PLT4M

SCOPE & SEQUENCE

HELPING TEACHERS ENGAGE EVERY STUDENT
IN *QUALITY* HEALTH & PHYSICAL EDUCATION

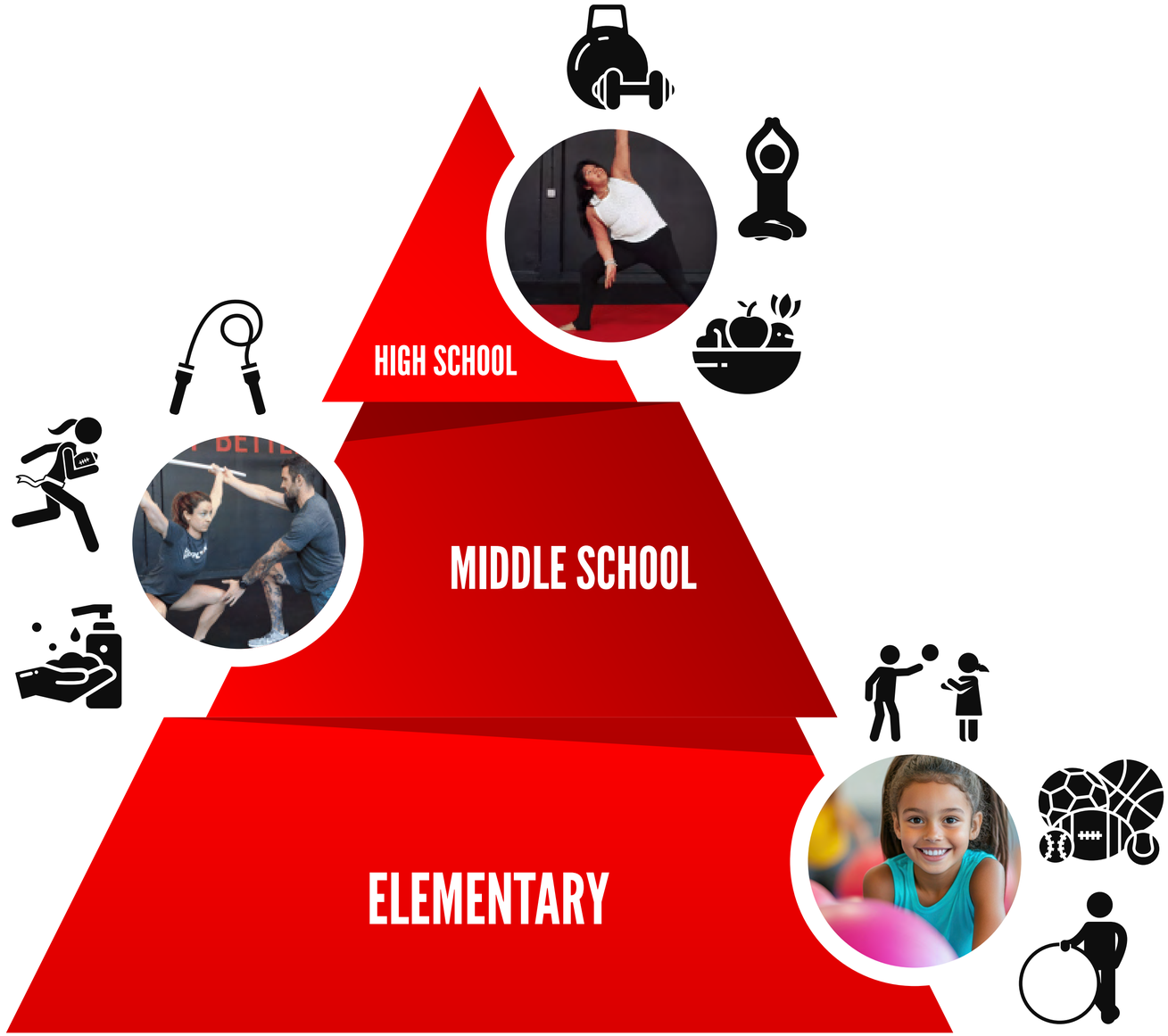
ABOUT PLT4M

THE NATIONS *BEST* PE & HEALTH CURRICULUM

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 2012, PLT4M is proud to partner with more than 1,300 schools, suppoing thousands of teachers and over 500,000 students on their journey to health and wellness.



