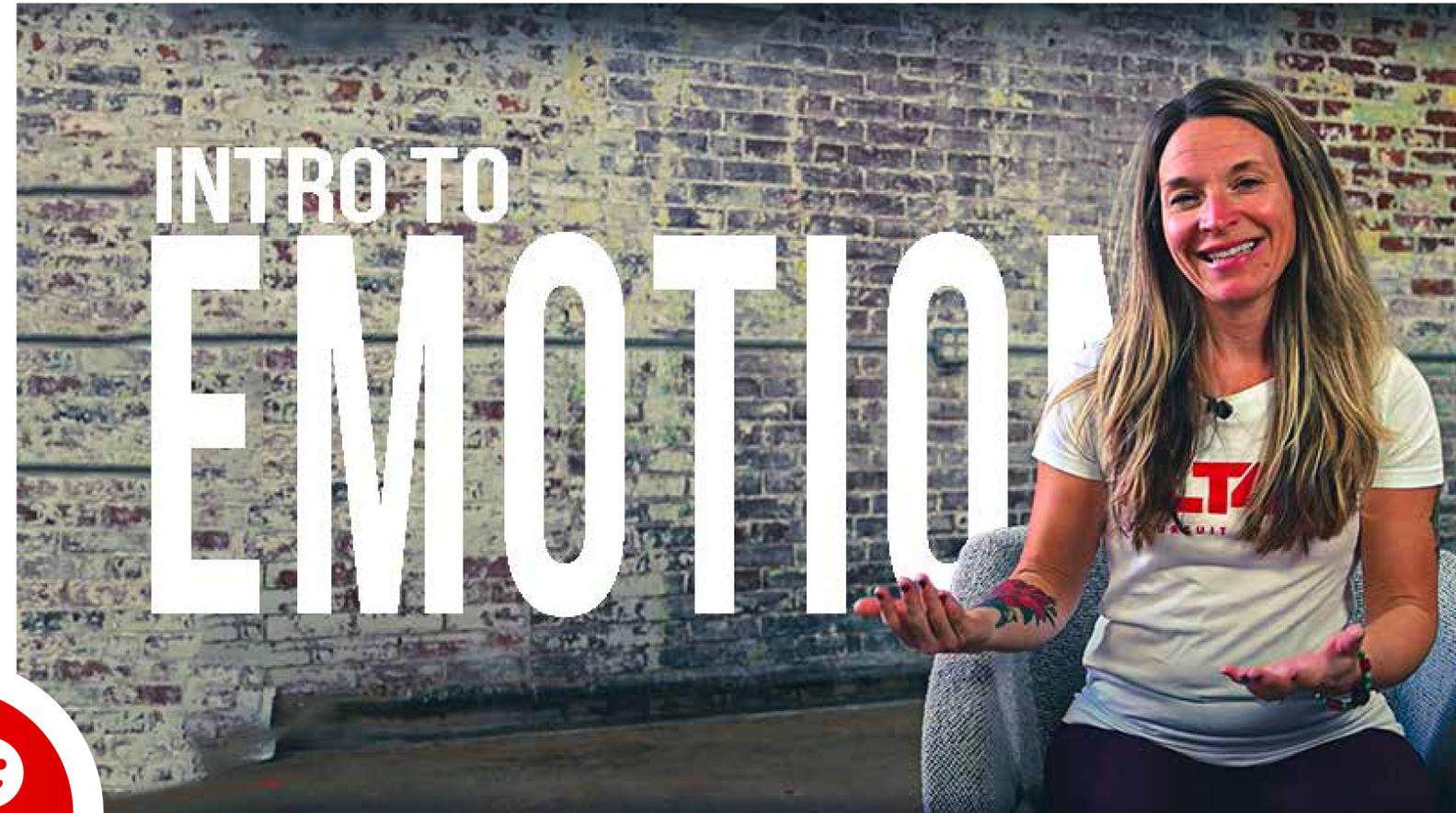
- 10 lessons
- 5-10 minute videos paired with written lesson materials

Lesson Format:

- 1. Defining and Describing Emotions:** We start each lesson by defining the emotion and how people experience the emotion in their bodies and minds.
- 2. Guided Practice:** Each emotional topic is paired with an exercise or skill to help process and unpack the emotion. These range from breathing exercises to mindfulness and meditation strategies.
- 3. Guiding Questions:** At the end of each session, students are encouraged to journal with a few guiding questions to take the emotional practice and apply it to their everyday lives.

Audience:

Everyone! Grades 6-12: This is a great social emotional learning program for any student that wants to explore different types of emotions.

**Equipment:**

None

Recommended Requisites:

No formal requisites, open to all students!

Assessments:

At the end of each session, students are encouraged to journal with a few guiding questions to take the emotional practice and apply it to their everyday lives. These can be submitted as an assignment or used as personal reflection.

BEATHING EXERCISES

Program Description:

Breathing exercises offer a range of physical, mental, and emotional benefits. With breath work students can improve focus and attention, while reducing stress and tension. Through these short routines, students can explore what type of breath work supports their bodies and minds. The goal of this program is to introduce breath patterns in a formal practice so that students can take and apply these skills throughout their everyday lives.

