PLT4M

# PLT4M SCOPE & SEQUENCE

Helping Teachers Create Student-Centered P.E. Experience



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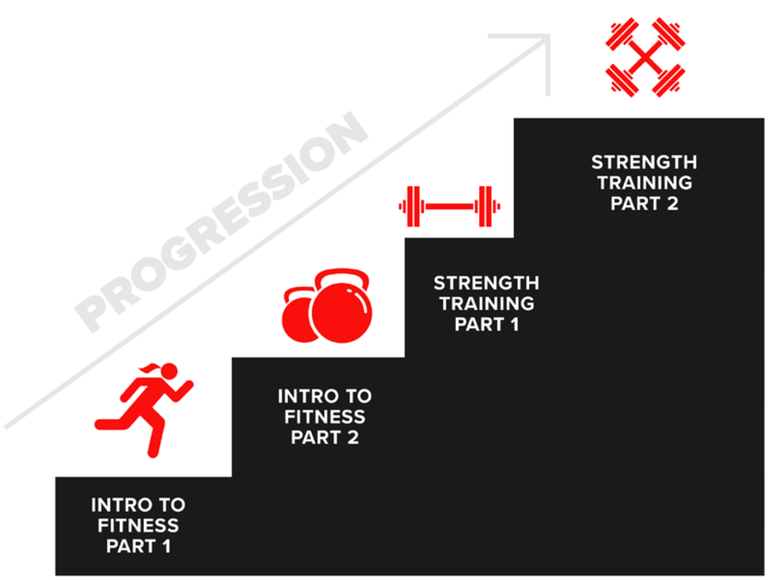


# SEQUENCING IN PHYSICAL EDUCATION

# THE PLT4M PHILOSOPHY

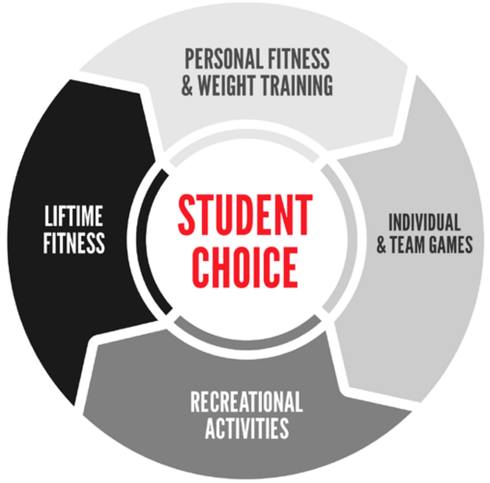
For Physical Education to deliver on its mission of improving student wellness, we must help students find their passion for exercise and activity. To do this, we need a well-rounded, comprehensive, and vertically aligned curriculum paired with technology that enables student choice and individualization.



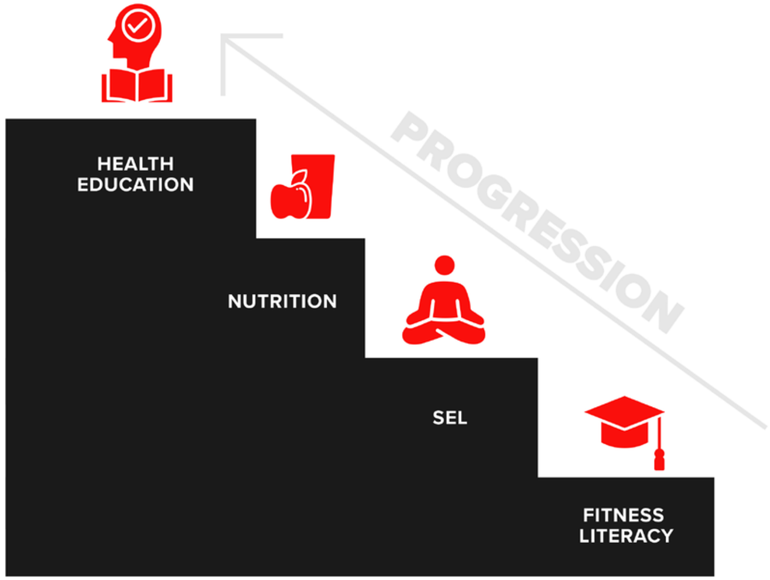




Create a Common Foundation of Motor Skills in Middle School

## THE 10,000 FOOT VIEW




Create a Student-Centered Learning Environment at the High School with engaging Electives