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.



SEE OUR FULL ALIGNMENT & PROGRESSION

Schedule a **FREE** consultation today!

FIND A TIME

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.



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.

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.

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.

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-suffciency.



VERTICAL CURRICULUM ALIGNMENT AT-A-GLANCE

USING NATIONAL PE STANDARDS WITH INTEGRATED HEALTH CONCEPTS

	GRADE K-2 (FOUNDATIONS & EXPLORATION)	GRADE 3-5 (DEVELOPMENT & APPLICATION)	GRADE 6-8 (COMPETENCE & EXPERIENCE)	GRADE 9-12 (AUTONOMY & MASTERY)
STANDARD 1 MOTOR SKILLS (PHYSICAL) 	**Exploring Fundamentals** Focus on traveling safely in general space with basic locomotor skills (walking, running, hopping, jumping, sliding, galloping and skipping introduced) and first manipulative skills (rolling, underhand throwing, catching, kicking) in stable tasks.	**Combining Skills** Focus on combining locomotor skills (skipping, galloping, leaping) and linking skills while moving: dribbling with hands and feet, overhand throwing and catching, kicking, and striking with an implement.	**Fitness Form & Sport Skills** Focus on correct form in foundational movements (squat, hinge, lunge, push, pull, core) and skill-related fitness, plus sport skills in small-sided games: serves, strokes, creating open space, and defensive position.	**Technique for Lifetime Training** Focus on refined technique in free-weight strength training, flexibility (yoga, Pilates), cardio (spin, tread, bootcamp), and lifetime sports (tennis, pickleball).
STANDARD 2 CONCEPTS & STRATERGY (COGNITIVE) 	**Movement Vocabulary** Focus on the language of movement: self vs. general space, levels, speed, and force; skill cue words; simple chasing and fleeing strategies; and naming activities that help the body grow strong.	**Moving with Purpose** Focus on applying movement concepts to find open space, dodge, and guard in small-sided practice tasks, choosing the right force and direction for a skill, and giving examples of activities for each fitness component.	**Principles of Training** Focus on progression, overload, and specificity; using RPE and heart rate to gauge effort; how rest affects the body; and dynamic vs. static stretching. **HEALTH LINK** NUTRITION, HYDRATION & SLEEP	**Analyze & Self-Coach** Focus on applying movement principles (force, motion, stability) to analyze and improve performance, adjusting intensity with RPE and heart rate, and planning rest and recovery. **HEALTH LINK** FITT PRINCIPLE & ANATOMY
STANDARD 3 SOCIAL SKILLS (SOCIAL/EMOTIONAL) 	**Kindness & Safe Choices** Focus on following directions and teacher feedback, sharing equipment and space, making safe choices, and showing respect to every partner, with teacher guidance.	**Cooperation & Teamwork** Focus on working with partners and groups to solve challenges, negotiating roles, including all classmates, and moving safely with limited reminders.	**Communication & Feedback** Focus on giving and using cue-based feedback when prompted, planning tactics as a team, accepting differences in ability, following etiquette, and using equipment safely.	**Leadership & Etiquette** Focus on encouraging others, giving feedback that improves a peer's performance, modeling etiquette, solving group problems, and applying safe-training practices, all without prompting.
STANDARD 4 PERSONAL ENGAGEMENT (AFFECTIVE) 	**Joy of Movement** Focus on expressing how an activity feels, naming favorite ways to move, and bravely trying new challenges.	**Challenge & Choice** Focus on taking on skill challenges (jump rope, cup stacking), noticing personal improvement, and finding activities to enjoy outside of school.	**Goals & Self-Management** Focus on setting goals based on individual ability, managing emotions and behavior during activity, and examining opportunities and barriers to being active outside PE. **HEALTH LINK** EMOTIONS & STRESS MANAGEMENT	**Self-Directed Lifetime Activity** Focus on setting goals tied to personal interests, choosing activity for enjoyment, challenge, and connection, and planning to stay active after high school.

