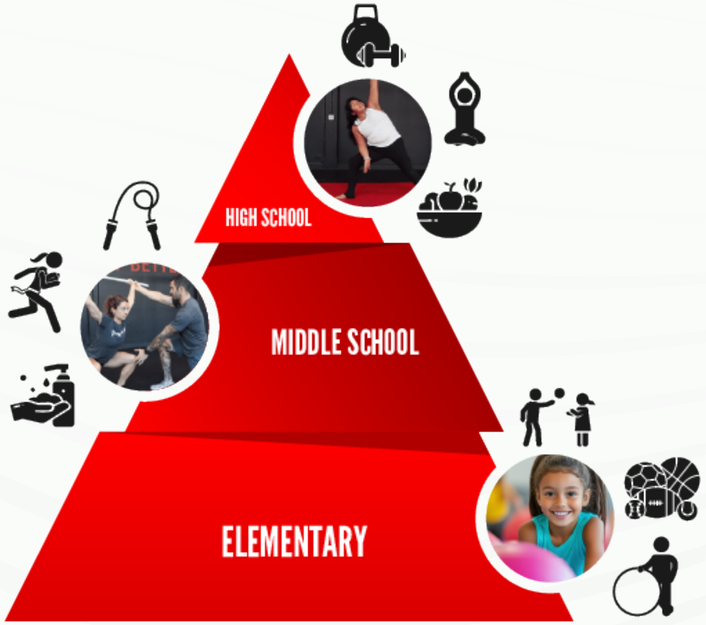
PLT4M

SCOPE & SEQUENCE

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



K-12 Scope & Sequence:

A Comprehensive Journey to Health & Physical Literacy

Overview

The PLT4M K-12 Curriculum provides a vertically aligned educational framework designed to guide students along a sequential developmental continuum—from foundational movement exploration in early childhood to lifelong autonomy in young adulthood. By integrating Physical Education with Health Literacy, our ecosystem ensures seamless progression across four key grade spans. This approach meets the rigors of the 2024 SHAPE America National Standards, equipping educators with the tools to foster physical literacy, social-emotional resilience, and health-enhancing behaviors in every student.

Vertical Alignment & Progression: Grade-Span Focus

Our curriculum is structured around four distinct learning phases, ensuring that knowledge and skills are scaffolded to meet students at their specific developmental level.

Phases

Phase 1: GRADES K-2

(Foundations & Exploration)

Focus: ***"Learning to Move."***

Students focus on acquiring fundamental motor skills (locomotor, non-locomotor, manipulative) and developing spatial awareness in a low-stakes, joy-centered environment.

Phase 2: GRADES 3-5

(Development & Application)

Focus: ***"Moving to Learn."***

Students begin combining fundamental skills into complex patterns, applying them in dynamic environments, and engaging in cooperative problem-solving to build social skills.

Phase 3: GRADES 6-8

(Competence & Experience)

Focus: ***"Learning to Train."***

Students refine biomechanics for functional fitness and explore a variety of lifetime activities to discover personal interests, setting the stage for exploration and mastery in 9-12th grade.

Phase 4: GRADES 9-12

(Autonomy & Mastery)

Focus: ***"Training for Life."***

Students pursue their passions through diverse lifetime activities and fitness choices, building confidence to support self-sufficiency, while analyzing how nutrition, sleep, and stress management support holistic well-being.

