

# KIDS FITNESS MEGA WORKSHOP

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## DANCE

BUBBLE OF AWESOME

"YOU CAN'T GET IT WRONG!"

SIMPLE MOVES FROM FMS

COACH INTERACTION AND PLAY!



## YOGA

MINDFUL ROPE WALK

CARDIO PEAKS IN CLASS

PARTNER SHAPE STRETCHES

5 FINGER BREATH



PHYSICAL LITERACY IS THE  
COMPETENCE, CONFIDENCE  
AND MOTIVATION TO BE  
ACTIVE FOR LIFE

## FITNESS

COACH THE PURPOSE

TEACH TEAMWORK SKILLS

SUCCESS > CHALLENGE > MASTERY

LET THE KIDS CHOOSE AND CREATE!