Address important Health and Wellness Concepts throughout their time in PE

# FITNESS & STRENGTH

## AN EXAMPLE PROGRESSION

### INTRO TO FITNESS

BASELINES FITNESS ASSESMENTS

RETEST FITNESS ASSESSMENTS

### STRENGTH DEVELOPMENT

BASELINE MAX TEST
- BACK SQUAT
- BENCH PRESS
- DEADLIFT

BASELINE MAX TEST
- FRONT SQUAT
- STRICT PRESS
- HANG CLEAN

INTRO TO FITNESS PART 1 » INTRO TO FITNESS PART 2 » INTRO TO STRENGTH TRAINING 1 » INTRO TO STRENGTH TRAINING 2

### ADVANCED WEIGHT TRAINING

RETEST FITNESS ASSESSMENTS

PERSONAL FITNESS

PERSONAL FITNESS

- CONTINUAL TRACKING OF WORKSETS
- RETEST FITNESS ASSESSMENTS

PERSONAL WEIGHT TRAINING

ATHLETIC DEVELOPMENT

- CONTINUAL TRACKING OF WORKSETS
- PERFORMANCE ASSESSMENTS

IN-SEASON TRAINING
OFF-SEASON TRAINING

# LIFETIME FITNESS

## AN EXAMPLE PROGRESSION

We help teachers build a foundation in human mvoement, and then allow you to enable student choice with a wide range of Lifetime Fitness Courses.

**INTRO TO FITNESS PART 1** » **INTRO TO FITNESS PART 2** »

- **DANCE FITNESS**
- **BODYWEIGHT BOOTCAMP**
- **BOXING**
- **YOGA FLOWS**
- **PILATES**
- **MOBILITY & FLEXIBILITY**
- **FITTNESS ANYWHERE**

# HEALTH & WELLNESS

## AN EXAMPLE PROGRESSION

PLT4M provides a growing catalog of Health Curriculum
to help you build an expansive and holistic HPE Curriculum.




LIFETIME FITNESS
& WEIGHT TRAINING

# INTRO TO FITNESS
# PART 1

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)
- 30-45 Minutes per lesson
- Concludes with Baseline Fitness Assessments

### LESSON FORMAT

Each lesson begins with a guided warm up, followed by movement education and technique work. Then, a workout is prescribed and explained in detail that reinforces the major education points of the day, while introducing elements of capacity and intensity.

### AUDIENCE

Everyone! Grades 6-12. Anyone looking to get into fitness should begin with this fundamental program. Long term results come from setting a good foundation!




### EQUIPMENT

Must Have

- PVC Pipe
- Open Floor
- “Run” Option

Nice to Have

- TRX/Rings
- Pull-Up Bar (for assessment)
- Box/Bench (for scaling push-ups)
- Bands/Foam Rollers

### 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)
- PLT4M MetCon (Overall Fitness)

# INTRO TO FITNESS PART 2

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
- Medicine Ball
- Open Floor
- Jump Rope
- “Run Option”

Nice to Have

- Pull-Up Bar/TRX Rings
- Foam Roller/Lax Ball
- Box/Bench (for scaling push-ups)
- Bands

### 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 Intro to Fitness Part 1, this will provide a second data point for progress evaluations.**

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

# INTRO TO STRENGTH TRAINING PART 1

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 strengh and stability!

### BREAKDOWN

- 15 Total Lessons (5 sections of 3 lessons)
- 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 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

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
- Flat Benches
- Barbells & Weight Plates (Bumper preferred for deadlifts)
- Dumbbells & Kettlebells
- Bands
- Pull Up Bars (or other substitutes)

### RECOMMENDED REQUISITES

Intro to Fitness Part 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
- Bench Press
- Deadlift

# INTRO TO STRENGTH TRAINING PART 2

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 widly versatile dumbbell, as well as continue to develop core strengh and stability!

### BREAKDOWN

- 15 Total Lessons (5 sections of 3 lessons)
- 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 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
- Flat Benches
- Barbells & Weight Plates (Bumper preferred for deadlifts)
- Dumbbells & Kettlebells
- Bands
- Pull Up Bars (or other substitutes)

### RECOMMENED REQUISITES

Intro to Fitness 1 & 2 and Intro to Strength 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
- Strict Press
- Hang Power Clean

# PERSONAL WEIGHT TRAINING

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

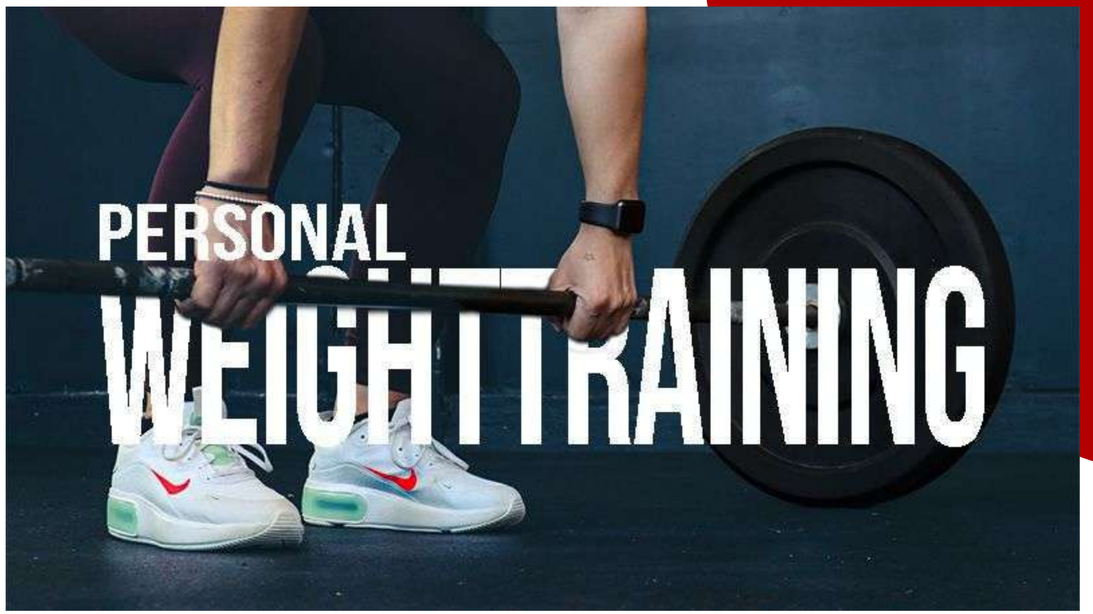
- 24 total training sessions (8 weeks of 3 sessions scheduled per week)
- Each Workout is designed to take approximately 40-45 minutes

