

# INTRO TO FITNESS



PART 1



# About PLT4M's Intro To Fitness Part 1 Course

## Course 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.

## Course Overview

- 15 Total Lessons | 5 Sections of 3 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

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!

## Assessments

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



Let's dive in to your  
**FREE** Intro to Fitness  
Part 1 Lesson

## Sample Lesson Overview

### Teacher Lesson Plan

#### Objectives:

- 1. Connect Movement to Daily Life** - Students will learn how foundational movements like the squat and hinge apply to everyday activities and long-term health.
- 2. Demonstrate and Scale Foundational Movements** - Students will perform a variation of the squat and good morning using the points of performance that matches their current ability level.

#### 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.
- Supporting standards: Listed throughout the rest of the lesson plan.

#### Equipment:

- Required: N/A
- Option: Running Area/Cardio Equipment

### Intro To Fitness: Lesson 1 - Squat & Hinge

A 45-minute foundational movement lesson designed to introduce students to two essential human movements — the squat and the hinge.

#### Key Vocabulary

Spiderman & Reach	Alternating Samson Stretch	Superset	Good Morning / Hinge	Foundational Movement
Elbow Plank	Air Squat	Finisher	Cardio	Functional Strength

#### Best Practices:

- Emphasize the first three points of performance for the air squat before allowing students to pursue the fourth point of performance: squat below parallel.
- Encourage peer-to-peer learning by having students partner up and provide feedback on squat and good morning movements.
- Remind students to work at their own pace during the finisher, prioritizing form and technique.
- Offer cardio equipment for the finisher as a modification if running for two minutes isn't an option.

## Sample Lesson Overview

### Lesson 1: Squat & Hinge

#### Introduction:

Today, we are beginning our movement and fitness journey by learning two of the most important foundational human movements - the Squat & the Hinge.

The Squat is arguably the most foundational movement within any fitness or training program. Why? It's simple. Mastering it boasts the most bang for your buck. Firstly, it is a movement pattern essential to our DNA. Squatting (properly) is how we were designed to sit - chairs, couches, and toilets haven't always existed. Squatting and standing is our way of getting up and down. Today we will learn the Air Squat.

We will also be introducing the hip hinge through an exercise called the "Good Morning". It will set us up for safety during big lifts down the road and help us develop the core strength and stamina necessary for performance and injury prevention. We will "super-set" the good mornings with some elbow planks to begin our core development.

The entire session today is not meant to be grueling. We want great, consistent movement. Focus on technique first, intensity a distance second.



## **1. Start with “I Can” Statement (3 Minutes)**

Begin class by reviewing the “I Can” statements on the next slide to set clear learning goals and expectations for students.

*Optional Do Now:*

*Where do you think you use a squat or hinge (bending over) in real life?*



**1**

**I can perform a good morning variation using the points of performance that fits my current ability.**

**2**

**I can perform an air squat variation using the points of performance that fits my current ability.**



## 2. Warm-Up: Movement Prep (5 Minutes)

(2.8.14) Applies knowledge of dynamic and static stretching to exercise in warm-up, cool-down, flexibility, endurance, etc. physical activities.

(1.12.7) Demonstrates appropriate technique in flexibility training.

