

WELCOME TO

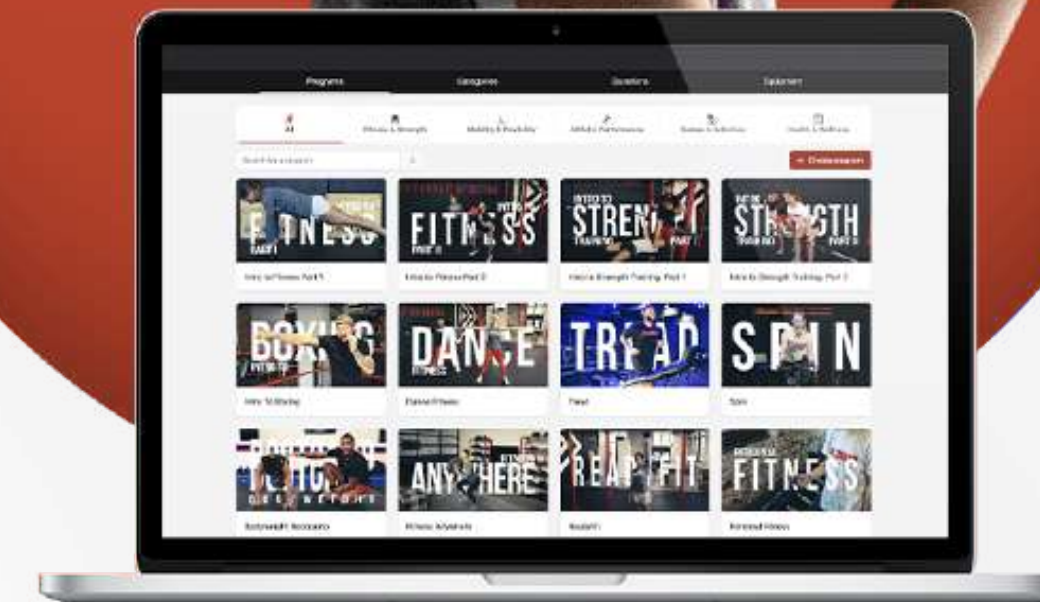
# ▶ PLT4M

Creating A New Standard For Quality  
K-12 Health & Physical Education

DATA & PROGRESS  
TRACKING



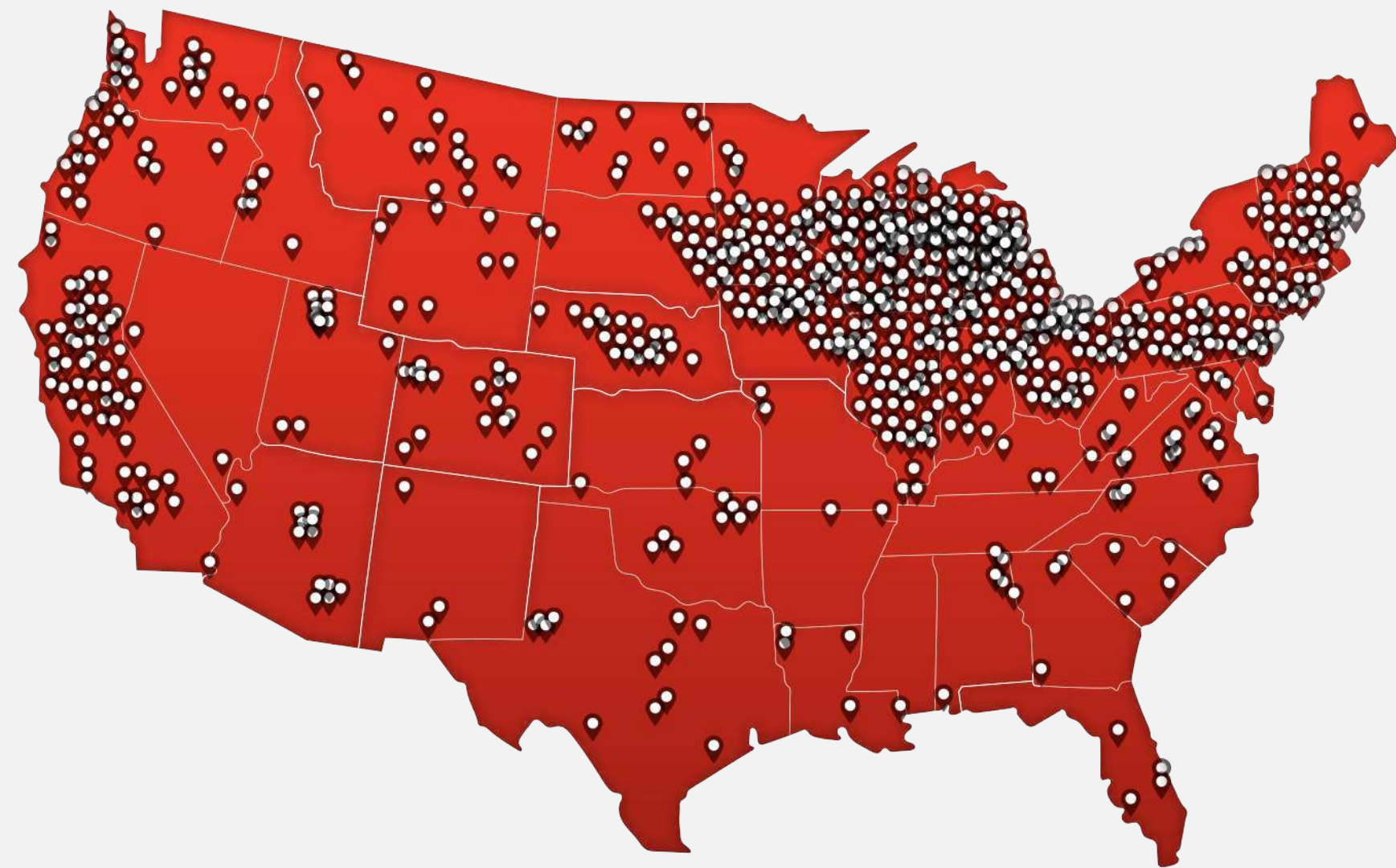
1,000+ ON-DEMAND  
LESSONS



EASY TO USE  
SOFTWARE



# Our Mission

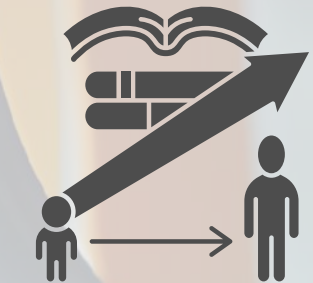


Founded in Boston in 2013, we are proud to partner with over 1,000 schools, improving the health and wellness of more than 500,000 students through a modernized and engaging Health and PE experience.

## WE HELP SCHOOLS



Establish Physical Activity



Teach Lifelong Fitness Skills



Inspire Student Confidence



Improve Engagement in Health & PE



# Our Impact

The future success and health of our nation's children is at stake. Our youth are more sedentary than ever before, contributing to significant physical and mental health issues, such as obesity, type-2 diabetes, anxiety, and depression.

At PLT4M we believe regular physical activity and a practical health education are key pieces of the solution. We partner with schools to get kids moving and inspire a lifelong love of healthy, active living. We do this through vertically aligned, standards-based, quality Health and PE instruction.



