

# PHIT KIDS ACADEMY™

## CURRICULUM



**MOVE  
MORE**



**FEEL  
BETTER**



**PLAY  
TOGETHER**



**LEARN  
FOR LIFE**



**FUN, ENGAGING VIDEO LESSONS  
THAT BUILD HEALTHY, ACTIVE, AND CONFIDENT KIDS**



**25+**  
SPORTS & FITNESS  
INSTRUCTIONAL  
VIDEOS



**11**  
EXERCISE  
VIDEOS



**14**  
LEARN-TO-PLAY  
SPORT VIDEOS



**4-MINUTE**  
EXERCISE  
BREAKS



**CHALLENGES**  
REWARDS  
HEALTHY HABITS



YOUTH FITNESS FOR A BRIGHTER TOMORROW



## **Congratulations and Welcome to PHIT Kids Academy!**

Thank you for choosing **PHIT Kids Academy** to help get kids active, healthy, and learning sports! We're excited to bring you this engaging digital learning platform from **PHIT America, a national nonprofit dedicated to improving the health and fitness of our youth.**

Through fun, instructional videos and easy-to-follow activities, PHIT Kids Academy helps children develop sports skills, build confidence, discover the joy of movement, and establish healthy habits that can last a lifetime.

We're thrilled to have you join us in making a positive difference in the lives of children!

### **Here are a few helpful resources to get started:**

- **Learn more about PHIT America:** <https://www.phitamerica.org>
- **Explore PHIT Kids Academy:** <https://www.phitkidsacademy.org>
- **Frequently Asked Questions:** Visit the PHIT Kids Academy website for answers to common questions.
- **General Information and Support:** [info@phitkidsacademy.org](mailto:info@phitkidsacademy.org)

### **Have educational or curriculum questions?**

Contact our Director of Education, **Dr. Erica Armijo**, at [erica@phitamerica.org](mailto:erica@phitamerica.org).

Thank you for being part of the PHIT Kids Academy community and helping us inspire the next generation to move more, play more, and live healthier lives!

Together, we can make a difference—one child at a time.

### **Welcome aboard!**

The PHIT Kids Academy Team

*PHIT America | Youth Fitness for a Brighter Tomorrow*

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## CURRICULUM INTRODUCTION

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PHIT Kids Academy supports physical education through engaging, skill-based instruction that helps children move more, build fundamental movement skills, and grow confidence. This curriculum resource is designed to help educators plan purposeful, inclusive lessons that connect movement, skill development, teamwork, and healthy habits.

### WHAT YOU'LL FIND IN THIS CURRICULUM

**01 Lesson focus & learning targets**

Identify the skill focus, learning goals, success criteria, and relevant standards.

**02 Equipment, set-up & safety**

Prepare the space and materials, establish boundaries, and plan for safe participation.

**03 Lesson sequence**

Organize the warm-up, skill development, practice or game, and cool-down into a purposeful lesson.

**04 Teaching cues & skill development**

Use clear movement cues to help students practice technique and understand each skill.

**05 Differentiation & inclusion**

Adapt activities for different ages, experience levels, abilities, and readiness.

**06 Assessment & reflection**

Observe performance, check understanding, and note adjustments for future instruction.

**07 PHIT Kids Academy integration**

Connect PKA videos and resources with active minutes, movement goals, and social-emotional learning.

### MOVE WITH PURPOSE | BUILD SKILLS | GROW CONFIDENCE

A practical planning resource for PHIT Kids Academy physical education instruction





## IMPORTANT INFORMATION

ACCESS YOUR VIDEOS • NAVIGATE THE PLATFORM • PLAY A LESSON

Use the quick guide below to log in, find the content you need, and make the most of the PHIT Kids Academy video player.

### 1. LOG IN

Go to [PHITKidsAcademy.org](https://phitkidsacademy.org) and click the log-in option in the upper-right corner. Enter your username (email address) and password. Once you log in, all subscription videos will be unlocked and ready to view.

If you have trouble logging in, go to the login page and click “**Forgot Password**” to reset your access.

**Login page:** <https://subscribers.phitkidsacademy.org/>

**General help:** [info@phitkidsacademy.org](mailto:info@phitkidsacademy.org)

**Technical help:** <https://vimeo.com/help/contact>

### 2. VIEW THE TOP NAVIGATION LINKS

Use the top navigation menu to browse different types of content:

**BROWSE** <https://subscribers.phitkidsacademy.org/browse> — All videos

**FITNESS** <https://subscribers.phitkidsacademy.org/fitness> — Fitness and exercise videos

**PLAY SPORTS** <https://subscribers.phitkidsacademy.org/play-sports-1> — Learn-to-play sports

**CHALLENGES** <https://subscribers.phitkidsacademy.org/challenges> — Challenges

**PREVIEWS** <https://subscribers.phitkidsacademy.org/previews-1> — Video previews

**SEARCH** <https://subscribers.phitkidsacademy.org/previews-1> — Find content

### 3. CHOOSE YOUR VIDEO TO PLAY

The video menu bar includes these playback options:

**VOLUME**  
Adjust sound

**CLOSED CAPTIONS**  
Show captions

**SETTINGS**  
Adjust playback options

**TRANSCRIPT**  
Read spoken content

**CHAPTERS**  
Jump to a skill or exercise

**PICTURE-IN-PICTURE**  
Keep video in a small window

**FULL SCREEN**  
Expand the video

**TIP**  
Use Chapters to select one segment

MOVE WITH PURPOSE | BUILD SKILLS | GROW CONFIDENCE





## GET STARTED

### SIMPLE WAYS TO USE PHIT KIDS ACADEMY

Make PHIT Kids Academy work for your class, program, or students. Use the videos and chapters in ways that fit your lesson plan, schedule, and learning goals.

- 1 CREATE YOUR OWN PLAYLIST**  
Use "My List" in the main settings to save videos for quick access.
- 2 CHOOSE A CHAPTER**  
Use the Chapter setting to select a single skill or exercise. Play a few segments or the entire video.
- 3 LET KIDS PRACTICE**  
For example, at the start of a soccer unit, select the dribbling chapter and give every child a ball to practice along with the video. Circulate, offer a teaching cue, and praise their progress.
- 4 MAKE IT YOURS**  
Use warm-up chapters to start class, choose one exercise for a brain break, or use an aerobic video for a full activity block.
- 5 REVIEW THE SUGGESTED CURRICULUM**  
Explore the suggested curriculum and lesson-planning resources online.  
<https://www.phitkidsacademy.org/curriculum>

MOVE WITH PURPOSE | BUILD SKILLS | GROW CONFIDENCE



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# PHIT KIDS ACADEMY

## PHYSICAL EDUCATION LESSON PLAN

PHIT

TEACHER

GRADE/CLASS

DATE

TIME

DURATION

### 1 LESSON FOCUS & STANDARDS

LESSON TITLE / FOCUS

NATIONAL STANDARDS (SHAPE AMERICA)

WORKOUT SKILLS

### 2 LEARNING TARGET & SUCCESS CRITERIA

STUDENTS WILL BE ABLE TO...

I CAN STATEMENT / SUCCESS CRITERIA

### 3 EQUIPMENT & SET-UP

EQUIPMENT / MATERIALS

SET-UP / SPACE / SAFETY CONSIDERATIONS

### 4 LESSON SEQUENCE

WARM-UP

min

SKILL DEVELOPMENT

min

PRACTICE / GAME

min

COOL DOWN / CLOSURE

min

### 5 TEACHING CUES & KEY POINTS

### 6 DIFFERENTIATION & INCLUSION

MODIFY / SUPPORT

CHALLENGE / EXTEND

### 7 STUDENT EXPECTATIONS

Safe

Respectful

Responsible

Team player

OTHER / SPECIFIC EXPECTATIONS

### 8 ASSESSMENT

Observation

Checklist / rubric

Exit ticket

Skill performance

EVIDENCE / OTHER

### 9 REFLECTION & NOTES

WHAT WENT WELL?

WHAT WILL I ADJUST NEXT TIME?

### 10 PHIT KIDS ACADEMY INTEGRATION

PKA VIDEO / RESOURCE

ACTIVE MINUTES / MOVEMENT GOAL

CROSS-CURRICULAR / SEL CONNECTION

MOVE WITH PURPOSE | BUILD SKILLS | GROW CONFIDENCE

Professional planning template for PHIT Kids Academy physical education instruction



12 EXERCISES - 45 SEC WORK / 15 SEC TRANSITION

Combine cardio, strength, coordination, flexibility, and recovery with safe level choices.

| EXERCISE                 | BENEFIT                                                           | TEACHING CUES                                                            |
|--------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------------|
| 1. Jumping Jacks         | Cardio endurance; total-body coordination and rhythm.             | Arms out and up; legs apart; land softly; step-jack to modify.           |
| 2. Waist Twisters        | Core mobility; trunk rotation and body awareness.                 | Feet planted; knees soft; look left and right; rotate gently.            |
| 3. Squat Jumps           | Leg strength; explosive power and cardio intensity.               | Hips back; chest up; jump and reach; land softly; squat to modify.       |
| 4. Scissor Kicks         | Core engagement; hip strength and coordination.                   | Brace core; move feet front and back; keep movement controlled.          |
| 5. Scissor Jumps         | Cardio fitness; coordination and quick footwork.                  | Switch one foot forward and one back; land softly; step to modify.       |
| 6. High Knees            | Cardio burst; hip activation, balance, and coordination.          | Hold hands waist high; drive knees toward hands; stand tall.             |
| 7. Tuck Jumps            | Explosive power; leg strength and dynamic balance.                | Jump high; knees toward chest; land softly; high-knee march to modify.   |
| 8. Mountain Climbers     | Full-body cardio; core, shoulder, and leg endurance.              | Strong plank; drive knees toward elbows; keep hips steady.               |
| 9. Push-Ups              | Upper-body strength; core stability and body control.             | Body straight; lower with control; push away; use wall/knees as needed.  |
| 10. Sit-Ups              | Core strength; trunk control and muscular endurance.              | Lie back; knees bent; feet grounded; curl up without pulling neck.       |
| 11. Toe Touch            | Hamstring flexibility; recovery and body awareness.               | Keep knees soft or legs long; reach comfortably; hold; no bouncing.      |
| 12. Deep-Breath Cooldown | Lowers heart rate; supports recovery, focus, and self-regulation. | Inhale as arms rise; exhale as arms lower; move slowly and finish still. |

# PHIT KIDS ACADEMY

## PHYSICAL EDUCATION LESSON PLAN

PHIT

TEACHER

GRADE/CLASS

DATE

TIME

DURATION

### 1 LESSON FOCUS & STANDARDS

LESSON TITLE / FOCUS

NATIONAL STANDARDS (SHAPE AMERICA)

30-MINUTE SKILLS

### 2 LEARNING TARGET & SUCCESS CRITERIA

STUDENTS WILL BE ABLE TO...

I CAN STATEMENT / SUCCESS CRITERIA

### 3 EQUIPMENT & SET-UP

EQUIPMENT / MATERIALS

SET-UP / SPACE / SAFETY CONSIDERATIONS

### 4 LESSON SEQUENCE

WARM-UP

min

SKILL DEVELOPMENT

min

PRACTICE / GAME

min

COOL DOWN / CLOSURE

min

### 5 TEACHING CUES & KEY POINTS

### 6 DIFFERENTIATION & INCLUSION

MODIFY / SUPPORT

CHALLENGE / EXTEND

### 7 STUDENT EXPECTATIONS

Safe

Respectful

Responsible

Team player

OTHER / SPECIFIC EXPECTATIONS

### 8 ASSESSMENT

Observation

Checklist / rubric

Exit ticket

Skill performance

EVIDENCE / OTHER

### 9 REFLECTION & NOTES

WHAT WENT WELL?

WHAT WILL I ADJUST NEXT TIME?