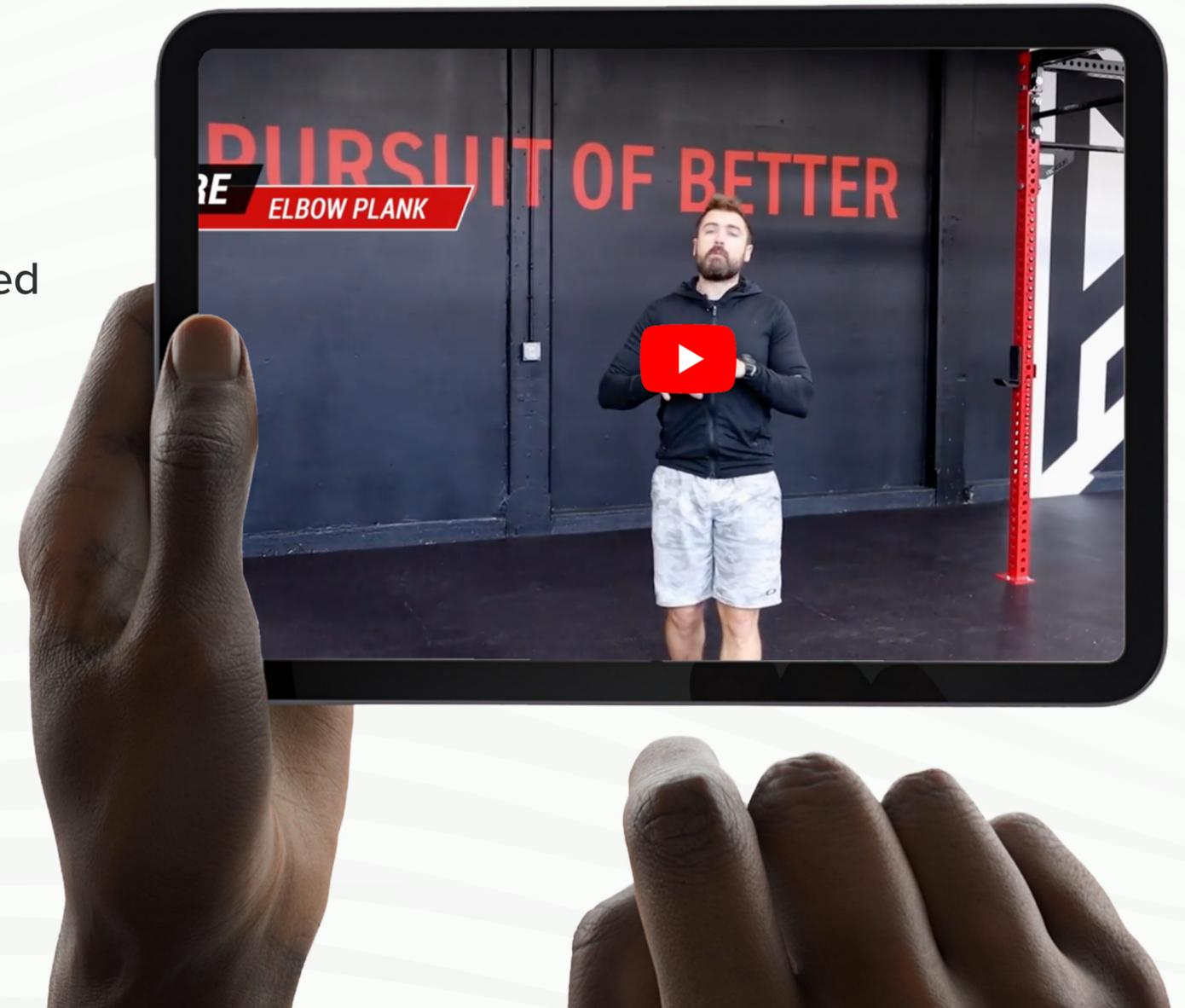
- Introduce and lead students through the warm-up:
  - 2 Minutes of Light Cardio
  - 1:00 Spiderman and Reach
  - 1:00 Alternating Samson Stretch

## 3. Movement Practice: Intro to Superset (13 Minutes)

(2.8.17) Examines how rest impacts the body's response to physical activity.

(2.12.12) Applies knowledge of rest when planning regular physical activity.

- Explain the concept of a superset — multiple exercises performed back-to-back with rest after the set. Guide students through 4 rounds of:
  - Good Mornings – 10 reps
  - Elbow Plank – :20 seconds
  - Rest – 1:00 between rounds



## 4. Skill Focus: Air Squat Technique (6 Minutes)

(1.8.3) Demonstrates appropriate form in a variety of health-related fitness activities.

