

# PROGRAM CATALOG

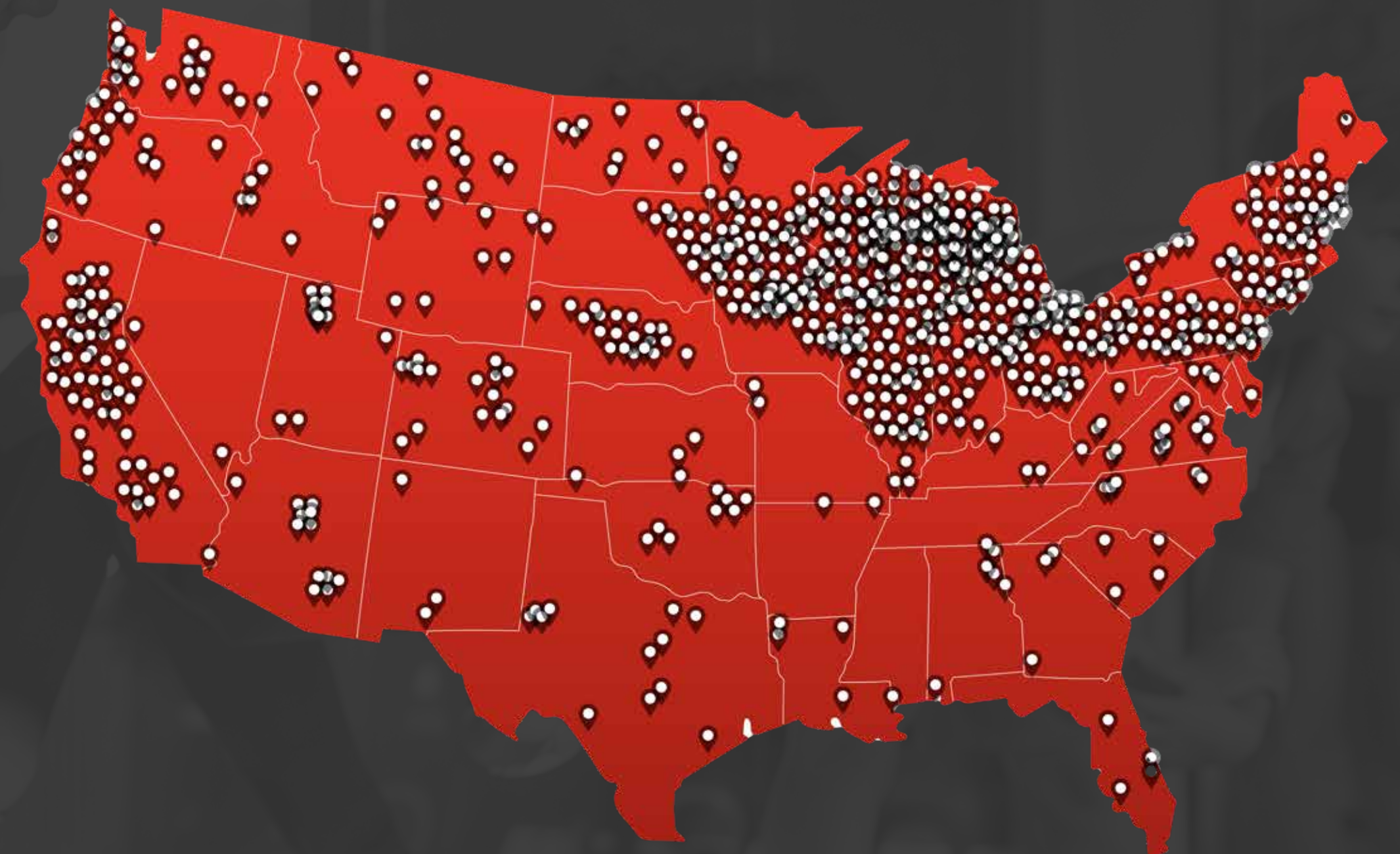
Helping Teachers Create a *Student-Centered* Health and PE Experience.