Breakdown:

- 10 Breathing Exercises
- 5-10 Minutes per lesson

Lesson Format:

Follow along breathing routines. Find a quiet and comfortable place where you can sit or lay down and click play!

Audience:

Grades 5-12: This program is appropriate for Everyone! Any student looking to expand upon their knowledge of overall health and wellness. We strongly recommend this program for middle school (grades 5-8). But, if your high school age students need an overview of personal hygiene this is still a great program!



Equipment:

None

Recommended Requisites:

No formal requisites, open to all students!

Assessments:

None

PERSONAL HYGIENE

Program Description:

Personal hygiene is the behaviors and steps that we can take as individuals to maintain health and prevent disease for ourselves, and the people around us. An added bonus of personal hygiene is that we make ourselves more enjoyable to be around in social situations of all kinds. In these lessons, we explore key concepts of personal hygiene or students. While some of this might serve as a review, it can be helpful to all get on the same page about personal hygiene, especially as we hit our young adults years!

Breakdown: 10 Lessons:

- What is Personal Hygiene?
- Washing Your Hands
- Oral Hygiene
- Showering/Bathing
- Oral Hygiene
- Deodorant
- Wearing Clean Clothes
- Nails
- Menstrual Hygiene
- Personal Hygiene in Action

Lesson Format:

Each lesson contains a 1-2 minute video that is paired with a 500-1500 word count written lesson. Students should expect to dedicate roughly 20-30 minutes per lesson.

Audience:

Grades 5-12: This program is appropriate for Everyone! Any student looking to expand upon their knowledge of overall health and wellness. We strongly recommend this program for middle school (grades 5-8). But, if your high school age students need an overview of personal hygiene this is still a great program!



Equipment:

Students must have internet access to view assignment content via PLT4M account.

Recommended Requisites:

No formal requisites, open to all students!

Assessments:

Supplemental questions at the end of each chapter can be used to demonstrate knowledge of concepts.

DIGITAL CITIZENSHIP

Program Description:

Digital citizenship refers to the responsible and ethical use of technology, particularly the Internet and digital devices, by individuals. It encompasses a range of behaviors, attitudes, and skills that enable individuals to effectively and safely navigate the Online world.

Digital citizenship involves understanding how to use digital tools and platforms responsibly, respectfully, and with integrity. In these lessons, we explore key concepts of digital citizenship for students to explore. While some of this might serve as a review, it can be helpful to all get on the same page about digital citizenship, especially as our world becomes increasingly more driven by technology.

Breakdown: 8 Lessons:

- What is Digital Citizenship?
- Digital Privacy & Security
- Digital Footprint
- Digital Literacy
- Cyberbullying
- Digital Communication
- Digital Dependence
- Digital Citizenship in Action

Each lesson contains a 1-2 minute video that is paired with a 500-1500 word count written lesson. Students should expect to dedicate roughly 20-30 minutes per lesson.

Lesson Format:

Each lesson contains a 1-2 minute video that is paired with a 500-1500 word count written lesson. Students should expect to dedicate roughly 20-30 minutes per lesson.

Audience:

Grades 5-12: This program is appropriate for Everyone! Any student looking to expand upon their knowledge of the digital world. If students have access to technology, this is a good program for them to explore and discuss.



Equipment:

Students must have internet access to view assignment content via PLT4M account.

Recommended Requisites:

No formal requisites, open to all students!

Assessments:

Supplemental questions at the end of each chapter can be used to demonstrate knowledge of concepts.

SLEEP

Program Description:

We all sleep. But we don't always get the quantity or quality sleep needed to perform at our best. In this program, we dive into the fascinating realm of sleep science, exploring the intricacies of the sleep cycle and stages, the importance of circadian rhythms, and the profound impact that sleep has on your physical, mental, and emotional well-being. This program combines videos and written lessons to help students and athletes better understand concepts of sleep and how they can apply them to their day to day lives.

Breakdown:

10 Lessons:

- Benefits of Sleep
- Lack of Sleep
- Sleep Cycle & Stages
- Circadian Rhythm
- Dreams
- Sleep Hygiene
- Naps
- Common Sleep Disorders
- Substances Impact on Sleep
- Monitoring Sleep

Each Lesson takes roughly 20-30 minutes

Lesson Format:

Each lesson contains a 1-2 minute video that is paired with a 500-1500 word count written lesson. Students should expect to dedicate roughly 20-30 minutes per lesson.

Audience:

Grades 7-12: This program is appropriate for Everyone! Any student looking to expand upon their knowledge of overall health and wellness. An excellent introduction to sleep that will compliment our fitness and wellness journey. of overall health and wellness. An excellent introduction to sleep that will compliment our fitness and wellness journey.



Equipment:

Students must have internet access to view assignment content via PLT4M account.

Recommended Requisites:

No formal requisites; open to all students!