### 10 PHIT KIDS ACADEMY INTEGRATION

PKA VIDEO / RESOURCE

ACTIVE MINUTES / MOVEMENT GOAL

CROSS-CURRICULAR / SEL CONNECTION

MOVE WITH PURPOSE | BUILD SKILLS | GROW CONFIDENCE

Professional planning template for PHIT Kids Academy physical education instruction



27 WORKOUT EXERCISES - EXERCISES 1-9

Challenge cardio fitness, muscular endurance, coordination, core strength, mobility, and recovery.

| EXERCISE                | BENEFIT                                                  | TEACHING CUES                                                      |
|-------------------------|----------------------------------------------------------|--------------------------------------------------------------------|
| 1. Jumping Jacks        | Cardio endurance; total-body coordination and rhythm.    | Arms out; legs apart; land softly; step-jack to modify.            |
| 2. Running in Place     | Raises heart rate; builds running rhythm and endurance.  | Light feet; pump arms; eyes up; stay in personal space.            |
| 3. Arm Circles Forward  | Shoulder mobility; prepares arms and upper body.         | Small circles forward; shoulders relaxed; increase size gradually. |
| 4. Arm Circles Backward | Shoulder and upper-back mobility; supports posture.      | Reverse direction; grow to big circles; move with control.         |
| 5. Scissor Kicks        | Core engagement; hip strength and leg coordination.      | Brace core; move feet front and back; keep motion controlled.      |
| 6. Scissor Jumps        | Cardio fitness; agility and crossing-foot coordination.  | Cross feet left to right; stay light; land softly.                 |
| 7. High Knees           | Cardio burst; hip activation, balance, and coordination. | Hands waist high; drive knees toward hands; stand tall.            |
| 8. Ski Jumps            | Lateral agility; balance and side-to-side power.         | Legs together; jump side to side; land softly and reset.           |
| 9. Invisible Jump Rope  | Cardio endurance; rhythm and quick-foot coordination.    | Speed jumps; turn hands as if holding a rope; stay light.          |



27 WORKOUT EXERCISES - EXERCISES 10-18

Continue through lower-body strength, core stability, balance, and controlled total-body movement.

| EXERCISE                    | BENEFIT                                                   | TEACHING CUES                                                       |
|-----------------------------|-----------------------------------------------------------|---------------------------------------------------------------------|
| 10. Split Lunges            | Leg strength; balance, coordination, and cardio power.    | Chest up; switch legs; land softly; step back to modify.            |
| 11. Mountain Climbers       | Full-body cardio; core, shoulder, and leg endurance.      | Strong plank; drive knees toward elbows; keep hips steady.          |
| 12. Standing Oblique Crunch | Core strength; balance and side-body control.             | Lift knee toward same-side elbow; crunch; stand tall; switch.       |
| 13. Plank Walkouts          | Core, shoulder, and arm strength; total-body control.     | Hinge down; walk hands to plank; pause; walk back with control.     |
| 14. Forward Lunges          | Leg strength; balance and lower-body control.             | Step forward; bend both knees; front knee tracks over toes; switch. |
| 15. Plank Shoulder Taps     | Core stability; shoulder strength and coordination.       | Hold plank; tap opposite shoulder; keep hips steady; alternate.     |
| 16. Side Lunges             | Leg and glute strength; hip mobility and lateral control. | Step wide; hips back; bend one knee; keep other leg long; switch.   |
| 17. Side Plank Right        | Right-side core strength; shoulder stability and balance. | Right elbow under shoulder; lift hips; hold; breathe steadily.      |
| 18. Side Plank Left         | Left-side core strength; shoulder stability and balance.  | Left elbow under shoulder; lift hips; hold; breathe steadily.       |



27 WORKOUT EXERCISES - EXERCISES 19-27

Finish with explosive strength, total-body conditioning, flexibility, and calm recovery.

| EXERCISE          | BENEFIT                                                     | TEACHING CUES                                                         |
|-------------------|-------------------------------------------------------------|-----------------------------------------------------------------------|
| 19. Jump Squats   | Explosive leg power; strength and dynamic balance.          | Squat down; jump up; land softly; reset before repeating.             |
| 20. Tuck Jumps    | Explosive power; cardio intensity and body control.         | Jump; bring knees toward chest; land softly; high knees to modify.    |
| 21. Push-Ups      | Upper-body strength; core stability and body control.       | Body straight; lower with control; push up; use wall/knees as needed. |
| 22. Sit-Ups       | Core strength; trunk control and muscular endurance.        | Lie back; knees bent; feet grounded; curl up without pulling neck.    |
| 23. Superman      | Back strength; posterior-chain endurance and posture.       | Lie on stomach; lift arms and legs; hold; lower gently.               |
| 24. Glute Bridge  | Glute strength; hip stability and core control.             | Knees bent; feet flat; squeeze glutes; lift hips; hold and lower.     |
| 25. Toe Touch     | Hamstring and calf flexibility; supports recovery.          | Legs long or knees soft; reach comfortably; hold; do not bounce.      |
| 26. Cobra Stretch | Opens chest; gently extends spine and abdominal area.       | Press up gently; hips stay down; shoulders relaxed; stop if painful.  |
| 27. Child's Pose  | Relaxes back, hips, and shoulders; supports calm breathing. | Sit hips toward heels; reach arms forward; relax head and breathe.    |

# PHIT KIDS ACADEMY

## PHYSICAL EDUCATION LESSON PLAN

PHIT

TEACHER

GRADE/CLASS

DATE

TIME

DURATION

### 1 LESSON FOCUS & STANDARDS

LESSON TITLE / FOCUS

NATIONAL STANDARDS (SHAPE AMERICA)

WARM-UP SKILLS

### 2 LEARNING TARGET & SUCCESS CRITERIA

STUDENTS WILL BE ABLE TO...

I CAN STATEMENT / SUCCESS CRITERIA

### 3 EQUIPMENT & SET-UP

EQUIPMENT / MATERIALS

SET-UP / SPACE / SAFETY CONSIDERATIONS

### 4 LESSON SEQUENCE

WARM-UP

 min

SKILL DEVELOPMENT

 min

PRACTICE / GAME

 min

COOL DOWN / CLOSURE

 min

### 5 TEACHING CUES & KEY POINTS

### 6 DIFFERENTIATION & INCLUSION

MODIFY / SUPPORT

CHALLENGE / EXTEND

### 7 STUDENT EXPECTATIONS

Safe

Respectful

Responsible

Team player

OTHER / SPECIFIC EXPECTATIONS

### 8 ASSESSMENT

Observation

Checklist / rubric

Exit ticket

Skill performance

EVIDENCE / OTHER

### 9 REFLECTION & NOTES

WHAT WENT WELL?

WHAT WILL I ADJUST NEXT TIME?

### 10 PHIT KIDS ACADEMY INTEGRATION

PKA VIDEO / RESOURCE

ACTIVE MINUTES / MOVEMENT GOAL

CROSS-CURRICULAR / SEL CONNECTION

MOVE WITH PURPOSE | BUILD SKILLS | GROW CONFIDENCE

Professional planning template for PHIT Kids Academy physical education instruction

12 EXERCISES - 20 SECONDS EACH

Use controlled movement, safe personal space, and developmentally appropriate modifications.

| EXERCISE                | BENEFIT                                                                         | TEACHING CUES                                             |
|-------------------------|---------------------------------------------------------------------------------|-----------------------------------------------------------|
| 1. Jumping Jacks        | Raises heart rate; develops coordination and cardiovascular endurance.          | Land softly; knees aligned; arms and legs move together.  |
| 2. Arm Circles Forward  | Warms shoulders; improves shoulder mobility and range of motion.                | Stand tall; begin small; gradually make larger circles.   |
| 3. Arm Circles Backward | Warms upper back and shoulders; supports posture and mobility.                  | Move smoothly; keep shoulders relaxed; avoid rushing.     |
| 4. Torso Twists         | Mobilizes the trunk and spine; prepares the core for movement.                  | Feet planted; knees soft; rotate gently side to side.     |
| 5. Run in Place         | Increases heart rate and body temperature; builds rhythm and endurance.         | Use light feet; pump arms; stay in personal space.        |
| 6. High Knees           | Develops cardio fitness, hip flexor activation, balance, and coordination.      | Stand tall; drive knees up; use opposite arm action.      |
| 7. Ankle Circles        | Improves ankle mobility, balance, and preparation for landing and travel.       | Circle slowly; use support if needed; switch feet.        |
| 8. Squats               | Activates legs and glutes; develops lower-body strength and mobility.           | Hips back; chest up; knees track over toes.               |
| 9. Bottom Kickers       | Raises heart rate; warms hamstrings and knees; develops coordination.           | Heels toward bottom; stand tall; keep a steady rhythm.    |
| 10. Lateral Lunges      | Prepares for side-to-side movement; strengthens legs and improves hip mobility. | Step wide; bend one knee; keep the other leg long.        |
| 11. Core / Push-Up      | Activates the core and upper body; builds strength and body control.            | Maintain a strong body line; use wall or knees to modify. |
| 12. Breathing Reset     | Lowers intensity; supports recovery, focus, and self-regulation.                | Inhale as arms rise; exhale as arms lower; move slowly.   |

# PHIT KIDS ACADEMY

## PHYSICAL EDUCATION LESSON PLAN

PHIT

TEACHER

GRADE/CLASS

DATE

TIME

DURATION

### 1 LESSON FOCUS & STANDARDS

LESSON TITLE / FOCUS

NATIONAL STANDARDS (SHAPE AMERICA)

AEROBIC SKILLS

### 2 LEARNING TARGET & SUCCESS CRITERIA

STUDENTS WILL BE ABLE TO...

I CAN STATEMENT / SUCCESS CRITERIA

### 3 EQUIPMENT & SET-UP

EQUIPMENT / MATERIALS

SET-UP / SPACE / SAFETY CONSIDERATIONS

### 4 LESSON SEQUENCE

WARM-UP

min

SKILL DEVELOPMENT

min

PRACTICE / GAME

min

COOL DOWN / CLOSURE

min

### 5 TEACHING CUES & KEY POINTS

### 6 DIFFERENTIATION & INCLUSION

MODIFY / SUPPORT

CHALLENGE / EXTEND

### 7 STUDENT EXPECTATIONS

Safe

Respectful

Responsible

Team player

OTHER / SPECIFIC EXPECTATIONS

### 8 ASSESSMENT

Observation

Checklist / rubric

Exit ticket

Skill performance

EVIDENCE / OTHER

### 9 REFLECTION & NOTES

WHAT WENT WELL?

WHAT WILL I ADJUST NEXT TIME?

### 10 PHIT KIDS ACADEMY INTEGRATION

PKA VIDEO / RESOURCE

ACTIVE MINUTES / MOVEMENT GOAL

CROSS-CURRICULAR / SEL CONNECTION

MOVE WITH PURPOSE | BUILD SKILLS | GROW CONFIDENCE

Professional planning template for PHIT Kids Academy physical education instruction

11 AEROBIC EXERCISES - 20 SECONDS EACH

Build aerobic fitness with controlled form, safe spacing, and low-impact options.

| EXERCISE                | BENEFIT                                                  | TEACHING CUES                                                |
|-------------------------|----------------------------------------------------------|--------------------------------------------------------------|
| 1. Jumping Jacks        | Cardio boost; total-body coordination and endurance.     | Arms out and up; legs apart; land softly.                    |
| 2. Waist Twisters       | Core mobility; trunk rotation and body control.          | Hands on hips; feet planted; twist upper body left to right. |
| 3. Jump Squats          | Leg power; lower-body strength and cardio intensity.     | Squat down; chest up; jump and reach; land softly.           |
| 4. Scissor Kicks        | Core engagement; hip strength and coordination.          | Brace core; move feet front and back with control.           |
| 5. Bottom Kickers       | Leg activation; warms hamstrings and raises heart rate.  | Kick heels toward bottom; stand tall; keep rhythm.           |
| 6. High Knees           | Cardio burst; hip activation, balance, and coordination. | Hold hands waist high; bring knees toward hands.             |
| 7. Tuck Jumps           | Explosive power; leg strength and dynamic balance.       | Jump high; bring knees together toward chest; land softly.   |
| 8. Mountain Climbers    | Full-body cardio; core, shoulder, and leg endurance.     | Strong plank; drive knees toward elbows; keep hips steady.   |
| 9. Ski Jumps            | Lateral agility; balance and side-to-side power.         | Keep legs together; jump side to side; land softly.          |
| 10. Invisible Jump Rope | Rhythm, coordination, and cardiovascular endurance.      | Small quick jumps; turn hands as if holding a rope.          |
| 11. Split Lunges        | Leg strength; balance, coordination, and cardio power.   | Chest up; switch legs in the air; land with control.         |

# PHIT KIDS ACADEMY

## PHYSICAL EDUCATION LESSON PLAN

PHIT

TEACHER

GRADE/CLASS

DATE

TIME

DURATION

### 1 LESSON FOCUS & STANDARDS

LESSON TITLE / FOCUS

NATIONAL STANDARDS (SHAPE AMERICA)

STRENGTH SKILLS

### 2 LEARNING TARGET & SUCCESS CRITERIA

STUDENTS WILL BE ABLE TO...

