

# ENHANCED PE MOVEMENT

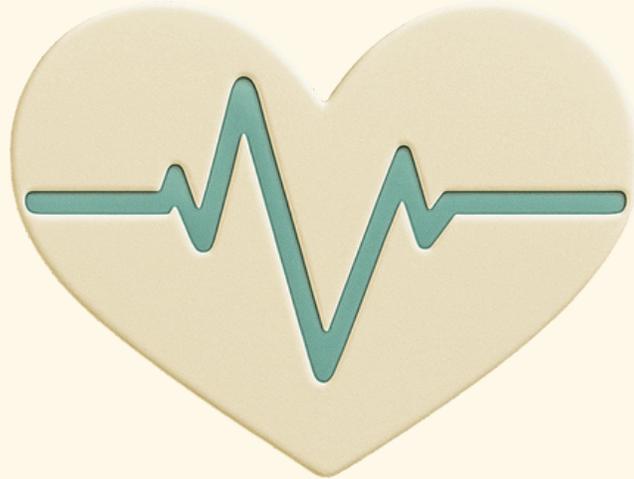
♥ Movement builds confidence

40 PE Lessons with  
SEL and STEM Integration

EARLY CHILDHOOD

**Anthony Caputo**

*The Heartbeat of Every School*



# ENHANCED PE MOVEMENT

**Anthony Caputo**  
**2026**



**Welcome!**

**Every school has a heartbeat, and it begins in the gym.**

**Enhanced PE Movement was created to help schools rediscover what physical education is truly about: connection, confidence, and care. Through movement, we give students the tools to grow not only stronger bodies but stronger hearts and minds.**

**This curriculum isn't just a set of lessons; it is a cultural shift. It is about transforming PE into the heart of every school where SEL, STEM, and movement come together to build joy, resilience, and belonging.**

**Every lesson is designed to make students feel seen, capable, and connected. Every teacher becomes a heartbeat by modeling leadership, empathy, and purpose through movement.**

**Together we are not just teaching games. We are building confident leaders, kind teammates, and healthy communities, one heartbeat at a time.**

**Thank you for being part of this movement. Your school's culture starts here, in the gym.**

**Sincerely,**

**Anthony Caputo  
Enhanced PE Movement**

# About the Author



**Anthony Caputo, M.S. Ed.**

**Founder of Enhanced PE Movement™ “The Heartbeat of Every School”**

**Anthony Caputo is a passionate physical educator and program director with over a decade of experience teaching and leading youth programs.**

**He created Enhanced PE Movement™ with the goal of transforming Physical Education into the heartbeat of every school so that movement builds bodies alongside character, empathy, and connection.**

**This curriculum was designed by an educator who has lived the classroom experience rather than someone removed from it. With over ten years in education, Anthony has served as a public school Physical Education Teacher, Director of Afterschool Programming creating daily enrichment experiences, Summer Camp Director emphasizing teamwork and joy, and Before-School Program Coordinator starting days with energy and structure.**

**Having led students through mornings, school hours, and afterschool programs, Anthony has supported children through every emotion and energy level. This experience has made him highly attuned to the intersection of movement, empathy, and emotional literacy. He understands how to meet students where they are to guide them toward physical and emotional balance.**

**From a teacher’s perspective, he knows what educators need to make PE engaging and respected. From an administrator’s perspective, he understands the necessity for purposeful and inclusive programs. Through Enhanced PE Movement™, Anthony blends SEL, STEM, and PE into a seamless system that is practical, joyful, and adaptable for real schools.**