## SESSION 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 Pipes
- Barbells & Weights Plates
- Dumbbells & Benches
- Pull-up Bar/TRX/Rings
- Jump Ropes

Nice to Have

- Foam Roller/LaxBall
- Cardio Machines

## REQUISITES

Intro to Fitness Part 1 & 2; Intro to Strength Training Part 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 & 1RM-ReAssessment of:

- Squat Working Max
- Bench Working Max
- Deadlift Working Max

Accessory Strength/Enduarance of:

- Pull Up (Strength)
- Push/Squat (Strength Capcity)
- Plank Hold (Stablity/Stanima)

# PERSONAL FITNESS

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

- 30 Total Training Sessions (10 weeks of 3 scheduled per week)
- 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

## REQUISITES

Intro to Fitness Part 1 & 2; Intro to Strength Training Part 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 pre and post assessment of:

- 1 Mile Run
- Pull Up
- 2 Min Burpee
- Squat Therapy
- Jump Rope

# FITNESS ANYWHERE

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 session takes roughly 30 minutes
- This program does not have to be completed in order!

## WORKOUT FORMAT

Each workout begins with a guided warm-up, followed by movement prep, and ends with a “Finisher”. The Finisher is the meat and potatoes of the workout. The entire workout is taught by one coach, providing a "follow-along" feel for students and athletes working out remotely.

## AUDIENCE

Grades 6–12: 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

**OPTIONAL:** Students and athletes will have opportunities to add intensity through loading with the use of household objects.

## REQUISITES

Recommended that students have completed Intro to Fitness 1 & 2, 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.

## ASSESSMENTS

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

# READYFIT

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.
- 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

- Dumbbell
- Kettlebell
- Jump Rope
- Medicine Ball

Nice to Have:

- Cardio machine (rower, bike, etc.)
- Pull Up Bar

## 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 Air Squats
- 1 Minute Max Sit Ups
- 2 Minute Burpee Test
- Max Elbow Plank

# DANCE FITNESS

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 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 a 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.

## REQUISITES

No formal requisites, open to everyone!

## ASSESSMENTS

There are no formal assessments in this program.

# BODYWEIGHT BOOTCAMP

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

- 24 total training sessions (4 sections of 3 lessons)
- Each workout takes roughly 30 minutes

### 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 Mat/Training Mat

### REQUISITES

Intro to Fitness 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 BOXING

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 8th 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 | Nice to Have | |
|---|---|---|
| • Open Floor | • Boxing Bag | • Medball/Dumbbell (for ocassional loading) |

## RECOMMENDED REQUISITES

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.

# INTRO TO PILATES

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

- 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.

## REQUISITES

No formal requisites, open to everyone!

## ASSESSMENTS

There are no formal assessments in this program.

# INTRO TO YOGA PART 1

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 lessons 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

Must Have

- Yoga Mat

### REQUISITES

No formal requisites, open to everyone!

### ASSESSMENTS

There are no formal assessments in this program. Students are encouraged to progress onto Yoga Part 2 for continued education.

# INTRO TO YOGA PART 2

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/Warmp 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

Must Have

- Yoga Mat

### 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 here are no formal assessments in this program. Students are encouraged to progress onto Yoga Flow for continued education.

# YOGA FLOWS

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)
- Each lesson is broken into 3 video parts
  1. Intro 2. Full 30 Minute Flow 3. Savasana
- 30 minutes per lesson

## 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

Must Have

- Yoga Mat

## REQUISITES

Intro to Yoga Part 1 & 2 - *OR* - Students should have a basic understanding of foundational yoga movements and have the requisite stamina to complete a fully comprehensive 30 minute yoga workout. For example students should have a library of yoga movements already learned and know how to properly execute them in a longer flow workout.

## ASSESSMENTS

There are no formal assessments in this program.

# INTRO TO FLEXIBILITY

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 (5 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.