I CAN STATEMENT / SUCCESS CRITERIA

### 3 EQUIPMENT & SET-UP

EQUIPMENT / MATERIALS

SET-UP / SPACE / SAFETY CONSIDERATIONS

### 4 LESSON SEQUENCE

WARM-UP

min

SKILL DEVELOPMENT

min

PRACTICE / GAME

min

COOL DOWN / CLOSURE

min

### 5 TEACHING CUES & KEY POINTS

### 6 DIFFERENTIATION & INCLUSION

MODIFY / SUPPORT

CHALLENGE / EXTEND

### 7 STUDENT EXPECTATIONS

Safe

Respectful

Responsible

Team player

OTHER / SPECIFIC EXPECTATIONS

### 8 ASSESSMENT

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Exit ticket

Skill performance

EVIDENCE / OTHER

### 9 REFLECTION & NOTES

WHAT WENT WELL?

WHAT WILL I ADJUST NEXT TIME?

### 10 PHIT KIDS ACADEMY INTEGRATION

PKA VIDEO / RESOURCE

ACTIVE MINUTES / MOVEMENT GOAL

CROSS-CURRICULAR / SEL CONNECTION

MOVE WITH PURPOSE | BUILD SKILLS | GROW CONFIDENCE

Professional planning template for PHIT Kids Academy physical education instruction



12 STRENGTH EXERCISES - 20 SECONDS EACH

Build muscular strength and endurance with controlled form, steady breathing, and safe modifications.

| EXERCISE                   | BENEFIT                                                   | TEACHING CUES                                                         |
|----------------------------|-----------------------------------------------------------|-----------------------------------------------------------------------|
| 1. Standing Oblique Crunch | Core strength; balance and side-body control.             | Stand tall; lift knee toward same-side elbow; crunch and switch.      |
| 2. Plank Walkouts          | Full-body engagement; core, shoulder, and arm strength.   | Hinge down; walk hands to plank; pause; walk back with control.       |
| 3. Plank Hold              | Core stability; shoulder endurance and posture.           | Hands under shoulders; body straight; squeeze core; breathe.          |
| 4. Forward Lunges          | Leg strength; balance and lower-body control.             | Step forward; bend both knees; front knee tracks over toes; switch.   |
| 5. Plank Shoulder Taps     | Core control; shoulder stability and coordination.        | Hold plank; tap opposite shoulder; keep hips steady; alternate.       |
| 6. Side Lunges             | Leg and glute strength; hip mobility and lateral control. | Step wide; hips back; bend one knee; keep other leg long; switch.     |
| 7. Side Plank              | Oblique strength; shoulder stability and balance.         | Elbow under shoulder; lift hips; stack or stagger feet; switch sides. |
| 8. Squat Jumps             | Explosive power; leg strength and dynamic balance.        | Squat down; jump up; land softly; reset before repeating.             |
| 9. Push-Ups                | Upper-body strength; core stability and body control.     | Body straight; lower chest with control; push away; modify as needed. |
| 10. Sit-Ups                | Core strength; trunk control and muscular endurance.      | Lie back; knees bent; feet grounded; curl up without pulling neck.    |
| 11. Superman               | Back strength; posterior-chain endurance and posture.     | Lie on stomach; lift arms and legs; hold briefly; lower gently.       |
| 12. Glute Bridge           | Glute strength; hip stability and core control.           | Knees bent; feet flat; squeeze glutes; lift hips; hold and lower.     |

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## PHYSICAL EDUCATION LESSON PLAN

PHIT

TEACHER

GRADE/CLASS

DATE

TIME

DURATION

### 1 LESSON FOCUS & STANDARDS

LESSON TITLE / FOCUS

NATIONAL STANDARDS (SHAPE AMERICA)

COOL-DOWN SKILLS

### 2 LEARNING TARGET & SUCCESS CRITERIA

STUDENTS WILL BE ABLE TO...

I CAN STATEMENT / SUCCESS CRITERIA

### 3 EQUIPMENT & SET-UP

EQUIPMENT / MATERIALS

SET-UP / SPACE / SAFETY CONSIDERATIONS

### 4 LESSON SEQUENCE

WARM-UP

min

SKILL DEVELOPMENT

min

PRACTICE / GAME

min

COOL DOWN / CLOSURE

min

### 5 TEACHING CUES & KEY POINTS

### 6 DIFFERENTIATION & INCLUSION

MODIFY / SUPPORT

CHALLENGE / EXTEND

### 7 STUDENT EXPECTATIONS

Safe

Respectful

Responsible

Team player

OTHER / SPECIFIC EXPECTATIONS

### 8 ASSESSMENT

Observation

Checklist / rubric

Exit ticket

Skill performance

EVIDENCE / OTHER

### 9 REFLECTION & NOTES

WHAT WENT WELL?

WHAT WILL I ADJUST NEXT TIME?

### 10 PHIT KIDS ACADEMY INTEGRATION

PKA VIDEO / RESOURCE

ACTIVE MINUTES / MOVEMENT GOAL

CROSS-CURRICULAR / SEL CONNECTION

MOVE WITH PURPOSE | BUILD SKILLS | GROW CONFIDENCE

Professional planning template for PHIT Kids Academy physical education instruction



11 COOL-DOWN EXERCISES - 20 SECONDS EACH

Lower intensity safely with slow breathing, gentle stretches, and no bouncing.

| EXERCISE                     | BENEFIT                                                                | TEACHING CUES                                                           |
|------------------------------|------------------------------------------------------------------------|-------------------------------------------------------------------------|
| 1. Opening Full-Body Breath  | Lowers heart rate; begins recovery and refocuses breathing.            | Inhale as arms rise; exhale as arms lower; move slowly.                 |
| 2. Toe Touch                 | Stretches hamstrings and calves; supports posterior-chain flexibility. | Keep knees soft or legs long; reach comfortably; hold; do not bounce.   |
| 3. Lateral Lunge Stretch     | Improves hip mobility; stretches inner thighs and groin.               | Step wide; bend one knee; keep other leg long; hold; switch sides.      |
| 4. Quad Stretch              | Stretches the front thigh; supports balance and knee mobility.         | Stand tall; hold ankle behind; knees close; use support; switch.        |
| 5. Cat Stretch               | Improves spine mobility; releases back and shoulder tension.           | On hands and knees; round back gently; return to neutral; breathe.      |
| 6. Cobra Stretch             | Opens chest and gently extends the spine and abdominal area.           | Lie on stomach; press up gently; keep hips down; stop if uncomfortable. |
| 7. Side-Bend Stretch         | Stretches obliques, shoulders, and side body.                          | Reach one arm overhead; lean away gently; keep chest forward; switch.   |
| 8. Seated Wide-Leg Stretch   | Stretches inner thighs and hamstrings; improves hip flexibility.       | Sit tall; reach toward one ankle; hold; return center; switch sides.    |
| 9. Butterfly Stretch         | Stretches inner thighs and groin; supports hip mobility.               | Bring soles together; sit tall; let knees lower gently; no bouncing.    |
| 10. Child's Pose             | Relaxes back, hips, and shoulders; supports calm breathing.            | Sit hips toward heels; reach arms forward; relax head and breathe.      |
| 11. Closing Full-Body Breath | Promotes full-body relaxation, recovery, and self-regulation.          | Circle arms up while inhaling; lower arms while exhaling; finish still. |

# PHIT KIDS ACADEMY

## PHYSICAL EDUCATION LESSON PLAN

PHIT

TEACHER

GRADE/CLASS

DATE

TIME

DURATION

### 1 LESSON FOCUS & STANDARDS

LESSON TITLE / FOCUS

NATIONAL STANDARDS (SHAPE AMERICA)

PHIT BREAK SKILLS

### 2 LEARNING TARGET & SUCCESS CRITERIA

STUDENTS WILL BE ABLE TO...

I CAN STATEMENT / SUCCESS CRITERIA

### 3 EQUIPMENT & SET-UP

EQUIPMENT / MATERIALS

SET-UP / SPACE / SAFETY CONSIDERATIONS

### 4 LESSON SEQUENCE

WARM-UP

min

SKILL DEVELOPMENT

min

PRACTICE / GAME

min

COOL DOWN / CLOSURE

min

### 5 TEACHING CUES & KEY POINTS

### 6 DIFFERENTIATION & INCLUSION

MODIFY / SUPPORT

CHALLENGE / EXTEND

### 7 STUDENT EXPECTATIONS

Safe

Respectful

Responsible

Team player

OTHER / SPECIFIC EXPECTATIONS

### 8 ASSESSMENT

Observation

Checklist / rubric

Exit ticket

Skill performance

EVIDENCE / OTHER

### 9 REFLECTION & NOTES

WHAT WENT WELL?

WHAT WILL I ADJUST NEXT TIME?

### 10 PHIT KIDS ACADEMY INTEGRATION

PKA VIDEO / RESOURCE

ACTIVE MINUTES / MOVEMENT GOAL

CROSS-CURRICULAR / SEL CONNECTION

MOVE WITH PURPOSE | BUILD SKILLS | GROW CONFIDENCE

Professional planning template for PHIT Kids Academy physical education instruction



4 PHIT BREAK MOVEMENTS - 1 TO 3 MINUTES

Get students moving, wake up the brain, and return to learning calm, focused, and ready.

| EXERCISE                   | BENEFIT             | TEACHING CUES                                                       |
|----------------------------|---------------------|---------------------------------------------------------------------|
| 1. Waist Twisters          | Core mobility.      | Look left; look right; rotate gently with soft knees.               |
| 2. Bottom Kickers          | Leg activation.     | Kick each heel toward your bottom; stay tall; use light feet.       |
| 3. Standing Oblique Crunch | Side-body strength. | Lift and crunch; bring elbow toward same-side knee; switch sides.   |
| 4. Full-Body Reset         | Calm breathing.     | Circle arms up while breathing in; circle arms down while exhaling. |

# PHIT KIDS ACADEMY

## PHYSICAL EDUCATION LESSON PLAN

PHIT

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### 1 LESSON FOCUS & STANDARDS

LESSON TITLE / FOCUS

NATIONAL STANDARDS (SHAPE AMERICA)

PHIT BREAK SKILLS

### 2 LEARNING TARGET & SUCCESS CRITERIA

STUDENTS WILL BE ABLE TO...

I CAN STATEMENT / SUCCESS CRITERIA

### 3 EQUIPMENT & SET-UP

EQUIPMENT / MATERIALS

SET-UP / SPACE / SAFETY CONSIDERATIONS

### 4 LESSON SEQUENCE

WARM-UP

min

SKILL DEVELOPMENT

min

PRACTICE / GAME

min

COOL DOWN / CLOSURE

min

### 5 TEACHING CUES & KEY POINTS

### 6 DIFFERENTIATION & INCLUSION

MODIFY / SUPPORT

CHALLENGE / EXTEND

### 7 STUDENT EXPECTATIONS

Safe

Respectful

Responsible

Team player

OTHER / SPECIFIC EXPECTATIONS

### 8 ASSESSMENT

Observation

Checklist / rubric

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Skill performance

EVIDENCE / OTHER

### 9 REFLECTION & NOTES

WHAT WENT WELL?

