



## The Evidence-Based Impact and History of Skillastics®

### Why Skillastics®

For over two decades, Skillastics® has empowered children to embrace the joy of physical activity through adaptable, engaging programs used by over 25,000 schools and organizations nationwide. Our innovative activities promote fitness, sport skills, social-emotional learning, and character development, thriving in any setting—indoors or outdoors, with or without equipment.

Beyond physical activity, Skillastics® integrates academic enrichment and nutritional awareness, reinforcing essential learning concepts and healthy lifestyle habits. This holistic approach fosters cognitive growth, physical well-being, and informed dietary choices, creating well-rounded, confident learners.

Committed to excellence, we also offer comprehensive resources and training to ensure staff success.

With a focus on simplicity, variety, and lasting impact, Skillastics® inspires collaboration, resilience, and lifelong wellness, making us a trusted partner in nurturing the physical, mental, and academic development of children everywhere.

### Evidence-Based

- 1) **Structured Physical Activity:** Skillastics® provides a structured format for physical activity that incorporates a variety of movements and exercises. This structured approach helps children engage in moderate to vigorous physical activity, which is essential for their physical health and development.
- 2) **Educational Integration:** Skillastics® integrates educational components into physical activities, aligning with academic standards and promoting learning in subjects like nutrition, math, literacy, and social studies. This integration enhances cognitive development alongside physical skills.

- 3) **Age-Appropriate Design:** Skillastics® activities are specifically designed for different age groups, including early childhood (TK-2 grade). This appropriate age designed activities ensures that the exercises are suitable for the developmental stage of all children, focusing on their motor skills, coordination, and overall physical fitness.
- 4) **Evidence of Impact:** Studies and evaluations have shown positive outcomes associated with Skillastics® programs. These include increased physical activity levels among participants, improved motor skills, enhanced social interactions, and better academic engagement.
- 5) **Alignment with Standards:** Skillastics® aligns with the National Physical Education and After School HEPA 2.0 (Healthy Eating and Physical Activity) Standards, as well as other educational frameworks, ensuring that the activities meet established guidelines for physical education and academic integration.
- 6) **Community and Expert Validation:** Skillastics® has garnered support and endorsements from educators, physical education specialists, and health professionals who recognize its benefits in promoting health, fitness, and learning among children.
- 7) **Research-Based Design:** Skillastics® activities are designed based on established principles from physical education and developmental psychology. The program incorporates research-backed practices that improve physical literacy, motor skills, and cooperative play among children.
- 8) **Social and Emotional Learning (SEL) Integration:** Skillastics® promotes essential SEL skills such as teamwork, cooperation, communication, and conflict resolution. Research shows that physical activities that include social interaction help develop emotional intelligence and self-regulation in children.
- 9) **Differentiation and Inclusivity:** The format of Skillastics® allows for differentiation based on individual abilities, making it inclusive for children with diverse physical and cognitive skill levels. Programs that are adaptable to various needs have been proven to increase participation and engagement, critical components of evidence-based interventions.

10) **Data from Pilot Studies and Field Testing:** Skillastics® has undergone field testing with schools and after-school programs to ensure its effectiveness and ease of implementation. These pilot studies have provided valuable data, demonstrating increases in physical activity levels, engagement, and enjoyment among participants.

11) **Positive Health Outcomes:** Programs that promote moderate to vigorous physical activity, such as Skillastics®, are linked to:

- Reduced obesity risk
- Improved cardiovascular health
- Enhanced muscular strength and endurance
- Better bone density in children

12) **Cross-Curricular Learning Benefits:** Research shows that physical activity enhances cognitive functions such as memory, attention, and problem-solving. Skillastics®' combination of movement and educational tasks fosters dual benefits—active bodies and active minds.

13) **Anecdotal Evidence and Testimonials:** Thousands of educators and program leaders report consistent improvements in student engagement, fitness levels, and enjoyment of physical activity through Skillastics®. Positive testimonials provide real-world validation of its impact.

## **Study Summary:**

### **Heart Rate Response Study**

A study measuring heart rate responses during Skillastics® sessions found that students maintained an average heart rate of 142 beats per minute. This falls within the target heart rate zone of 125-185 bpm, indicating that participants were engaging in moderate to vigorous physical activity, which is beneficial for cardiovascular health.

## **Physical Activity Levels Improvement Study**

An evaluation conducted in a fourth-grade setting implemented Skillastics® for the first ten minutes of physical education classes over eight sessions. The results showed a significant increase in moderate to vigorous physical activity (MVPA) among students participating in the Skillastics® activities compared to those who did not.

## **Inclusivity and Adaptability**

Skillastics® is designed to be adaptable and inclusive, accommodating children with diverse physical and cognitive abilities. This inclusivity ensures that all students can participate meaningfully, which is a critical aspect of evidence-based physical activity programs.

Skillastics® is recognized as an evidence-based program due to its research-backed design, alignment with National Physical Education and HEPA After School Standards and demonstrate effectiveness in enhancing physical activity levels and educational outcomes among children. Studies have shown that participants maintain heart rates within the target zone for moderate to vigorous activity, which supports cardiovascular health and physical development. The program's adaptability and inclusivity further ensure meaningful participation for children of diverse abilities. Additionally, its integration of educational elements fosters cognitive engagement and supports academic learning. These factors collectively validate Skillastics® as an impactful and well-supported tool for promoting both physical and educational growth in children.