Assessments:

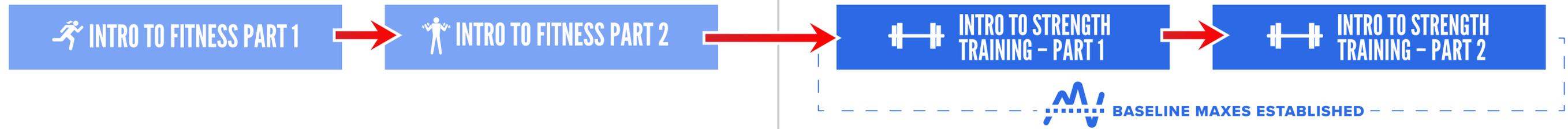
Supplemental questions at the end of each chapter can be used to demonstrate knowledge of concepts.

A woman in athletic wear is shown in profile, looking down. The background is blurred, showing another person. The entire image is overlaid with a red tint.

ATHLETIC PERFORMANCE

ATHLETIC DEVELOPMENT PROGRAM MAP

ESTABLISH A BASELINE OF FITNESS



TRAIN FOR YOUR SEASON



SUPPLEMENT YOUR TRAINING



BEGINNER

INTERMEDIATE

ADVANCED

BASELINE MAXES REQUIRED

BASELINE MAXES ESTABLISHED

BASELINE MAXES RE-ESTABLISHED

ATHLETE ON RAMP

Program Description:

Serving as a multi-functional approach to on-ramping athletes into performance training, the Athlete On-Ramp Program can be a useful tool for athletes of all experience levels. Use this program as an end-to-end on-boarding process for brand new athletes prior to letting them join your full training regimen, or, as the bridge between seasons/cycles for more experienced competitors.

Breakdown:

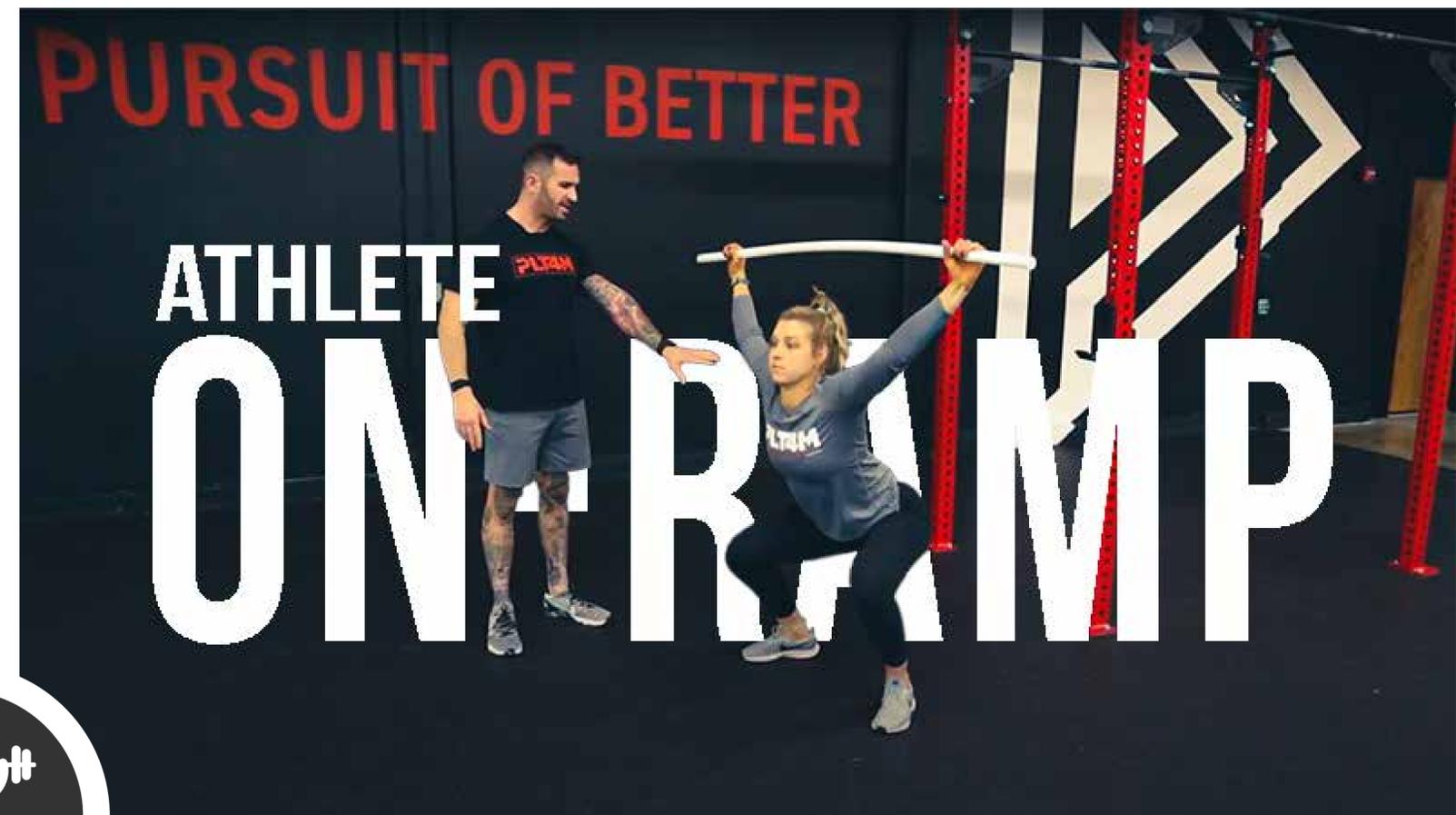
- 20 total Training Sessions | 5 blocks of 4 lessons
 - 4 sessions of Bodyweight & Band Work
 - 4 sessions with Lightweight External Object Training (MBs, DBs, KBs, etc.)
 - 12 sessions with Barbell Training: form Empty Bar Technique, to setting Baseline Working Maxes
- Each session takes roughly 45-60 minutes

