



Example Programming

- Movement games: running, jumping, jump rope, relay-style tag, obstacle courses
- Strength & agility: planks, squats, lunges, mountain climbers, “heavy work” (safe pushes/pulls/carries)
- Sports skills: coordination, balance, footwork, catching/throwing basics
- Yoga & mindfulness: kid-friendly poses, breathwork, guided stillness/meditation
- Teamwork & character: cooperation, kindness, co-regulation, pushing through adversity
- Thinking skills: decision making, strategic thinking, problem-solving

Every session scales to each child’s level—challenging, safe, and genuinely fun.