WHAT WILL I ADJUST NEXT TIME?

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Professional planning template for PHIT Kids Academy physical education instruction



4 PHIT BREAK 2 MOVEMENTS - 2 TO 3 MINUTES

Get students moving, wake up the brain, and return to learning calm, focused, and ready.

| EXERCISE            | BENEFIT           | TEACHING CUES                                                  |
|---------------------|-------------------|----------------------------------------------------------------|
| 1. Running in Place | Warms up muscles. | Stand tall; use light feet; pump arms; stay in personal space. |
| 2. Scissor Kicks    | Engages the core. | Move feet front and back; brace the core; stay controlled.     |
| 3. High Knees       | Cardio burst.     | Hands waist high; bring knees toward hands; stand tall.        |
| 4. Ski Jumps        | Lateral agility.  | Keep legs together; jump side to side; land softly and reset.  |

# PHIT KIDS ACADEMY

## PHYSICAL EDUCATION LESSON PLAN

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### 1 LESSON FOCUS & STANDARDS

LESSON TITLE / FOCUS

NATIONAL STANDARDS (SHAPE AMERICA)

PHIT BREAK SKILLS

### 2 LEARNING TARGET & SUCCESS CRITERIA

STUDENTS WILL BE ABLE TO...

I CAN STATEMENT / SUCCESS CRITERIA

### 3 EQUIPMENT & SET-UP

EQUIPMENT / MATERIALS

SET-UP / SPACE / SAFETY CONSIDERATIONS

### 4 LESSON SEQUENCE

WARM-UP

min

SKILL DEVELOPMENT

min

PRACTICE / GAME

min

COOL DOWN / CLOSURE

min

### 5 TEACHING CUES & KEY POINTS

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Safe

Respectful

Responsible

Team player

OTHER / SPECIFIC EXPECTATIONS

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EVIDENCE / OTHER

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Professional planning template for PHIT Kids Academy physical education instruction



4 PHIT BREAK 3 MOVEMENTS - 3 MINUTES

Get students moving, wake up the brain, and return to learning calm, focused, and ready.

| EXERCISE                     | BENEFIT                  | TEACHING CUES                                                           |
|------------------------------|--------------------------|-------------------------------------------------------------------------|
| 1. Invisible Jump Rope       | Rhythm and coordination. | Use quick jumps; turn hands like a rope; stay light; land softly.       |
| 2. Forward Lunge - Right Leg | Builds leg strength.     | Step right foot forward; bend both knees; chest up; push back to start. |
| 3. Forward Lunge - Left Leg  | Builds leg strength.     | Step left foot forward; bend both knees; chest up; push back to start.  |
| 4. Squat Jumps               | Boosts power.            | Hips down; jump up; land softly; reset before repeating.                |

# PHIT KIDS ACADEMY

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### 1 LESSON FOCUS & STANDARDS

LESSON TITLE / FOCUS

NATIONAL STANDARDS (SHAPE AMERICA)

PHIT BREAK SKILLS

### 2 LEARNING TARGET & SUCCESS CRITERIA

STUDENTS WILL BE ABLE TO...

I CAN STATEMENT / SUCCESS CRITERIA

### 3 EQUIPMENT & SET-UP

EQUIPMENT / MATERIALS

SET-UP / SPACE / SAFETY CONSIDERATIONS

### 4 LESSON SEQUENCE

WARM-UP

min

SKILL DEVELOPMENT

min

PRACTICE / GAME

min

COOL DOWN / CLOSURE

min

### 5 TEACHING CUES & KEY POINTS

### 6 DIFFERENTIATION & INCLUSION

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### 7 STUDENT EXPECTATIONS

Safe

Respectful

Responsible

Team player

OTHER / SPECIFIC EXPECTATIONS

### 8 ASSESSMENT

Observation

Checklist / rubric

Exit ticket

Skill performance

EVIDENCE / OTHER

### 9 REFLECTION & NOTES

WHAT WENT WELL?

WHAT WILL I ADJUST NEXT TIME?

### 10 PHIT KIDS ACADEMY INTEGRATION

PKA VIDEO / RESOURCE

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Professional planning template for PHIT Kids Academy physical education instruction



4 PHIT BREAK 4 MOVEMENTS - 3 MINUTES

Get students moving, wake up the brain, and return to learning calm, focused, and ready.

| EXERCISE                 | BENEFIT                 | TEACHING CUES                                                                        |
|--------------------------|-------------------------|--------------------------------------------------------------------------------------|
| 1. Full-Body Reset       | Resets breathing.       | Circle arms up while breathing in; lower arms while exhaling.                        |
| 2. Tree Pose - Right Leg | Focus and leg strength. | Balance on right foot; place left foot low or on calf; hands together; eyes forward. |
| 3. Tree Pose - Left Leg  | Focus and leg strength. | Balance on left foot; place right foot low or on calf; hands together; eyes forward. |
| 4. Toe Touch             | Hamstring stretch.      | Keep legs long or knees soft; reach toward toes; hold comfortably; do not bounce.    |

# PHIT KIDS ACADEMY

## PHYSICAL EDUCATION LESSON PLAN

PHIT

TEACHER

GRADE/CLASS

DATE

TIME

DURATION

### 1 LESSON FOCUS & STANDARDS

LESSON TITLE / FOCUS

NATIONAL STANDARDS (SHAPE AMERICA)

BASEBALL / SOFTBALL

### 2 LEARNING TARGET & SUCCESS CRITERIA

STUDENTS WILL BE ABLE TO...

I CAN STATEMENT / SUCCESS CRITERIA

### 3 EQUIPMENT & SET-UP

EQUIPMENT / MATERIALS

SET-UP / SPACE / SAFETY CONSIDERATIONS

### 4 LESSON SEQUENCE

WARM-UP

min

SKILL DEVELOPMENT

min

PRACTICE / GAME

min

COOL DOWN / CLOSURE

min

### 5 TEACHING CUES & KEY POINTS

### 6 DIFFERENTIATION & INCLUSION

MODIFY / SUPPORT

CHALLENGE / EXTEND

### 7 STUDENT EXPECTATIONS

Safe

Respectful

Responsible

Team player

OTHER / SPECIFIC EXPECTATIONS

### 8 ASSESSMENT

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Checklist / rubric

Exit ticket

Skill performance

EVIDENCE / OTHER

### 9 REFLECTION & NOTES

WHAT WENT WELL?

WHAT WILL I ADJUST NEXT TIME?

### 10 PHIT KIDS ACADEMY INTEGRATION

PKA VIDEO / RESOURCE

ACTIVE MINUTES / MOVEMENT GOAL

CROSS-CURRICULAR / SEL CONNECTION

MOVE WITH PURPOSE | BUILD SKILLS | GROW CONFIDENCE

Professional planning template for PHIT Kids Academy physical education instruction



13 PLAY BALL SKILLS - SKILLS 1-7

Build safe batting, throwing, catching, fielding, quick feet, and target accuracy.

| EXERCISE               | BENEFIT                                                | TEACHING CUES                                                    |
|------------------------|--------------------------------------------------------|------------------------------------------------------------------|
| 1. Batting Stance      | Better balance; strong, athletic hitting base.         | Feet set; knees bent; weight balanced; eyes forward.             |
| 2. Grip on Bat         | Bat control; safer, more consistent swing preparation. | Hands together; knuckles aligned; firm, relaxed hold.            |
| 3. Swing Mechanics     | Powerful contact; swing accuracy and body rotation.    | Level swing; eyes on ball; rotate hips; finish balanced.         |
| 4. Fielding Grounders  | Quick reaction; glove control and secure fielding.     | Stay low; glove open; scoop forward; cover with throwing hand.   |
| 5. Catching Pop Flies  | Hand-eye coordination; safe overhead catching.         | Move under ball; hands ready; track it; secure with two hands.   |
| 6. Wall Toss and Catch | Self-paced catching; tracking and reaction control.    | Face wall; toss accurately; track ball; vary speed and distance. |
| 7. Throwing            | Throwing accuracy; arm strength and body sequencing.   | Side to target; step with opposite foot; throw; follow through.  |



13 PLAY BALL SKILLS - SKILLS 8-13

Progress through defensive footwork, catching position, fielding, target throwing, and underhand tosses.

| SKILL                        | BENEFIT                                                 | TEACHING CUES                                                |
|------------------------------|---------------------------------------------------------|--------------------------------------------------------------|
| 8. Side-to-Side Base Shuffle | Quick feet; reaction and stronger defensive movement.   | Stay low; fast feet; shuffle, do not hop; eyes forward.      |
| 9. Catcher Position          | Safe receiving position; balance and quick reaction.    | Low squat; glove centered; chest up; eyes on ball.           |
| 10. Forehand Fielding        | Glove control; lateral movement and defensive range.    | Side step; glove outside lead foot; scoop; secure.           |
| 11. Backhand Fielding        | Reach and control; expands defensive fielding range.    | Move feet; reach across; glove open; secure before throwing. |
| 12. Target Throwing          | Throwing accuracy; aim, control, and confident release. | Aim at target; step; point shoulder; throw; follow through.  |
| 13. Underhand Toss           | Soft, accurate passes; easier catches and teamwork.     | Palm up; step to target; swing under; release softly.        |

# PHIT KIDS ACADEMY

## PHYSICAL EDUCATION LESSON PLAN

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DURATION

### 1 LESSON FOCUS & STANDARDS

LESSON TITLE / FOCUS

NATIONAL STANDARDS (SHAPE AMERICA)

BASKETBALL SKILLS

### 2 LEARNING TARGET & SUCCESS CRITERIA

STUDENTS WILL BE ABLE TO...

I CAN STATEMENT / SUCCESS CRITERIA

### 3 EQUIPMENT & SET-UP

EQUIPMENT / MATERIALS

SET-UP / SPACE / SAFETY CONSIDERATIONS

### 4 LESSON SEQUENCE

WARM-UP

min

SKILL DEVELOPMENT

min

PRACTICE / GAME

min

COOL DOWN / CLOSURE

min

### 5 TEACHING CUES & KEY POINTS

### 6 DIFFERENTIATION & INCLUSION

MODIFY / SUPPORT

CHALLENGE / EXTEND

### 7 STUDENT EXPECTATIONS

Safe

Respectful

Responsible

Team player

OTHER / SPECIFIC EXPECTATIONS

### 8 ASSESSMENT

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Checklist / rubric

Exit ticket

Skill performance

EVIDENCE / OTHER

### 9 REFLECTION & NOTES

WHAT WENT WELL?

WHAT WILL I ADJUST NEXT TIME?

