

CURRICULUM REVIEW PACKET FOR THE POCKET PE PROGRAM



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PROGRAM OVERVIEW



Pocket PE is a research-based physical education program, delivered via a digital app, designed to equip educators with the tools, structure, and confidence to deliver high-quality, standards-aligned PE—regardless of space, equipment, or prior training.

Developed over four years with support from CDC Small Business Innovation Research (SBIR) grants, Pocket PE was led by Principal Investigator Dr. Jeanette Ricci in collaboration with Saavsus and a multidisciplinary advisory board of national experts in motor development, physical education, and implementation science.

Pocket PE currently provides grade-aligned lessons for grades 3–5, with content mapped to SHAPE America national standards. The app adapts each lesson to the teacher’s instructional context, ensuring that every educator—whether a PE specialist or classroom teacher—can deliver developmentally sequenced, standards-aligned instruction that builds student skill, confidence, and enjoyment.

CURRICULUM STRUCTURE & LESSON DESIGN

Pocket PE's activity library is designed to be:

- Developmentally appropriate
- Standards-aligned
- Adaptable to any space
- Low-prep and high-impact

Activities emphasize:

- Skill development
- Movement competency
- Student engagement
- Clear instructions

Each lesson includes **5–10 activity blocks** organized into a consistent instructional sequence:



1. Warm -Up (3-5 minutes)

Grade-appropriate activities such as dynamic relays, active stretching, or partner activities.

2. Main Activity (10-30 minutes)

A structured sequence of 2–4 activity blocks, including:

- **Circuit-based lessons** with small-group station rotations
- **Game-based activities** performed as a class
- **Skill-focused progressions** aligned to SHAPE standards

3. Cool-Down (3-5 minutes)

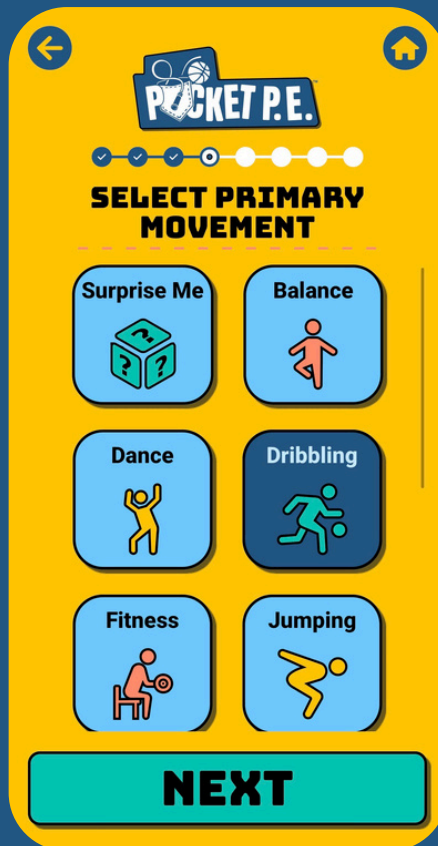
Activities such as deep breathing, static yoga poses, or gentle stretching.

STANDARDS ALIGNMENT

All Pocket PE lesson content is aligned with **SHAPE America National Standards** for grades 3 - 5, with applicability to the majority of state standards focused on motor skill development, movement competency, and physical literacy.

Pocket PE includes **177** unique activities aligned to SHAPE standards:

- Balance
- Dance
- Dribbling
- Jumping
- Kicking
- Locomotor Skills
- Striking
- Throwing & Catching
- Sports Skills
- Muscular Fitness and Cardiorespiratory Endurance



SCOPE & SEQUENCE

Teachers can build and schedule lessons to align with their preferred scope and sequence. The Pocket PE app adapts each lesson to the teacher's instructional context, including:

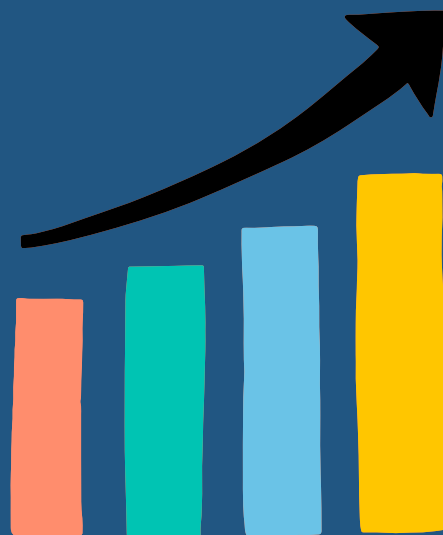
- Grade level
- Location (classroom, gym, outdoors)
- Lesson end time
- Movement skill focus
- Available equipment

Balancing Flexibility with Fidelity

Pocket PE adapts each lesson to the teacher's available space, equipment, and instructional goals while maintaining alignment to SHAPE standards and grade-level progressions. When a selected movement skill cannot be fully matched due to equipment constraints, the app fills the lesson with developmentally appropriate activities that still meet the teacher's parameters and preserve instructional quality.