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 purposefu 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

- ACTIVE HEALTH
- BASKETBALL
- BATTING
- BOWLING
- COOPERATIVE
- CUP STACKING
- FITNESS GAMES
- FLOOR HOCKEY
- GYMNASTICS
- INVASION GAMES
- JUMP ROPE
- HEALTH HABITS
- INSTANT ACTIVITIES
- LOCOMOTOR
- PARACHUETES
- SCOOTER ACTIVITIES
- SOCCER
- TAG GAMES
- THROWING & CATCHING



SECONDARY EXCELLENCE

FROM EXPLORATION TO APPLICATION

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

- BODYWEIGHT BOOTCAMP
- DANCE FITNESS
- FITNESS ANYWHERE
- INTRO TO BOXING
- INTRO TO FITNESS PART 1
- INTRO TO FITNESS PART 2
- INTRO TO FLEXIBILITY
- INTRO TO MOBILITY
- INTRO TO PILATES
- INTRO TO STRENGTH TRAINING: PART 1
- INTRO TO STRENGTH TRAINING: PART 2
- INTRO TO YOGA PART 1
- INTRO TO YOGA PART 2
- PERSONAL FITNESS
- PERSONAL WEIGHT TRAINING
- READYFIT
- SPIN
- STRETCHING ROUTINES
- TREAD
- WALK FIT
- YOGA FLOWS

GAMES & ACTIVITIES

- BADMINTON
- BASKETBALL
- FLAG FOOTBALL
- FLAG RUGBY
- GYMNASTICS
- HANDBALL
- PICKLEBALL
- SOCCER
- SWIM
- TENNIS
- ULTIMATE FRISBEE
- VOLLEYBALL
- YARD GAMES



SECONDARY HEALTH SCOPE & SEQUENCE

FROM COMPETENCE TO AUTONOMY

The secondary health curriculum develops students' health literacy through a skills-based, standards-aligned approach. Aligned to the 2024 SHAPE America National Health Education Standards, lessons move beyond memorizing information to practicing essential health skills.

Students learn to analyze influences, access reliable information, communicate effectively, set goals, and make responsible decisions about their health and wellbeing. Through real-world application and reflective learning, students build the confidence and competence neededto navigate lifelong wellness.

> "There is so much pressure on students, so units from PLT4M's Health Curriculum provide opportunities to tie in all the pieces of total wellness to help manage busy lives. We are excited to keep involving more of these different units within our curriculum."
>
> – JOSH BOWIE, CROCKER MIDDLE SCHOOL (CA)

SECONDARY HEALTH

- ANATOMY & MOVEMENT SCIENCE
- APPLIED NUTRITION
- CPR & FIRST AID FUNDAMENTALS
- DIGITAL CITIZENSHIP
- DRUG EDUCATION
- FITNESS LITERACY
- HEALTHY RELATIONSHIPS
- INTRO TO EMOTIONS
- INTRO TO MINDFULNESS
- INTRO TO NUTRITION
- PERSONAL HYGIENE
- SLEEP
- STOP BULLYING
- STRESS MANAGEMENT
- UNDERAGE DRINKING PREVENTION



ATHLETIC DEVELOPMENT

TRAINING FOR PERFORMANCE

The secondary years are a critical time to develop strength, athleticism, and confidence in movement. PLT4M's Strength & Conditioning programs give coaches the tools to deliver structured, individualized training that meets athletes where they are and helps them reach their potential.

Built by certified strength professionals, PLT4M provides customizable training programs, a deep library of professional demonstration videos, and streamlined tool for tracking performance and progress across teams and seasons.