### 10 PHIT KIDS ACADEMY INTEGRATION

PKA VIDEO / RESOURCE

ACTIVE MINUTES / MOVEMENT GOAL

CROSS-CURRICULAR / SEL CONNECTION

MOVE WITH PURPOSE | BUILD SKILLS | GROW CONFIDENCE

Professional planning template for PHIT Kids Academy physical education instruction



15 PLAY BASKETBALL SKILLS - SKILLS 1-8

Build passing, receiving, pivoting, defense, rebounding, dribbling, and teamwork.

| EXERCISE                  | BENEFIT                                                         | TEACHING CUES                                                                  |
|---------------------------|-----------------------------------------------------------------|--------------------------------------------------------------------------------|
| 1. Triple-Threat Position | Ready to pass, dribble, or shoot from a balanced base.          | Feet wide; knees bent; ball by hip; eyes up; protect the ball.                 |
| 2. Chest Pass             | Quick, accurate passing to a teammate.                          | Step to target; push from chest; finish with thumbs down.                      |
| 3. Partner Chest Pass     | Teamwork, timing, accuracy, and ball control.                   | Face partner; show a target; step and pass to the chest.                       |
| 4. Inbound Pass           | Restarts play safely and places the ball accurately.            | Stand out of bounds; scan; step toward target; pass to open space.             |
| 5. Receiving a Pass       | Secure catches; protects possession and prepares the next move. | High pass: thumbs together; low pass: pinkies together; catch with fingertips. |
| 6. Four-Person Weave      | Passing flow, spacing, communication, and teamwork.             | Pass and move; follow the pass; fill the open lane; communicate.               |
| 7. Bounce Pass            | Passes under pressure and around a defender.                    | Step and push; bounce two-thirds to target; fingers point down.                |
| 8. Overhead Pass          | Reaches distant or guarded teammates.                           | Ball high overhead; step and push; finish with thumbs down.                    |



15 PLAY BASKETBALL SKILLS - SKILLS 9-15

Progress from consistent partner passing to pivoting, defense, rebounding, and two-hand dribbling.

| SKILL                  | BENEFIT                                             | TEACHING CUES                                                       |
|------------------------|-----------------------------------------------------|---------------------------------------------------------------------|
| 9. Ten Partner Passes  | Passing strength, consistency, and catching rhythm. | Aim at partner chest; step to target; count accurate catches.       |
| 10. Back Pivot         | Creates space while keeping the ball protected.     | Keep pivot foot down; protect ball; turn on ball of foot; scan.     |
| 11. Defensive Stance   | Strong balance and readiness to guard.              | Butt down; chest up; feet just wider than shoulders; arms wide.     |
| 12. Defensive Shuffle  | Quick lateral defense without crossing the feet.    | Stay low; step-slide; do not cross feet; keep chest facing forward. |
| 13. Rebounding         | Wins possession and protects the ball after a shot. | Find - Hit - Get; box out; grab with two hands; chin the ball.      |
| 14. Controlled Dribble | Ball control while stationary and moving.           | Use fingertips; stay low; eyes up; shoulders still; protect ball.   |
| 15. Crossover Dribble  | Fast direction change using both hands.             | Wide base; knees bent; cross low from right to left; eyes up.       |

# PHIT KIDS ACADEMY

## PHYSICAL EDUCATION LESSON PLAN

PHIT

TEACHER

GRADE/CLASS

DATE

TIME

DURATION

### 1 LESSON FOCUS & STANDARDS

LESSON TITLE / FOCUS

NATIONAL STANDARDS (SHAPE AMERICA)

FLAG FOOTBALL SKILL

### 2 LEARNING TARGET & SUCCESS CRITERIA

STUDENTS WILL BE ABLE TO...

I CAN STATEMENT / SUCCESS CRITERIA

### 3 EQUIPMENT & SET-UP

EQUIPMENT / MATERIALS

SET-UP / SPACE / SAFETY CONSIDERATIONS

### 4 LESSON SEQUENCE

WARM-UP

 min

SKILL DEVELOPMENT

 min

PRACTICE / GAME

 min

COOL DOWN / CLOSURE

 min

### 5 TEACHING CUES & KEY POINTS

### 6 DIFFERENTIATION & INCLUSION

MODIFY / SUPPORT

CHALLENGE / EXTEND

### 7 STUDENT EXPECTATIONS

Safe

Respectful

Responsible

Team player

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Skill performance

EVIDENCE / OTHER

### 9 REFLECTION & NOTES

WHAT WENT WELL?

WHAT WILL I ADJUST NEXT TIME?

### 10 PHIT KIDS ACADEMY INTEGRATION

PKA VIDEO / RESOURCE

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Professional planning template for PHIT Kids Academy physical education instruction



23 FLAG FOOTBALL SKILLS - SKILLS 1-8

Build safe non-contact flag football through movement, flag pulling, snapping, dodging, handoffs, catching, and passing.

| EXERCISE               | BENEFIT                                                  | TEACHING CUES                                                             |
|------------------------|----------------------------------------------------------|---------------------------------------------------------------------------|
| 1. Ready Stance        | Balance, reaction readiness, and a quick first move.     | Feet apart; knees bent; hips low; hands ready; eyes forward.              |
| 2. Quick Starts        | Fast reactions, acceleration, and confident movement.    | Light feet; lean forward; explode on signal; pump arms.                   |
| 3. Sprinting Form      | Speed, running efficiency, and coordinated acceleration. | Run tall; pump arms; knees up; land under hips; eyes forward.             |
| 4. Pulling Flags       | Agility, tracking accuracy, and safe defensive skill.    | Track hips; stay low; use two hands; grab flag only; pull and release.    |
| 5. Flag Snap Ball      | Coordination, timing, and a smooth start to play.        | Wide base; one leg back; knees bent; snap ball accurately; eyes up.       |
| 6. Dodging - Hip Twist | Body control, agility, and change-of-direction skill.    | Lower hips; plant outside foot; twist hips; cut away; keep balance.       |
| 7. Dodging - Side Step | Lateral agility, evasion, and controlled footwork.       | Side step; stay low; keep feet apart; change direction quickly.           |
| 8. Hand-Offs           | Teamwork, timing, and secure ball exchange.              | Open pocket; soft hands; eyes forward; receive and secure high and tight. |



23 FLAG FOOTBALL SKILLS - SKILLS 9-16

Progress through catching, short passing, backpedaling, routes, running mechanics, shuffling, and power skips.

| SKILL / EXERCISE         | BENEFIT                                               | TEACHING CUES                                                              |
|--------------------------|-------------------------------------------------------|----------------------------------------------------------------------------|
| 9. Catching the Ball     | Hand-eye coordination, reaction, and ball security.   | Show diamond hands; watch ball; soft catch; take a picture; tuck securely. |
| 10. Short Passes         | Passing accuracy, control, and partner timing.        | Point shoulder; step to target; throw; follow through; communicate.        |
| 11. Backpedaling         | Defensive readiness, balance, and quick transition.   | Chest up; hips low; small quick steps; stay on toes; eyes forward.         |
| 12. Simple Route Running | Timing, spacing, and sharp directional movement.      | Run to landmark; plant; make sharp turn; show hands; maintain spacing.     |
| 13. High Knees           | Warm muscles, faster feet, and running posture.       | Knees up; quick steps; tall body; pump arms; land lightly.                 |
| 14. Flag Bottom Kicker   | Leg activation, stride mechanics, and running rhythm. | Kick heels back; light feet; knees under hips; arms move naturally.        |
| 15. Side Shuffles        | Lateral movement, defensive balance, and agility.     | Stay low; quick slides; feet apart; do not cross; hands ready.             |
| 16. Power Skips          | Coordination, leg power, and explosive movement.      | Drive knee up; swing opposite arm; push tall; land softly.                 |



23 FLAG FOOTBALL SKILLS - SKILLS 17-23

Finish with speed transitions, shoulder mobility, hip rhythm, cone agility, and three ladder patterns.

| SKILL / EXERCISE           | BENEFIT                                                   | TEACHING CUES                                                        |
|----------------------------|-----------------------------------------------------------|----------------------------------------------------------------------|
| 17. Jog and Accelerate     | Game-speed preparation and smooth speed transition.       | Jog first; lean and burst on signal; pump arms; slow under control.  |
| 18. Arm Circles            | Shoulder warm-up, mobility, and throwing preparation.     | Stand tall; soft elbows; slow controlled circles; reverse direction. |
| 19. Carioca                | Hip mobility, rhythm, coordination, and lateral movement. | Step in front; step behind; rotate hips; stay tall; move smoothly.   |
| 20. Cone Weaves            | Agility, low-body control, and direction change.          | Stay low; quick feet; sharp cuts; eyes up; control speed.            |
| 21. In-and-Out Ladder      | Quick feet, speed, agility, and body control.             | Two feet in; two feet out; stay on toes; pump arms; eyes forward.    |
| 22. In-and-Out Ladder Over | Explosive footwork, balance, and obstacle control.        | Step in; step out; move over; light feet; keep eyes forward.         |
| 23. Sideways Step Ladder   | Lateral speed, hip mobility, and defensive reaction.      | Face sideways; do not cross feet; stay low; quick controlled steps.  |

# PHIT KIDS ACADEMY

## PHYSICAL EDUCATION LESSON PLAN

PHIT

TEACHER

GRADE/CLASS

DATE

TIME

DURATION

### 1 LESSON FOCUS & STANDARDS

LESSON TITLE / FOCUS

NATIONAL STANDARDS (SHAPE AMERICA)

FOOTBALL SKILLS

### 2 LEARNING TARGET & SUCCESS CRITERIA

STUDENTS WILL BE ABLE TO...

I CAN STATEMENT / SUCCESS CRITERIA

### 3 EQUIPMENT & SET-UP

EQUIPMENT / MATERIALS

SET-UP / SPACE / SAFETY CONSIDERATIONS

### 4 LESSON SEQUENCE

WARM-UP

min

SKILL DEVELOPMENT

min

PRACTICE / GAME

min

COOL DOWN / CLOSURE

min

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Safe

Respectful

Responsible

Team player

OTHER / SPECIFIC EXPECTATIONS

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Checklist / rubric

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Skill performance

EVIDENCE / OTHER

### 9 REFLECTION & NOTES

WHAT WENT WELL?

WHAT WILL I ADJUST NEXT TIME?

### 10 PHIT KIDS ACADEMY INTEGRATION

PKA VIDEO / RESOURCE

ACTIVE MINUTES / MOVEMENT GOAL

CROSS-CURRICULAR / SEL CONNECTION

MOVE WITH PURPOSE | BUILD SKILLS | GROW CONFIDENCE

Professional planning template for PHIT Kids Academy physical education instruction



15 PLAY FOOTBALL SKILLS - SKILLS 1-8

Build grip, passing, catching, handoffs, routes, ball carrying, agility, snapping, and defense.

| EXERCISE                      | BENEFIT                                                       | TEACHING CUES                                                         |
|-------------------------------|---------------------------------------------------------------|-----------------------------------------------------------------------|
| 1. Football Grip & Fake Throw | Secure hold; ball control and throwing preparation.           | Fingers on laces; thumb under; elbow up; fake with control.           |
| 2. Stationary Pass            | Throwing accuracy; arm strength and body sequencing.          | Side to target; step; point; throw; follow through.                   |
| 3. Catch with Hands           | Secure catches; grip strength and quick reaction.             | Make a diamond; eyes on ball; soft hands; tuck high and tight.        |
| 4. Underhand Toss             | Smooth short pass; timing and easy partner exchange.          | Face target; bend knees; step; swing hand forward; soft release.      |
| 5. Hand-Off Drill             | Teamwork; quick, safe exchange and ball security.             | Pocket open; eyes forward; receive; hug ball high and tight.          |
| 6. Freeze-Cut Drill           | Route timing; teamwork, direction change, and quick exchange. | Freeze; plant; cut and go; show hands; secure the pass.               |
| 7. Run with the Ball          | Speed, balance, and secure ball carrying.                     | High and tight; cover points; eyes up; switch arms away from traffic. |
| 8. Right-Lead Quick Feet      | Agility; coordination and right-side movement control.        | Fast feet; knees bent; stay on toes; lead with right foot.            |



15 PLAY FOOTBALL SKILLS - SKILLS 9-15

Progress through agility, snapping, target passing, and safe non-contact defensive positioning.

| SKILL                       | BENEFIT                                                      | TEACHING CUES                                                          |
|-----------------------------|--------------------------------------------------------------|------------------------------------------------------------------------|
| 9. Left-Lead Quick Feet     | Agility; coordination and left-side movement control.        | Fast feet; knees bent; stay on toes; lead with left foot.              |
| 10. Snap the Ball           | Quick start; accuracy, focus, and center-quarterback timing. | Angle ball; feet set; snap back firmly; look between legs.             |
| 11. Throw to a Target       | Aim, precision, throwing control, and follow-through.        | Set feet; point shoulder; aim at circle; step and finish.              |
| 12. Defensive Stance        | Ready position; balance and reaction for safe defense.       | Knees soft; hands ready; eyes up; take short six-inch steps.           |
| 13. Linebacker Position     | Awareness; strong base and forward reaction.                 | Feet shoulder-width; weight on balls of feet; hands ready; short step. |
| 14. Defensive Back Position | Coverage footwork; awareness and change-of-direction skill.  | Stagger feet; hands up; backpedal; flip hips; accelerate.              |
| 15. Defensive Line Position | Low power stance; balance and controlled forward movement.   | Stagger feet; stay low; fingertips down; hips up; step forward.        |

# PHIT KIDS ACADEMY

## PHYSICAL EDUCATION LESSON PLAN

PHIT

TEACHER

GRADE/CLASS

DATE

TIME

DURATION

### 1 LESSON FOCUS & STANDARDS

LESSON TITLE / FOCUS

NATIONAL STANDARDS (SHAPE AMERICA)

GOLF SKILLS

### 2 LEARNING TARGET & SUCCESS CRITERIA

STUDENTS WILL BE ABLE TO...