Vertical Curriculum Alignment At-a-Glance

Using National PE Standards with Integrated Health Concepts

	Grades K-2 (Foundations & Exploration)	Grades 3-5 (Development & Application)	Grades 6-8 (Competence & Experience)	Grades 9-12 (Autonomy & Mastery)
Standard 1: Motor Skills (Physical)	**Acquisition of Fundamentals** Focus on isolating and mastering basic locomotor (skipping, galloping) and manipulative skills (throwing, catching) in stable, low-stakes environments.	**Combination & Dynamic Application** Focus on linking skills together (e.g., dribbling while running) and applying them in small-sided games and changing environments.	**Refinement & Functional Fitness** Focus on specific sport techniques (serve, volley) and foundational fitness mechanics (squat, hinge, lunge) with bodyweight.	**Advanced Mastery & Complexity** Focus on technical proficiency in self-selected lifetime activities (Yoga, Spin) and advanced resistance training (Olympic lifting, power development).
Standard 2: Concepts & Strategy (Cognitive)	**Movement Awareness** Focus on recognizing spatial concepts (personal vs. shared space), effort, pathways, and identifying basic body parts.	**Tactical Application** Focus on applying simple strategies (offense vs. defense, creating space) and understanding the rules of cooperative and competitive games.	**Principles of Training** Focus on understanding biomechanics, the FITT principle, and analyzing the relationship between nutrition, hydration, and physical performance.	**Program Design & Analysis** Focus on synthesizing health knowledge to design valid fitness plans and evaluating how sleep, nutrition, and stress management impact holistic performance.
Standard 3: Social Skills (Social/Emotional)	**Rules & Safety** Focus on following directions, sharing equipment, maintaining safety, and exhibiting appropriate behavior in a group setting.	**Cooperation & Teamwork** Focus on working collaboratively to solve problems, practicing good sportsmanship, and treating peers with respect.	**Self-Management & Empathy** Focus on regulating emotions, resolving conflicts constructively, and recognizing the role of diverse abilities in physical activity.	**Leadership & Communication** Focus on effective communication (consent, boundaries), demonstrating etiquette, and advocating for a positive, inclusive community culture.
Standard 4: Personal Engagement (Affective)	**Joy of Movement** Focus on participating freely in physical activities for enjoyment, self-expression, and the immediate physical sensation of moving.	**Identifying Benefits** Focus on recognizing the connection between physical activity and good health, and enjoying the challenge of learning new skills.	**Connection & Decision Making** Focus on helping students make personal connections between physical activity, health, and overall well-being, practicing goal-setting, self-assessment, and informed decision-making.	**Passion & Self-Sufficiency** Focus on pursuing passions through diverse lifetime activities to build confidence for self-sufficiency and lifelong well-being.

ELEMENTARY FOUNDATIONS:

From Exploration to Application

The elementary journey is a critical period for building physical literacy, transitioning students from foundational movement exploration to the purposeful application of complex skills. By meeting the rigors of the 2024 SHAPE America National Standards, our K–5 framework ensures every student develops the motor skills and social-emotional resilience needed for a lifetime of health and activity.

"I was spending hours and hours searching for the right combination of materials, but PLT4M has an awesome library of various games, resources, and more. As a result, it has cut my planning time in half."

– RACHEL CASTOR, FRANK WAGNER ELEMENTARY (WA)

Elementary PE

- Active Health
- Basketball
- Batting
- Bowling
- Cooperative
- Cup Stacking
- Fitness Games
- Floor Hockey
- Gymnastics
- Invasion Games
- Jump Rope
- Healthy Habits
- Instant Activities
- Locomotor
- Parachutes
- Scooter Activities
- Soccer
- Tag Games
- Throwing & Catching

SECONDARY EXCELLENCE:

From Competence to Autonomy

The secondary journey is designed to transition students from guided skill development to independent, lifelong wellness. By following a vertically aligned framework, our 6–12 curriculum empowers students to refine their physical abilities, explore diverse interests, and take ownership of their holistic health.

"PLT4M had everything I was trying to build on my own, and it made it way easier to show students with high quality videos and resources how to do things the right way."

-ALISHA MORROW, MORTON HIGH SCHOOL (IL)

Secondary PE

Lifetime Fitness

- Intro to Fitness
- Yoga & Pilates
- Dance Fitness
- Boxing
- Intro to Strength Training
- Bodyweight Bootcamp
- Flexibility Training
- Personal Weight Training

...and more!

Games & Activities

- Gymnastics
- Badminton
- Pickleball
- Tennis
- Volleyball
- Soccer
- Basketball
- Swim

...and more!

Strength & Conditioning

- Off-Season
- In-Season
- Active Recovery
- Speed
- Conditioning
- Performance Anywhere

Secondary Health

- Fitness Literacy
- Nutrition
- Drugs & Alcohol
- Healthy Relationships
- Digital Citizenship
- Sleep
- Stress Management
- Emotions & Mindfulnes

...and more!

SECONDARY HEALTH SCOPE & SEQUENCE

Knowledge to Healthy Decisions

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

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

"There is so much pressure on students, so units from PLT4M's Health Curriculum provide o ortunities to tie in all the pieces of total wellness to help manage busy lives. We are excited to keep involving more of these different units within our curriculum."

– **JOSH BOWIE,** CROCKER MIDDLE SCHOOL (CA)

Health Programs

- Anatomy & Movement Science
- Applied Nutrition
- CPR & First Aid Fundamentals
- Digital Citizenship
- Drug Education
- Fitness Literacy
- Healthy Relationships
- Intro to Emotions
- Intro to Mindfulness
- Intro to Nutrition
- Personal Hygiene
- Sleep
- Stop Bullying
- Stress Management
- Underage Drinking

ATHLETIC DEVELOPMENT PROGRAMMING

Training for Performance

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

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

"What I like most about using PLT4M is the ability to edit and adjust the program to fit our exact goals. There is a great structure in place with what PLT4M offers, and it is easy for anyone to tailor the existing programs to their specific needs."