Lesson Format:

Each training session includes a guided warm-up, followed by an element of Speed/Power development, then a focus on the core movement patterns of the day for load and/or volume. We will include accessory work as weeks progress. Each session concludes with either traditional “conditioning” of Aerobic/ Anaerobic systems, or a “Finisher” that serves much the same purpose.

Audience:

Grades 9–12: An excellent option for almost any athlete looking to wind up to a true “off-season” training cycle.



Equipment:

- Block 1 - Bands and/or Medicine Balls
- Block 2 - Bands and/or Medicine Balls, Dumbbells and or Kettlebells
- Block 3 - Barbells, Racks, Benches, and/or Dumbbells and/or Kettleballs

Recommended Requisites:

While we ALWAYS recommend that ALL athletes engage in the complete curriculum offered through our Intro to Fitness and Intro to Strength Training 1 & 2 programs, for a complete training education, the Athlete On-Ramp program does not explicitly require any prior training experience.

Assessments:

Establishment of first-time/current working maxes for:

- Squat (Back Squat)
- Bench (Bench Press)
- Clean (Hang Power Clean)

2 DAY OFF SEASON

Program Description:

A variation of our standard 300-Level Athletic programming, this program is aimed at developing a complete athlete, "in-the-gym", through Strength, Power, Control, & Capacity development, all built into a 2-Day training schedule.

Over the course of the program, we place an emphasis on building raw total-body strength through unique phases of the powerlifts and their variations. Simultaneously, we will develop our rate of force production, or "Power", through different plyometrics, ballistics, and a full progression of the "Clean" movement - utilizing all of it's variations from the top down. Lastly, we will consistently build durability and work capacity through a blend of hypertrophy training, accessory strength work, and Metabolic conditioning.

Breakdown:

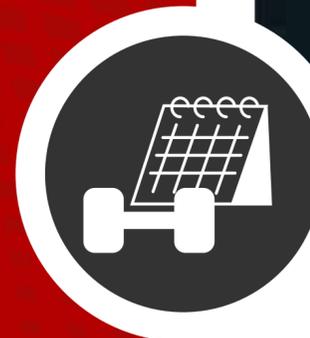
- 12 Weeks | 2 Lifts per Week
- Workouts should take between 50-70 minutes
- Each element of the workout will included suggested time domains for efficient flow

Workout Format:

Each weight training day contains a brief warm up (with dynamic movement, mobility, and technique work), pre-hab & activation (injury prevention, core, etc), power development (plyo, ballistics, and/or OLY lifts), max strength (powerlifts), accessory strength work (unilateral work, push/pull, etc), and a short "finisher" for capacity and volume, complete with full instruction & explanation.

Audience:

Grades 9-12: Athletes who already have a complete fundamental fitness education and wish to prepare for a sport season. They should not be actively engaged in a competitive athletic season.



Equipment:

Must Have:

- PVC Pipe
- Barbells, Bumper Plates & Rack
- Dumbbells & Benches
- Pull-Up Bar/ TRX/Rings
- "Run" Option

Equipment:

Nice to Have:

- Kettlebells
- Jump Rope
- Plyo Boxes
- Foam Roller/Lax Ball
- Cardio Machines
- Bands

Recommended Requisites:

Intro to Fitness 1 & 2; Intro to Strength 1 & 2 - OR - GPP/Transition Program Suggested only for athletes who have had a full education of both movement and strength training. Athletes should already have relevant "maxes" of necessary lifts and should not be completely "un-trained" (no workouts in previous 2+ months).

Assessments:

Strength: Continual tracking of

- Squat
- Bench
- Clean
- Deadlift

Occasional Assessment of 1RM "PRs" in

- Bench & Front Squat
- Bench & Strict Press
- Hang Power Clean
- Deadlift
- Strict Pull Up (reps)

Performance: Accessory Performance Domains

- Vertical Jump (Power)
- Jump Rope (Skill)
- Plank Hold (Stability/Muscular Endurance)
- 1 Min Push Up/Air Squat (Capacity/Muscular Endurance)

3 DAY OFF SEASON

Program Description:

This program is aimed at developing the complete athlete through Strength, Power, Control, & Capacity work, all built into a 3-Day lifting schedule.

Over the course of 48 total sessions, two major training cycles will be employed, with pre-, mid-, and post-assessment of all the relevant performance markers listed below.