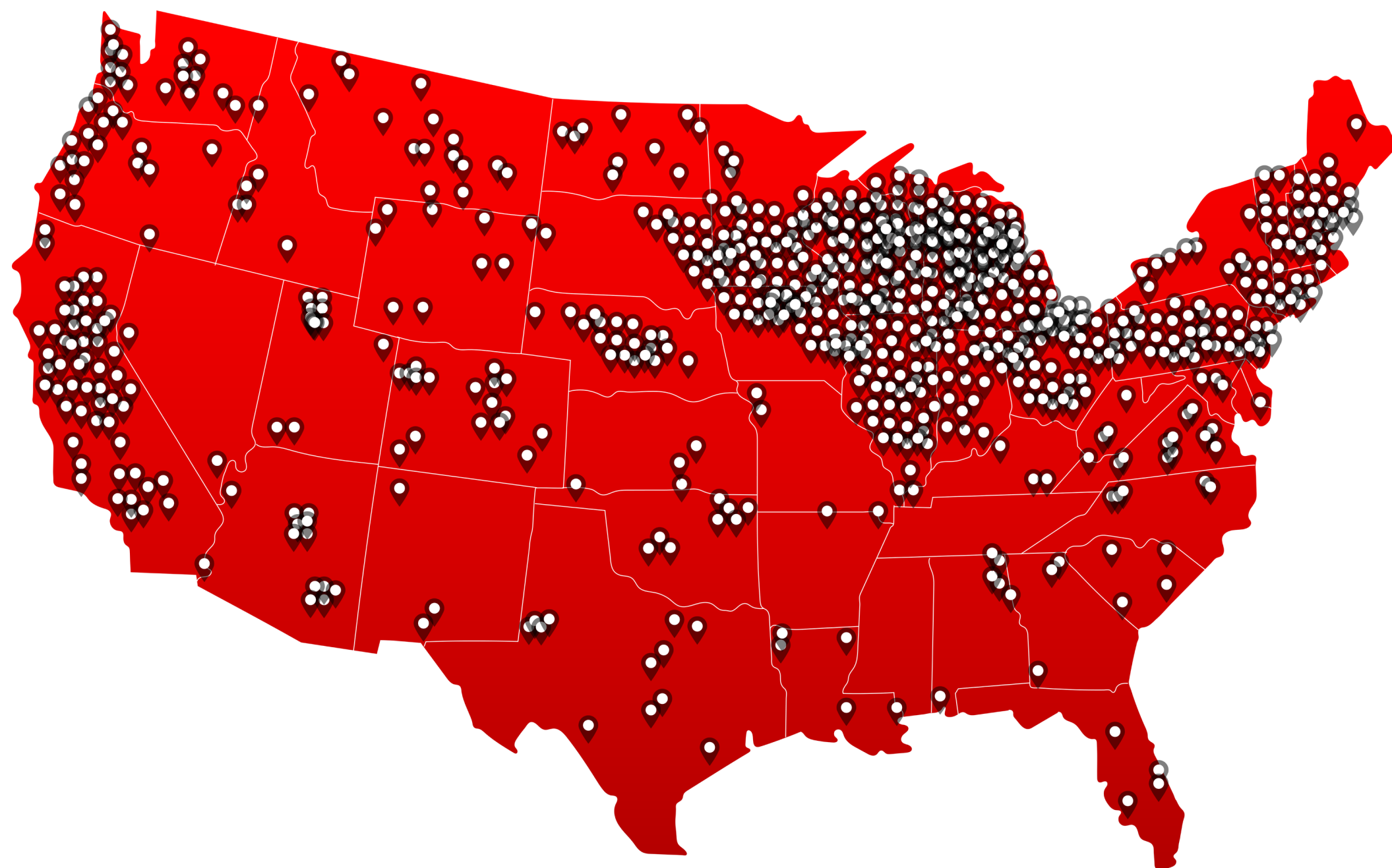
# ABOUT PLT4M

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.





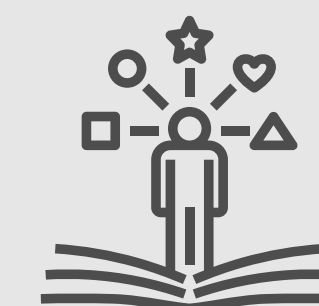


**Founded in Massachusetts in 2013  
and proud partner of over 1,000  
schools across the country in  
health and physical education.**

## OUR MISSION



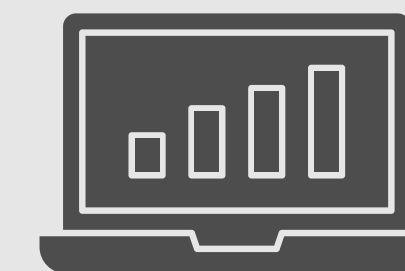
*Foster Physical  
Literacy*



*Teach Lifelong  
Fitness Skills*



*Inspire Student  
Confidence*



*Encourage Participation  
& Engagement*

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# 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!             | • Hoop To Hoop           |
| • Around The World          | • Kings & Queens         |
| • Dribble Color Maps        | • Magic Number Dribbling |
| • Dribble Follow The Leader | • Partner Lap Dribbling  |
| • Dribbling For Treasure    |                          |
| • Dribble Stop & Go         |                          |
| • Hand Dribbling With Cones |                          |



# 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.



**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    | • Floor Hockey Frenzy |
| • Stickhandling Switcheroo     | • Critter Keepers     |
| • Stickhandling Stop and Go    | • Color Shootout      |
| • 3 Stickhandling Progressions | • All Clear           |
| • Shoot Pucks Get Bucks        | • 6 Goal Hockey       |
| • Goals and Saves              |                       |
| • Full Game 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          | • Soccer Tag                |
| • ABC Soccer               | • Soccer Minefield          |
| • Color Maps Soccer        | • Soccer Sums               |
| • Deck Ring Soccer         | • Over the Fence            |
| • Dribble Stop & Go Soccer | • Soccer With The Champions |
| • End to End               | • Team Pin Knockdown        |
| • Hoop Kick Challenges     |                             |
| • Kicking for Critters     |                             |
| • Protect the Pin          |                             |



# 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.



**Common Equipment:**

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

**Lessons:**

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

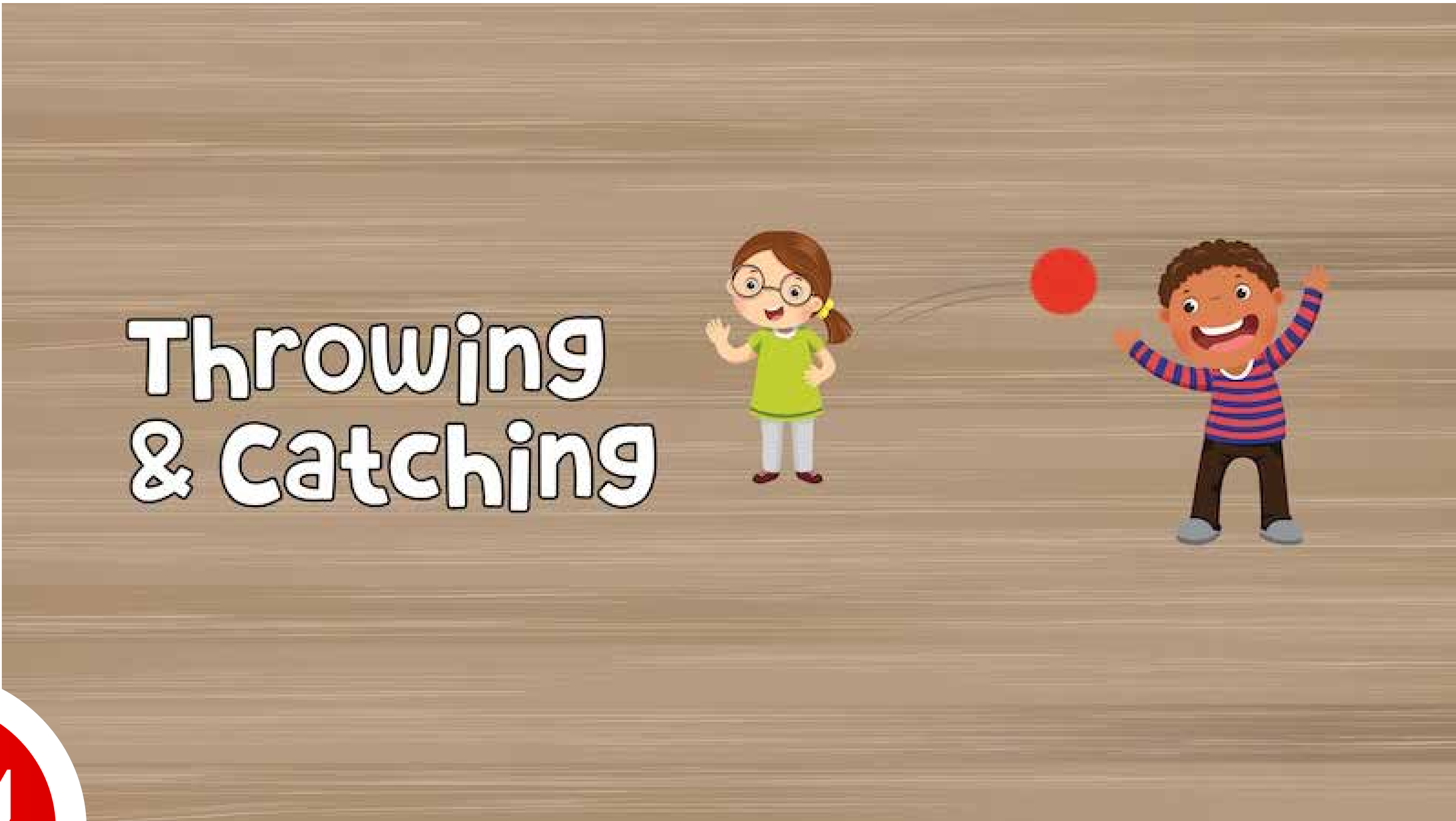
**1.2.9:** Demonstrates throwing in a variety of non-dynamic practice tasks.