## REQUISITES

You can jump into this program without any pre-reqs.

## ASSESSMENTS

Squat therapy available as mobility assessment at the end. This same assessment will also be used at the end of Intro to Mobility 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

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 Mobility Assessment

## LESSON FORMAT

Each session begins with a brief introduction where we talk through the focus of each lesson, be it Stretching, SMR, or Active Recovery. We will then move into the lesson, which consists of one (sometimes two) long format, follow along videos

## AUDIENCE

Everyone! Anyone looking to get into fitness should begin with this fundamental program. Long term results come from setting a good foundation!!




## EQUIPMENT

Must Have

- Foam Rollers (Section 3&5)
- Lax or Tennis Balls (Section 4&5)
- We also suggest the use of a padded mat

## REQUISITES

As we begin with two Sections of Stretching,  you can jump into this program without any prereqs. However, improving your flexibility through Intro to Flexibility would be a good course to start with.

## ASSESSMENTS

Culminates in a final “assessment” of:

- Squat Therapy

# STRETCHING ROUTINES

In Intro to Flexibility, we introduced the concept of End Range Static Stretching, covering its benefits, and highlighting the role flexibility plays in our mobility. Our goal was to introduce a number of key poses and highlight the target areas of each stretch.

In “Stretching Routines” we aim to provide guided stretching routines with less coaching, allowing you to focus and relax through the session. With flexibility, the key is consistency! Similar to most things in life, if you do not practice it regularly, your performance will suffer.

### BREAKDOWN

- 15 total sessions (5 sections of 3 lessons)
- Each session is 20 minutes

### SESSION FORMAT

All lessons include a variety of end range stretches, with the goal of improving mobility around the key joints and muscles. Each lesson consists of one follow-along, 20 minute video.

### 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

Nice to Have

- Yoga Mat

### REQUISITES

Intro to Flexibility is recommended, but this program can be used at any time.

### ASSESSMENTS

As a supplemental program, testing is by no means required, but should you wish to measure your flexibility progress, use the Squat Therapy assessment at the end.


HEALTH & WELLNESS

# FITNESS LITERACY

Fitness Literacy is a collection of 12 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.

This program is a wonderful complement to its physical counterpart—the Intro to Fitness Series

## BREAKDOWN

- 12 total assignments
- Each assignment takes roughly 15-30 minutes

## LESSON FORMAT

Each lesson includes a written article, a summary video, and the accompanying assessment questions.

Our 12 assignments are broken out into 3 distinct sections, from an introduction to the mental & physical effects of fitness, down to the mechanics of foundational human movement.

### Why Fitness?

1. The Power of Physical Activity: Mental & Physical Benefits
2. Movement & Exercise

### Fitness Concepts

3. Capacity (Aerobic & Anaerobic)
4. Strength & Strength Endurance
5. Stability & The Core
6. Mobility vs Flexibility
7. Training Terminology

### Foundational Movements

8. The Squat
9. The Hinge
10. The Lunge
11. The Press
12. The Pull

## AUDIENCE

Everyone! Grades 6-12. Anyone looking to get into fitness should begin with this fundamental program.




## EQUIPMENT

Students must have internet access to view assignment content via PLT4M account.

## REQUISITES

No formal requisites, open to everyone!

## ASSESSMENTS:

Supplemental questions at the end of each chapter can be used to demonstrate knowledge of concepts.

# INTRO TO NUTRITION

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

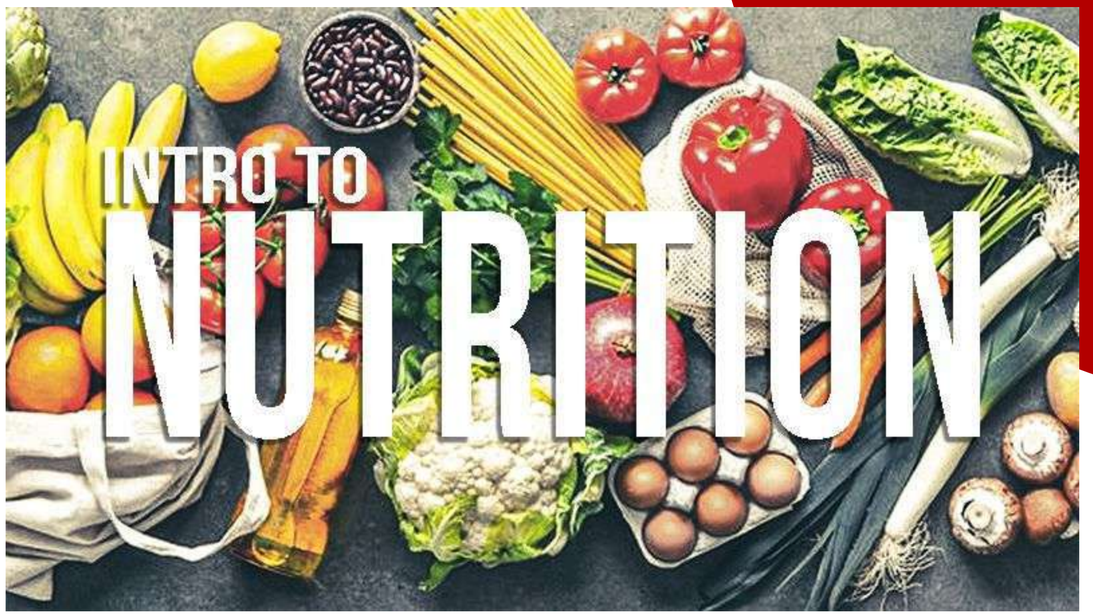
- 4 parts | 13 chapters (22 total lessons)
  - Macronutrient Lessons
  - Micronutrient Lessons
  - Types & Timing Of Meals Lessons
  - Hydration Lessons
- Each chapter takes roughly 30 minutes