In each 24-session cycle, a major emphasis will be placed on building raw total-body strength through the powerlifts and their variations. Simultaneously, we will develop our rate of force production, or “Power”, through a progression of plyometrics and the “Clean” movement – utilizing all its “Power” variations, from the top down. Lastly, we will consistently build durability and work capacity through a blend of active stability/mobility work, hypertrophy training, accessory strength development, and metabolic conditioning.

Breakdown:

- 48 Total Training Sessions | 16 Weeks, 3 Sessions scheduled per week
- Each Workout is designed to take approximately 45 minutes

Workout Format:

Each training session contains a brief guided warm up, stability and pre-hab work, plyometrics, max strength & power development (powerlifts and olympic weightlifting), and supplemental strength training (unilateral work, push/pull, etc).

Every other training session will also end with an intense, competitive "Pillar" workout with complete instruction.

Audience:

Grades 9-12: Athletes who already have a complete fundamental fitness education and wish to prepare for a sport season. They should not be actively engaged in a competitive athletic season.



Equipment:

Must Have:

- PVC Pipe
- Barbells, Bumper Plates & Rack
- Dumbbells & Benches
- Pull-Up Bar/ TRX/Rings
- Bands
- Jump Rope

Equipment:

Nice to Have:

- Kettlebells
- Plyo Boxes
- Foam Roller/Lax Ball
- Cardio Machines

Recommended Requisites:

Intro to Fitness 1 & 2; Intro to Strength Training 1 & 2 - OR - GPP/Transition Program Suggested only for athletes who have had a full education of both movement and strength training. Athletes should already have recent, relevant working “maxes” of Squat, Bench, Clean, and Deadlift, and should not be completely “un-trained” (no workouts in previous 2+ months).

Assessments:

Strength: Continual tracking of

- Squat Working Max
- Press Working Max
- Clean Working Max

1RM Assessment of

- Bench Press
- Strict Press
- Back Squat
- Front Squat

- Hang Power Clean
- Power Clean
- Deadlift

Fitness/Performance

- Vertical Jump (Power)
- Broad Jump (Power)
- Pull Up (Strength)
- Push/Squat (Strength)
- Jump Rope (Skill)
- Grip Hangs (Stability/Stamina)
- Plank Hold ((Stability/Stamina)

4 DAY OFF SEASON

Program Description:

This program is aimed at developing the complete athlete through Strength, Power, Control, & Capacity work, all built into a 4-Day lifting schedule.

Over the course of 48 total sessions, two major training cycles will be employed, with pre-, mid-, and post-assessment of all the relevant performance markers listed below.

In each 24-session cycle, a major emphasis will be placed on building raw total-body strength through the powerlifts and their variations. Simultaneously, we will develop our rate of force production, or “Power”, through a progression of plyometrics and the “Clean” movement – utilizing all it's "Power" variations, from the top down.

Lastly, we will consistently build durability and work capacity through a blend of active stability/mobility work, hypertrophy training, accessory strength development, and metabolic conditioning.

Breakdown:

- 48 Total Training Sessions | 12 Weeks, 4 Sessions scheduled per week

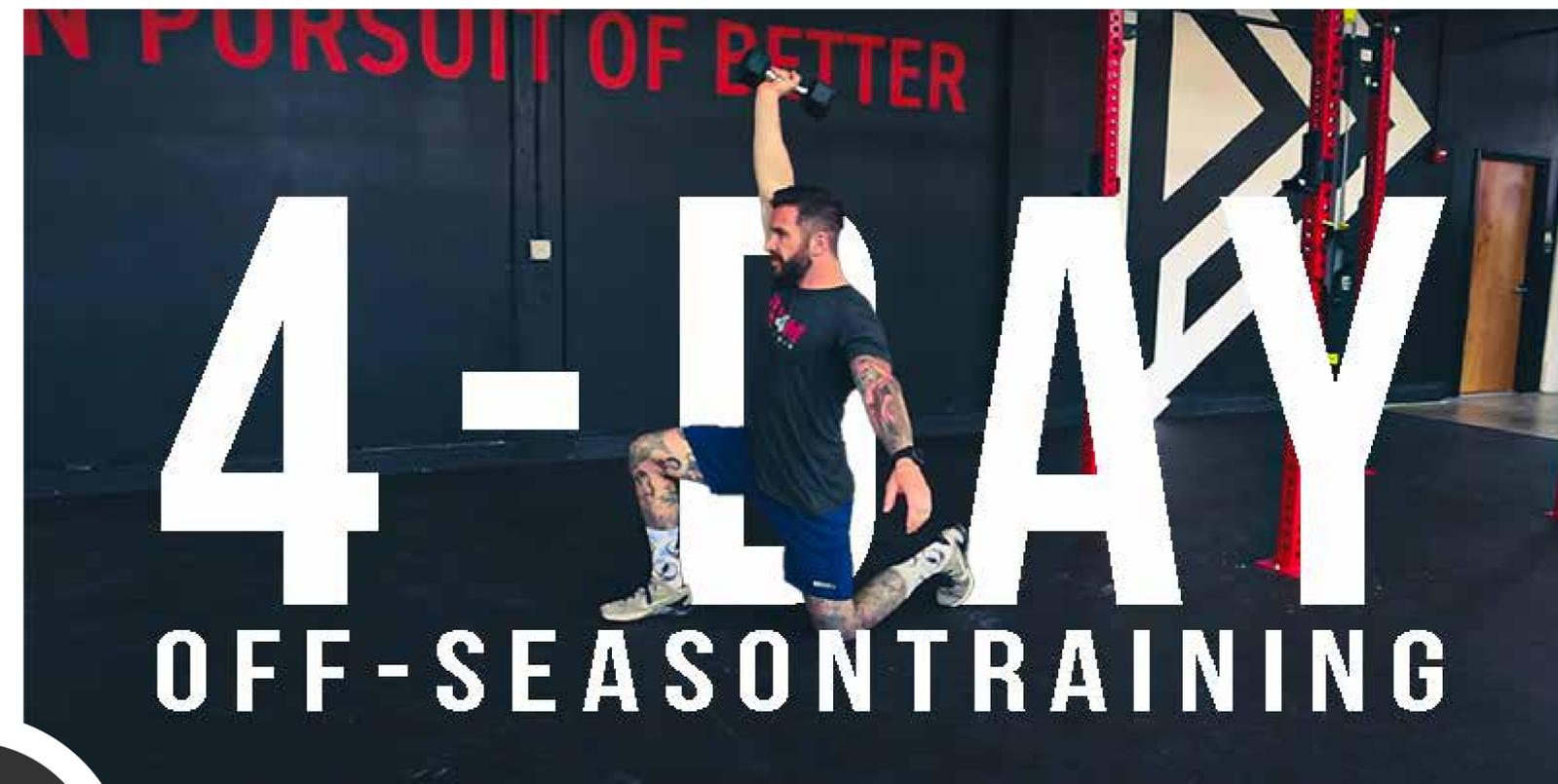
Workout Format:

Each training session contains a brief guided warm up, stability and pre-hab work, plyometrics, max strength & power development (powerlifts and olympic weightlifting), and supplemental strength training (unilateral work, push/pull, etc).

Every other training session will also end with an intense, competitive "Pillar" workout with complete instruction.

Audience:

Grades 9-12: Athletes who already have a complete fundamental fitness education and wish to prepare for a sport season. They should not be actively engaged in a competitive athletic season.



Equipment:

Must Have:

- PVC Pipe
- Barbells, Bumper Plates & Rack
- Dumbbells & Benches
- Pull-Up Bar/ TRX/Rings
- Bands
- Jump Rope

Equipment:

Nice to Have:

- Kettlebells
- Plyo Boxes
- Foam Roller/Lax Ball
- Cardio Machines

Recommended Requisites:

Intro to Fitness 1 & 2; Intro to Weight Training 1 & 2 - OR - GPP/Transition Program Suggested only for athletes who have had a full education of both movement and strength training. Athletes should already have recent, relevant working “maxes” of Squat, Bench, Clean, and Deadlift, and should not be completely “un-trained” (no workouts in previous 2+ months).

Assessments:

Strength: Continual tracking of

- Squat Working Max
- Press Working Max
- Clean Working Max

1RM Assessment of

- Bench Press
- Strict Press
- Back Squat
- Front Squat

- Hang Power Clean
- Power Clean
- Deadlift

Fitness/Performance

- Vertical Jump (Power)
- Broad Jump (Power)
- Pull Up (Strength)
- Push/Squat (Strength)
- Jump Rope (Skill)
- Grip Hangs (Stability/Stamina)
- Plank Hold ((Stability/Stamina)

IN SEASON WEIGHT TRAINING

Program Description:

This program is designed for athletes engaged in a competitive athletic season. Our focus, here, is on maintenance – allowing the athlete to remain as close to peak performance as possible for the duration of a season. We aim to keep as much of our hard-earned gains from the off-season as possible, while also keeping the body healthy and resistant to injury during the rigors of competition.

Breakdown:

- 10 weeks consisting of:
 - 2 total body lifts
 - 1 Mobility session
 - 1 Active Recovery Day

Each workout takes roughly 30 minutes

Workout Format:

Work peak power output and strength maintenance through our core barbell lifts. We supplement with strength capacity (unilateral work, push/pull) across numerous movement planes, and targeted injury prevention.

The active recovery session is a low-intensity workout designed to spur recovery after a grueling competition, or prime the engine before another. The mobility session is meant as something of a physical and mental “reset”. Consisting of light movement and guided mobility work, it is great for recovery after a big game, or as gentle prep for an upcoming competition.

Audience:

Grades 9–12: Athletes who wish to train through a competitive athletic season in order to maintain peak performance.