**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.



**Common Equipment:**

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

**Lessons:**

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



# 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.

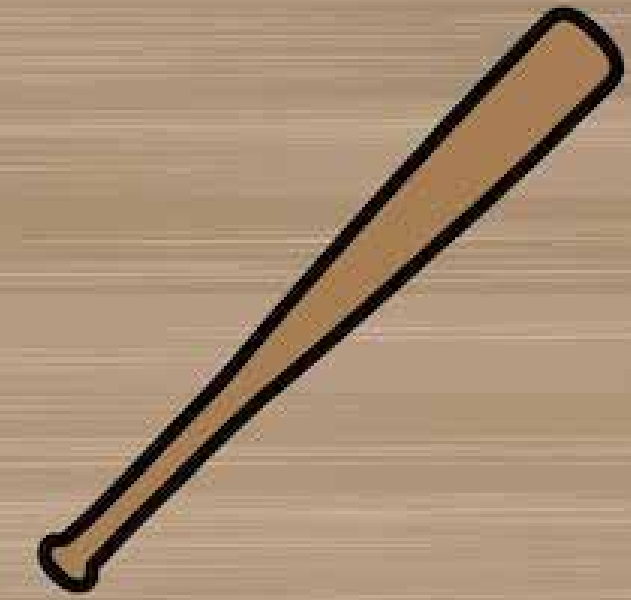
**Additional standards** from across Standards 2–4 are also addressed through purposeful lesson design and activity variation.

## Audience:

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



# Batting



## 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.



**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.



**Common Equipment:**

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

**Lessons:**

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



# 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)                 | • 2 Min Burpee Test (Anaerobic Capacity) |
| • Push Up/Pull Up/Air Squat (Strength Capacity) | • Plank Hold (Stability)                 |
| • Squat Therapy (Mobility)                      | • 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                                     | • Dumbbells & Kettlebells             |
| • Flat Benches   | • Bands                               |
| • Barbells & Weight Plates<br>(Bumpers preferred for Deadlift) | • 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  | • Deadlift |
| • Bench Press |            |



# 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 movments 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                                     | • Dumbbells & Kettlebells             |
| • Flat Benches   | • Bands                               |
| • Barbells & Weight Plates<br>(Bumpers preferred for Deadlift) | • Pull Up Bars (or other substitutes) |

**Recommneded Requisites:**

**Intro to Fitness 1 & 2 and Intro to Weight 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.



# PIALTES

## 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 8<sup>th</sup> 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.

## Recommneded 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)

**Recommneded 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: SStudents 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:**

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

**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.

**"Scaling Options":**

Being a purely bodyweight workout program, more experienced athletes may be chomping at the bit to add intensity (aka weight) to their sessions. We have tried to outline what options there are available to you with household items within these workouts themselves that allow for the increase in difficulty. If you have any equipment like Dumbbells at home or school, those can be added to many of the movements to provide a further challenge.

# 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.
- Each workout takes roughly 30 minutes
- This program does not have to be completed in order!
- 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!



**Equipment:**

We recommend:

- Dumbbell)
- Kettlebell
- Jump Rope
- Medicine Ball

**Equipment:**

We recommend:

- Dumbbell)
- Kettlebell
- Jump Rope
- Medicine Ball

**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



# PESONAL 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

**Recommneded Requisites:**

**Intro to Fitness 1 & 2; Intro to Weight 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: | 8 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.



**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)

**Recommneded Requisites:**

**Intro to Fitness 1 & 2; Intro to Weight Training 1 & 2:** Suggested only for students who have had a full education of both movement and strength training. Athletes should already have **recent**, relevant working “maxes” of Squat, Bench, and Deadlift, and should not be completely “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:

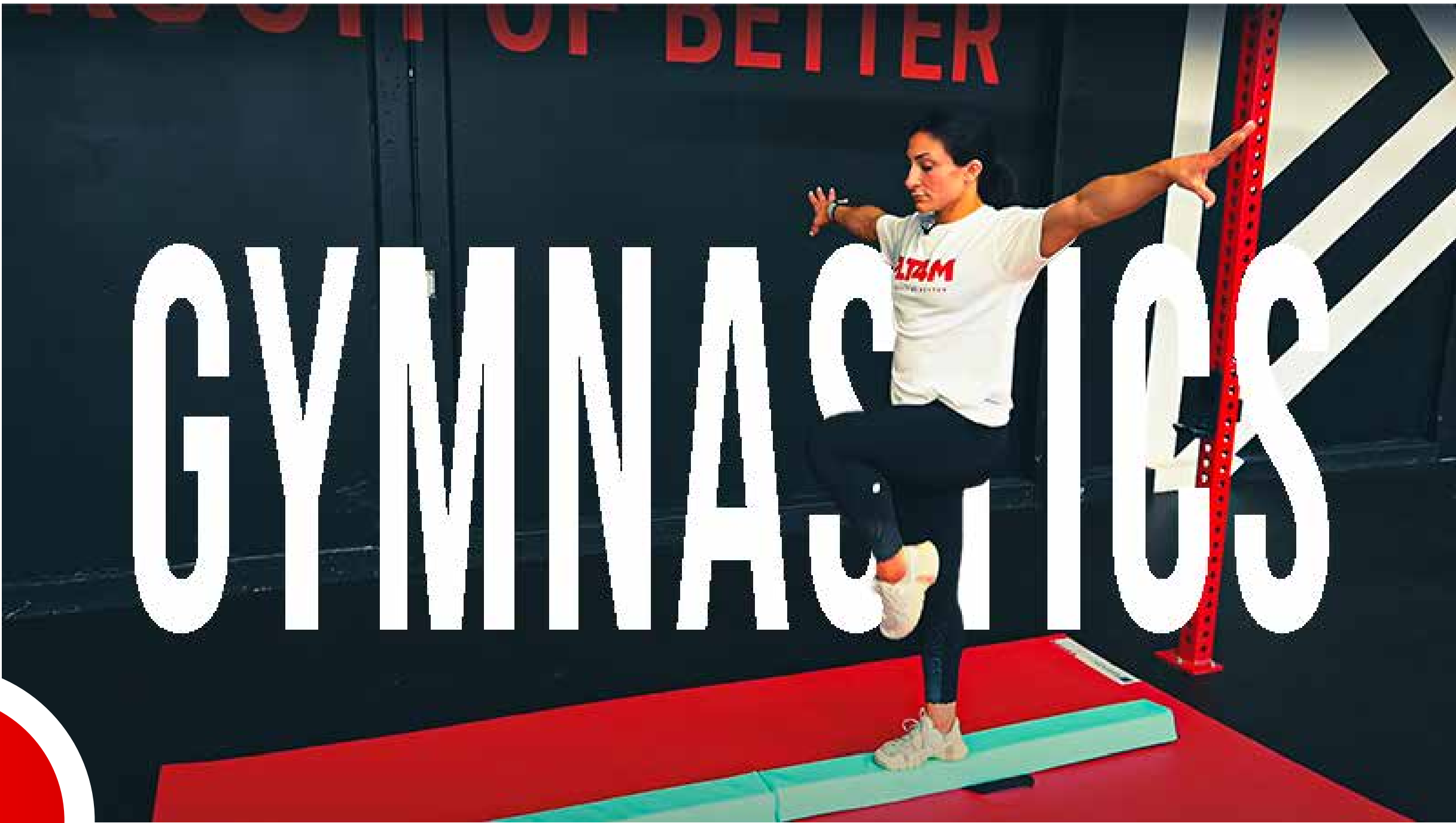
- Crawls
- Beam
- Tumbling
- Holds
- Jumps
- Flexibility

**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.

**Recommneded Requisites:**

No formal requisites; open to all students!

**Assessments:**

None

# BADMINTON

## Program Description:

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

To do so, students will get comfortable and confident with a full breakdown of the different variations of forehand, backhand, overhand, underhand and serve shots. After working on different skills and drills, we conclude with the basic rules of badminton to prepare students for their first games of badminton!

## Breakdown:

### 5 Total Sections:

- Getting Started - The Basics of Badminton
- 4 Swings of Badminton (Underhand, Overhand, Forehand, Backhand Variations)
- Rallying (Basics and Badminton Shot Variations)
- Serve (Forehand and Backhand)
- 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 badminton skills.

## Audience:

Grades K-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

## Recommneded Requisites:

No formal requisites, open to all students!

## Assessments:

None



# PICKLEBALL

**Program Description:**

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

**Breakdown:**

6 Total Sections:

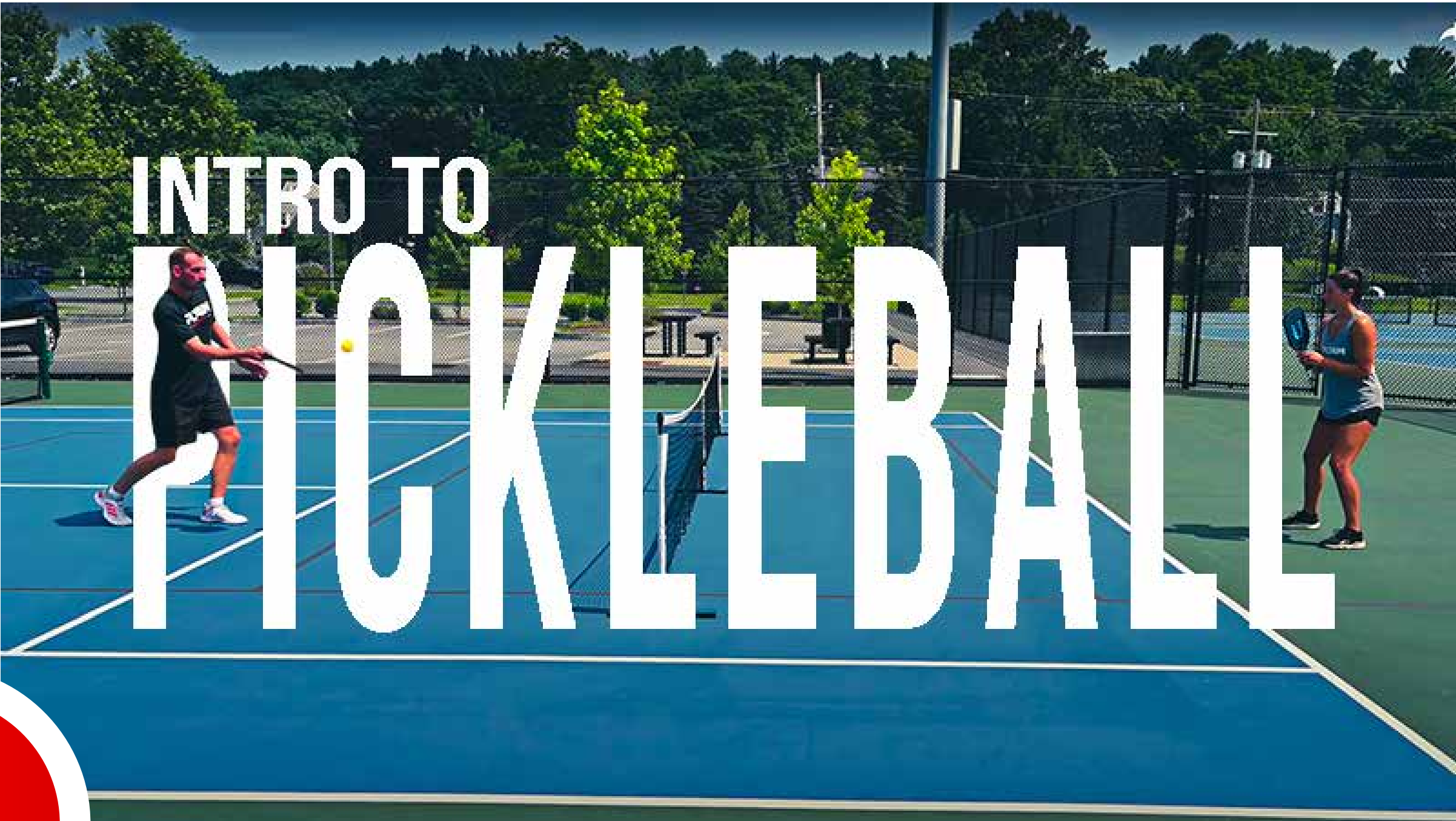
- Forehand
- Overhand
- Backhand
- Serve
- Free Flow Rallying
- Rules & Game Play

