



NATIONAL WELLNESS, HEALTH, & PE SPOTLIGHT

CANTON HIGH SCHOOL

PRESENTED BY  PLT4M



MISSION STATEMENT

We will encourage, educate, and motivate our students to make positive daily decisions and to develop healthy lifestyle habits.



**GRADES
9-12**



**1,000
STUDENTS**

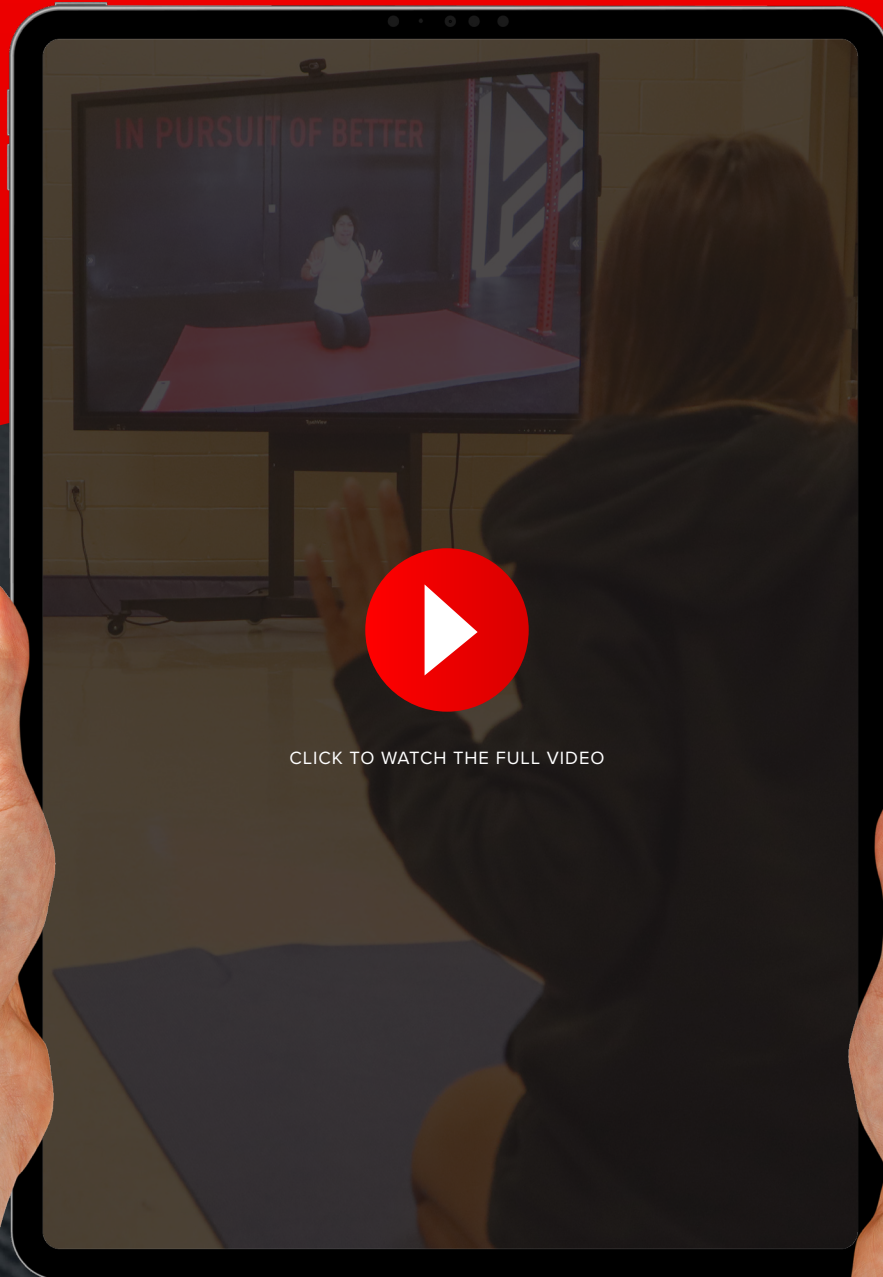


**4 YEAR PE
REQUIREMENT**

NATIONAL SPOTLIGHT VIDEO

Canton High School has made it a mission to provide every student with fitness, health, and wellness education throughout the school day.

Take an inside look at how Canton makes fitness and wellness a priority before, during, and after school.



FITNESS & WELLNESS THROUGHOUT THE BUILDING

At Canton, wellness is a school-wide initiative. Students come to the classroom, fitness room, weight room, and auxiliary fitness room to learn and grow in physical education.