> "What I like most about using PLT4M is the ability to edit and adjust the program to fit our exact goals. There is a great structure in place with what PLT4M offers, and it is easy for anyone to tailor the existing programs to their specific needs."
>
> – BART STRICKLAND, KELLY WALSH HIGH SCHOOL (WY)

ATHLETIC PROGRAMS

- 2-DAY OFF-SEASON
- 3-DAY OFF-SEASON
- 4-DAY OFF-SEASON
- ACTIVE RECOVERY
- ATHLETE ON-RAMP
- CONDITIONING
- IN-SEASON
- PERFORMANCE ANYWHERE
- SPEED

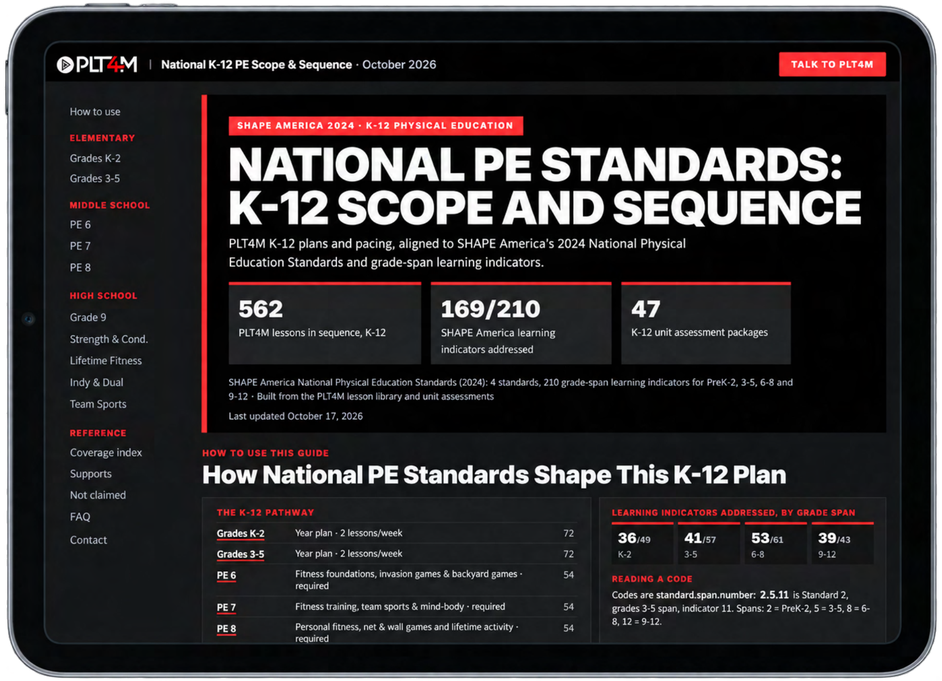


SAMPLE RESOURCES

CURRICULUM MAPS, PACING GUIDES & LESSONS

The curriculum maps and pacing guides 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.