Equipment:

Must Have:

- PVC Pipe
- Barbells, Bumper Plates & Rack
- Dumbbells & Benches
- Pull-Up Bar/ TRX/Rings
- "Run" option

Equipment:

Nice to Have:

- Kettlebells
- Jump Rope
- Plyo Boxes
- Foam Roller/Lax Ball
- Cardio Machines
- Bands

Recommended Requisites:

Intro to Fitness 1 & 2 - OR - Suggested for athletes in grades 9-12 who have had a full education of both movement and basic resistance training and wish to focus on the development of athletic ability through targeted training, but do not have regular access to a complete weight room. Athletes should already have relevant “maxes” of necessary lifts and should not be completely “un-trained” (no workouts in previous 2+ months).

Assessments:

Continual tracking of:

- Back Squat
- Bench Press
- Clean

SPEED TRAINING

Program Description:

This program is aimed at developing an athlete's speed and change of direction ability.

Over the course of 24 total sessions, two major training cycles will be employed, with pre-, mid-, and post-assessment of all the relevant performance markers listed below.

In each 12-session cycle, a major emphasis will be placed on building pure speed through the combination of acceleration work, max velocity training, and true sprinting. Simultaneously, we will hone our running mechanics for maximally efficient movement, grow our stride rate of force production, or "Power", and develop our ability to break through deceleration/force absorption. Lastly, we will put it all together through intentional, closed-chain change of direction drills designed to improve coordination and movement economy through athletic patterns.

Breakdown:

- 24 total training sessions | 12 weeks, 2 sessions per week
- Each workout takes roughly 30 minutes
- Meant to be performed on any off day, or BEFORE any weight training season

Workout Format:

Each training session contains a brief guided warm up, running technique or acceleration/deceleration power development work, followed by intentional speedtraining (acceleration/top speed/full sprinting), and concluded with change of direction drills.

Audience:

Grades 9-12: Athletes who already have a complete fundamental fitness education and wish to prepare for a sport season. They should not be actively engaged in a competitive athletic season.



Equipment:

Must Have:

- Open Grass/Turf Area
- Cones
- Stopwatch

Nice to Have:

- Track or lined field
- Timing Equipment

Recommended Requisites:

Intro to Fitness 1 & 2; Intro to Strength Training 1 & 2 - OR - Athlete On-Ramp: Suggested for athletes who have had a an education of both movement and strength training. The program will intentionally progress even for athletes without extensive training background, but to maximize results, it is suggested that athletes have recent training experience and an understanding of movement prior to beginning.

Assessments:

Speed

- Acceleration
 - 20yd Dash
- Top Speed
 - 40yd Dash

Change of Direction:

- Quickness
 - Pro Agility or 5-10-5
- Curvilinear Running
 - T Sprin Drill (sprint variation)

CONDITIONING

Program Description:

This program is aimed at developing an athlete's work capacity across both the aerobic and anaerobic domains.

Over the course of 24 total sessions, two major training cycles will be employed, with pre-, mid-, and post-assessment of all the relevant performance markers listed below.

In each 12-session cycle, we place an emphasis on building aerobic capacity through the use of extensive tempo runs, and anaerobic capacity through intensive tempo sprinting.

Each variation of tempo running utilizes set intervals with prescribed distances, reps, and work-to-rest ratios.

Breakdown:

- 24 total training sessions | 12 weeks (2 scheduled sessions per week)
- Each workout takes roughly 30 minutes
- Meant to be performed on ANY off-day or AFTER any weight training session

Workout Format:

Each training session contains a brief guided warm up, followed by our tempo run prescription of the day

Audience:

Grades 9 –12: Athletes who already have a complete fundamental fitness education and wish to prepare for a sport season. They should not be actively engaged in a competitive athletic season.



Equipment:

Must Have:

- Open Grass/Turf Area
- Cones
- Stopwatch

Nice to Have:

- Track or lined field
- Timing Equipment

Recommended Requisites:

Intro to Fitness 1 & 2; Intro to Strength Training 1 & 2 - OR - Athlete On-Ramp: Suggested for athletes who have had a an education of both movement and strength training. The program will intentionally progress even for athletes without extensive training background, but to maximize results, it is suggested that athletes have recent training experience and an understanding of movement prior to beginning.

Assessments:

Aerobic Capacity

- 1 Mile Run

Anaerobic Capacity

- 300m Shuttle

Each of these assessments could easily be replaced by WHICHEVER metric you prefer to track with regards to capacity. For example, you could easily replace the mile run with the Cooper Test or any other aerobic assessment. The shuttle run could be replaced with any RSA (Repeated Sprint Ability) test you may choose to utilize instead. All it requires is a quick edit of the program!

PERFORMANCE ANYWHERE

Program Description:

No weight room? No problem. Our Performance Anywhere program is a complete performance training regimen, tackling the PLT4M Performance goals of Power, Control, and Capacity, just like our traditional off-season programs...without barbells.

Each week is complete with dedicated speed and power (“field”) work, odd-object/at-home strength and hypertrophy development, full body stability and coordination, and continual capacity and conditioning.

