



PLYOGA[®] KIDS
YOUR BODY IS POWER[®]

www.PLYOGAFitness.com

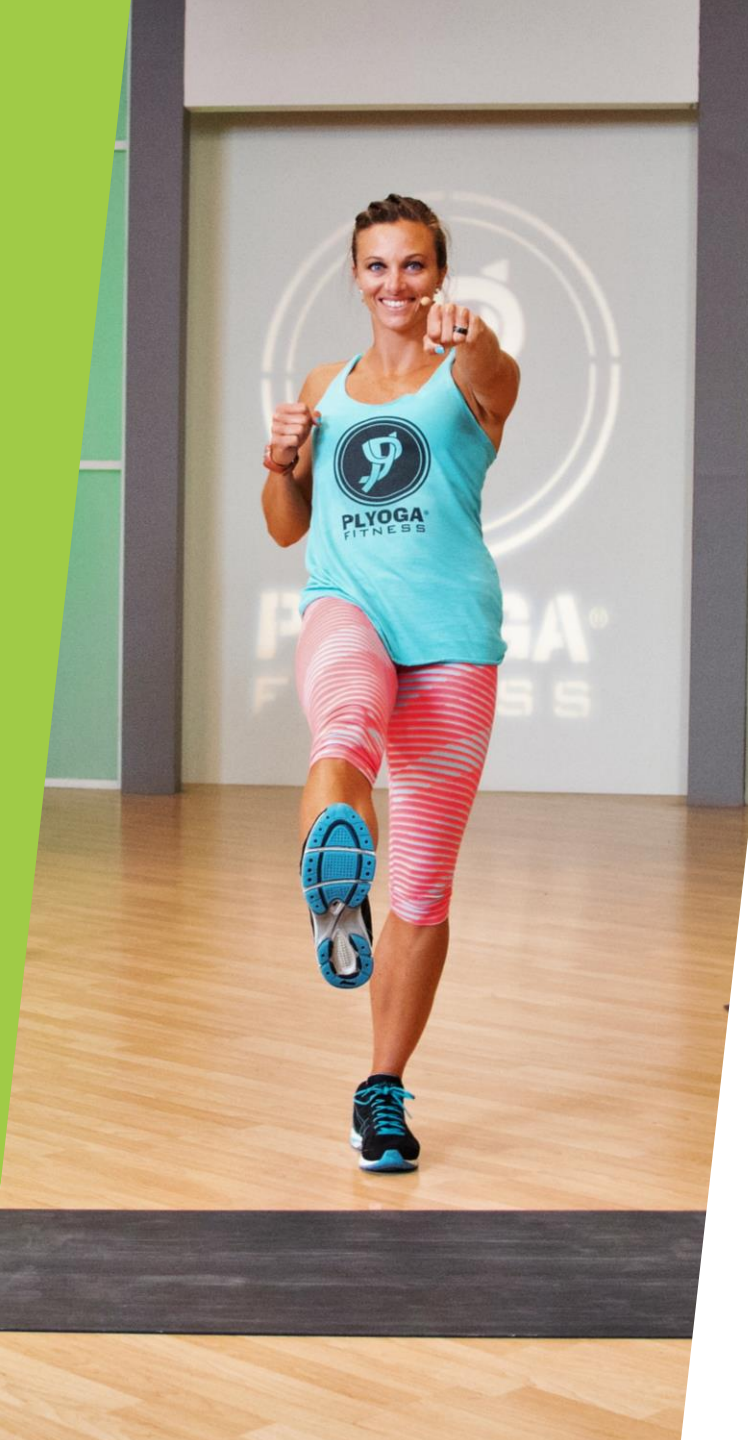


PLYOGA®
FITNESS








**LIKE HIDING BROCCOLI IN YOUR KIDS
MASHED POTATOES!**

**We infuse yoga as an active and
awesome recovery into fun and kid
friendly plyometric intervals.**






-Works every fitness and core plane evenly-



PLYOGA is a 4 Part Interval System using functional yoga as an active recovery for fun and achievable agility movements!

-  No Equipment to Use
-  Options for all Levels
-  Features every fitness plane evenly
-  Linked up to State & National Shape Standards
-  Formatted for 90 & 45 minute Periods
-  Designed for all Grade Levels k-12
-  Offering a 20 Day PLYOGA Unit Plan

How Can We Help You?