## By The Numbers In 2024

**60,000,000+**

Minutes of Student  
Activity

**3,000,000+**

Workouts & Lessons  
Completed

**1,400,000+**

Assessments & Fitness  
Tests Logged

# Our Solution



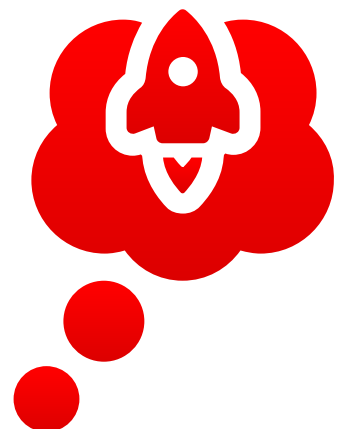
## Content Kids **LOVE**

With over a thousand lessons across a wide range of K-12 courses, we help districts develop a powerful scope and sequence that develops students' physical literacy and helps them discover their passion for activity.



## Curriculum Teachers **TRUST**

Our diverse team of certified instructors provide standards-based curriculum across a wide range of modalities from Elementary PE to Secondary level Nutrition, Fitness, Pilates, Weights, Yoga, Boxing and more!



## Tech That **INSPIRES**

We help teachers harness the power of technology in ways that enhance student learning outcomes. Compatible with all devices, students finally have consistent and reliable access to their data and progress.





# Our Community

We are helping teachers across the country deliver on their mission to improve the lives of students. But don't take our word for it! Here's what they have to say...



"The PLT4M videos are an invaluable resource for students. And because they focus on form and technique, **students build confidence** that will help them know they can eventually go workout independently."

**Chris Cabe** | Old Rochester, MA



"We saw PLT4M as a valuable resource in our ability to deliver a **high-quality curriculum**. Our goal has always been to provide students fitness, health, and wellness experiences, and we saw PLT4M's curriculum as our best opportunity to enhance that."

**Chris Meyer** | Lewiston, ID



"What I love most about PLT4M is my ability to **differentiate instruction** to each of my students. I can feel confident that I am meeting each student at their ability level, but also catering to their individual interests."

**Brandon Siegel** | Fullerton, NE

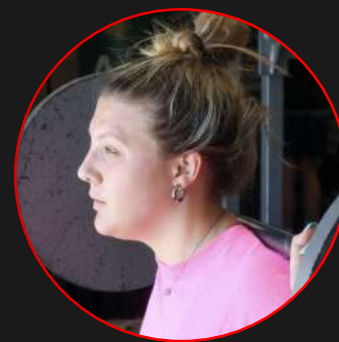


"With PLT4M, students can see everything that has ever been logged. Now, they are more **engaged and excited about PE.**"

**Annie Hinkhouse** | Reedsburg, WI



**STUDENT  
FEEDBACK**



"PLT4M has made my experience at school so much more impactful. Using PLT4M, **I have been able to do things I never expected to be doing.**"

**Sophia**



"PLT4M has **impacted my overall health and wellness** in a way I never could have imagined. It has provided us a way of tracking our growth along with providing information that helps us reach our goals."

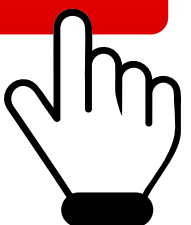
**Keith**



# Our Success Stories

Over the years, we've spotlighted more than 100 of our schools who are embracing a modern approach to student wellness.

SEE THEIR STORIES





# Our Pricing

## Site License

\*REQUIRED

# \$600/YEAR

### What's Included?

- 3 Staff Seats
- Curriculum Builder
- 1,200+ Videos
- Activity Tracker and Progress Reports



### Additional Staff

\$ 25 per staff/year

- Access to all Site License Features
- Access to any purchased Curriculum

### Student Seats

\$1 student/year

- Access on any device
- Individualized Instruction
- Assessment Logging
- Progress Reports
- Exercise Log
- Fitness Plan Builder

# Curriculum Packages

## SECONDARY HEALTH & PE CURRICULUM

**\$600/Year**

Our student-centric courses boost engagement by providing greater variety and choice. Integrated with our modernized health curriculum, PLT4M helps you deliver on your mission of cultivating lifetime wellness habits.

## ELEMENTARY PE CURRICULUM

**\$400/Year**

With our standards-based programming you will develop students' physical literacy by teaching fundamental movement skills, fostering an appreciation for physical activity, and promoting lifelong healthy habits.

