

INTRO TO STRENGTH



PART 1



About PLT4M's Intro To Strength Part 1 Course

Course 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!

Course Overview

- 15 Total Lessons | 5 Sections of 3 Lessons
- 30–45 minutes per Lesson
- Assessments in Section 5 for each Powerlift

Lesson 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

Suggested for grades 9-12, but if students in 6-8th grade have completed Intro to Fitness 1 & 2, this is suitable.

Assessments

We will establish baseline maxes at the end of the program for the following:

- Squat
- Bench Press
- Deadlift



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

Sample Lesson Overview

Teacher Lesson Plan

Objectives:

- 1) Perform Barbell Back Squat** – Students will perform the barbell back squat while focusing on key points of performance, maintaining proper form and technique, and scaling the movement based on their current ability.
- 2) Perform Dumbbell Accessory Movements** – Students will perform dumbbell accessory movements, such as the kneeling single-arm dumbbell strict press and dumbbell RDL, while emphasizing control, alignment, and proper technique.
- 3) Practice Safe Weight Room Habits** – Students will demonstrate proper equipment setup, responsible use, and application of safety techniques during all weighted movements and exercises.

Focus Standard:

- **6-8: (1.8.3)** Demonstrates knowledge of heart rate and describes its relationship to aerobic fitness.
- **9-12: (1.12.6)** Applies heart rate concepts to ensure safety and maximize health-related fitness outcomes.
- *Supporting standards: Listed throughout the rest of the lesson plan.*

Equipment:

- **Required:**
 - Rack/Rig/Lifting Station
 - Barbells & Dumbbells
- **Optional:**
 - Mat/Soft Surface

Intro To Strength Training Part 1: Lesson 1 - Back Squat

A 45-60 minute foundational strength training lesson designed to introduce students to the barbell back squat and accessory dumbbell exercises.

Key Vocabulary

Warm Up	Spiderman & Reach	Air Squat	Pigeon Pose	Low Dragon	Superset	Elbow Plank
Superman	Back Squat	Sternum Height	Barbell & Dumbbell	Kneeling Single Arm DB Strict Press	RDL	J-Hooks/Supports

Best Practices:

- Lesson timing varies based on group size, weight room setup, and whether full videos are watched in class. Modify class time by scaling down accessory rounds or skipping recovery time, while keeping the warm-up and core lift as top priorities.
- Emphasize weight room safety by introducing and reinforcing proper protocols for barbells, racks, weights/bumper plates, and general equipment use.
- Encourage students to keep weights light, focusing on form and movement quality before progressing to heavier loads.

Sample Lesson Overview

Lesson 1: Back Squat

Introduction:

Once we have mastered the foundational air squat (and only then), the first pure strength variation we introduce is the “High Bar Back Squat”. The back squat, along with the bench press and barbell deadlift, is one of the 3 “Power Lifts” and is widely considered one of the best tools for developing full body strength, mobility, and stability.

You may see other programs and trainers utilize a “Low Bar” back squat. While this is also great tool for pure strength development, we feel the low bar variation is difficult to perform well by new students. It often turns into some sort of good morning/squat hybrid that goes against all of our movement tenets. Thus, we aim to first master the High Bar squat when training our high school students.

The loaded back squat is relatively simple in it’s execution, so long as you always keep all 4 points of squat performance in mind during every rep. When squatting with a barbell, though, what we must pay attention to goes well beyond the squat movement pattern itself. How to set up for the lift properly, how to navigate the rack, how to prepare for and execute a failed lift, and so on. These elements may not seem hugely important, especially at the beginning when using little to no weight, but they will be SUPREMELY important down the road.

Today our focus is on learning the movement as a whole and practicing with VERY light weight. This is about accumulating experience with a new skill, not trying to move big weights! Watch the video closely, and pay attention to the details. The more we soak up now, the easier things will be in the long run.