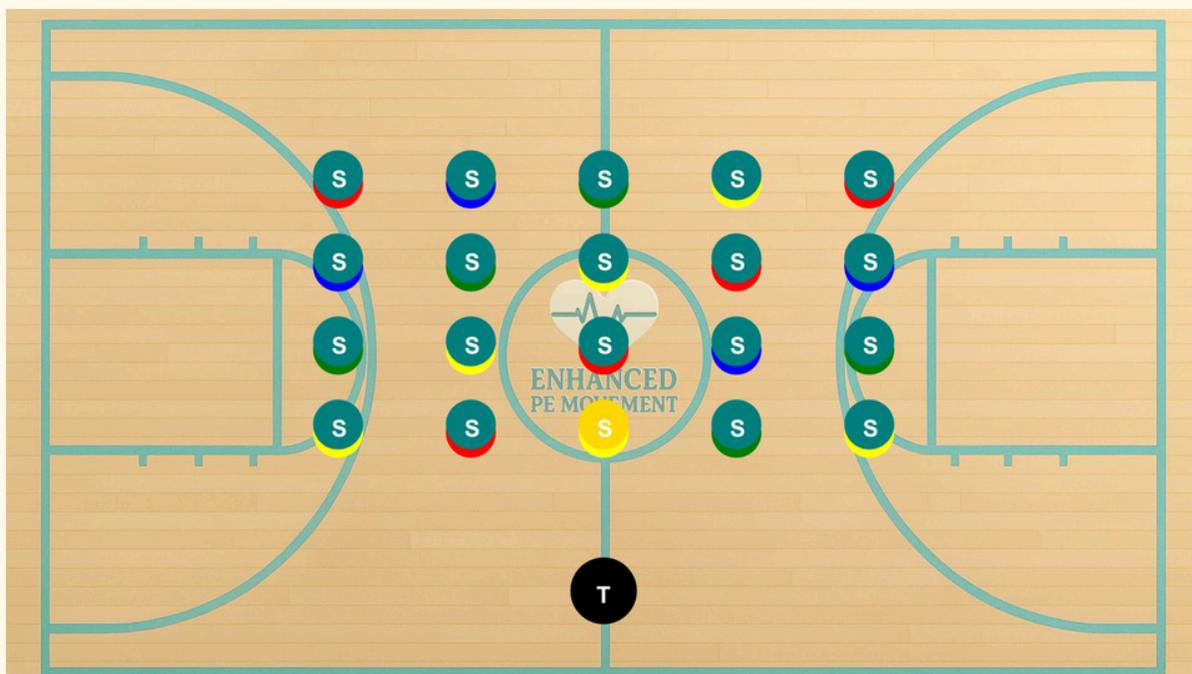


## INTEGRATED DIGITAL RESOURCES

To streamline your preparation and enhance instruction, this curriculum features digital tools accessible via QR codes found throughout the guide.

On every Unit Modifications page, the QR code unlocks a Digital Word Wall, a visual vocabulary tool designed to support student learning and retention. Additionally, every lesson plan includes a Teacher Diagram QR Code.

Scanning this provides instant access to a high-resolution visual setup of the activity and a step-by-step teaching script, ensuring you can set up your gym and lead every class with confidence.

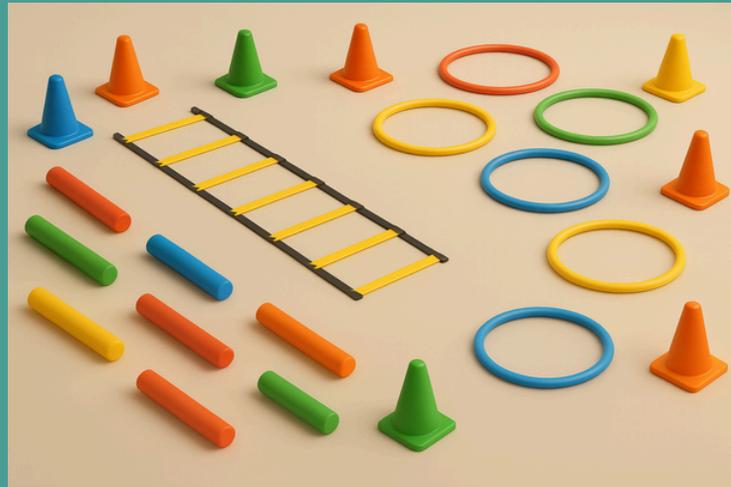






# UNIT 1

## Rhythm & Body Control



### UNIT MODIFICATIONS

#### STUDENTS WITH DISABILITIES

**Sensory:** Use headphones for music. **Disability:** Shadow a peer buddy for movement patterns.

#### LARGE CLASS SIZES

Create 6-8 small groups with one leader (wearing pinnie) in each group.

#### MODIFIED EQUIPMENT

Use poly spots and cones paired with locomotor skills during activities.

#### UNPREPARED STUDENTS

**Rhythm Keeper:** Taps a drum or rhythm sticks to keep the beat for the class.

#### INJURED STUDENTS

**DJ Assistant:** Start/stop the music.  
**Judge:** Look for 'Stillest Statue' during freezes.

#### CLASSROOM MODE (NO GYM)

**Desk Drumming:** Students tap rhythm on desks. Walk designated 'pathways' between rows to music.

# OVERVIEW

## UNIT

Unit 1 - Find Your Flow

## LESSON

Lesson #1 - Lead the Beat

## SEL FOCUS

Self Awareness & Self Management

## STEM CONCEPT

Rhythm, Patterns & Motion

## PE FOCUS

SHAPE Standards: 1, 2, 4, 5

## EQUIPMENT

Music, Spots, Pinnie

## BUILD THE BEAT

5 Minutes

## ACTIVATE THE HEARTBEAT

10 Minutes

## ACTIVITY 1

10 Minutes

## MID REFLECTION

5 Minutes

## ACTIVITY 2

10 Minutes

## COOL DOWN

10 Minutes

# LESSON PLAN



## BUILD THE BEAT

**Warm Up Routine:** Follow the 'Build the Beat' Warm-Up Guide located in the front of this book. Lead students through the Cardio, Stretch, Dynamic, Turbo, and Focus Breath sequence to prepare their bodies and minds for movement.

## ACTIVATE THE HEARTBEAT

Spread poly spots around the gym. Each child stands on one. When music starts, move around (walk, skip) to the beat. When music stops, freeze.

## ACTIVITY 1

**Musical spots.** Have students scattered on poly spots. The goal here is to work on spatial awareness skills while driving their cars (holding polyspots) around the gym without bumping into anyone. The leader will demonstrate the activity.

## MID REFLECTION

How did it feel to be the leader? What helped you stay with your team?

## ACTIVITY 2

The leader will stand in the front of a relay line (make them even). The leader will have to demonstrate a locomotor movement before each round. Jogging, skipping, etc.

## COOL DOWN

Perform the full sequence from the Yoga Pose Library. Hold each pose for 30 seconds (15s per side). Focus on deep breathing while listening to calm music.

# TRANSFORM YOUR GYM INTO A MOVEMENT EXPERIENCE

A Modern, Visual Curriculum for  
Physical Education

Stop guessing and start moving. Enhanced PE Movement is the comprehensive guide designed to take the chaos out of the gym and replace it with rhythm, structure, and fun. Whether you are a veteran teacher or just starting out, this book provides the visual tools and step-by-step progressions you need to engage students instantly.

Join the Movement.

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   [@epmvmt](https://www.instagram.com/epmvmt)