## ATHLETIC DEVELOPMENT

**\$300/Year**

Help athletes maximize their potential with expert programming built by certified professionals, covering off-season, in-season, speed and conditioning.

## Dedicated Support Specialist (FREE)

- 30-Day Onboarding
- Phone and Email Support
- 10 Hours per year of Zoom Based Professional Development



# Our Funding Guidance

## Did You Know:

The average Health and PE budget is only \$764 per year?

However, the average expenditure **per student** for textbooks is \$250.

This is why 78% of our customers use **District Curriculum and Textbook funding** to pay for PLT4M.

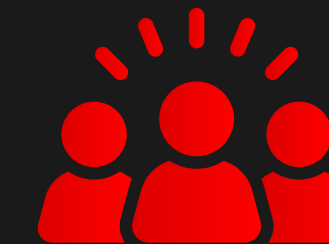
Savings of 20-40%  
available for Multi-Year  
and/or  
District Purchases!

## How Else Do Schools Fund PLT4M?



### School Budget (most popular)

- Curriculum & Textbooks
- Technology & Software
- Professional Development
- Athletics + HPE Departments



### Community

- Fundraisers
- Business Sponsors
- Local Grants (see [Blue Cross example](#))



### State

- State Health Foundations (see [Colorado Health Foundation](#))
- Cooperative Educational Programs (see [New York's BOCES](#))



### Federal

- [Student Support and Academic Enrichment Program \(Title IV, Part A\)](#)



# Our Team

## Your Support



### Alex Relph

Co-Founder | Director of School Partnerships Mobility & Flexibility Coach

Alex consults with administrators, teachers, and coaches looking to enhance student outcomes through quality PE. Together, we will explore how PLT4M can help your sta enhance student wellness. For any questions prior to purchase, Alex is your primary point of contact.

BOOK A ZOOM MEETING



✉ alex.relph@plt4m.com 📞 (339) 226-8426



### Sam Breslin

Co-Founder | Director of Performance

Sam assists teachers and coaches looking to optimize their programming and instruction, working together to identify strategies and techniques that will help schools achieve the best results.

✉ sam.breslin@plt4m.com 📞 (339) 226-8193



### Jackie Milani

Director of Customer Success & Professional Development CF-L1 | Performance Coach

Jackie runs our Customer Success and Professional Development team. Once you become a customer, she will coordinate an extensive 90-day onboarding process to help staff get acclimated, and provide ongoing PD for your staff. At PLT4M, your success is our success!

✉ jackie@plt4m.com 📞 (339) 226-8218

## INSTRUCTION & CONTENT TEAM



### MAX ISAAK

Head Performanc Coach  
CF-L2, CF-Aerobic Capacity



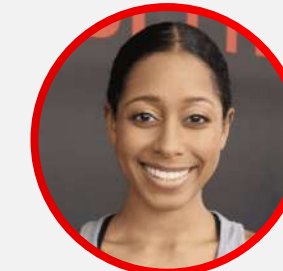
### RICKY IGBANI

Speed & Agility Coach  
NASM-PES



### REBECCA TOUTANT

Nutrition Expert  
MA, RDN, LDN, CDCES, cPT



### BRITNEY WILLINHAM

Pilates Instructor



### MEGHAN LEIGHTON

Mindfulness & SEL Instructor  
Certified MA Education, Meditation Teacher  
& Yoga Instructor