After squatting, we will also quickly introduce a new loaded variation of the overhead press and hinge movement patterns. Be sure to watch the video and understand the basic points of performance before grabbing weights. Remember, we care about form more than weight! That being said, please remember to RECORD the weights (DBs, Bands, etc) you use when prompted. This will allow your teacher to see what you've done, and also give you the opportunity to reference your work in future lessons!



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 for students.

Optional Do Now:

Take a moment to think about what it means to be safe, responsible, and focused in the weight room.



1

I can perform the barbell back squat by focusing on key points of performance, maintaining proper form and technique, and adjusting the movement based on my current ability.

2

I can perform dumbbell accessory movements, such as the kneeling single-arm dumbbell strict press and dumbbell RDL, while maintaining control, alignment, and proper technique.

3

I can practice safe weight room habits by setting up equipment correctly, using it responsibly, and applying safety techniques during all weighted movements and exercises.

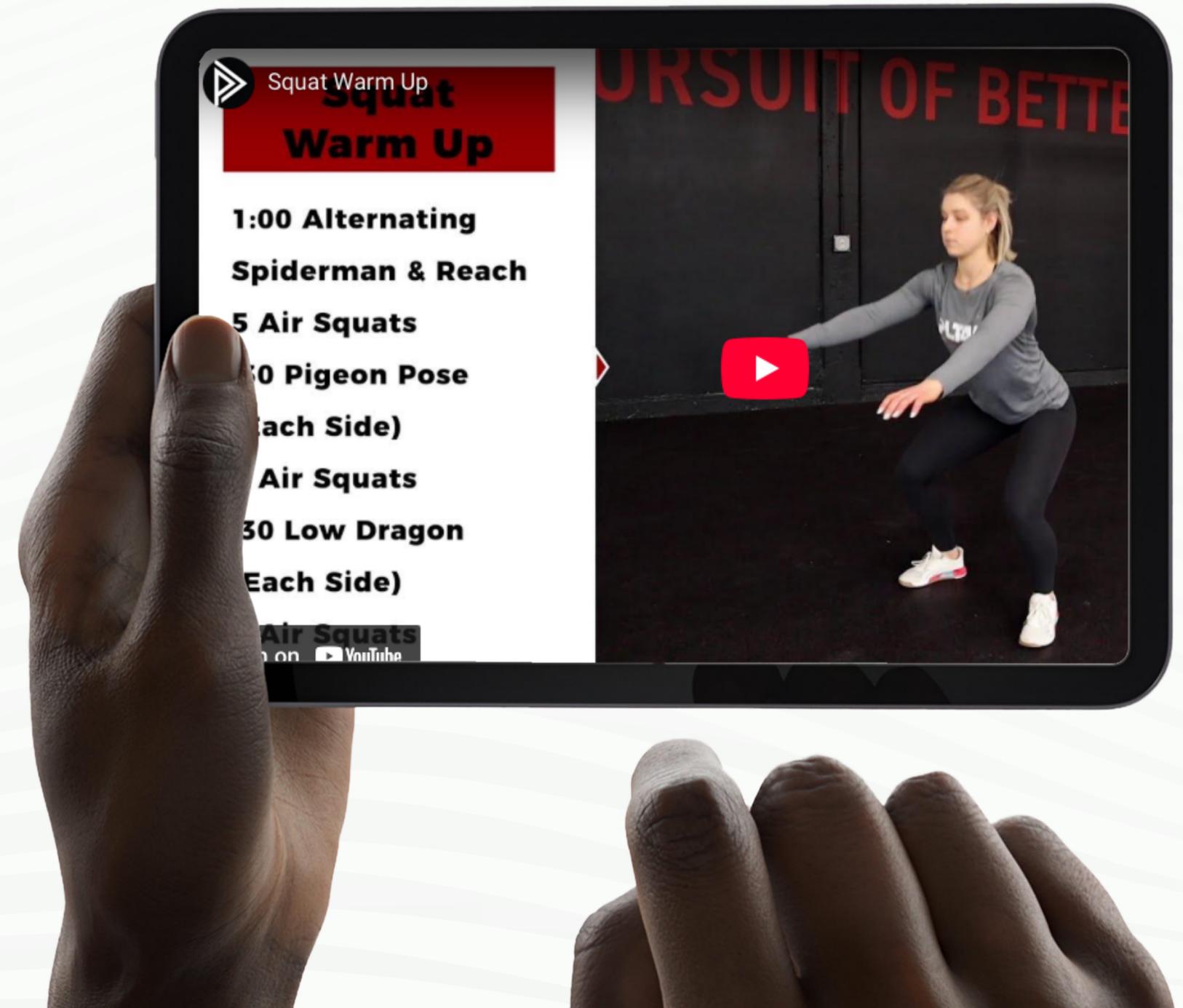
2. Warm-Up: Movement Prep (5 Minutes)