-  Professional Development Certifications to teach our format to your PE Teachers
-  Assemblies to work with your students
-  Faculty In-Services to facilitate movement and inspiration
-  Exercise Content Providers
-  Team Conditioning

USE PLYOGA WITH ANY GROUP, ANYWHERE, AT ANYTIME!

PLYOGA is the place to turn for education rich in cutting edge exercise science.

Children of all ages are taught empowerment and applied goal setting through physical achievement

An even mix of agility, endurance, balance, flexibility, and power; giving every person a place to find a home



[Watch PLYOGA Explained!](#)

CATERS TO NATIONAL SHAPE PHYSICAL EDUCATION STANDARDS

Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

CERTIFICATION & UNIT PLANNING ALIGNED WITH YOUR STATE

We are prepared and excited to provide you with our PLYOGA Certification Manual & Unit Planning, catering to the education experience in all scheduling and age groups. These documents will be available on the day of your event.

WHAT DOES A PROFESSIONAL DEVELOPMENT CERTIFICATION DAY LOOK LIKE?

(Full Day Event)

- 1 Group Introductions & Expectations
- 2 PLYOGA Class (30 minutes)
- 3 Break (10 minutes)
- 4 Birth of PLYOGA / The PLYOGA Brand
- 5 PLYOGA Vision / Why PLYOGA works
- 6 PLYOGA Class Format (Introduction to the 4 Parts)
- 7 PLYO FLOW (Practical)
- 8 Plyometric Movement - Derivative & Benefits
- 9 Planar Plyometric Movements (Practical)
- 10 Break (10 Minutes)
- 11 Yoga - Introduction & Discussion (Why Students Need Flexibility & Balance Training)
- 12 Unilateral & Centered Yoga Movements (Practical)
- 13 Importance of Smart Active Recovery - YOUR BODY IS POWER
- 14 Versatility of PLYOGA - Offering Modifications
- 15 Core Movements - Prone, Supine, and Side (Practical)
- 16 YOGAVILLE Movements (Brief Practical)
- 17 Break (10 Minutes)
- 18 PLYOGA Class Format & Unit Planning- Personally Developing & Understanding
- 19 Safety Reminders, Music options, Class Formatting, & Challenges
- 20 Inspiration & Goal Setting Within PLYOGA
- 21 Q & A

THE PLYOGA EDUCATION EXPERIENCE.

The Standards Applied

Learning Environment - The diversity of our staple values allow for every participant to take equity in PLYOGA. PLYOGA is safe and leveled evenly in the transverse, sagittal, and frontal exercise plane.

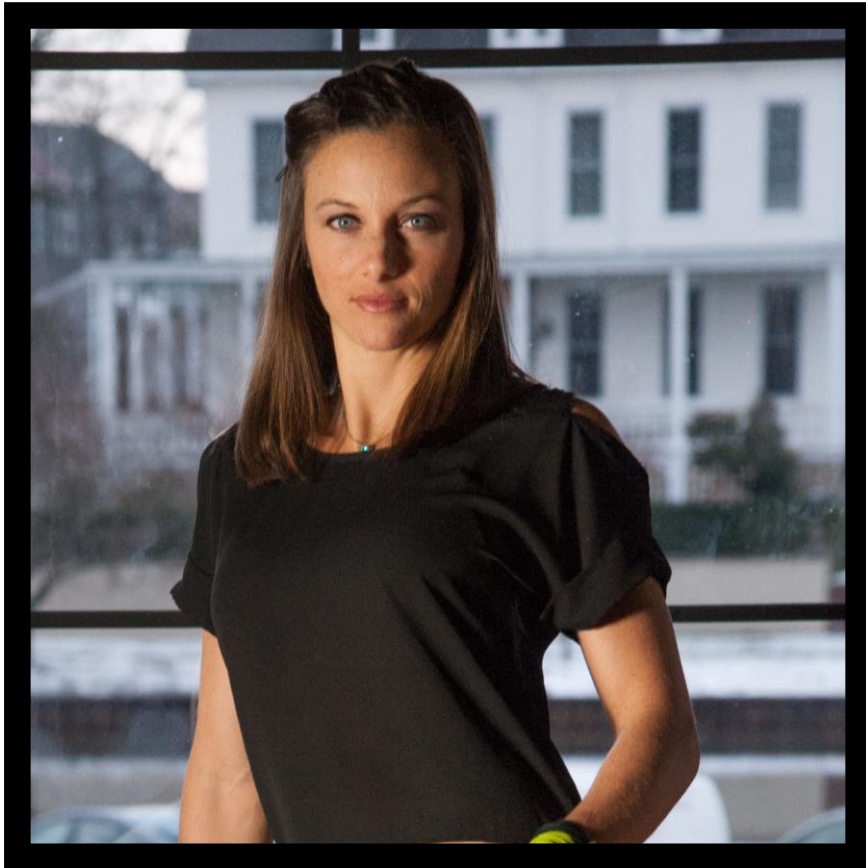
Instructional Strategy - PLYOGA is created by educators and thought leaders. It is formatted to fit a need at every level, allowing the educator freedom to design, in a rich environment of empowerment.