I CAN STATEMENT / SUCCESS CRITERIA

### 3 EQUIPMENT & SET-UP

EQUIPMENT / MATERIALS

SET-UP / SPACE / SAFETY CONSIDERATIONS

### 4 LESSON SEQUENCE

WARM-UP

 min

SKILL DEVELOPMENT

 min

PRACTICE / GAME

 min

COOL DOWN / CLOSURE

 min

### 5 TEACHING CUES & KEY POINTS

### 6 DIFFERENTIATION & INCLUSION

MODIFY / SUPPORT

CHALLENGE / EXTEND

### 7 STUDENT EXPECTATIONS

Safe

Respectful

Responsible

Team player

OTHER / SPECIFIC EXPECTATIONS

### 8 ASSESSMENT

Observation

Checklist / rubric

Exit ticket

Skill performance

EVIDENCE / OTHER

### 9 REFLECTION & NOTES

WHAT WENT WELL?

WHAT WILL I ADJUST NEXT TIME?

### 10 PHIT KIDS ACADEMY INTEGRATION

PKA VIDEO / RESOURCE

ACTIVE MINUTES / MOVEMENT GOAL

CROSS-CURRICULAR / SEL CONNECTION

MOVE WITH PURPOSE | BUILD SKILLS | GROW CONFIDENCE

Professional planning template for PHIT Kids Academy physical education instruction

20 PLAY GOLF SKILLS - SKILLS 1-10

Build foundational golf technique, distance control, etiquette, and safe club handling.

| EXERCISE                 | BENEFIT                                                | TEACHING CUES                                                            |
|--------------------------|--------------------------------------------------------|--------------------------------------------------------------------------|
| 1. Parts of a Golf Club  | Equipment knowledge: head, shaft, and grip.            | Point to and name the head, shaft, and grip before use.                  |
| 2. Club Grip             | Secure hold; club control and consistent contact.      | Hotdog in the Bun: club in fingers; cover lead thumb with opposite palm. |
| 3. Helicopter Warm-Up    | Trunk mobility; prepares shoulders and torso rotation. | Arms at shoulder height; rotate gently like helicopter blades.           |
| 4. Wedge vs. Putter Grip | Better control; grip matches the intended stroke.      | Putter in palms; other clubs in fingers; thumbs point down shaft.        |
| 5. Stance                | Strong balance; stable base for a controlled swing.    | Feet shoulder-width; knees soft; athletic posture; balanced weight.      |
| 6. Alignment             | Accurate aim; body and clubface work toward target.    | Railroad Tracks: feet/body parallel to target line; clubface at target.  |
| 7. Backswing             | Builds power; creates smooth swing path and rotation.  | Swing the lowercase y to an L; turn shoulders; lead arm long.            |
| 8. Downswing             | Transfers power; returns club smoothly toward ball.    | Swing the L back to a y; shift weight forward; stay smooth.              |
| 9. Impact                | Solid contact; improves accuracy and distance.         | Smash the Marshmallow: eyes behind ball; square clubface at contact.     |
| 10. Follow-Through       | Balanced finish; supports full power and direction.    | Shake Hands with Your Target; finish high and balanced on front foot.    |



20 PLAY GOLF SKILLS - SKILLS 11-20

Apply putting, chipping, full-swing, etiquette, and safety skills in controlled practice.

| SKILL                      | BENEFIT                                                | TEACHING CUES                                                                |
|----------------------------|--------------------------------------------------------|------------------------------------------------------------------------------|
| 11. Putting                | Focus and touch; develops controlled rolling distance. | Length of swing equals distance, not force; eyes over ball.                  |
| 12. Longer Putt            | Distance control; develops tempo and rhythm.           | Longer putt, longer swing; use Tick-Tock pendulum tempo.                     |
| 13. Putting to a Target    | Aim and accuracy; controls starting line and roll.     | Roll the Ball: pendulum stroke; face target; finish toward target.           |
| 14. Chipping               | Short-game accuracy; controlled roll near the target.  | More Roll, More Control: short swing; brush ball then ground.                |
| 15. Longer Chip            | Distance control; connects swing length to travel.     | Longer chip, longer swing; maintain the same smooth tempo.                   |
| 16. Chip to Partner/Target | Feel and distance judgment; accuracy under control.    | Play Catch: choose landing spot; feel the distance; take turns.              |
| 17. Golf Etiquette         | Manners, fairness, pace of play, and respect.          | Be quiet; take turns; respect others; farthest from hole goes first.         |
| 18. Golf Safety            | Protects players; builds responsible club handling.    | Look before swinging; all others stand face-to-face behind the ball.         |
| 19. Full Swing             | Combines swing phases; develops power with balance.    | Start from the Finish: trophy pose, swing back and through, finish balanced. |
| 20. Chip vs. Pitch         | Shot selection; understands roll versus flight.        | Chip rolls more than it flies; pitch flies more than it rolls.               |

# PHIT KIDS ACADEMY

## PHYSICAL EDUCATION LESSON PLAN

PHIT

TEACHER

GRADE/CLASS

DATE

TIME

DURATION

### 1 LESSON FOCUS & STANDARDS

LESSON TITLE / FOCUS

NATIONAL STANDARDS (SHAPE AMERICA)

FLOOR HOCKEY SKILL

### 2 LEARNING TARGET & SUCCESS CRITERIA

STUDENTS WILL BE ABLE TO...

I CAN STATEMENT / SUCCESS CRITERIA

### 3 EQUIPMENT & SET-UP

EQUIPMENT / MATERIALS

SET-UP / SPACE / SAFETY CONSIDERATIONS

### 4 LESSON SEQUENCE

WARM-UP

min

SKILL DEVELOPMENT

min

PRACTICE / GAME

min

COOL DOWN / CLOSURE

min

### 5 TEACHING CUES & KEY POINTS

### 6 DIFFERENTIATION & INCLUSION

MODIFY / SUPPORT

CHALLENGE / EXTEND

### 7 STUDENT EXPECTATIONS

Safe

Respectful

Responsible

Team player

OTHER / SPECIFIC EXPECTATIONS

### 8 ASSESSMENT

Observation

Checklist / rubric

Exit ticket

Skill performance

EVIDENCE / OTHER

### 9 REFLECTION & NOTES

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WHAT WILL I ADJUST NEXT TIME?

### 10 PHIT KIDS ACADEMY INTEGRATION

PKA VIDEO / RESOURCE

ACTIVE MINUTES / MOVEMENT GOAL

CROSS-CURRICULAR / SEL CONNECTION

MOVE WITH PURPOSE | BUILD SKILLS | GROW CONFIDENCE

Professional planning template for PHIT Kids Academy physical education instruction



14 FLOOR HOCKEY SKILLS - SKILLS 1-7

Build safe stick control, passing, shooting, receiving, defense, spacing, goalie awareness, and sportsmanship.

| EXERCISE                     | BENEFIT                                                  | TEACHING CUES                                                           |
|------------------------------|----------------------------------------------------------|-------------------------------------------------------------------------|
| 1. Hockey Grip               | Stick control and safe handling.                         | Hands apart; strong hand on top; top hand controls; bottom hand guides. |
| 2. Ready Stance              | Quick reactions, balance, and game readiness.            | Knees bent; stick blade on floor; hands apart; eyes forward.            |
| 3. Dribbling / Stickhandling | Ball control, hand coordination, and defender avoidance. | Keep ball close; use both sides of blade; soft touches; eyes up.        |
| 4. Four Wall Shots           | Shooting accuracy, consistency, and quick recovery.      | Push ball; point blade to target; follow through; retrieve on signal.   |
| 5. Receiving Passes          | Soft control and first-touch readiness.                  | Soft hands; angle stick; cushion ball; keep blade low.                  |
| 6. Partner Passing           | Passing accuracy, timing, and teamwork.                  | Face partner; push through ball; point to target; receive softly.       |
| 7. Push Forehand Shot        | Controlled shooting accuracy.                            | Eyes on target; step and push; snap wrists; point where you shoot.      |



14 FLOOR HOCKEY SKILLS - SKILLS 8-14

Progress through backhand and snap shots, wall practice, defense, goalie awareness, teamwork, and safety.

| SKILL                      | BENEFIT                                          | TEACHING CUES                                                             |
|----------------------------|--------------------------------------------------|---------------------------------------------------------------------------|
| 8. Push Backhand Shot      | Backhand control and shooting accuracy.          | Thumbs down; ball in front; push and roll; use a quick flick.             |
| 9. Snap Shot               | Quick release, power, and accuracy.              | Hands apart; pull then snap; contact ball in front; finish toward target. |
| 10. Forehand Wall Shooting | Repetition, accuracy, and rebound control.       | Use safe lane; push to wall target; receive rebound softly; reset.        |
| 11. Defensive Positioning  | Defensive awareness and goal protection.         | Stay between player and goal; stick low; move feet; no body contact.      |
| 12. Goalie Basics          | Positioning, reaction, and safe blocking.        | Stay square to shooter; knees bent; use stick/body safely; track ball.    |
| 13. Teamwork & Spacing     | Open space, communication, and passing options.  | Spread out; pass often; move to open space; call for ball.                |
| 14. Safety & Sportsmanship | Safe play, respect, and responsible competition. | No high sticks; no contact; play under control; respect everyone.         |

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LESSON TITLE / FOCUS

NATIONAL STANDARDS (SHAPE AMERICA)

SOCCER SKILLS

### 2 LEARNING TARGET & SUCCESS CRITERIA

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### 3 EQUIPMENT & SET-UP

EQUIPMENT / MATERIALS

SET-UP / SPACE / SAFETY CONSIDERATIONS

### 4 LESSON SEQUENCE

WARM-UP

min

SKILL DEVELOPMENT

min

PRACTICE / GAME

min

COOL DOWN / CLOSURE

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Safe

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Team player

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Exit ticket

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EVIDENCE / OTHER

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Professional planning template for PHIT Kids Academy physical education instruction

12 PLAY SOCCER SKILLS

Build ball control, quick feet, passing, trapping, shooting, shielding, juggling, and teamwork.

| EXERCISE                 | BENEFIT                                                         | TEACHING CUES                                                           |
|--------------------------|-----------------------------------------------------------------|-------------------------------------------------------------------------|
| 1. Dribbling in Place    | Ball control; builds touch with both feet in a small space.     | Soft touches; use inside/outside; knees bent; eyes up often.            |
| 2. Dribble Around Cones  | Quick feet; direction changes and spatial control.              | Keep ball close; eyes up; use both feet; turn around each cone.         |
| 3. Inside-Foot Pass      | Accurate passing; creates a wide, controlled contact surface.   | Plant foot by ball; toe up; ankle locked; pass with inside of foot.     |
| 4. Trap and Pass         | First-touch control; prepares a quick and accurate next action. | Cushion the ball; stop it close; look up; step and pass.                |
| 5. Toe Taps              | Fast feet; rhythm, balance, and ball familiarity.               | Quick light taps; alternate feet; stay on toes; keep ball still.        |
| 6. Pull-Back Dribble     | Quick turn; protects possession and changes direction.          | Sole on ball; pull back; turn body; push into new direction.            |
| 7. Shoot at a Target     | Shooting accuracy; develops aim, power, and follow-through.     | Plant beside ball; aim low; strike through ball; follow target.         |
| 8. Shield the Ball       | Protects possession; uses body position and balance.            | Body between ball and defender; knees bent; arm out safely; ball close. |
| 9. Knee Juggling Basics  | Coordination; tracking, balance, and controlled touches.        | Lift knee; contact thigh; keep ball centered; catch and reset.          |
| 10. Foot Juggling        | Advanced ball control; timing and soft foot contacts.           | Toe up; ankle locked; kick gently upward; keep ball close.              |
| 11. Wall Toe Kick & Trap | Leg strength, accuracy, balance, and receiving control.         | Point toe; step; swing straight; kick; follow through; trap and repeat. |
| 12. Passing in Pairs     | Teamwork; passing accuracy, movement, and communication.        | Show a target; pass with inside foot; move after pass; communicate.     |

# PHIT KIDS ACADEMY

## PHYSICAL EDUCATION LESSON PLAN

PHIT

TEACHER

GRADE/CLASS

DATE

TIME

DURATION

### 1 LESSON FOCUS & STANDARDS

LESSON TITLE / FOCUS

NATIONAL STANDARDS (SHAPE AMERICA)

SWIM SKILLS

### 2 LEARNING TARGET & SUCCESS CRITERIA

STUDENTS WILL BE ABLE TO...