**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 pickleball skills.

**Audience:**

Grades K-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.

**Recommneded Requisites:**

No formal requisites, open to all students!

**Assessments:**

None

# 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
- Spikeball™ Rookie Games
- SpikeSchool: Drills
- Roundnet Station Cards
- Top Plays

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

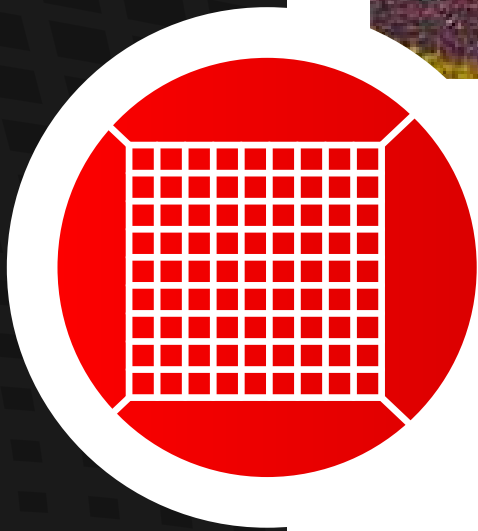
**Lesson Format:**

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

**Recommneded 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:

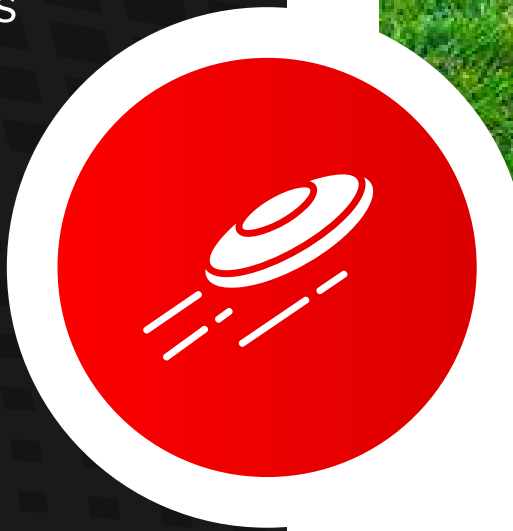
- Frisbee Basics - Throwing & Catching
- Varying Throws & Kan Jam Shot
- Deflecting The Frisbee
- Rules & Game Play

## 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.

**Recommneded 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
- Shooting
- Passing
- Rules & Game Play
- Lay Ups

**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

**Recommneded 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.

**Recommneded 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

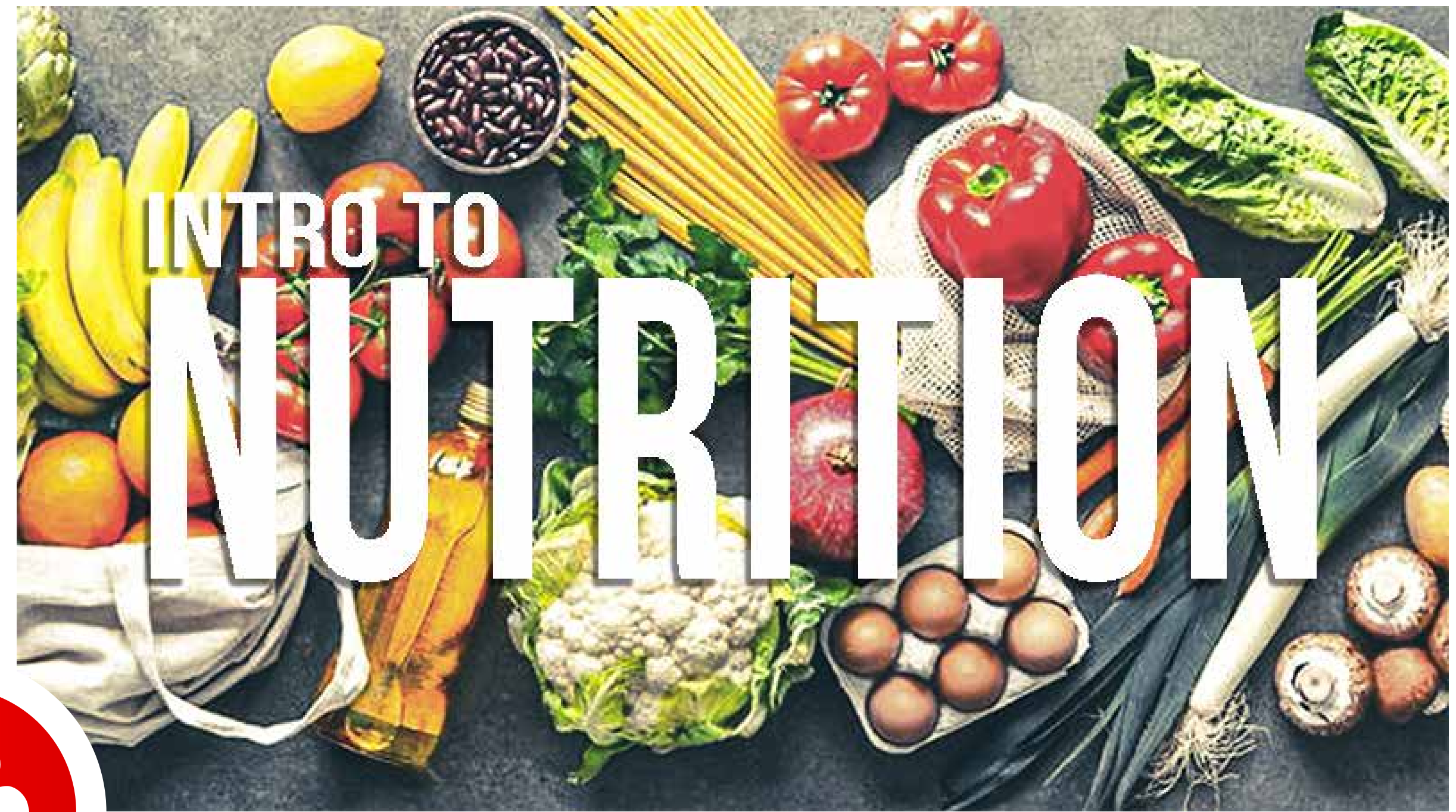
- 4 Parts | 13 Chapters (22 Total Lessons)
  - Macronutrient Lessons
  - Micronutrient Lessons
  - Types & Timing Of Meals Lessons
  - Hydration Lessons
- 4 Parts | 13 Chapters (22 Total Lessons)