Each activity is tagged with a progression level:

Beginning
Intermediate
Advanced



INSTRUCTIONAL SUPPORTS

Pocket PE includes built-in supports that help teachers understand each activity before they teach it. Every lesson comes with professionally filmed video, image, and text resources that build confidence and ensure smooth, effective instruction.

Instructional Resources

- 30–60 second demonstration videos
- Written instructions and visual cues
- Guided audio prompts
- Background music to support pacing and classroom management



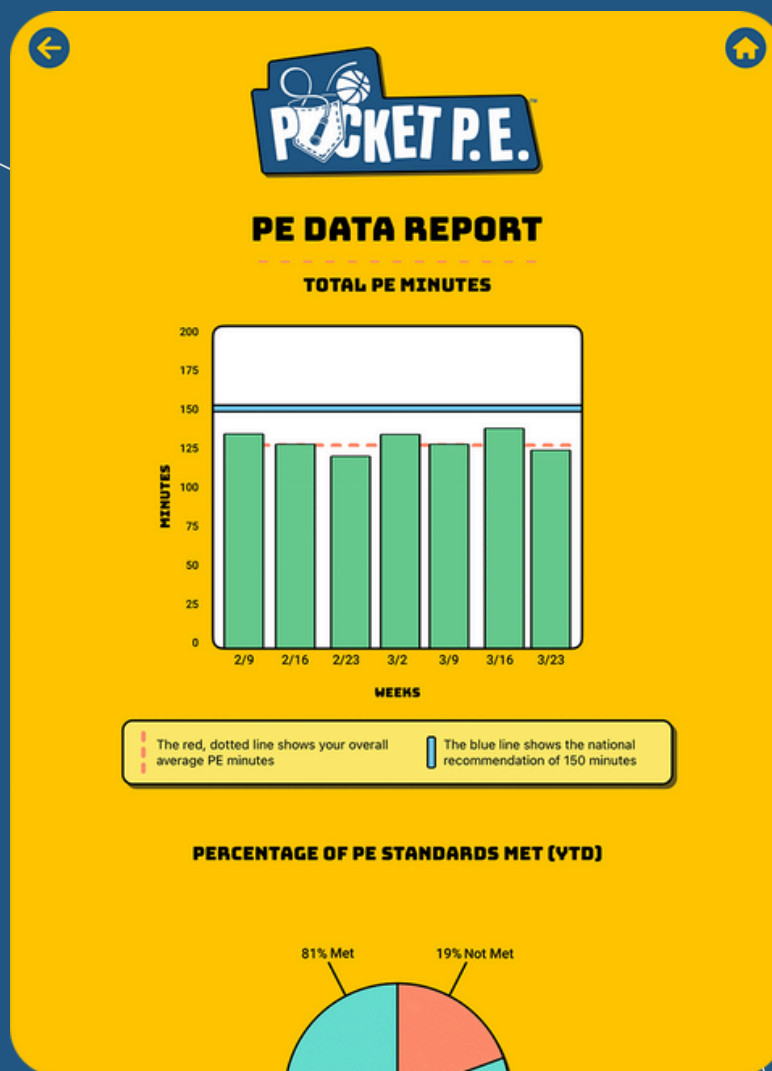
REPORTING FEATURES

Pocket PE provides classroom-level reporting on:

- PE minutes completed
- PE standards taught

Reports can be exported as PDFs and shared with school or district personnel for accountability and compliance.

Pocket PE does **not** collect or store student-level data.



RESEARCH AND EVIDENCE BASE



Randomized Controlled Trial

Pocket PE is currently being evaluated in a large-scale randomized controlled trial with 72 classroom teachers in Oregon and California. Early findings demonstrate:

- High feasibility and usability in real classroom settings
- Strong teacher adoption and sustained use
- Positive teacher perceptions of lesson quality and classroom management support

Awarded with CDC grant number R44DP006743-02

PUBLISHED FINDINGS

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Human Kinetics
ORIGINAL RESEARCH

Preliminary Program Evaluation of *Pocket PE 3–5™*, A User-Friendly Digital Application for Teacher Skills Training and Physical Education Activities for Third- to Fifth-Grade Elementary Students