## 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: 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.

## REQUISITES

No formal requisites, open to everyone!

## ASSESSMENTS:

Supplemental questions at the end of each chapter can be used to demonstrate knowledge of concepts.

# APPLIED NUTRITION

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

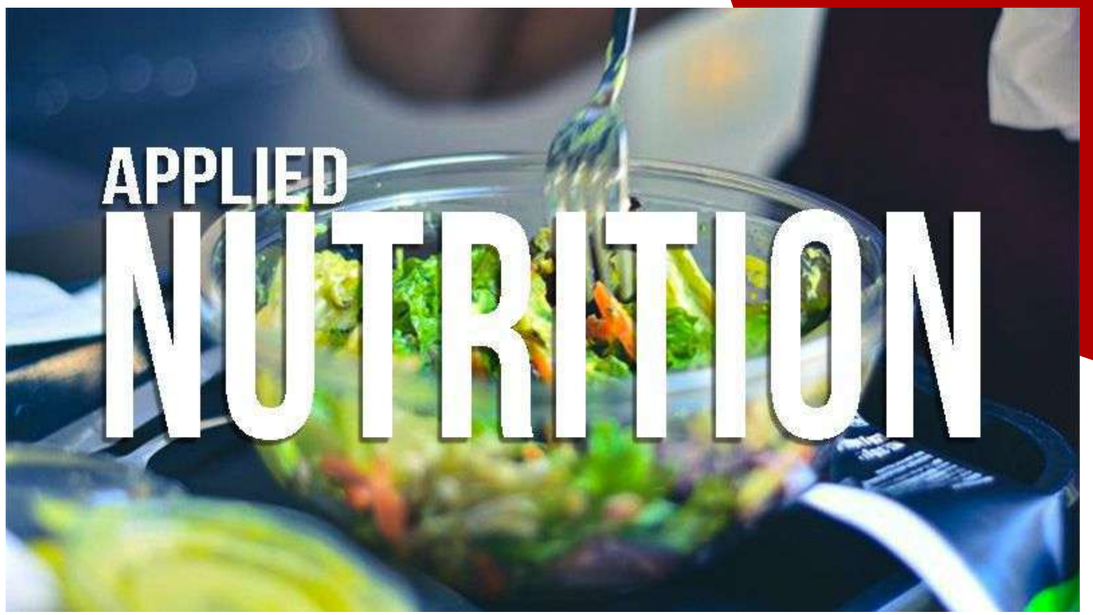
- 2 Chapters | 9 Total Lessons
- Each chapter takes 30 minutes

### 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.

### REQUISITES

Introduction to Nutrition

### ASSESSMENTS:

Supplemental questions at the end of each chapter can be used to demonstrate knowledge of concepts.

# INTRO TO MINDFULNESS

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

No equipment needed

## 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

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

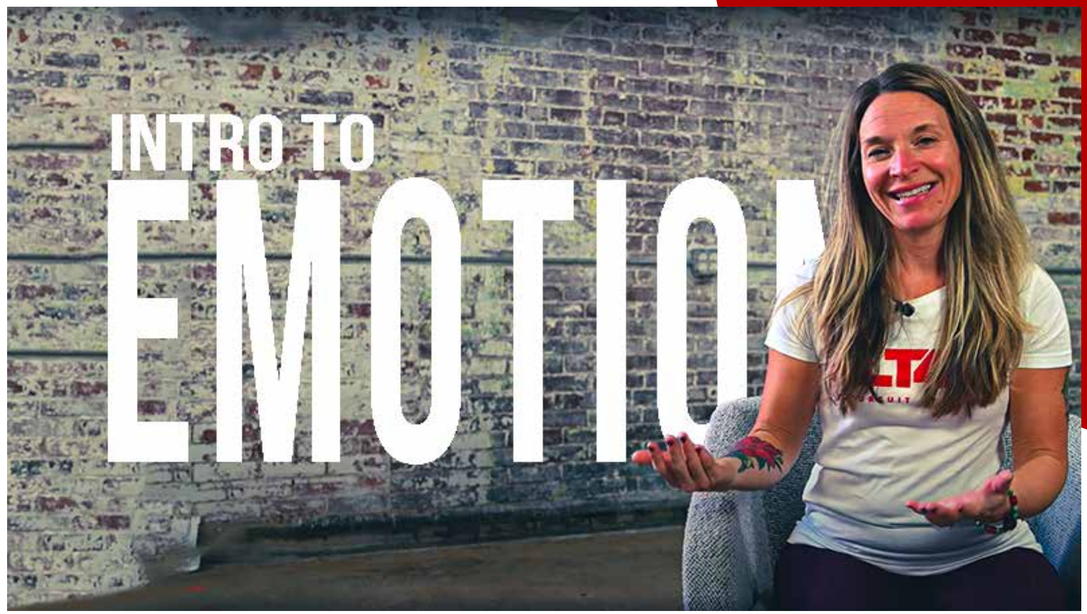
- 13 Lessons
- 5-10 minute videos paired with written lesson materials