(1.12.6) Demonstrates appropriate technique in muscular strength and endurance training.

- Introduce the 4 Points of Performance for the air squat:

- 1) The Feet/Stance

- 2) Knees Tracking Toes

- 3) Lumbar Curve Maintained

- 4) Below Parallel/Full ROM Goal

- Practice 2 sets of 5 air squats



## 5. Culminating Activity: Fitness Finisher (12 Minutes)

(4.8.3) Participates in a variety of physical activities that can positively affect personal health.

(4.12.5) Chooses and successfully participates in self-selected physical activity at a level that is appropriately challenging.

- Explain the Finisher — a circuit that applies the squat in a real fitness setting:
  - 5 Rounds: 10 Perfect Air Squats, 2:00 of Walk/Jog/Run or another cardio movement



## 6. Cool Down: Recovery Work (5 Minutes)

(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.

- Bring students back to review class, "I Can" statements, and finish with exit ticket questions.

See those on the next two pages.





**1**

**I can perform a good morning variation using the points of performance that fits my current ability.**

**2**

**I can perform an air squat variation using the points of performance that fits my current ability.**

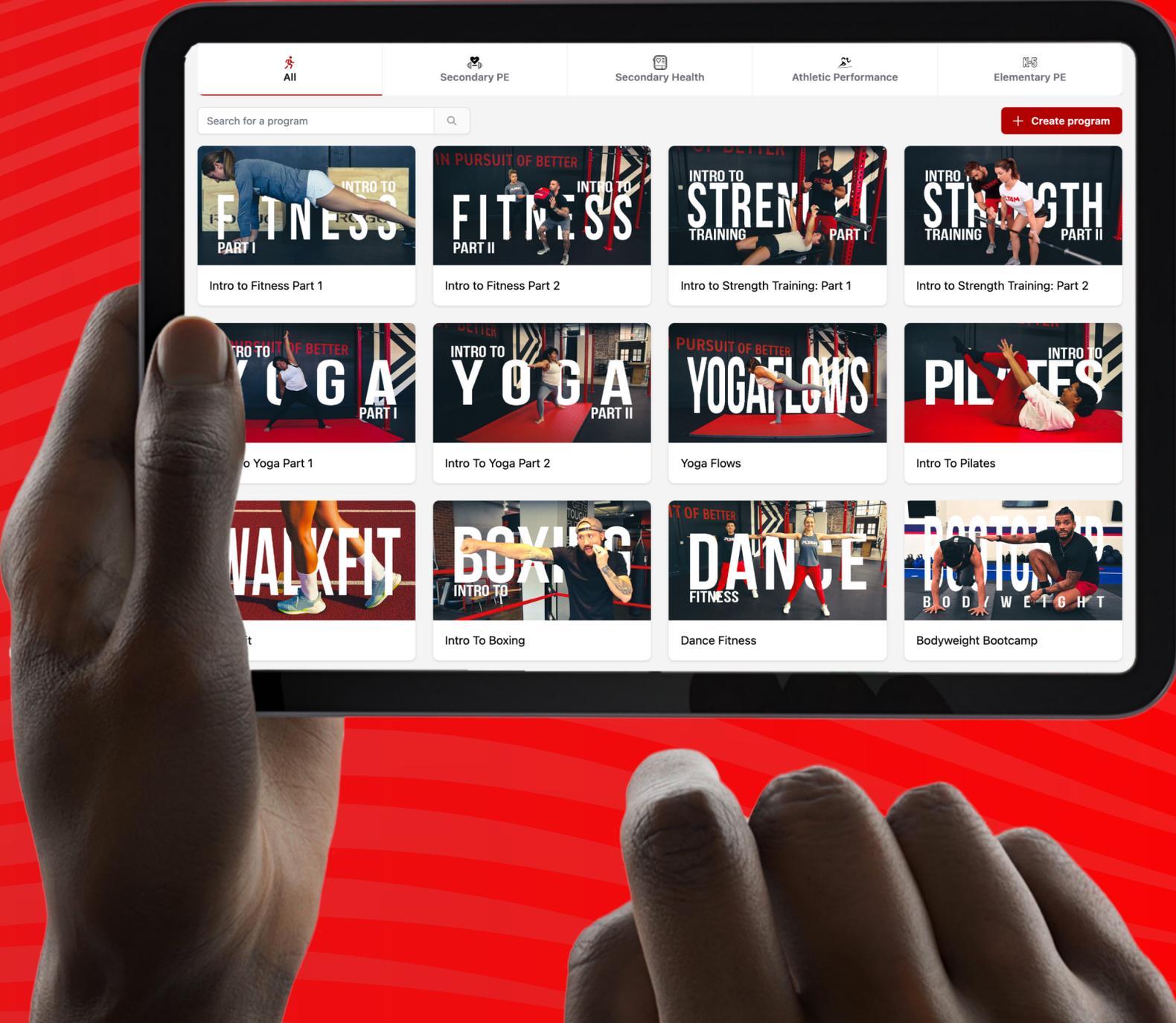
## Exit Ticket Questions

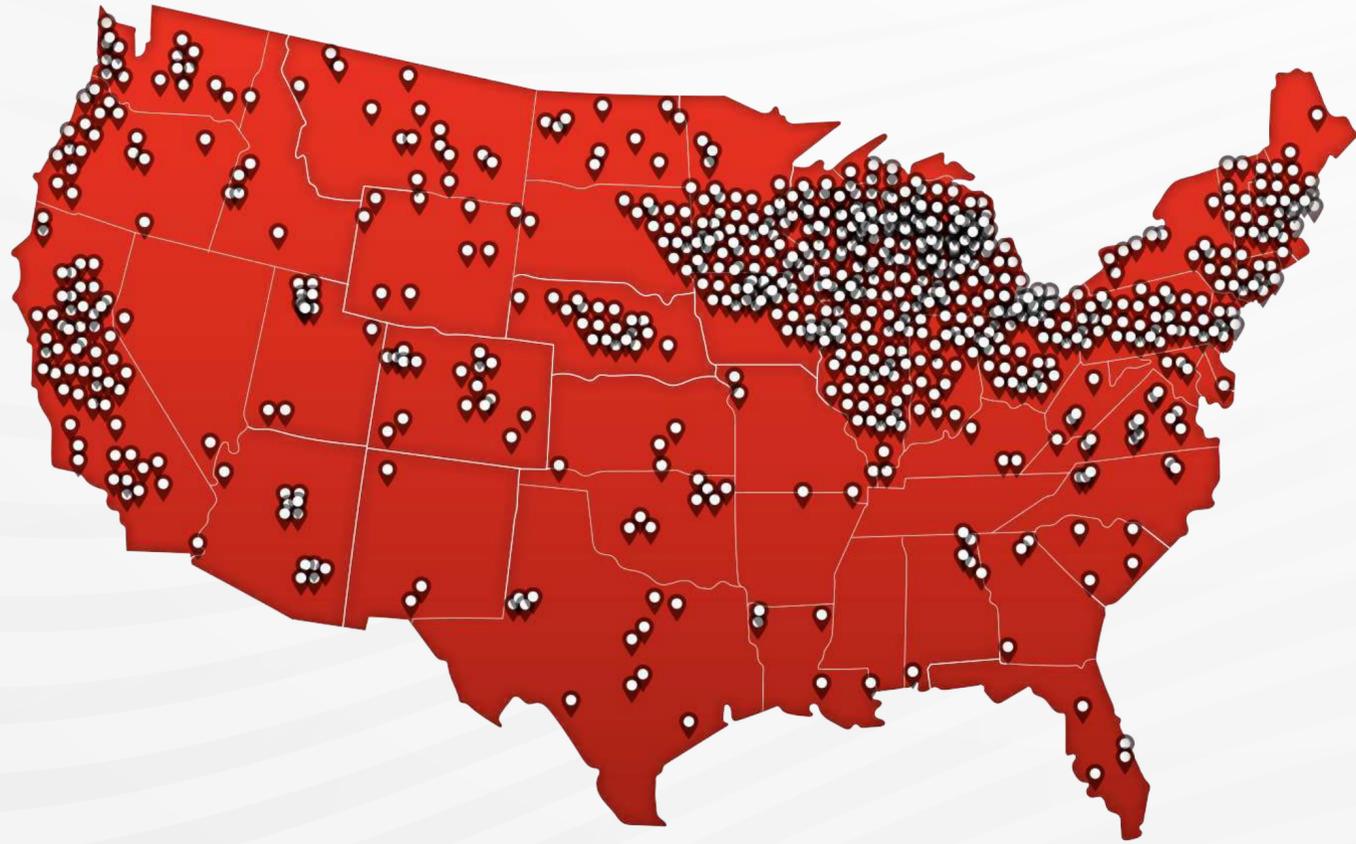
1. What is one key point of performance you practiced today when performing the good morning
2. What is one key point of performance you practiced today when performing the air squat?