## 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:

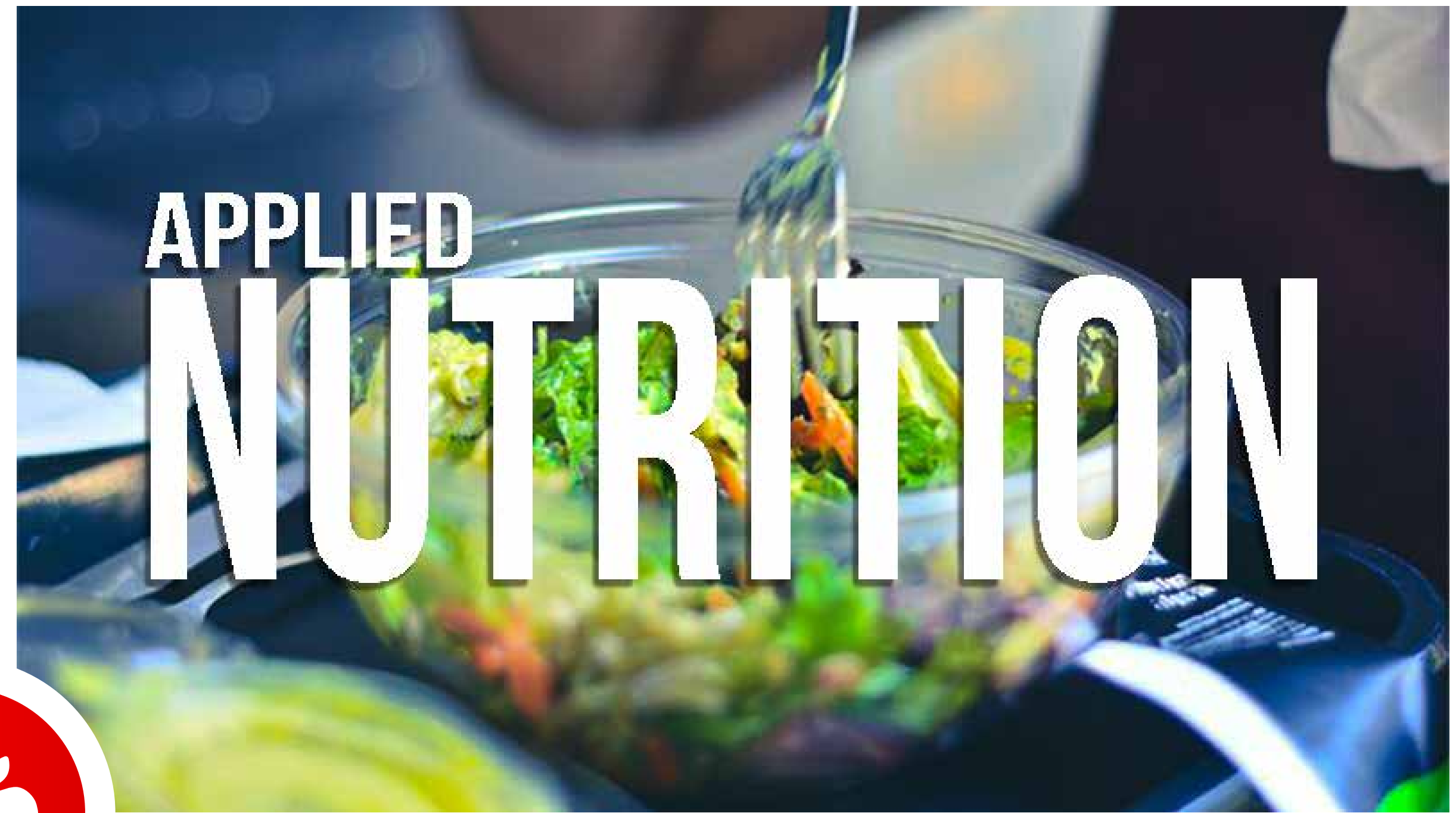
- 2 Chapters | 9 Total Lessons
- Each Lesson takes 30 minutes