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Background: In the United States, many classroom teachers also teach physical education (PE). However, there is a dearth of evidence- and standard-based PE programs designed to support classroom teachers to deliver PE effectively in schools. **Methods:** The purpose of this study was to establish proof-of-concept for the *Pocket PE 3–5* digital app in school settings with 10 third- to fifth-grade classroom teachers. We assessed fidelity of program implementation, measured via observations of PE quality. Students used wrist-worn heart rate monitors during *Pocket PE 3–5* lessons to measure time spent in moderate to vigorous physical activity. Program feasibility was primarily assessed through teacher-reported surveys of usability, satisfaction, and acceptability and exit interviews. **Results:** Mean PE observation scores were 18.6 (SD = 1.5) on a scale of 5 to 20. On average, students spent 56.7% (SD = 13.1%) of class time engaging in moderate to vigorous physical activity. Mean survey scores, reported on a 5-point scale, were 4.5 (SD = 0.6) for acceptability, 4.8 (SD = 0.4) for usability, and 4.7 (SD = 0.7) for satisfaction. Teachers liked how easy the app was to use but mentioned some technological challenges. **Conclusions:** This program evaluation study established the proof-of-concept for the *Pocket PE 3–5* elementary school PE program.

Phase I Pilot Trial

Preliminary results from Phase I pilot studies show:

- Increased teacher confidence in delivering PE
- Higher student moderate-to-vigorous physical activity (MVPA) during lessons
- Greater student enjoyment of skill-focused activities
- Improvements in instructional quality and student engagement

These findings support *Pocket PE* as an effective, scalable solution for delivering standards-aligned PE in diverse school contexts.

Publication Link



DISTRICT-LEVEL BENEFITS



Pocket PE supports district goals by providing:

Consistent, Standards-Aligned Instruction

Every lesson is mapped to SHAPE standards and grade-level progressions

Equitable Access Across Schools

Classroom teachers and PE specialists can deliver high-quality PE regardless of space, equipment, or training.

Built-In Reporting for Accountability

Automatic tracking of class-level PE minutes and standards taught supports compliance and transparency.

Support for CSPAP Models

Pocket PE strengthens collaboration between PE specialists and classroom teachers, expanding access to daily movement opportunities.

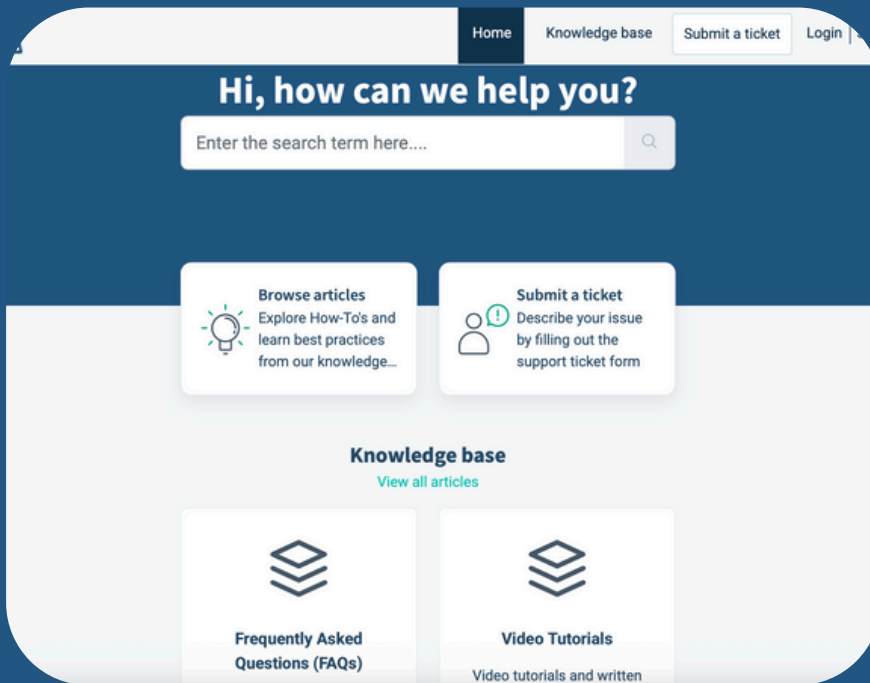
Embedded Professional Development

Scope and Sequence integration, activity videos, clear cues, and structured progressions strengthen teacher confidence and serve as ongoing, professional learning.

Scalable Implementation

Administrator dashboards allow districts to assign licenses and monitor adoption across schools.

IMPLEMENTATION SUPPORT



We partner with districts at every step, from purchasing options, IT implementation and support, live onboarding webinars for educators, and ongoing high-touch customer support.

Pocket PE is a digital app available on:

- iPhone (iOS 12.4+)
- iPad (iPadOS 12.4+)
- MacBook (M1 or newer)
- Android devices (version 7.0+)

Implementation Support

1. Purchasing and licensing setup
2. Collaboration with district IT departments for secure access
3. Live training webinars and ongoing high-touch customer support

CONTACT INFORMATION

For questions, to request additional review materials, or receive a review copy of the Pocket PE app, please contact:

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