Breakdown:

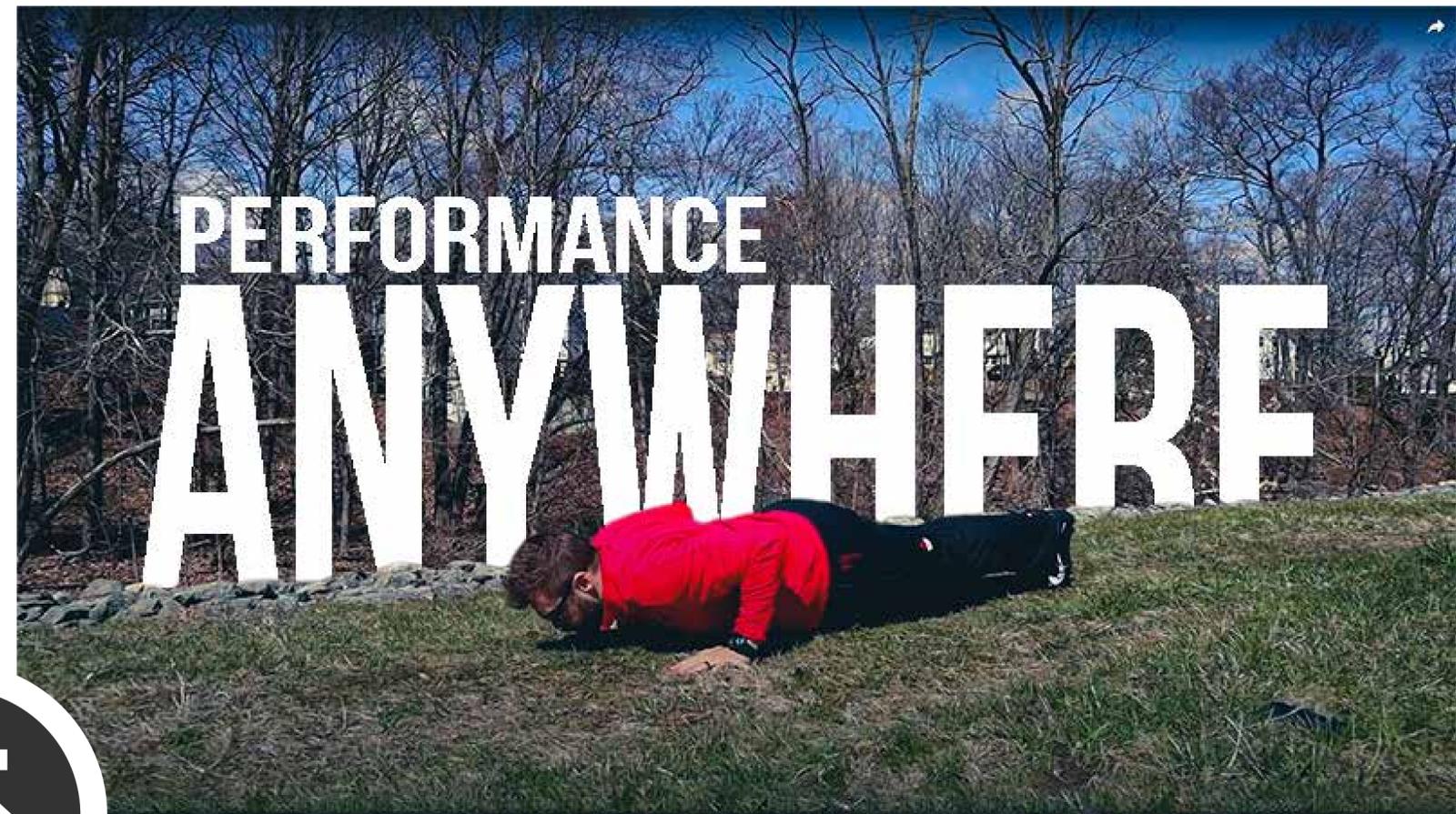
- 60 Total Workouts | 15 Weeks of 4 Sessions
- Additional mobility session each week
- Each session takes 45-75 minutes
- Mobility sessions are 20 minutes

Workout Format:

Each session begins with a warm up, followed by an element of Speed/Power development, then a focus on core movement patterns and accessory. Each session concludes with conditioning or a “Finisher.”

Audience:

Gades 9-12: Serious athletes looking to better themselves without access to the weight room.



Equipment:

None!

Optional: Students and athletes will have opportunities to add intensity through loading with the use of household objects, dumbbells, or kettlebells.

Recommended Requisites:

Intro to Fitness 1 & 2 - OR - Suggested for athletes in grades 9-12 who have had a full education of both movement and basic resistance training and wish to focus on the development of athletic ability through targeted training, but do not have regular access to a complete weight room. Athletes should already have relevant “maxes” of necessary lifts and should not be completely “un-trained” (no workouts in previous 2+ months).

Assessments:

There are no formal assessments; although, athletes will have an opportunity to record results for their "finisher" scores.

THANK YOU FOR READING!

Want to learn more about PLT4M?



QUESTIONS?

Reach out to PLT4M!

- ✉ ALEX.RELPH@PLT4M.COM
- ☎ (855) 862-5502 (EXT 1)
- 🌐 WWW.PLT4M.COM
- ✂ @PLT4M
- 📷 @PLT4M
- 📺 /PLT4M
- 📺 PLT4M