## 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

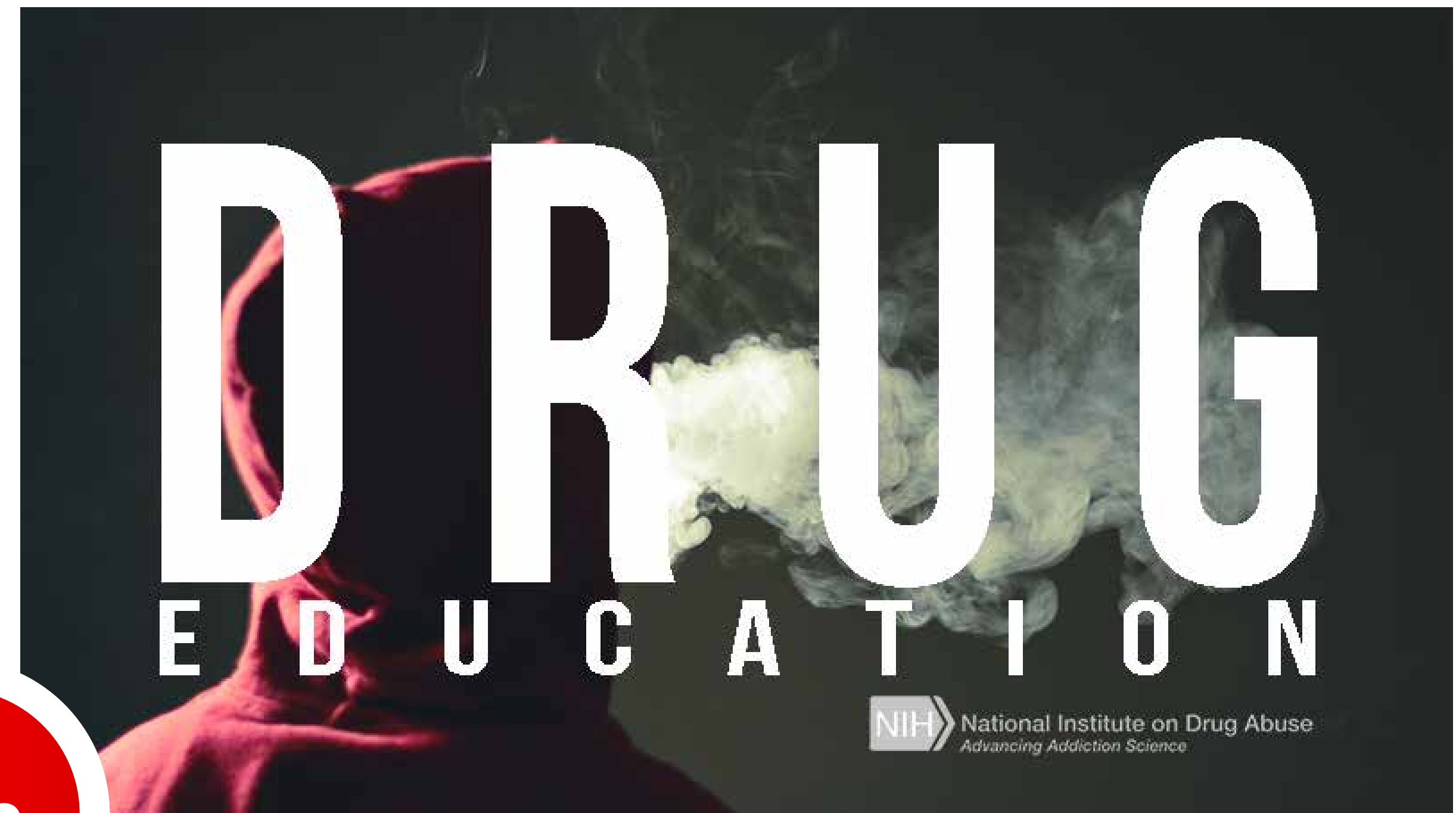
Each Lesson takes roughly 20-30 minutes

**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](http://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](http://Responsibility.org) who are proud to support underage drinking prevention.

**Breakdown:**

**8 Lessons:**

- |                                 |  |
|---------------------------------|--|
| • How Alcohol Affects The Brain | • Hippocampus                                |
| • Central Nervous System        | • Hypothalamus                               |
| • Cerebellum                    | • Medulla                                    |
| • Cerebral Cortex               | • 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](http://AskListenLearn.org).

**Recommneded 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](#).



# 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://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://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

**Recommneded 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:**

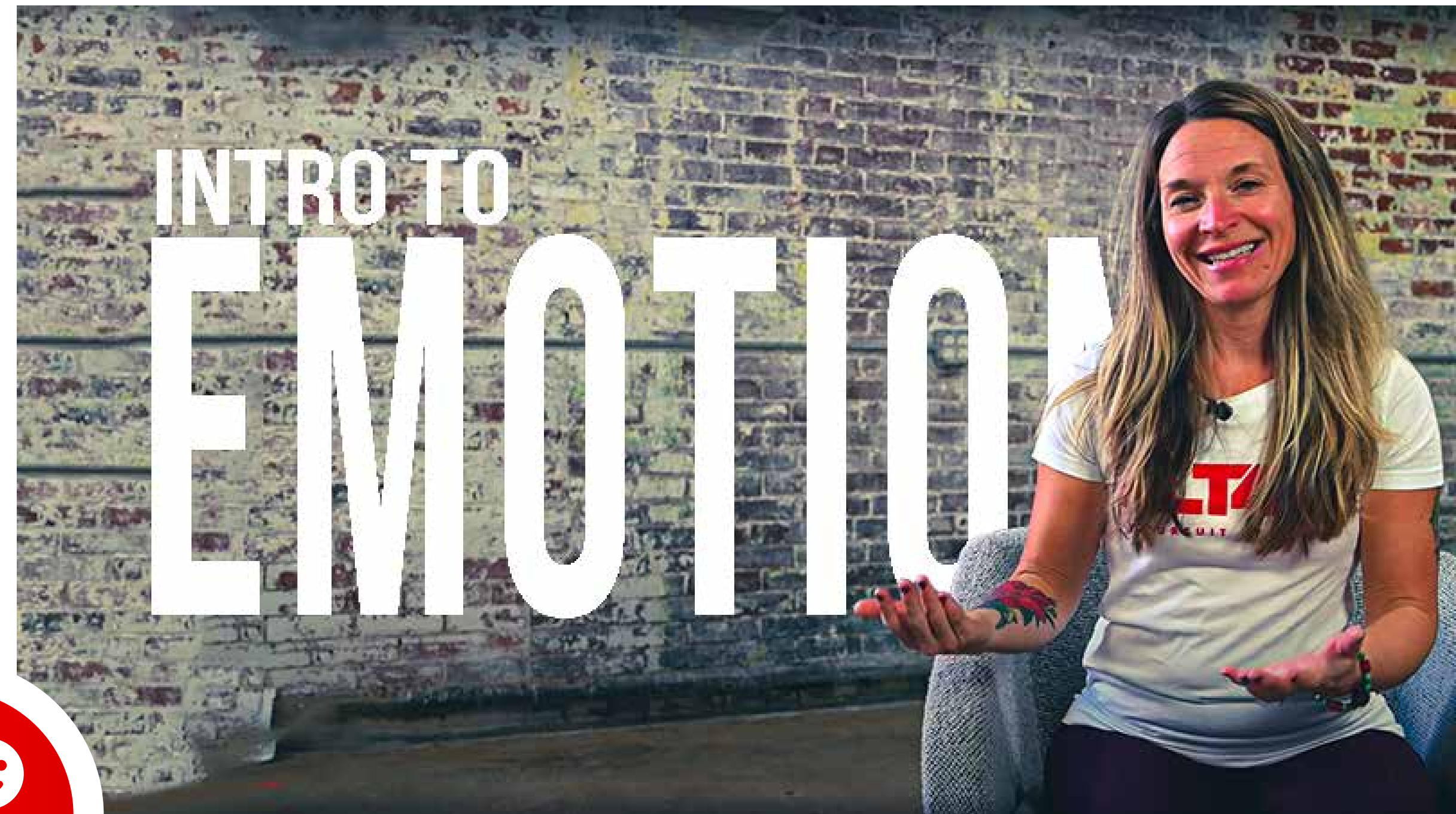
- 10 lessons
- 5-10 minute videos paired with written lesson materials