I CAN STATEMENT / SUCCESS CRITERIA

### 3 EQUIPMENT & SET-UP

EQUIPMENT / MATERIALS

SET-UP / SPACE / SAFETY CONSIDERATIONS

### 4 LESSON SEQUENCE

WARM-UP

min

SKILL DEVELOPMENT

min

PRACTICE / GAME

min

COOL DOWN / CLOSURE

min

### 5 TEACHING CUES & KEY POINTS

### 6 DIFFERENTIATION & INCLUSION

MODIFY / SUPPORT

CHALLENGE / EXTEND

### 7 STUDENT EXPECTATIONS

Safe

Respectful

Responsible

Team player

OTHER / SPECIFIC EXPECTATIONS

### 8 ASSESSMENT

Observation

Checklist / rubric

Exit ticket

Skill performance

EVIDENCE / OTHER

### 9 REFLECTION & NOTES

WHAT WENT WELL?

WHAT WILL I ADJUST NEXT TIME?

### 10 PHIT KIDS ACADEMY INTEGRATION

PKA VIDEO / RESOURCE

ACTIVE MINUTES / MOVEMENT GOAL

CROSS-CURRICULAR / SEL CONNECTION

MOVE WITH PURPOSE | BUILD SKILLS | GROW CONFIDENCE

Professional planning template for PHIT Kids Academy physical education instruction

11 SWIM SKILLS - SKILLS 1-6

Build dryland stroke form, kicking control, alignment, rhythm, coordination, and water-safety readiness.

| EXERCISE                      | BENEFIT                                                        | TEACHING CUES                                                                 |
|-------------------------------|----------------------------------------------------------------|-------------------------------------------------------------------------------|
| 1. Flutter Kicks              | Leg strength, ankle mobility, and controlled kick rhythm.      | Small quick kicks; legs long; toes pointed; movement starts at hips.          |
| 2. Standing Freestyle Arms    | Arm power, shoulder mobility, and freestyle stroke form.       | Reach long; pull smoothly; elbow high; alternate arms with control.           |
| 3. Standing Backstroke Arms   | Shoulder mobility, arm rhythm, and backstroke coordination.    | Thumb exits first; arm reaches tall; pinkie enters first; alternate smoothly. |
| 4. Standing Breaststroke Arms | Upper-body strength, stroke timing, and glide preparation.     | Scoop out; pull in; shoot arms forward; finish in a long glide.               |
| 5. Standing Treading Water    | Water-safety readiness, coordination, and full-body endurance. | Body tall; short arm pulls; quick hands; steady alternating leg action.       |
| 6. Standing Streamline Hold   | Body alignment, core stability, and efficient swim position.   | Hands together; arms squeeze ears; reach tall; ribs in; body long.            |



11 SWIM SKILLS - SKILLS 7-11

Continue with glide alignment, breaststroke kicking, treading arms, and butterfly coordination.

| SKILL / EXERCISE                      | BENEFIT                                                           | TEACHING CUES                                                                |
|---------------------------------------|-------------------------------------------------------------------|------------------------------------------------------------------------------|
| 7. Standing Glide Pose                | Balance, core control, and streamline preparation.                | Lean forward slightly; arms long; body tight; eyes down; hold steady.        |
| 8. Breaststroke with Right-Side Kicks | Leg control, hip mobility, and right-side balance.                | Hold support if needed; heel in; toes turn out; kick around and squeeze.     |
| 9. Breaststroke with Left-Side Kicks  | Leg control, hip mobility, and left-side balance.                 | Hold support if needed; heel in; toes turn out; kick around and squeeze.     |
| 10. Standing Treading Arms            | Water-safety technique, shoulder endurance, and sculling control. | Elbows bent; palms press out and in; circle hands; keep movement continuous. |
| 11. Standing Butterfly Arms           | Upper-body power, shoulder mobility, and bilateral coordination.  | Both arms circle together; reach forward; soft knees; move smoothly.         |

# PHIT KIDS ACADEMY

## PHYSICAL EDUCATION LESSON PLAN

PHIT

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GRADE/CLASS

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DURATION

### 1 LESSON FOCUS & STANDARDS

LESSON TITLE / FOCUS

NATIONAL STANDARDS (SHAPE AMERICA)

TENNIS SKILLS

### 2 LEARNING TARGET & SUCCESS CRITERIA

STUDENTS WILL BE ABLE TO...

I CAN STATEMENT / SUCCESS CRITERIA

### 3 EQUIPMENT & SET-UP

EQUIPMENT / MATERIALS

SET-UP / SPACE / SAFETY CONSIDERATIONS

### 4 LESSON SEQUENCE

WARM-UP

min

SKILL DEVELOPMENT

min

PRACTICE / GAME

min

COOL DOWN / CLOSURE

min

### 5 TEACHING CUES & KEY POINTS

### 6 DIFFERENTIATION & INCLUSION

MODIFY / SUPPORT

CHALLENGE / EXTEND

### 7 STUDENT EXPECTATIONS

Safe

Respectful

Responsible

Team player

OTHER / SPECIFIC EXPECTATIONS

### 8 ASSESSMENT

Observation

Checklist / rubric

Exit ticket

Skill performance

EVIDENCE / OTHER

### 9 REFLECTION & NOTES

WHAT WENT WELL?

WHAT WILL I ADJUST NEXT TIME?

### 10 PHIT KIDS ACADEMY INTEGRATION

PKA VIDEO / RESOURCE

ACTIVE MINUTES / MOVEMENT GOAL

CROSS-CURRICULAR / SEL CONNECTION

MOVE WITH PURPOSE | BUILD SKILLS | GROW CONFIDENCE

Professional planning template for PHIT Kids Academy physical education instruction



18 PLAY TENNIS SKILLS - SKILLS 1-9

Build racquet control, tracking, forehand/backhand technique, volleys, and serve preparation.

| EXERCISE                 | BENEFIT                                                        | TEACHING CUES                                              |
|--------------------------|----------------------------------------------------------------|------------------------------------------------------------|
| 1. Find the Sweet Spot   | Controlled contact; introduces the best racquet contact area.  | Grip - Shake - Spot; point to the center of the strings.   |
| 2. Ready Position        | Quick movement; balance and preparation for the next ball.     | Feet apart; knees bent; racquet centered; eyes forward.    |
| 3. Roll Control          | Ball control; balance and racquet-face awareness.              | Balance ball on strings; keep racquet level; move slowly.  |
| 4. Tap Down              | Hand-eye coordination; bounce control and soft touch.          | Knuckles down - Bounce; use gentle taps near waist height. |
| 5. Tap Up                | Racquet control; tracking and repeated-contact rhythm.         | Knuckles up - Tap; keep ball close; use a quiet wrist.     |
| 6. Self Toss             | Accurate toss; tracking and catch readiness.                   | Palm up - Drop - Catch; straight arm; toss in front.       |
| 7. Bungee Jump           | Reaction time; timing and visual tracking.                     | Drop - Catch - Repeat; stay low and react quickly.         |
| 8. Forehand Toss & Catch | Forehand position; tracking and movement to the ball.          | Side to target; reach and catch in front; use soft hands.  |
| 9. Backhand Toss & Catch | Backhand readiness; tracking and non-dominant-side confidence. | Turn shoulders; use two hands if needed; catch in front.   |



18 PLAY TENNIS SKILLS - SKILLS 10-18

Progress from compact volleys to balanced forehands, backhands, and a consistent serve toss.

| SKILL                     | BENEFIT                                                      | TEACHING CUES                                                 |
|---------------------------|--------------------------------------------------------------|---------------------------------------------------------------|
| 10. Forehand Volley Catch | Racquet-face control; volley angle and short-contact action. | Racquet to ball; short punch; freeze the racquet face.        |
| 11. Backhand Volley Catch | Backhand control; balance and ready-position recovery.       | Two hands on handle; push the ball; no large swing.           |
| 12. Forehand Volley       | Quick reactions; compact forehand control near the net.      | Punch forward; quiet feet; tap, do not slap.                  |
| 13. Backhand Volley       | Backhand strength; compact contact and stability.            | Turn and punch; racquet out front; finish with a strong push. |
| 14. Forehand Shadow Swing | Smooth swing path; sequencing without a moving ball.         | Turn - Step - Swing; finish balanced over the front foot.     |
| 15. Forehand with Ball    | Controlled forehand contact; direction and follow-through.   | Turn - Step - Swing; contact in front; finish over shoulder.  |
| 16. Backhand Shadow Swing | Two-sided play; backhand sequencing and balance.             | Two hands - Turn - Swing; keep racquet face steady.           |
| 17. Backhand with Ball    | Backhand contact; control, confidence, and follow-through.   | Two hands - Turn - Swing; contact in front; finish balanced.  |
| 18. Serve Toss            | Consistent toss; prepares timing and serve position.         | Palm up; straight arm; trophy position; drop and catch.       |

# PHIT KIDS ACADEMY

## PHYSICAL EDUCATION LESSON PLAN

PHIT

TEACHER

GRADE/CLASS

DATE

TIME

DURATION

### 1 LESSON FOCUS & STANDARDS

LESSON TITLE / FOCUS

NATIONAL STANDARDS (SHAPE AMERICA)

VOLLEYBALL SKILLS

### 2 LEARNING TARGET & SUCCESS CRITERIA

STUDENTS WILL BE ABLE TO...

I CAN STATEMENT / SUCCESS CRITERIA

### 3 EQUIPMENT & SET-UP

EQUIPMENT / MATERIALS

SET-UP / SPACE / SAFETY CONSIDERATIONS

### 4 LESSON SEQUENCE

WARM-UP

min

SKILL DEVELOPMENT

min

PRACTICE / GAME

min

COOL DOWN / CLOSURE

min

### 5 TEACHING CUES & KEY POINTS

### 6 DIFFERENTIATION & INCLUSION

MODIFY / SUPPORT

CHALLENGE / EXTEND

### 7 STUDENT EXPECTATIONS

Safe

Respectful

Responsible

Team player

OTHER / SPECIFIC EXPECTATIONS

### 8 ASSESSMENT

Observation

Checklist / rubric

Exit ticket

Skill performance

EVIDENCE / OTHER

### 9 REFLECTION & NOTES

WHAT WENT WELL?

WHAT WILL I ADJUST NEXT TIME?