Curriculum - PLYOGA is rooted in evolutionary fitness education and cutting edge exercise science. It is PLYOGA's goal to magnify health and the many benefits that can be derived from a balanced life.

Assessment - PLYOGA's Unit Planning Curriculum naturally provides the educator with various ways to present and evaluate the student in avenues such as strength, movement competency, breathing, body awareness, personal power, and goal setting.

Professionalism - PLYOGA by nature creates a setting of professionalism that is seeded in a philosophy that "all boats rise with the tide." Getting stronger is a community event.

WHO WE ARE.



CREATED BY STEPHANIE LAUREN

- BS in Education from Towson University
- Former NCAA Division I Athlete in 2 Sports
- Towson University Long Jump Record Holder
- International Fitness Continuing Education Provider
- USAG Gymnastics and High School Track & Field Coach







www.PLYOGAFitness.com

@PLYOGAGURU

THE PROFESSIONAL EXPERIENCE YOU WANT

THOMAS ASCOUGH

Co-Founder & Operations Manager

-  NASM Certified Personal Trainer
-  International Fitness Continuing Education Provider
-  Public Speaking & Motivation Specialist
-  National Sales Consultant
-  BA in Political Science & Sociology
-  Owner of TASCOFit & TRAIN NATION

www.TASCOFit.com

@PLYOGAGuy



PHYSICAL EDUCATION SPECIALTY STUDENT EVENTS

PLYOGA is a home base for students, catering to a goal setting and community building environment.

PLYOGA principals have designed the program to focus on the inspiration of the team, and a leadership model that highlights the success of the participants (students or teachers) by nature.



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**INQUIRE FOR DISTRICT STUDENT EVENTS &
PROFESSIONAL DEVELOPMENT:**

Thomas Ascough: 732-213-0625



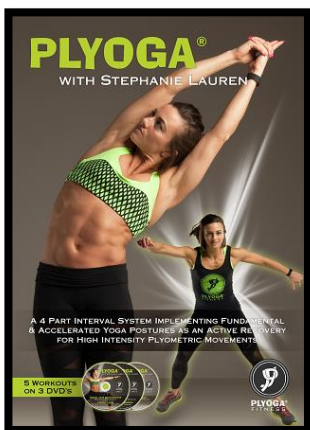


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PLYOGA CREDENTIALS

An education format that is as enjoyable and empowering as it is immersed in functional exercise science. THE ANSWER TO YOUR EDUCATION PLATEAU!

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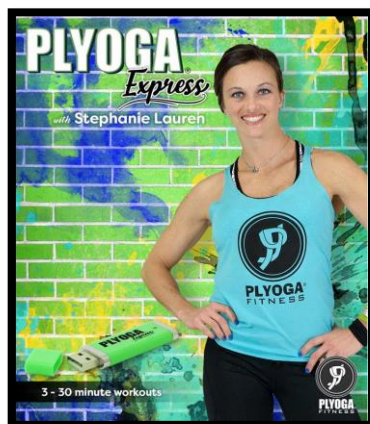


PLYOGA WORKOUT SERIES

5 Workout for the cost of ½ hour with a personal trainer.

PLYOGA EXPRESS SERIES

3 Workouts each totaling 30 minutes, geared toward the 45 minute physical education period



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CONSTANTLY EVOLVING. MOVEMENT MASTERY.