### 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

No equipment needed

### 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

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

Everyone! Grades 6-12. This is a great social emotional learning program for any student.




### EQUIPMENT

No equipment needed

### REQUISITES

No formal requisites; open to all students!

### ASSESSMENTS

There are no formal assessments in this program.

# PERSONAL HYGIENE

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 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 personal hygiene, especially as we hit our young adults years!

ACCESS ANSWER KEY

## BREAKDOWN

10 Lessons : Each Lesson takes roughly 20-30 minutes

- What is Personal Hygiene?
- Washing Your Hands
- Oral Hygiene
- Showering/Bathing
- Facial 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.

## 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

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.*

ACCESS ANSWER KEY

## BREAKDOWN

9 Lessons: Each Lesson takes roughly 20-30 minutes

- Drug & The Brain
- Marijuana
- Nicotine, Tobacco, & Vaping
- Inhalants
- Opioids
- Methamphetamine
- K2/Spice & Bath Salts
- Cocaine
- Prescription Stimulants

## LESSON FORMAT

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!

## 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. This program can also be accessed for free outside of PLT4M at Mind Matters Series.

## 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

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.




## EQUIPMENT

No equipment needed

## 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.

# GAMES & ACTIVTIES



# INTRO TO KAN JAM

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 Shots
  - 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

## REQUISITES

No formal requisites; open to all students!

## ASSESSMENTS

There are no formal assessments in this program.

# PICKLEBALL

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
  - Backhand
  - Free Flow Rallying
  - Overhand
  - Serve
  - 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

- Pickleballs
- Paddles

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.

## REQUISITES

No formal requisites; open to all students!

## ASSESSMENTS

There are no formal assessments in this program.

# INTRO TO BADMINTON

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

## REQUISITES

No formal requisites; open to all students!

## ASSESSMENTS

N/A

# SWIM

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
  - 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

## 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

There are no formal assessments in this program.



# ATHLETIC PERFORMANCE IN PHYSICAL EDUCATION

Having mastered movement in Phys Ed, athletes should be able to take weight training courses that allow them to pursue enhanced athletic performance.

# ATHLETIC DEVELOPMENT PROGRAM MAP

## ESTABLISH A BASELINE OF FITNESS

INTRO TO FITNESS PART 1 → INTRO TO FITNESS PART 2

## INTRODUCE LOAD + INTESITY

INTRO TO STRENGTH TRAINING – PART 1 → INTRO TO STRENGTH TRAINING – PART 2

BASELINE MAXES ESTABLISHED

## TRAIN FOR YOUR SEASON

**OPTIONAL:**
Choose between 2/3/4 day lifting schedule

ATHLETE ON-RAMP → IN-SEASON WT. TRAINING → OFF-SEASON WT. TRAINING

BASELINE MAXES ESTABLISHED

**ACCELERATED ON RAMP:**
Use this program for a quicker onboarding process than the recommended approach outlined above

BASELINE MAXES REQUIRED

PERFORMANCE ANYWHERE

**OPTIONAL:**
Remote training option.
No equipment required!

## SUPPLEMENT YOUR TRAINING

SPEED TRAINING | CONDITIONING | FLEXIBILITY | MOBILITY | STRETCHING ROUTINES

BEGINNER | INTERMEDIATE | ADVANCED

BASELINE MAXES REQUIRED | BASELINE MAXES ESTABLISHED | BASELINE MAXES RE-ESTABLISHED


ATHLETIC
PERFORMANCE

# ATHLETE ON-RAMP

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 sesions takes roughly 45-60 minutes

## SESSION 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, Dumbells and or Kettlebells
- Block 3 - Barbells, Racks, Benches, and/orDumbells and/or Kettleballs

## 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)
- Clean (Hang Power Clean)
- Bench (Bench Press)

# PERFORMANCE ANYWHERE

No weight room? No problem. Our Performance Anywhere program is a complete performance training regimen, tackling the PLT4M Performance goals of Power, Control, & 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 & accessory. Each session concludes with conditioning or a “Finisher.”