(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:

- 1 Minute of Light Cardio followed by:
- 1:00 Alternating Spiderman & Reach
- 5 Air Squats
- 1 Minute Pigeon Pose (:30 Each Side)
- 5 Air Squats
- 1 Minute Low Drag (:30 Each Side)
- 5 Air Squats





3. Auxiliary Work: Core Superset (5 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 3 rounds of:

- :30 Elbow Plank
- :30 Slow Superman Reps
- Rest – :30 between rounds

4. Skill Focus: Barbell Back Squat (20 Minutes)

(3.8.7) Recognizes and implements safe and appropriate behaviors during physical activity and with exercise equipment.

(3.12.6) Applies best practices for participating safely in physical activity (e.g., injury prevention, spacing, hydration, use of equipment, implementation of rules, sun protection).

(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.

Review the 4 Points of Performance for any squat movement:

1. The Feet/Stance
2. Knees Tracking Toes
3. Lumbar Curve Maintained
4. Below Parallel/Full ROM Goal

Introduce the appropriate set up of the squat station, execution of the lift, and safety/failing procedures.

- Practice 5 sets of 10 reps of an empty barbell back squat



5. Accessory Strength: Dumbbell Superset (10 Minutes)

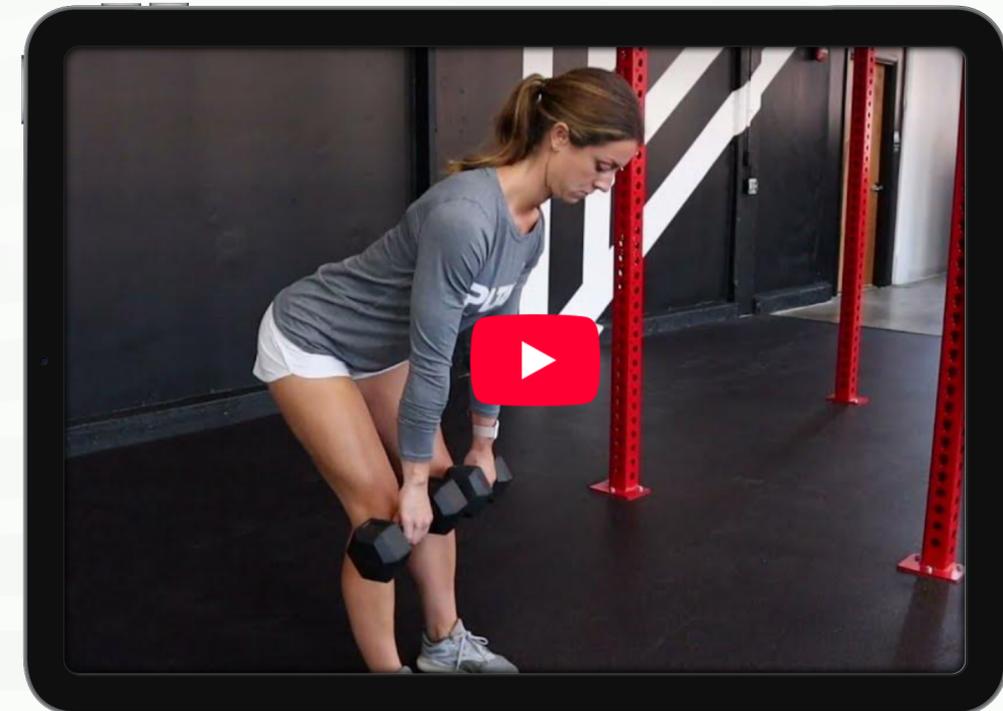
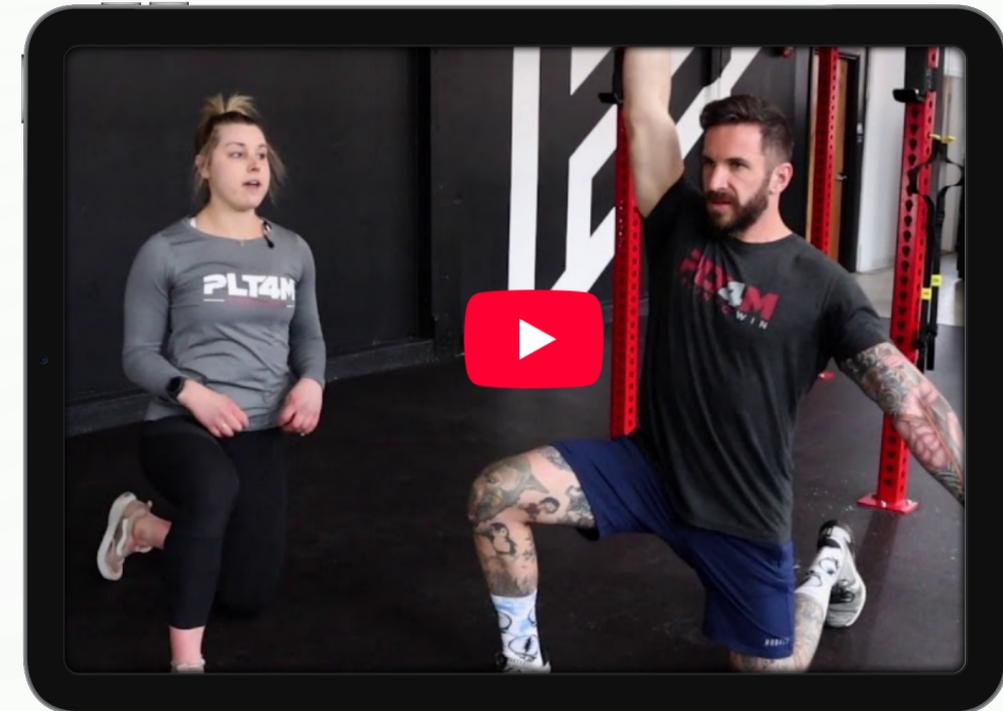
(2.8.19) Evaluates usefulness of technology tools to support physical activity and fitness goals.

(2.12.15) Analyzes and applies technology as tools to support a healthy, active lifestyle.

Introduce the two accessory dumbbell movements (kneeling single arm DB strict press & DB RDLs).

Guide students to pick a LIGHT DB weight and complete 3 rounds of:

- 8 (Each Arm) Kneeling Single Arm DB Strict Press
- 8 DB RDLs

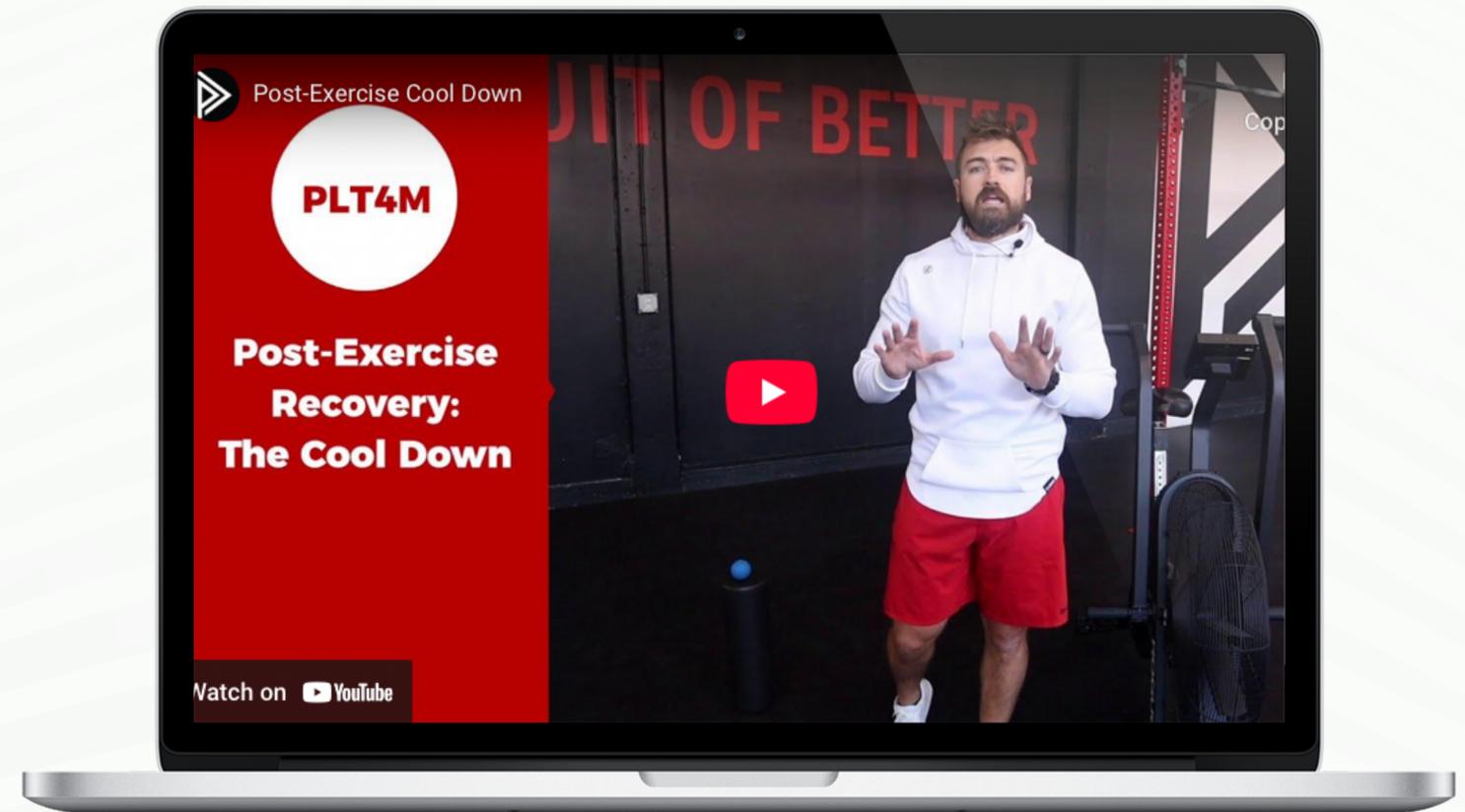


6. Cool Down: Recovery Work (5 Minutes)

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

(2.12.7) Applies the principles of exercise in a variety of self-selected lifetime physical activities.

- 5 minute individual or group cool down that can include light cardio, stretching, or foam rolling as determined by student or teacher.



6. Checks for Understanding

(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, the "I Can" statements, and then finish with exit ticket questions. See these on the next two pages.





