

ENHANCED PE MOVEMENT

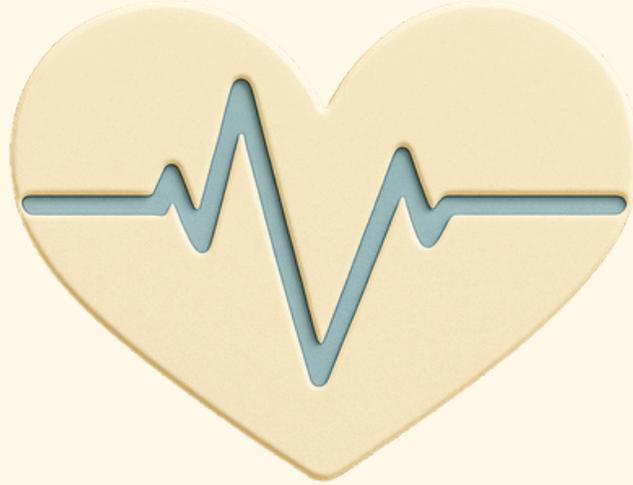
♥ Confidence builds connection

40 PE Lessons with
SEL and STEM Integration

JUNIOR

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.

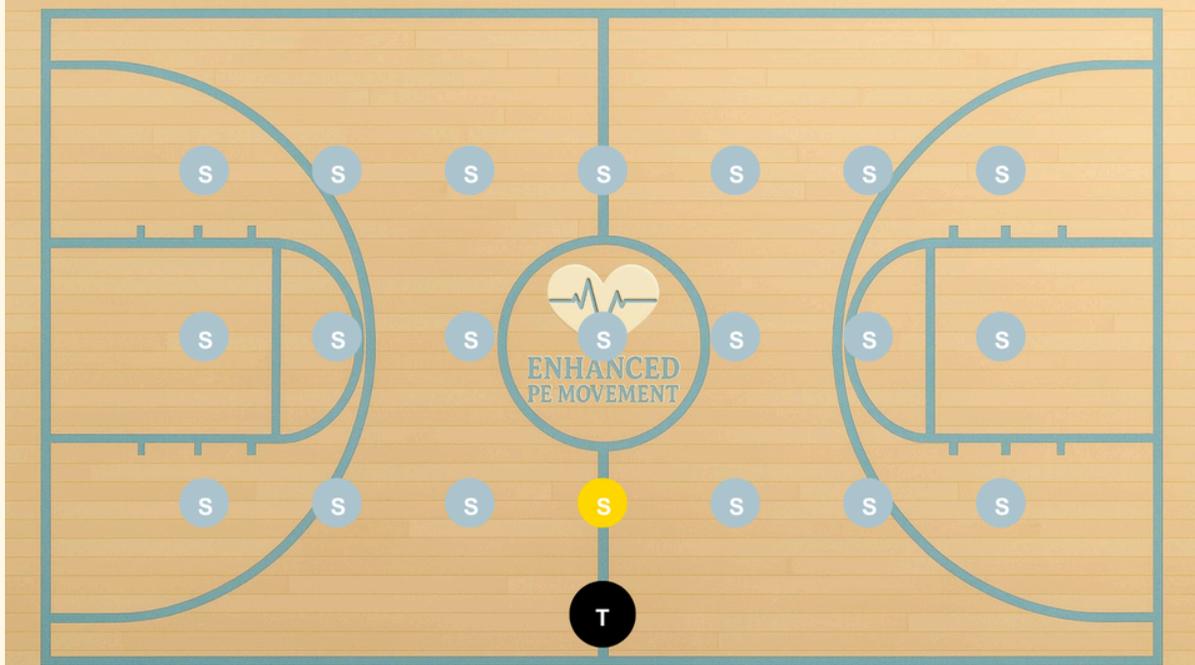
From a teacher’s perspective, he knows what educators need to make PE engaging and respected. From an administrator’s perspective, he understands the necessity for purposeful and inclusive programs. Through Enhanced PE Movement™, Anthony blends SEL, STEM, and PE into a seamless system that is practical, 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 2



Soccer



UNIT MODIFICATIONS

STUDENTS WITH DISABILITIES

Mobility: Use a larger, colorful ball for better control and visual.
Walking with ball instead of kicking.

LARGE CLASS SIZES

Group work: 4-6 students per group. Progression of activity after every song change.

MODIFIED EQUIPMENT

Use larger kickballs, bowling pins and poly spots as objects if cones not available.

UNPREPARED STUDENTS

Line Judge: Watches the boundary lines to help friends keep the ball in play.

INJURED STUDENTS

Scorekeeper: Counts how many times the class can stop the ball successfully after each activity.

CLASSROOM MODE (NO GYM)

Chair Soccer: Sit in chairs, use feet to pass a soft foam ball under the desks to a partner.

OVERVIEW

UNIT

Unit 2 - Kick With Purpose

LESSON

Lesson #5 - Lead the Ball

SEL FOCUS

Self-Management · Goal Setting

STEM CONCEPT

Force · Motion · Direction

PE FOCUS

SHAPE Standards: 1, 2, 4, 5

EQUIPMENT

Soft soccer balls, cones, poly spots, upbeat music

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

Lead to the Color. Place colored cones or hoops around the gym. Call out colors; students dribble carefully to that color zone and stop the ball inside.

ACTIVITY 1

Set up lanes with cones. Students dribble down their lane, keeping the ball within arm's reach, then stop it at the end using one foot.

MID REFLECTION

Ask: "How did you stay in control?" "What helped you stop the ball quickly?"

ACTIVITY 2

The Traffic Game. Teacher calls commands as music plays:
"Green Light" = Dribble "Yellow Light" = Slow walk dribble
"Red Light" = Stop and freeze the ball with one foot.

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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