## AUDIENCE

Grades 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.

## 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 opportun to record results for their "finisher" scores.

# 4 DAY OFF-SEASON TRAINING

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)
- Each workout takes roughly 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
- Dumbells & Benches
- Pull-Up Bar/TRX Rings
- Bands
- Jump Rope

Nice to Have

- Kettlebells
- Plyo Boxes
- Foam Roller/ Lax Ball
- Cardio Machines

## REQUISITES

Intro to Fitness 1 & 2; Intro to Strength Training 1 & 2 - *OR* - Athlete On-Ramp: 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).

## ASSESSMEN

Strength

- Squat Working Max
- Press Working Max
- Clean Working Max

1RM Assessments 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 Capacity)
- Jump Rope (Skill)
- Grip H
- Plank

# 3 DAY OFF-SEASON TRAINING

This program is aimed at developing 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 session takes roughly 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
- Dumbells & Benches
- Pull-Up Bar/TRX Rings
- Bands
- Jump Ropes

Nice to Have

- Kettlebells
- Plyo Boxes
- Foam Roller/ Lax Ball
- Cardio Machines

## REQUISITES

Intro to Fitness 1 & 2; Intro to Strength Training 1 & 2 - *OR* - Athlete On-Ramp: 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 “untrained” (no workouts in previous 2+ months).

## ASSESSMENTS

**Strength**

- Squat Working Max
- Press Working Max
- Clean Working Max

**1RM Assessments of:**

- Bench Press
- Strict Press
- Back Squat
- Front Squat
- Hang Power Clean
- Power Clean
- Deadlift

**Fitness/Performance**

- Vertical Jump (Power)
- Pull Up (Strength)
- Push/Squat (Strength Capacity)
- Jump Rope (Skill)
- Plank Hold (Stability/Stanima/)

# 2 DAY OFF-SEASON TRAINING

A variation of our standard 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 lift sessions per week)
- Each Workout takes roughly 50-70 miutes

*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
- Dumbells & Benches
- Pull-Up Bar/TRX Rings
- Run Options

Nice to Have

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

## REQUISITES

Intro to Fitness 1 & 2;  Intro to Strength Training 1 & 2 - *OR* - Athlete On-Ramp: 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

**Continual Tracking of Working Maxes within**

- Squat
- Bench
- Clean
- Deadlift

**Occasional Assessment of 1RM "PRs" in**

- Back & Front Squat
- Bench & Strict Press
- Hang Power Clean & Power Clean
- Deadlift
- Strict Pull Up (Reps)

**Accessory Performance Domains**

- Vertical Jump (Power)
- Jump Rope (Skill/Capacity)
- Plank Hold (Stability/Muscular Endurance)
- 1 Min Push Up/Air Squat (Capacity/Muscular Endurance)

# SPEED TRAINING

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 speed training (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 Sprint Drill (sprint variation)

# CONDITIONING

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

## REQUISITES

Intro to Fitness 1 & 2; Intro to Strength Training 1 & 2 - *OR* - Athlete On-Ramp
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 “untrained” (no workouts in previous 2+ months). Your season is NOT the time to try training for the first time without proper education!

## 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 progra

# IN SEASON TRAINING

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

Each training day contains a workout brief and guided warm up. Then, we 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
- Dumbells & Benches
- Pull-Up Bar/TRX Rings
- Run Option

Nice to Have

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

## REQUISITES

Intro to Fitness 1 & 2; Intro to Strength Training 1 & 2 - *OR* - 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). Your season is NOT the time to try training for the first time without proper education!

## ASSESSMENTS

**Continual Tracking of:**

- Back Squat
- Bench Press
- Clean

# PLT4M GLOSSARY

When it comes to fitness and training, we need to be comfortable with a whole new language.

Activity in the gym is prescribed, constrained, and explained by words, concepts and terms that are foreign to most people. Often, this language barrier can intimidate new trainees - but that shouldn't be the case!

To help our new students and athletes navigate this world and its accompanying language, we thought it would be helpful to create a one-stop-shop glossary of fitness terms that come up in our programs.

The list isn't exhaustive, by any means, but it's a great start towards being comfortable with the jargon of fitness and training.

Check it out in the coming pages!

**REP**

Abbreviation for "repetition." The number of times you are to perform a movement pattern in one set of an exercise. So if you do 5 push ups in a row before you go to pull ups, that's "5 reps".

**SET**

A group of reps. If, say the movement prep before a finisher calls for 2 sets of 5 reps (2×5), you'll perform 5 reps of the movement. That's one set. Then, you rest briefly before performing the second set of 5 reps.

**SINGLES**

Sets of just one rep. Performing the movement, then resting and resetting before hitting another rep.

**SUPER-SET OR "GIANT SET"**

A combination of movements and sets. We are effectively pairing two movements as one. This means we perform the first set of an exercise, then immediately perform the first set of a second exercise (with no real break in between). After completing both exercises, we rest before beginning the second set of both movements.