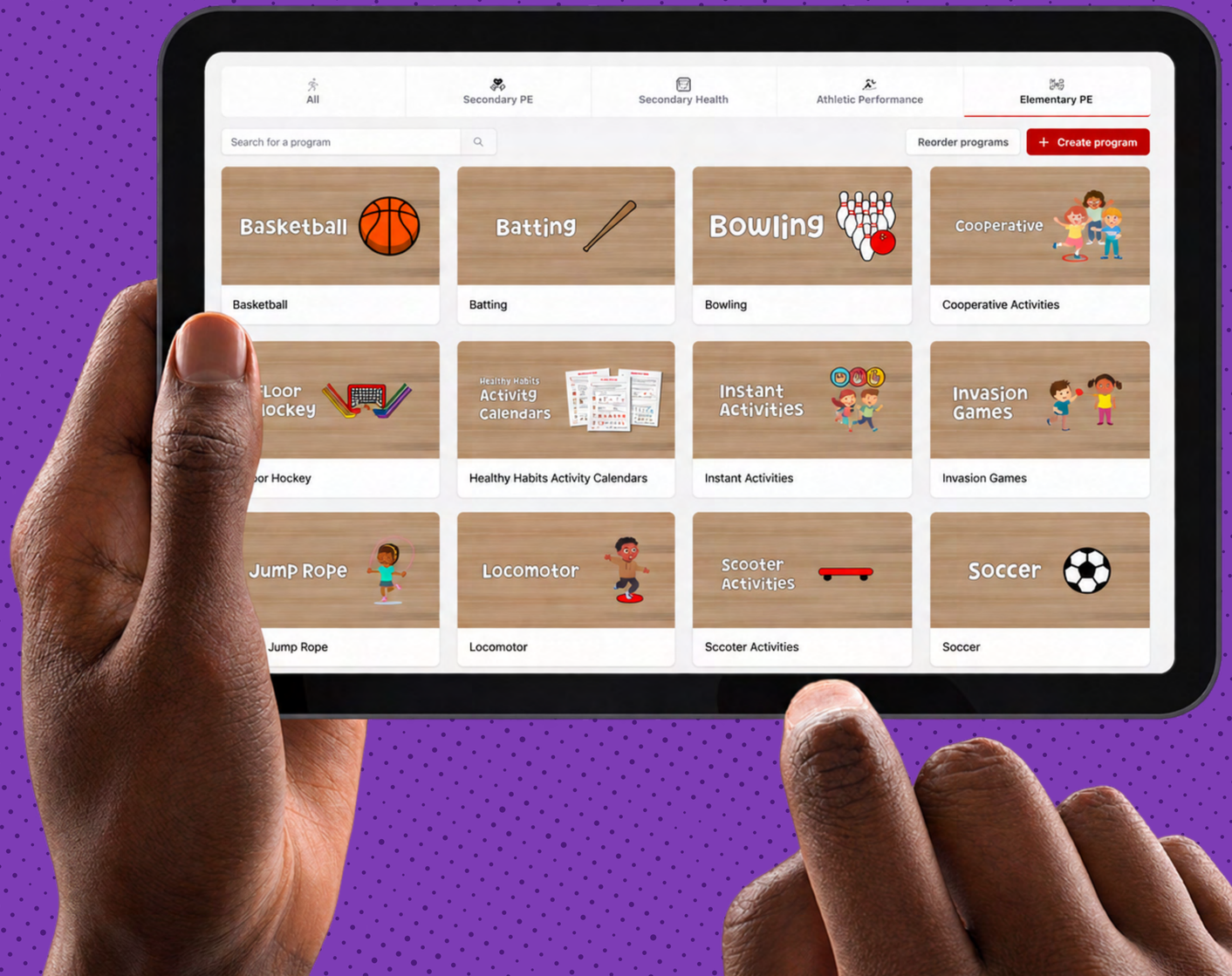
They are designed to highlight the intentional structure of the PLT4M curriculum—including thoughtful scope and sequence, vertical alignment, and multiple entry points that allow schools to meet students where they are.