### 10 PHIT KIDS ACADEMY INTEGRATION

PKA VIDEO / RESOURCE

ACTIVE MINUTES / MOVEMENT GOAL

CROSS-CURRICULAR / SEL CONNECTION

MOVE WITH PURPOSE | BUILD SKILLS | GROW CONFIDENCE

Professional planning template for PHIT Kids Academy physical education instruction



20 PLAY VOLLEYBALL SKILLS - SKILLS 1-10

Build ready position, passing, setting, blocking, serving, approach footwork, and teamwork.

| EXERCISE                       | BENEFIT                                                   | TEACHING CUES                                                      |
|--------------------------------|-----------------------------------------------------------|--------------------------------------------------------------------|
| 1. Footwork & Ready Position   | Fast movement; balance and preparation for the next ball. | Feet wide; knees bent; weight forward; hands ready; eyes up.       |
| 2. Ready-Position Side Shuffle | Quick lateral movement while maintaining balance.         | Stay low; step-shuffle; do not cross feet; eyes forward.           |
| 3. Passing Form                | Accurate, controlled passes from a stable platform.       | Flat arms; thumbs together; shoulders forward; angle to target.    |
| 4. Forearm Pass                | Ball control; connects leg drive to a steady platform.    | Hands together; bend knees; contact forearms; lift with legs.      |
| 5. Wall Forearm Pass           | Independent practice; improves aim and repeated control.  | Face wall; steady platform; pass to a target; reset feet.          |
| 6. Shuffle Block               | Net defense; lateral speed, timing, and vertical reach.   | Shuffle; square to net; jump straight; hands high and strong.      |
| 7. Partner Shuffle Block       | Blocking teamwork; quick movement and communication.      | Move together; call direction; jump balanced; hands over net line. |
| 8. Overhead Pass / Set         | Accurate sets; soft touch and overhead ball control.      | Triangle hands; elbows out; contact above forehead; push up.       |
| 9. Partner Overhead Set        | Teamwork, accuracy, communication, and setting rhythm.    | Face target; triangle hands; push up; call the ball.               |
| 10. Wall Sets                  | Setting strength; repetition, aim, and consistency.       | Toss high; elbows up; diamond hands; complete 5, 8, or 10.         |



20 PLAY VOLLEYBALL SKILLS - SKILLS 11-20

Progress through serving, partner combinations, approach footwork, hitting, and advanced blocking.

| SKILL                          | BENEFIT                                                    | TEACHING CUES                                                            |
|--------------------------------|------------------------------------------------------------|--------------------------------------------------------------------------|
| 11. Serve Toss & Catch         | Consistent toss control; prepares overhand serving.        | Toss high and in front; elbow up; catch at full reach.                   |
| 12. Overhand Serve             | Powerful sending skill; develops contact and accuracy.     | Toss high; elbow up; step; strike with open hand; follow through.        |
| 13. Partner Toss-Bump-Catch    | Passing accuracy; communication and partner control.       | Toss - Bump - Catch; angle platform; call the ball; repeat three.        |
| 14. Toss-Bump-Set Sequence     | Combines passing and setting with teamwork.                | Toss - Bump - Set; control height; communicate; repeat three.            |
| 15. Self Toss & Three Bumps    | Independent forearm control and repeated contacts.         | Toss up; bump three times; keep ball centered; reset and repeat.         |
| 16. Approach Footwork          | Efficient hitting preparation; timing and coordination.    | Left - Right - Left; accelerate; arms back; jump up.                     |
| 17. Approach Jump & Hit        | Jump power; overhead hitting form and balanced landing.    | Left - Right - Left; jump high; elbow back; reach and land softly.       |
| 18. Advanced Pass-Set Sequence | All-around control; transitions between multiple contacts. | Self toss; bump; set; set; pass; control height; repeat.                 |
| 19. Overhand Set & Trap        | Quick reaction; overhead tracking and contact timing.      | Toss; move under ball; set upward; trap/catch at full reach.             |
| 20. Advanced Slide-Step Block  | Fast net movement; blocking balance and hand position.     | Slide step; square hips; jump straight; press hands high; land balanced. |

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### 1 LESSON FOCUS & STANDARDS

LESSON TITLE / FOCUS

NATIONAL STANDARDS (SHAPE AMERICA)

WALKING & FITNESS S

### 2 LEARNING TARGET & SUCCESS CRITERIA

STUDENTS WILL BE ABLE TO...

I CAN STATEMENT / SUCCESS CRITERIA

### 3 EQUIPMENT & SET-UP

EQUIPMENT / MATERIALS

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### 10 PHIT KIDS ACADEMY INTEGRATION

PKA VIDEO / RESOURCE

ACTIVE MINUTES / MOVEMENT GOAL

CROSS-CURRICULAR / SEL CONNECTION

MOVE WITH PURPOSE | BUILD SKILLS | GROW CONFIDENCE

Professional planning template for PHIT Kids Academy physical education instruction



14 WALKING & FITNESS EXERCISES - EXERCISES 1-7

Combine purposeful walking with upper-body fitness, balance, coordination, mobility, and cardio endurance.

| EXERCISE                               | BENEFIT                                       | TEACHING CUES                                                     |
|----------------------------------------|-----------------------------------------------|-------------------------------------------------------------------|
| 1. Heel-to-Toe Walk & Bicep Curls      | Balance and coordination.                     | Lead with heel; roll to toe; curl arms with control; stand tall.  |
| 2. High-Knee Walk in Place & Arm Swing | Hip flexibility.                              | Lift knees; swing opposite arms; keep chest tall.                 |
| 3. High-Knee Walk & Overhead Press     | Hip flexibility and shoulder strength.        | Lift knees; press arms overhead; keep ribs down and posture tall. |
| 4. Side-Step Walk & Arm Circles        | Lateral strength.                             | Step side; keep toes forward; circle arms with control.           |
| 5. Side-Step Walk & Arm Swing          | Lateral strength and coordination.            | Step side; swing arms naturally; keep knees soft.                 |
| 6. Side-Step Punch                     | Lateral strength and upper-body coordination. | Step side; punch forward safely; keep wrists straight.            |
| 7. Backward Walk & Arm Circles         | Spatial awareness.                            | Look over shoulder; take small steps back; circle arms slowly.    |



14 WALKING & FITNESS EXERCISES - EXERCISES 8-14

Progress through upper-body mobility, ankle stability, crossover coordination, strength, and cardio endurance.

| EXERCISE                                | BENEFIT                                      | TEACHING CUES                                                     |
|-----------------------------------------|----------------------------------------------|-------------------------------------------------------------------|
| 8. Walk & Front Raises                  | Upper-body mobility.                         | Walk tall; raise arms to shoulder height; lower with control.     |
| 9. Walk & Forward Punches               | Calf strength and coordination.              | Rise onto toes if ready; punch forward; keep balance and control. |
| 10. Fast Heel Taps                      | Ankle stability and quick-foot coordination. | Tap heels forward quickly; keep toes up; stay tall and light.     |
| 11. Heel Taps & Front Raises            | Ankle stability and shoulder mobility.       | Stay on heels briefly; tap forward; raise arms with control.      |
| 12. Crossover Walk & Cross-Body Punches | Hip mobility and coordination.               | Cross feet carefully; punch across body; keep eyes forward.       |
| 13. Marching Walk & Hammer Curls        | Leg and arm strength.                        | Take big marching steps; palms face inward; curl with control.    |
| 14. Power Walk & Shadow Boxing          | Cardio endurance.                            | Use fast controlled steps; hands up; punch open space safely.     |

# PHIT KIDS ACADEMY

## PHYSICAL EDUCATION LESSON PLAN

PHIT

TEACHER

GRADE/CLASS

DATE

TIME

DURATION

### 1 LESSON FOCUS & STANDARDS

LESSON TITLE / FOCUS

NATIONAL STANDARDS (SHAPE AMERICA)

YOGA POSES

### 2 LEARNING TARGET & SUCCESS CRITERIA

STUDENTS WILL BE ABLE TO...

I CAN STATEMENT / SUCCESS CRITERIA

### 3 EQUIPMENT & SET-UP

EQUIPMENT / MATERIALS

SET-UP / SPACE / SAFETY CONSIDERATIONS

### 4 LESSON SEQUENCE

WARM-UP

 min

SKILL DEVELOPMENT

 min

PRACTICE / GAME

 min

COOL DOWN / CLOSURE

 min

### 5 TEACHING CUES & KEY POINTS

### 6 DIFFERENTIATION & INCLUSION

MODIFY / SUPPORT

CHALLENGE / EXTEND

### 7 STUDENT EXPECTATIONS

Safe

Respectful

Responsible

Team player

OTHER / SPECIFIC EXPECTATIONS

### 8 ASSESSMENT

Observation

Checklist / rubric

Exit ticket

Skill performance

EVIDENCE / OTHER

### 9 REFLECTION & NOTES

WHAT WENT WELL?

WHAT WILL I ADJUST NEXT TIME?

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18 YOGA SEGMENTS - POSES 1-9

Build balance, mobility, strength, body awareness, breathing control, focus, and calm recovery.

| EXERCISE             | BENEFIT                                                   | TEACHING CUES                                                                    |
|----------------------|-----------------------------------------------------------|----------------------------------------------------------------------------------|
| 1. Full-Body Reset   | Breathing reset; gentle total-body release.               | Inhale through nose; fold forward while exhaling; relax arms; roll up slowly.    |
| 2. Mountain Pose     | Posture, alignment, and strong standing balance.          | Stand tall; feet together or hip-width; arms by sides; breathe deeply.           |
| 3. Tree Pose - Right | Focus, single-leg balance, and leg strength.              | Balance on left foot; place right foot low or high; hands together; eyes steady. |
| 4. Tree Pose - Left  | Focus, single-leg balance, and leg strength.              | Balance on right foot; place left foot low or high; hands together; eyes steady. |
| 5. Downward Dog      | Full-body stretch; shoulder and arm strength.             | Hands and feet grounded; hips up; head relaxed; bend knees if needed.            |
| 6. Warrior I         | Leg strength, confidence, and steady alignment.           | One leg forward; bend front knee; hips forward; reach arms up; breathe.          |
| 7. Warrior II        | Leg strength, balance, core control, and focus.           | Bend front knee; arms reach wide; shoulders relaxed; eyes over front hand.       |
| 8. Warrior III       | Balance, core stability, and standing-leg strength.       | Hinge forward; lift back leg; body long; use wall support if needed.             |
| 9. Cobra Pose        | Back strength; chest opening and gentle spinal extension. | Lie on stomach; hands under shoulders; lift chest gently; keep hips down.        |

18 YOGA SEGMENTS - POSES 10-18

Continue with gentle twists, strength, side stretches, spinal mobility, rest, meditation, and breathing.

| POSE / EXERCISE             | BENEFIT                                                | TEACHING CUES                                                                         |
|-----------------------------|--------------------------------------------------------|---------------------------------------------------------------------------------------|
| 10. Seated Twist - Right    | Spinal mobility; posture and calm breathing.           | Sit tall; rotate gently right; keep shoulders relaxed; breathe.                       |
| 11. Seated Twist - Left     | Spinal mobility; posture and calm breathing.           | Sit tall; rotate gently left; keep shoulders relaxed; breathe.                        |
| 12. Bridge Pose             | Core and glute strength; hip and chest opening.        | Lie on back; knees bent; feet grounded; lift hips; keep knees aligned.                |
| 13. Mermaid Stretch - Right | Hip mobility, side-body stretch, and core length.      | Sit tall; reach long to right; open chest; keep both hips grounded.                   |
| 14. Mermaid Stretch - Left  | Hip mobility, side-body stretch, and core length.      | Sit tall; reach long to left; open chest; keep both hips grounded.                    |
| 15. Cat-Cow Stretch         | Spinal mobility, breathing rhythm, and body awareness. | Hands under shoulders; round for cat; arch gently for cow; move with breath.          |
| 16. Child's Pose            | Rest, back and hip stretch, and calming recovery.      | Knees comfortable; hips toward heels; arms forward; forehead supported.               |
| 17. Relaxation / Meditation | Calm focus, stress relief, and body awareness.         | Lie comfortably; close or soften eyes; breathe slowly; relax each muscle.             |
| 18. Closing Full-Body Reset | Breathing reset; smooth transition back to standing.   | Inhale through nose; fold while exhaling; relax arms; roll up one vertebra at a time. |