



Skillastics® Physical Activity Program

Impact Evaluation Report Results

Introduction

Skillastics® is a comprehensive physical activity program designed to instill a love of movement while building confidence, cooperation, and essential social-emotional skills in children. Our evidence-based approach combines structured physical activity with academic reinforcement, teamwork, and leadership opportunities.

Skillastics® is more than just a single product; it's a scalable system of resources that engage students of all ages and abilities, from early childhood through upper elementary, in a variety of dynamic and inclusive physical activities. Programs are easy to implement, adaptable for any environment, and aligned with National Physical Education Standards and HEPA 2.0 After School Standards.

Program Overview

- The Skillastics® Physical Activity Program includes a wide range of resources designed for maximum engagement and ease of use.
- Skillastics Activity Kits for large and small groups that contain a variety of themes (e.g., fitness, character, sport-skill development, martial arts, STEM)
- Digital On-Demand, Lifetime Access Content
- Age-specific solutions from early learners to high school learners
- Embedded social-emotional learning (SEL)
- Mindfulness engaging content
- Standards-aligned for academic reinforcement.

Key Findings

- 1) **Increase in Physical Activity:**
 - a. 75% of facilitators reported increased participation.
 - b. 83% of facilitators reported student participation at a high level.

- 2) **Positive Educational and Social-Emotional Impact:**
 - a. 89% of educators saw improved focus and self-regulation.
 - b. 83% noted enhanced teamwork and cooperation.

- 3) **Needs Assessment:**
 - a. 83% of facilitators reported Skillastics® met their physical activity needs.

Customer Testimonials

- *“Skillastics is a great program and provides an educational approach that aligns with our school motto. Also, the fitness, soccer, and basketball skills are great from gamification. Love it!” – Elementary PE Teacher, MI*

- *“Easy set-up, teachers in afterschool have limited time. The action starts immediately.” – After School Program Director, NJ*

- *“Kids love the activities and are learning while they participate.” – After School Program Director, TX*

- *“All kids are actively participating while working on teambuilding and skill development.” – Elementary PE Teacher, TX*

- *“Skillastics® has transformed how our students approach physical activity. Not only are they moving more, but they're also learning to work as a team, stay focused, and encourage each other.” - After-School Program Director, CA*

- *“Because staff turnover is so much in after school, the annual training and online access trainings on using the tools is really helpful.” - After School Program Director, CA*

- *"Skillastics® is the ideal program for any setting - whether you're in a gym, a classroom, or outdoors."* - Elementary PE Teacher, TX

Conclusion

Skillastics® delivers measurable improvements in physical activity, academic engagement, and social-emotional development. Our program is a flexible, research-based solution for schools, districts, and state-level initiatives seeking to promote health and well-being.

Next Steps

We would welcome the opportunity to discuss how the Skillastics® Physical Activity Program can support your goals.

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