**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

**Recommneded 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.



# BREATHING 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.

**Recommneded 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.

**Recommneded 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.

**Recommneded 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.

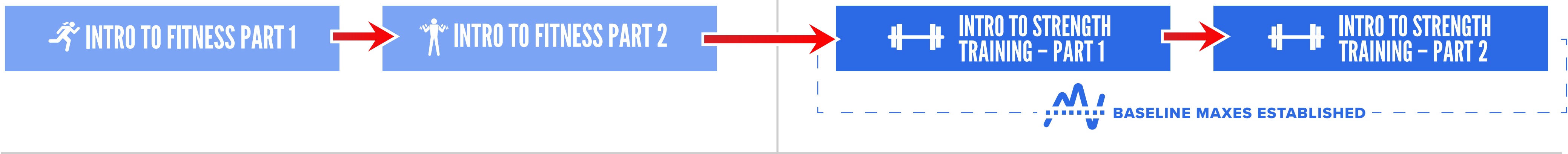


A woman in a starting position for a race, overlaid with a red filter. She is leaning forward, looking down, with her hands on the ground. The background is blurred, showing other people in motion.

# **ATHLETIC PERFORMANCE**

# ATHLETIC DEVELOPMENT PROGRAM MAP

## ESTABLISH A BASELINE OF FITNESS



## TRAIN FOR YOUR SEASON



## SUPPLEMENT YOUR TRAINING





# 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:**

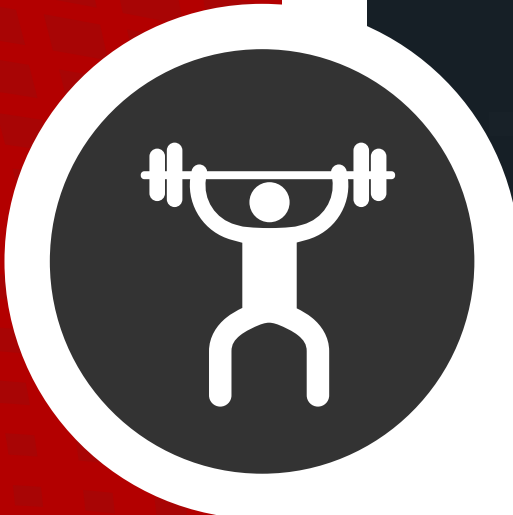
- 20 total Training Sessions | 5 blocks of 4 lessons
  - 4 sessions of Bodyweight & Band Work
  - 4 sessions with Lightweight External Object Training (MBs, DBs, KBs, etc.)
  - 12 sessions with Barbell Training: form Empty Bar Technique, to setting Baseline Working Maxes
- Each sessions takes roughly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

**Recommneded Requisites:**

While we ALWAYS recommend that ALL athletes engage in the complete curriculum offered through our Intro to Fitness and Weight Training 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

**Recommneded 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 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 developoing 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 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 | 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

**Recommneded 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/Stanima)
- 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

**Recommneded 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	1RM Assessment of	Fitness/Performance
<ul style="list-style-type: none"><li>• Squat Working Max</li><li>• Press Working Max</li><li>• Clean Working Max</li></ul>	<ul style="list-style-type: none"><li>• Bench Press</li><li>• Strict Press</li><li>• Back Squat</li><li>• Front Squat</li></ul>	<ul style="list-style-type: none"><li>• Hang Power Clean</li><li>• Power Clean</li><li>• Deadlift</li></ul>
		<ul style="list-style-type: none"><li>• Vertical Jump (Power)</li><li>• Broad Jump (Power)</li><li>• Pull Up (Strength)</li><li>• Push/Squat (Strength)</li></ul>
		<ul style="list-style-type: none"><li>• Jump Rope (Skill)</li><li>• Grip Hangs (Stability/Stanima)</li><li>• Plank Hold ((Stability/Stamina)</li></ul>



# 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 Active Recovery Day
- 1 Mobility session

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

**Recommneded 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

**Equipment:**

Nice to Have:

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



# 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

**Recommneded 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.

**Recommneded 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.



**WE'RE EXICTED TO  
HAVE YOU ON BOARD!**



## **QUESTIONS?**

Reach out to our support team!

✉ **SUPPORT@PLT4M.COM**

☎ **(855) 862-5502 Ext 2**

🌐 **WWW.PLT4M.COM**

✕ **@PLT4M**

📷 **@PLT4M**

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