1

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2

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3

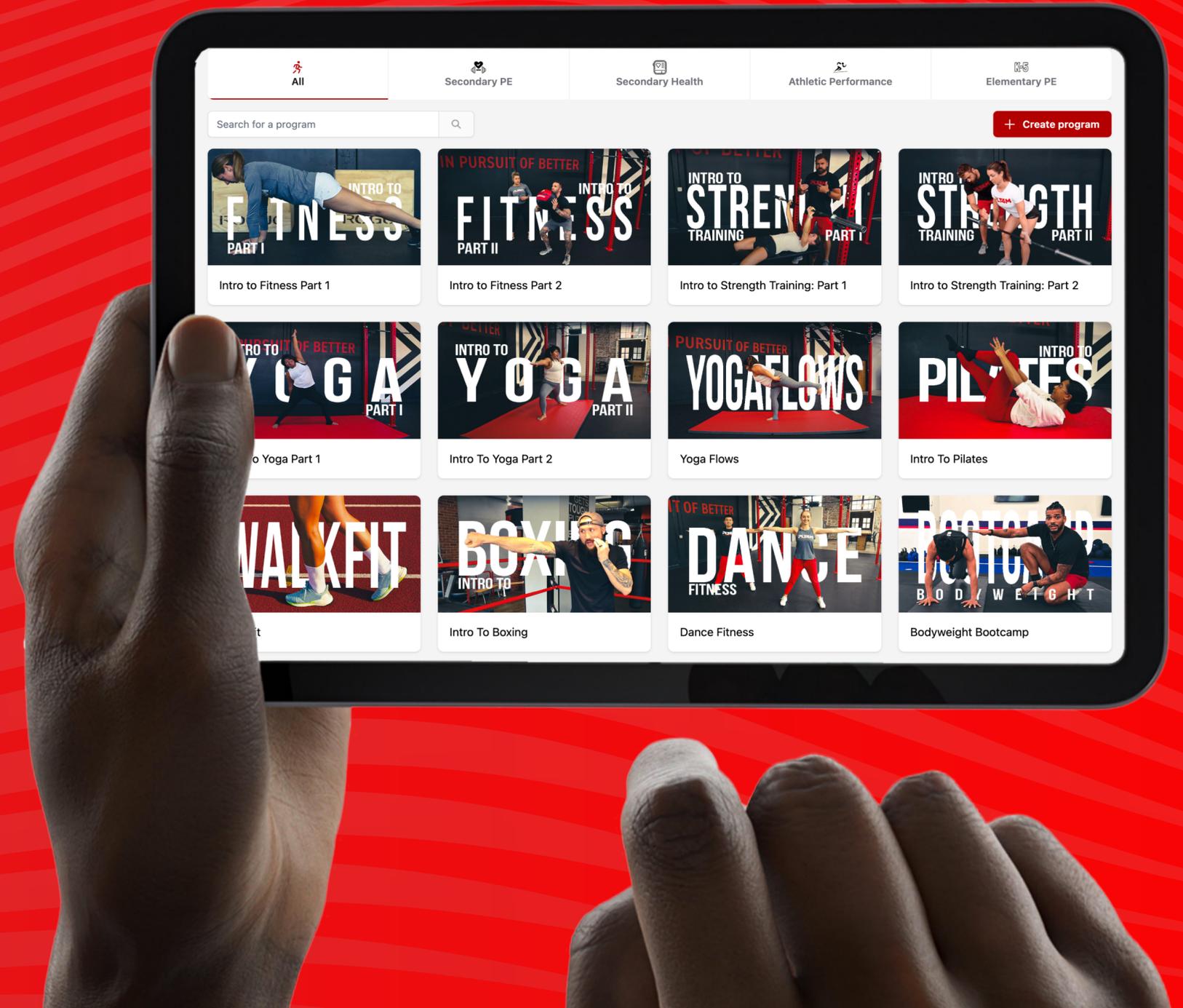
I can practice safe weight room habits by setting up equipment correctly, using it responsibly, and applying safety techniques during all weighted movements and exercises.

