

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)

Also Available:

- **30-Day Martial Arts Program II** -achieve virtual orange belt. (Grades 2-6) **AVAILABLE NOW**
- **30-Day Fitness Kickboxing Program** – (Grades 3-8) **AVAILABLE NOW**



30-Day Basketball Virtual Program

The most comprehensive virtual basketball fundamentals program available! Former Professional Basketball Entertainer and nationally recognized basketball clinician, Sandy “Spin” Slade, guides students through the basic fundamentals of ball-handling, dribbling, shooting, passing, and defense.

Every day includes a quote of the day and reflection from a basketball legend, warm up, 2 fundamental focused lessons, footwork drills and activity take away.

(Grades 3-8) **AVAILABLE November 1st** (Pre-Orders Accepted)

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 STEM & Sports Program

Coach Dee helps student improve their physical health and fitness while simultaneously engaging them in innovative STEM activities.

This program engages students through fun games and workouts along with simple in-home experiments that promote problem solving and creative thinking.

(Grades 3-8) **AVAILABLE NOW**

30-Day PreK-1st 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)



30-Day Move and Groove Program

Michelle Hillier is an internationally 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 provides lasting positive effects.

Michelle holds a BA & B.ED and is currently on faculty at Ontario Tech University (Canada). (Grades 2-6) **AVAILABLE November 1st** (Pre-Orders Accepted).

30-Day Sport Stacking Program

Already part of the curriculum in over 40,000 school PE & After School programs, sport stacking is like a track meet for your hands! This 30-day program is perfect for beginners or kids with some stacking experience.

Engaging, step-by-step, one-on-one instruction guides stackers through learning the basic patterns, developing proficiency and self-confidence.

Includes dozens of fun game-based stacking activities that can be done indoors or out.

(Grades 2-6) **AVAILABLE November 15th** (Pre-Orders Accepted).



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) **AVAILABLE November 15th** (Pre-Orders Accepted)

MANY MORE AMAZING PROGRAMS TO COME...

