



# 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.



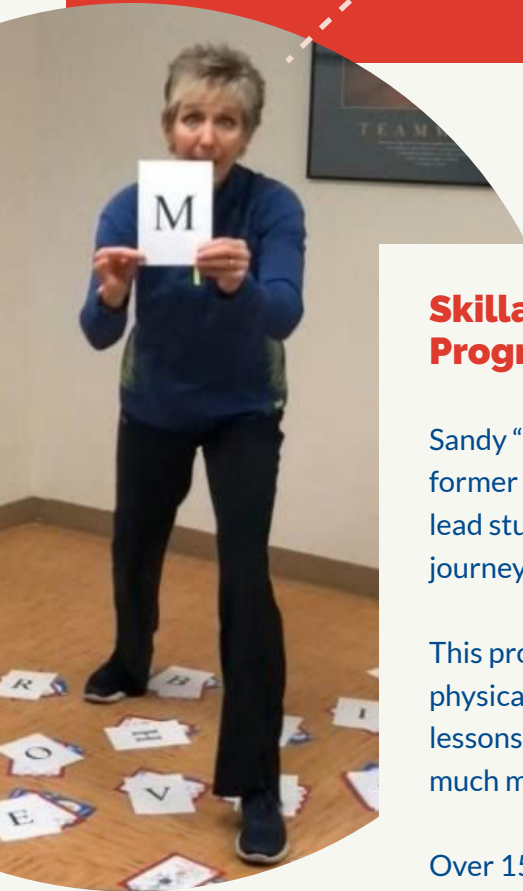
The #1 problem right now is trying to find quality physical activity programming that will be effective under all circumstances.

We have the solution for you. The “best of the best” instructors in the nation! Each **self-run** program has 30 days of content, with 30-40 minutes of lessons per day. This simple “click n’ play” model, allows you to run through the daily lessons without stopping OR choose to easily 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 , LIFETIME** use.

# What Programs

# Fit Best

## With Your Situation?



### Skillastics® Virtual Physical Activity Program

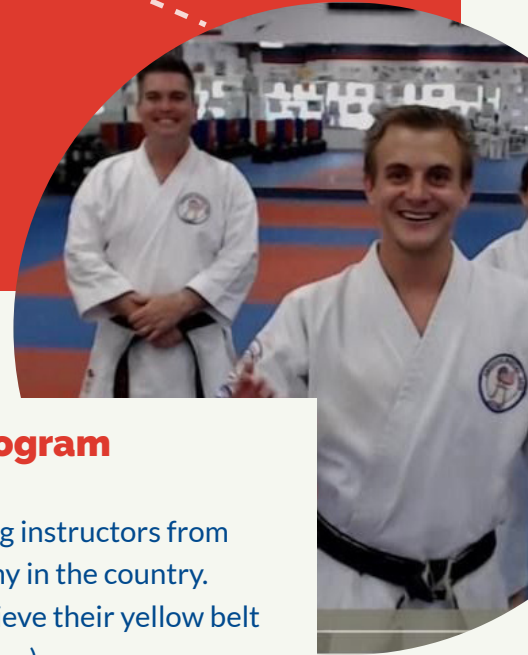
Sandy “Spin” Slade, Founder of Skillastics® and former Professional Basketball Entertainer will lead students through an amazing physical activity journey.

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.

Grades 2–6

Available Now



### Martial Arts Virtual Program

Students will learn from amazing instructors from the largest Martial Arts Academy in the country. After 30 days, students will achieve their yellow belt level. (Belts available for purchase)

Grades 2–6

Available Now

#### **Also available now:**

30-Day Martial Arts Program II  
achieve orange belt level. (Belts available for purchase) (Grades 2-6)

30-Day Fitness Kickboxing Program – (Grades 3-8)



## 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 Now



## Yoga Virtual 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).

Grades 9-12

Available Now

## Pilates Virtual Program

Megyn is also a Nationally Certified Pilates Teacher (NCPT)

Grades 9-12

Available Now



## STEM & Sports Virtual 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

## PreK-1st Grade Physical Activity Virtual 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.

Ages 3-6

Available Now



## Move N' Groove Virtual 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 Now

## The World That Groves Virtual Program for Grades K-2

Available March 1st, 2021



## Sport Stacking Virtual 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 2-8

Available Now

## Mindfulness Virtual 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 Now

Grades 9-12

April 1st, 2021





## Mind N' Body Virtual Program

Students improve their physical health while enhancing their social and emotional well-being. Coach Connor Nodell & Coach Gold Meadows engage students through creative sport-themed warm-ups, fun games, and explore important life skills and self-reflection.

**Coach Connor** is passionate about making physical activity fun and accessible for all students. Former Elementary PE Teacher and now works for Sports for Learning.

**Coach Gold** is a published author and public speaker who is passionate about using her art & opportunities to promote wellness and healing. She is a Regional Manager for Sports for Learning.

Grades K-6

April 1<sup>st</sup>, 2021

Grades 3-5

April 1<sup>st</sup>, 2021



**Many More**  
**Amazing**  
**Programs**  
**to Come...**

**For more information:**

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