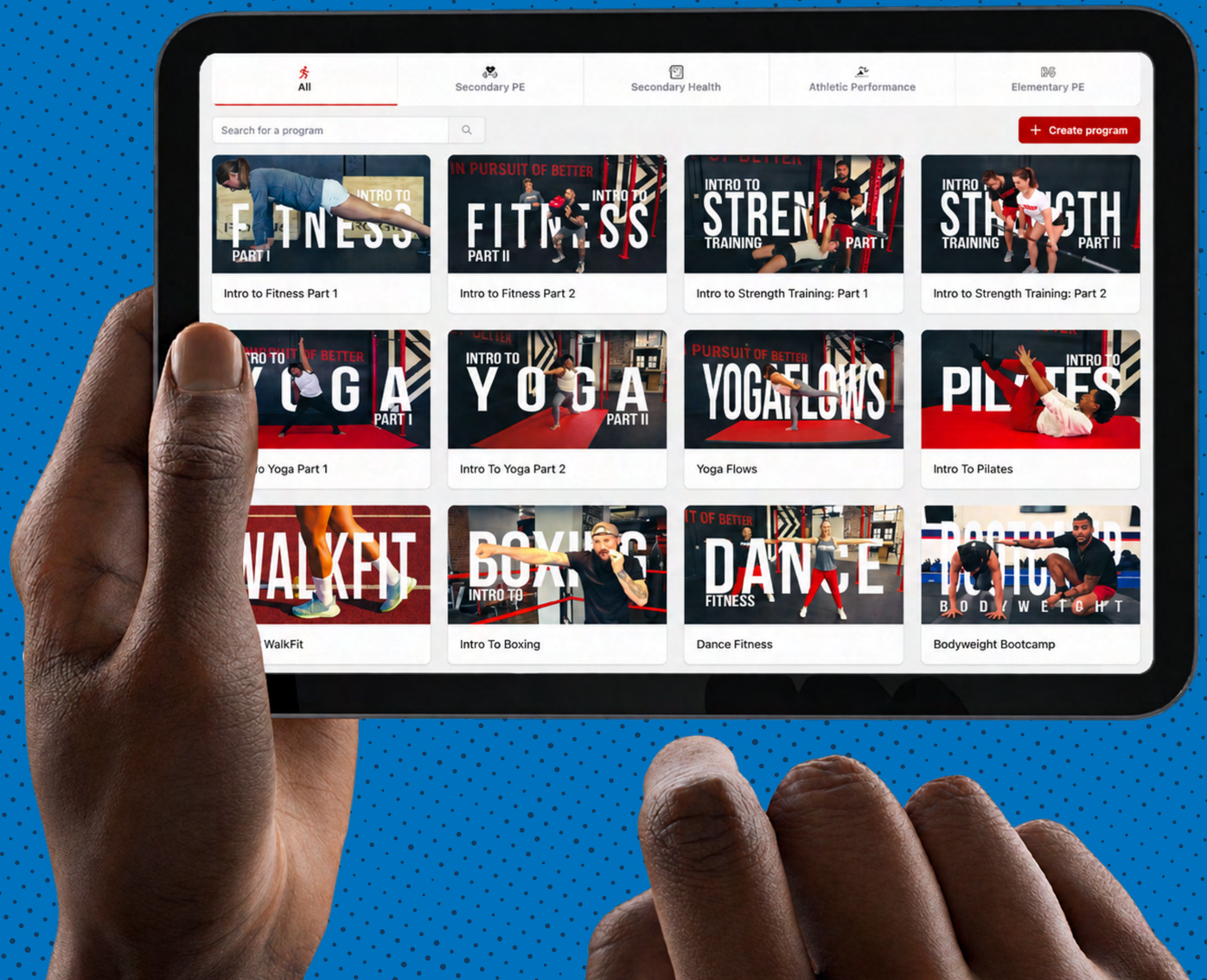
VIEW NATIONAL PE STANDARDS

ELEMENTARY PE SAMPLE LESSON PLANS

VIEW THE LESSON PLANS



SECONDARY PE SAMPLE LESSON PLANS





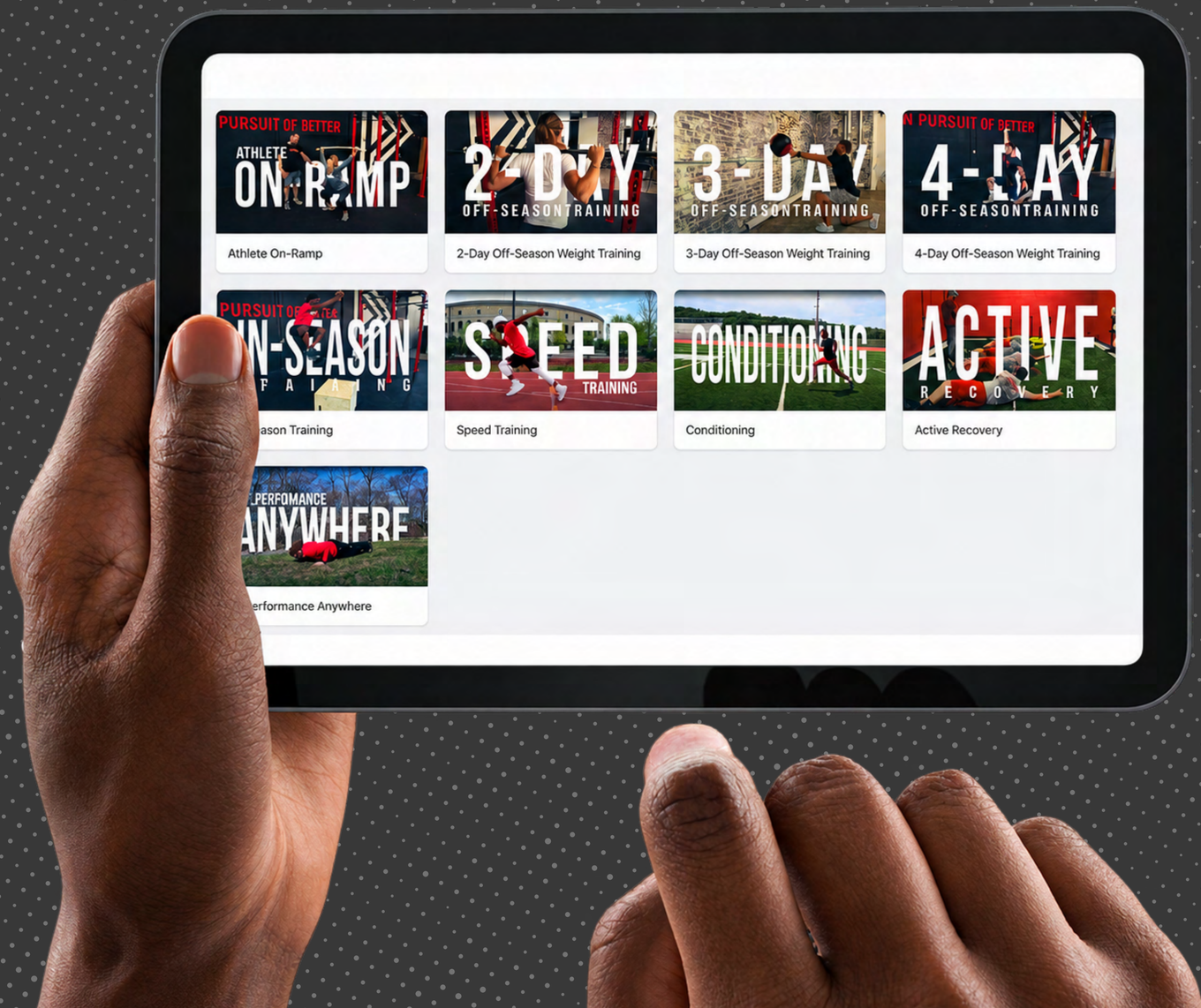


HEALTH SAMPLE LESSONS

VIEW THE LESSON PLANS

HEALTH SCOPE & SEQUENCE

PLT4M



ATHLETIC SAMPLE LESSONS

VIEW THE LESSON PLANS

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

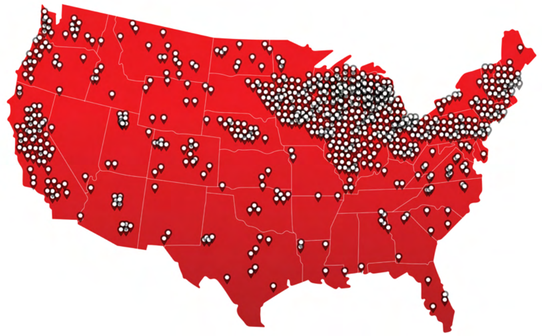
SMART Goals & Student-Built Fitness Plans

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

SCHOOL NEWS NETWORK®

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 SOCIETY OF HEALTH AND PHYSICAL EDUCATORS

health. moves. minds.

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



EXPLORE OUR FULL LIBRARY OF COURSES

The PLT4M Course Descriptions provide an overviewof every course we offer, including standards, equipment, intended audience and more!

EXPLORE COURSES

THANK YOU FOR READING!

Want to learn more about PLT4M?

LEARN MORE

QUESTIONS?

Reach out to PLT4M!

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