CLASSROOM

Students learn and discuss everything from health, nutrition, and other cognitive wellness topics.

FITNESS ROOM

Students explore and develop foundational fitness skills in a wide variety of movement-based activities.



WEIGHT ROOM

Students practice and perform strength training for everything from general fitness to athletic performance.



AUXILIARY FITNESS ROOM

Students participate in alternative forms of fitness and wellness like mindfulness, yoga, dance and pilates.



PLT4M AT CANTON

At Canton, PLT4M is utilized as the go-to curriculum and technology for all things health, wellness, and physical education.



TVs & TOUCHVIEW

From short demonstrational videos to full follow along lessons, PLT4M is on full display. Students have access to high-quality instructional videos in a wide range of curriculum modules.



PHONES & TABLETS

Students access personalized lesson plans and workouts via the PLT4M app. Every student is able to take ownership of their own learning with one-to-one technology.



COMPUTERS & LAPTOPS

Students can complete cognitive assignments delivered right from the PLT4M program library. From nutrition to fitness literacy, students have access to the total picture of health and wellness.

TEACHERS IN ACTION

At Canton, teachers have utilized PLT4M in almost every learning environment. In doing so, teachers have taken a consistent and comprehensive approach to providing every student with new learning opportunities.



“With PLT4M, I can spend so much more time with my students. I have the ability to directly impact students by giving them one-on-one instruction paired with quality resources I can trust.”

– **ADAM HUGHES** | Canton PE Teacher

STUDENTS IN ACTION

At Canton, PLT4M is utilized as the go-to curriculum and technology for all things health, wellness, and physical education.



“PLT4M has made my experience at school so much more impactful. Using PLT4M I have been able to do things I never expected to be doing. Plus, I do it correctly with the help of PLT4M.”

- **SOPHIA S**



“PLT4M has impacted my overall health and wellness in a way I could have never imagined. It has provided myself and other students a way of tracking our growth, as well as providing information that will ultimately help us to reach our goals. PLT4M has not only extended from just the weight room to health classes at CHS, but it has provided students with a guide to stay active under any circumstance

- **KEITH H**



“PLT4M has been a very useful and beneficial program to me because it helped me become more confident as a player. PLT4M made me feel comfortable lifting weights as a beginner and taught me correct form from the videos.”

- **SYDNEY G**



INTRO TO FITNESS



MINDFULNESS & SEL



WEIGHT TRAINING

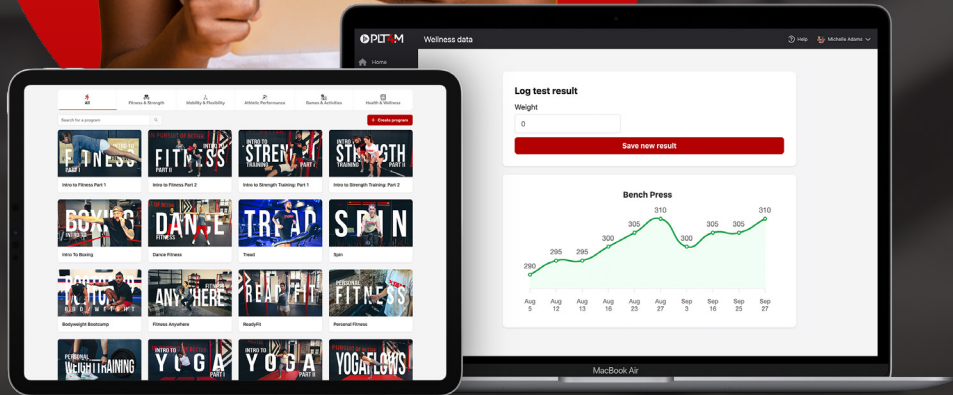


YOGA



GAMES & ACTIVITIES

PLUS MANY MORE PROGRAMS TO EXPLORE



Developing Whole Child Wellness Through Comprehensive Health and PE

Discover why thousands of HPE Professionals are raving about PLT4M!

[LEARN MORE](#)



Thank you to the Canton Public School District for allowing PLT4M to spotlight the fantastic work of their high school wellness department.

Special Thanks to all the students who were willing to participate and be spotlighted!



THANK YOU FOR READING!

Want to learn more about PLT4M?

SCAN HERE!
↓



get.plt4m.com/demo

QUESTIONS?

Reach out to PLT4M!

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