# Did You Enjoy That Lesson?

Explore PTL4M's Full Curriculum  
and easy-to-use instructional tools!

See PLT4M in Action!





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



Establish Physical Activity



Support Whole Child Wellness



Inspire Student Confidence

# Our Solution



## Content Kids **LOVE**

With over a thousand lessons across a wide range of K-12 courses, we help districts develop a powerful scope and sequence that develops students' physical literacy and helps them discover their passion for activity.



## Curriculum Teachers **TRUST**

Our diverse team of certified instructors provide standards-based curriculum across a wide range of modalities from Elementary PE to Secondary level Nutrition, Fitness, Pilates, Weights, Yoga, Boxing and more!



## Tech That **INSPIRES**

We help teachers harness the power of technology in ways that enhance student learning outcomes. Compatible with all devices, students finally have consistent and reliable access to their data and progress.



# Our Impact

The future success and health of our nation's children is at stake. Our youth are more sedentary than ever before, contributing to significant physical and mental health issues, such as obesity, type-2 diabetes, anxiety, and depression.

At PLT4M we believe regular physical activity and a practical health education are key pieces of the solution. We partner with schools to get kids moving and inspire a lifelong love of healthy, active living. We do this through vertically aligned, standards-based, quality Health and PE instruction.



## By The Numbers In 2024

**60,000,000+**

Minutes of Student  
Activity

**3,000,000+**

Workouts & Lessons  
Completed

**1,400,000+**

Assessments & Fitness  
Tests Logged

# Our Community

We are helping teachers across the country deliver on their mission to improve the lives of students. But don't take our word for it! Here's what they have to say...



"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



**STUDENT  
FEEDBACK**



"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.**"

**Sophia**



"PLT4M has **impacted my overall health and wellness** in a way I never could have imagined. It has provided us a way of tracking our growth along with providing information that helps us reach our goals."

**Keith**

# Our Success Stories

Over the years, we've spotlighted more than 100 of our schools who are embracing a modern approach to student wellness.

SEE THEIR STORIES



# THANK YOU FOR READING!

Visit us at [PLT4M.com!](https://www.plt4m.com)

## QUESTIONS?

Reach out to PLT4M!

 [ALEX.RELPH@PLT4M.COM](mailto:ALEX.RELPH@PLT4M.COM)

 (855) 862-5502 EXT. 1

 [WWW.PLT4M.COM](https://www.plt4m.com)

 @PLT4M

 @PLT4M

 /PLT4M

 PLT4M