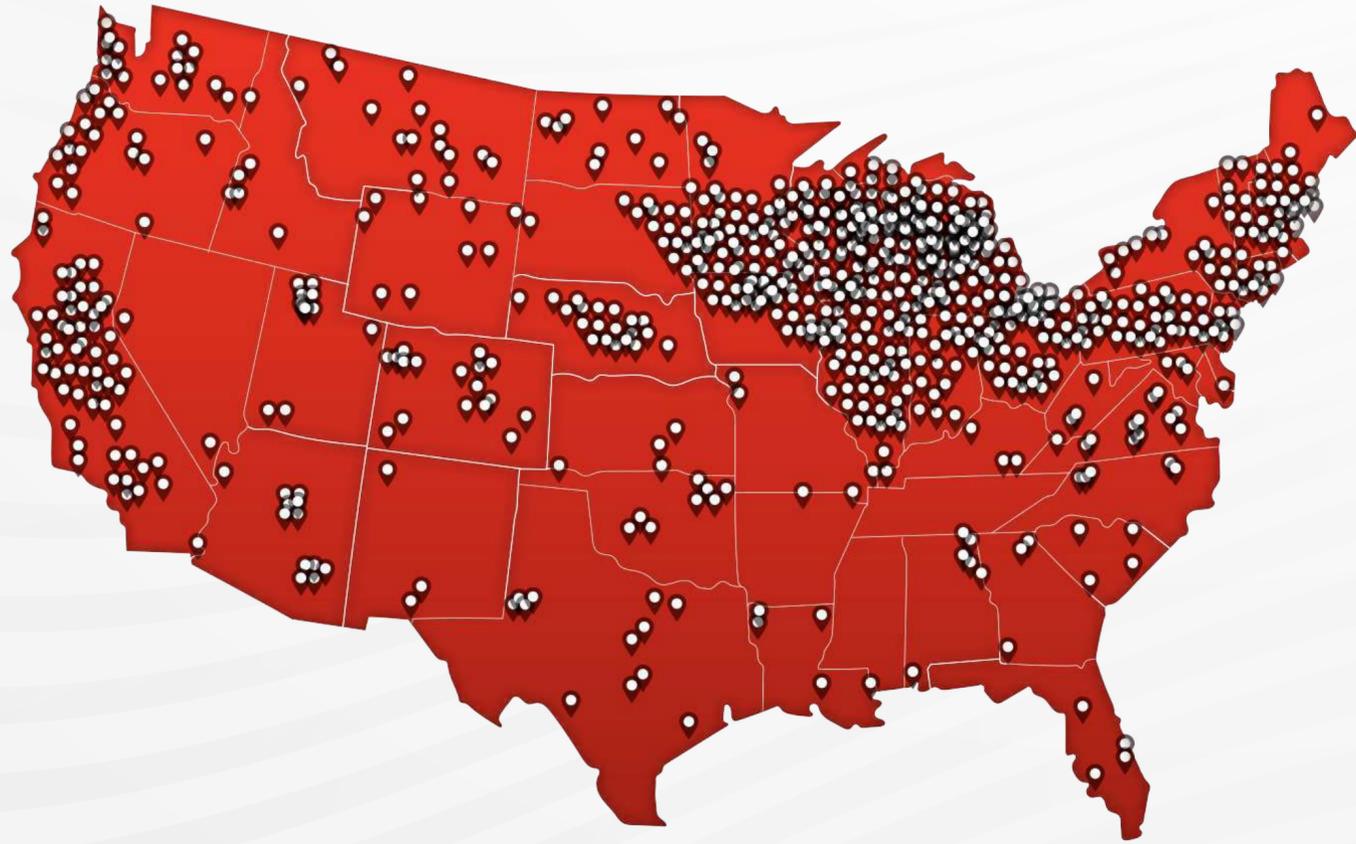
Exit Ticket Questions

1. What key points of performance did you focus on today when performing the barbell back squat, and how did you adjust the movement for your current ability?
2. How did you maintain control, alignment, and proper technique while performing the dumbbell movements today?
3. What safety techniques or equipment setup steps did you use today to keep yourself and others safe during all weighted exercises?

Did You Enjoy That Lesson?
See how PLT4M helps save teachers time while supporting safe, effective weight training classes!

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!

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