

## 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. The "best of the best" instructors in the nation! Each 30-Day Program has the "Click N' Play" model, where you can run through the daily lessons without stopping OR choose to stop and repeat lessons or segments if needed. Now you have the ability to invite national experts into your program at a fraction of the cost of hiring someone to appear on-site. 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 interactive physical activities, academic integration, juggling lessons, scarf activities, paper plate activities and much more!

Over 150 video lessons included in this celebrated program. **AVAILABLE NOW** (Grades 2-6)

### **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 2-6)



#### **Coming Soon:**

- **30-Day Martial Arts Program II** -achieve virtual orange belt. (Grades 2-6)
- **30-Day Fitness Kickboxing Program** – (Grades 2-6)



### **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)

### **30-Day Pilates Program**

Megyn is also a Nationally Certified Pilates Teacher (NCPT) **AVAILABLE NOW** (Grades 6-12)

### **30-Day PreK-1<sup>st</sup> Grade 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 this amazing 30-Day program.

**AVAILABLE NOW** (Ages 3-6)



## 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 2-6)



**MANY MORE AMAZING  
PROGRAMS TO COME...**

