

Virtual Physical Activity Programs

Physical Activity is essential for students' physical, mental & social-emotional health more so than ever. It's vital to prioritize student's health & well-being whether it's virtual, on-site, or hybrid learning.

The #1 problem right now is trying to find quality physical activity programming that will be effective under all circumstances.

We have the solution for you. Virtual physical activity programs created by experts in their field. Every program only requires a ONE-TIME purchase with UNLIMITED use.

What Program(s) Fit Best with Your Situation?



Skillastics® 30-Day Physical Activity Program

Sandy "Spin" Slade, Founder of Skillastics® and former Professional Basketball Entertainer will lead students through an amazing physical activity journey.

This program has a nice mixture of direct instructor engagement, interactive physical activities for students to follow along, engaging academic question & answer time integrated with physical activity, juggling lessons, and virtual tools like an interactive workout wheel.

This program allows the transition from virtual to on-site learning seamless, by providing uninterrupted Skillastics® instruction. AVAILABLE NOW (Grades 3-6)

30-Day Martial Arts Virtual Program

Students will learn from amazing instructors from the largest Martial Arts Academy in the country. After 30 days, students will receive their virtual yellow belt. AVAILABLE NOW (Grades 3-6)

Coming Soon:

- **30-Day Martial Arts Program II** -achieve virtual orange belt. (Grades 3-6)
- **30-Day Fitness Kickboxing Program** – (Grades 3-6)





30-Day Yoga Program

Megyn Taback is a Registered Yoga Teacher 200 (RYT 200) and has more than 20 years of experience in the fitness industry. A Physical Education Teacher since 2004, she has brought her Yoga knowledge into her classroom.

Megyn’s calm and soothing approach while teaching Yoga will help the most skeptic student become a believer in the benefits of Yoga. (You might even see her dog wanting to get in on the Yoga action now and again).
AVAILABLE NOW (Grades 6-12)

Coming Soon:

- **30-Day Pilates Program** - Megyn is also a Nationally Certified Pilates Teacher (NCPT) (Grades 6-12)

Other Programs Coming Soon:

~ 30-Day Mindfulness Program ~

Michelle Thornton has been teaching Physical Education for over 15 years and specializes in Mindfulness, Meditation, Nutrition, Fitness, and Mental Health. Michelle has a calming ability to change students’ lives once they’ve experienced her Mindfulness program. (Grades 3-6)



~ 30-Day Move and Groove Program ~

Michelle Hillier is an internally known movement expert whose mission is to get children of all ages and abilities moving in their OWN way. She provides students a transformative and unforgettable experience that provide lasting positive effects. Michelle holds a BA and B.Ed and is currently on faculty at Ontario Tech University (Canada). (Grades 3-6)



~ 30-Day PreK-Kindergarten Physical Activity Program ~

In 1991 Michele Silence saw the need for early fitness classes after the birth of her son. With little available in the form of preschool movement programs and inadequacies in those that did exist, she decided to help children start developing healthy lifestyles from the start. Her company KID-FIT is a result of that effort and her knowledge, passion and expertise will be presented in the amazing 30-Day program.



MANY MORE AMAZING PROGRAMS TO COME...