**VOLUME**

"How much." There are a few ways to determine volume. The simplest and most common way, though, is to look at how many total reps and sets are completed in a given workout. So 4 sets of 10 reps would be higher volume than 5 sets of 3.

**LOAD**

"How heavy." We are simply talking about the weight of an object used during a movement. For example, the load used for a MB Thruster would be the weight of the ball.

**TECHNICAL FAILURE**

The point in any movement when your muscles are so fatigued that you cannot complete any more reps with PROPER form. Sometimes you'll see workouts telling you to perform sets that push you close to, or up until failure. This means you perform as many reps as you can (with strict form) on that set.

**FINISHER**

PLT4M's workout-within-a-workout. Often, the way we finish a training session - combining the movements we have practiced in a more up-beat, self-competitive format. Will usually come with the ability to log a "score" for tracking purposes.

**AMRAP**

Abbreviation for "As many reps (or rounds) as possible" in a given time period. For example, a Finisher may be labeled as AMRAP8 - which means we are to complete the exercises, in order,as many times through as possible during a running 8 minute clock. You are to keep a running tally of the total reps performed as your "score".

## EMOM

Abbreviation for “Every Minute, On the Minute.” A style of workout used in some of our Finishers in which you are utilizing a running clock for a given amount of time (EMOMx8 = 8 minutes for example), and performing a certain amount of work each minute, resting for the remainder.

*For example,*

EMOMx8: 7 Burpees, 7 Air Squats means:

Set a clock to run for 8 minutes. At the top of every minute (0:00, 1:00, 2:00...), perform 7 burpees, followed by 7 air squats. Then, rest for the remainder of the minute, however long it may be.Once the next minute hits, repeat the work. We are finished after we complete the 8th round of 7 and 7.

## SCALING

An approach to movement execution that allows a foundational pattern to be performed through a spectrum of difficulties. We “Scale” the push up, for example, through elevation. This allows us to perform the given movement, for the prescribed volume, no matter our current individual ability.

## STRICT

A rep or movement performed with complete control. A pull-up, for example, moved through a complete range of motion without any movement in the hips and core.

## UNILATERAL

Meaning a rep or movement performed by “one side of the body,” or a single limb. The “Lunge” is an example of a unilateral lower body movement, compared to a standard bilateral (two legged) squat.

## ROM

“Range of motion”

## PVC

Plastic tubing often used as a fitness tool, replacing the functional place of a weighted barbell.

## MB

“Medicine Ball”. Most specifically, the soft “Dynamax” version of the classic fitness tool.

## DB

“Dumbbell” - A type of free weight that is widely used in fitness and strength and conditioning.

## FRONT RACK

Taken from Weightlifting, this is the process by which we hold any “load” with the arms, up against the chest and under the chin.

## STRENGTH

Force produced against an external resistance - even just your own bodyweight, or gravity. When performing a simple push up, you are exerting force on the ground against your own bodyweight. The more force you can produce, the stronger you are, and the more reps you can perform. A push up from the floor requires more strength than an elevated push up. Strength also makes all other physical attributes better.

## MUSCULAR ENDURANCE

Muscular endurance is the ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time. Long-distance running and high-rep bodyweight movements (push-ups, pull-ups) are displays of muscular endurance (and strength).

## POWER

Power is strength displayed quickly. It’s the ability to contract a large amount of muscle units in a short amount of time. Examples of power in action: standing vertical jump, sprinting, throwing.

## FLEXIBILITY

The ability of a muscle to temporarily stretch beyond its resting state, when needed. Even more specifically, it is your muscles’ ability to tolerate being stretched, neurologically speaking. Basically, if you improve your flexibility through, say, static stretching, your body can move through more extreme ranges of motion without pain.

## ISOMETRIC (CONTRACTION)

The contraction of a muscle without significant movement. For example, this is what your abs, and lower back muscles do during a standard elbow plank. Really your entire “core” works this way. Its job is to stabilize, via isometric contraction, the entire trunk, to keep your spine in proper alignment as you move through dynamic full-body movement patterns...especially when we add load

## PLYOMETRICS

A type of exercise that involves a quick “countermovement” followed by an explosive contraction. The most common plyometric exercises involve jumping

## MIDLINE

A kinesiology term describing an imaginary line running down the middle of the body, and separating its right and left sides. Most often, we refer to the midline as your “core” and its ability to remain stable during movement.




## WHO WE ARE

The PLT4M team are coaches and educators, too. We are on the sidelines in the fall and behind  the bench in the winter. We have an intimate understanding of the challenges that educators face when trying to train and work with students and athletes. Everything we do, every feature we build, every program we release is done with the intention of making  the lives of our educators and athletes better.

## PHILOSOPHY

We believe in a holistic approach to instilling lifelong fitness and improving athletic performance. PLT4M  is a curriculum built around progression and planning. We believe in setting common foundations, progressing students through a holistic education into specific fitness tracks that allow them to realize their fullest potential, all while recognizing that no two individuals are the same.