### ALEX CAVALLO

Dance Instructor



### LULU EMMONS

Yoga Instructor  
RYT-200, YA



### DOUG CURTIN

Director of Content  
Swim Instructor



### SEAN LALLY

Boxing Instructor



### MIKE SOARES

Bootcamp Instructor



### DANI FERREIRA

Bootcamp Instructor



### COLE LYDON

Games & Activity Instructor  
Middle School PE Teacher



### BREANNA BURKE WEBER, MPH, CD

Health Educator

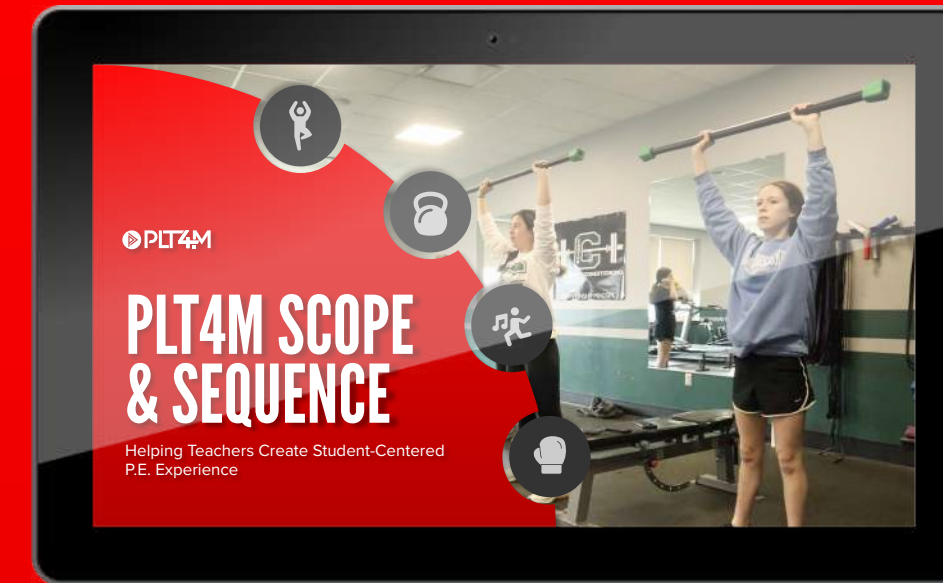


### MIKE GRAHAM

K-5 Curriculum Lead  
2021 SHAPE Elementary  
Teacher of the Year

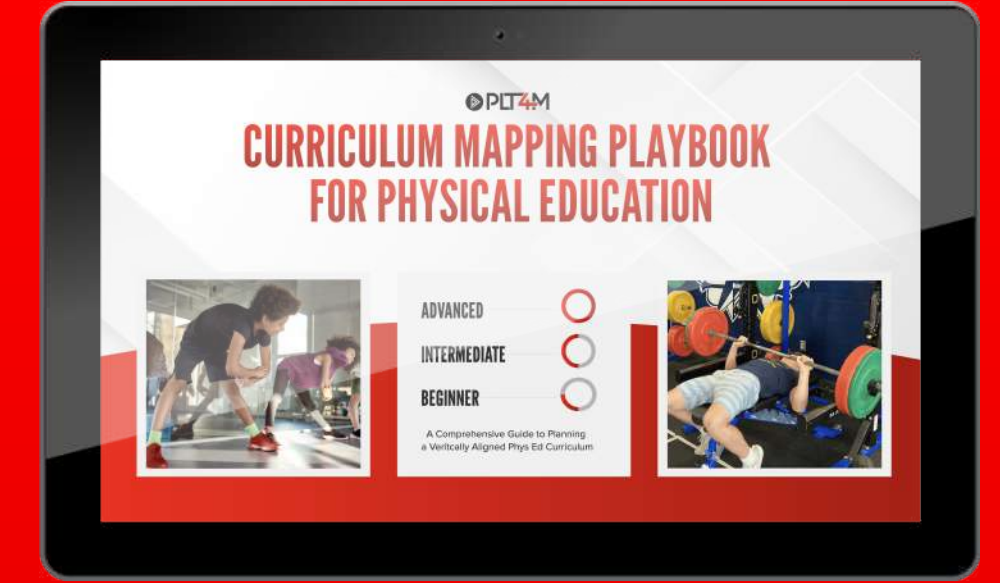


# Our Resources



Scope & Sequence

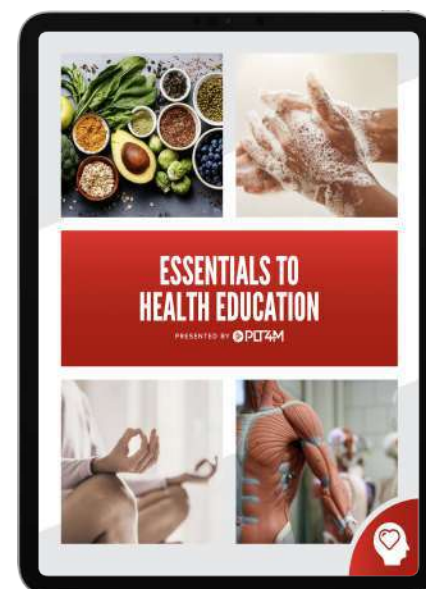
DOWNLOAD



Curriculum Mapping Playbook for P.E.

DOWNLOAD

## Explore Our Sample Lessons



5 Sample Health Lessons

DOWNLOAD



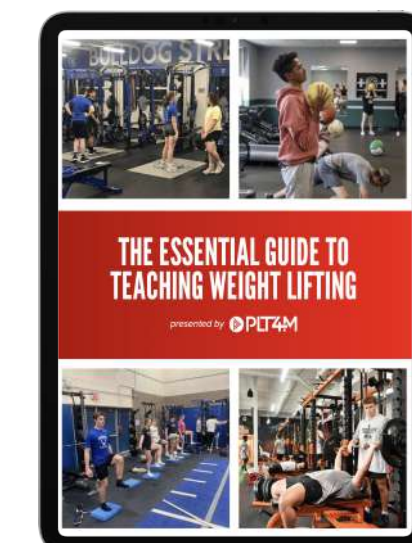
K-5 Sample Lesson Pack

DOWNLOAD



Lifetime Fitness Lessons

DOWNLOAD



Essentials to Teaching Weight Training

DOWNLOAD





### **How Will Student Progress Be Measured?**

PLT4M allows staff to track and assess any assessments you want, along with participation data such as days attended, lessons/workouts completed, and time spent working out. PLT4M programs also have pre- and post-evaluations to provide a standard framework for teachers and students to record and report on progress.

### **How Will PLT4M Enhance Instruction?**

Through the utilization of projector-based technology, and student devices, PLT4M will allow for differentiated learning within mixed class settings, and individualized lessons based on experience and interest. With access to thousands of new lesson material and the ability to deliver it in a variety of ways, teachers will be freed up to work with students on a more individual level.

### **How Will PLT4M Support Student Learning & Achievement?**

With PLT4M's breadth of programming and content, staff can provide students more options to find activities they are passionate about, leading to better participation, and thus, better achievement!

### **Can We Build Our Own Workouts & Lessons?**

Yes! You can add exercises and videos from YouTube, and then customize PLT4M programs, or build your own from scratch!

### **Can We Use This In Athletics & PE?**

Absolutely! Unlike other softwares, your kids can be in multiple groups and have access to all the programs they need. When a coach or teacher goes to run a report, they will always have the full picture of all their kids.

### **Are Staff Wellness Participants Free?**

For staff participating in the Staff Wellness programs, it is \$1 per member, just like for students. For any PE Teachers, Coaches, or Admins using it with their classes and teams, those licenses are included free.

### **How Does Onboarding & Professional Development Work?**

Each account is provided a 30-Day guided on-boarding from one of our account specialists, in addition to a library of eCourses. If you purchase a Curriculum package, you get an additional 10 hours of PD per year. All users have phone and email help access.

### **How Do We Cancel & What Is The Fine Print?**

No fine print! In the unlikely event you do not want to continue at the end of your contract year, just say so! We will delete the account and all the data associated with it, or transfer it to you if possible.