– BART STRICKLAND, KELLY WALSH HIGH SCHOOL (WY)

Athletic Programs

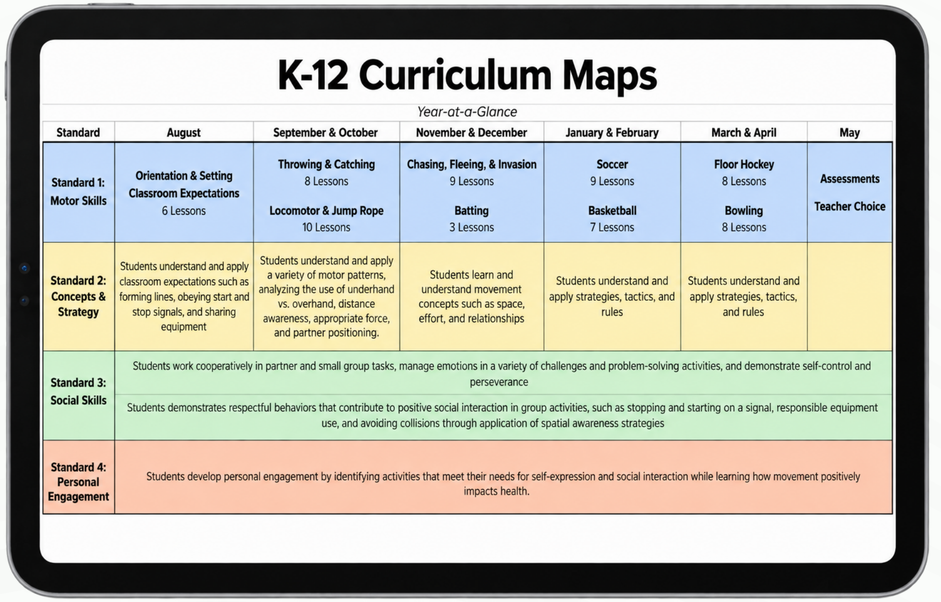
- 2-Day Off-Season
- 3-Day Off-Season
- 4-Day Off-Season
- Active Recovery
- Athlete On-Ramp
- Conditioning
- In-Season
- Performance Anywhere
- Speed

Sample Resources

Curriculum Maps, Pacing Guides & Lessons

The curriculum maps and pacing guides provide high-level examples of how PLT4M units can be organized into complete, standards-aligned courses across grade levels. These examples are illustrative, not prescriptive.

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



K-12 Curriculum Maps

Year-at-a-Glance

Standard	August	September & October	November & December	January & February	March & April	May
Standard 1: Motor Skills	**Orientation & Setting Classroom Expectations** 6 Lessons	**Throwing & Catching** 8 Lessons **Locomotor & Jump Rope** 10 Lessons	**Chasing, Fleeing, & Invasion** 9 Lessons **Batting** 3 Lessons	**Soccer** 9 Lessons **Basketball** 7 Lessons	**Floor Hockey** 8 Lessons **Bowling** 8 Lessons	**Assessments** **Teacher Choice**
Standard 2: Concepts & Strategy	Students understand and apply classroom expectations such as forming lines, obeying start and stop signals, and sharing equipment	Students understand and apply a variety of motor patterns, analyzing the use of underhand vs. overhand, distance awareness, appropriate force, and partner positioning.	Students learn and understand movement concepts such as space, effort, and relationships	Students understand and apply strategies, tactics, and rules	Students understand and apply strategies, tactics, and rules	
Standard 3: Social Skills	Students work cooperatively in partner and small group tasks, manage emotions in a variety of challenges and problem-solving activities, and demonstrate self-control and perseverance					
	Students demonstrates respectful behaviors that contribute to positive social interaction in group activities, such as stopping and starting on a signal, responsible equipment use, and avoiding collisions through application of spatial awareness strategies					
Standard 4: Personal Engagement	Students develop personal engagement by identifying activities that meet their needs for self-expression and social interaction while learning how movement positively impacts health.					

VIEW GOOGLE SHEET

EXPLORE OUR FULL LIBRARY OF COURSES

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

EXPLORE COURSES

PLT4M