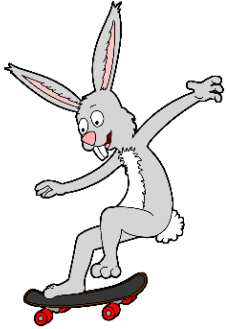


PROJECT MOVE



Children need the minimum of 60 minutes of activity – for their health, behaviour and cognitive development.

With today’s lifestyle and the pull of technology, it is not enough to just tell kids, they need to **BE INSPIRED** to want to be active and stay active!

Project move helps schools find innovative ways to integrate more activity in to the day and opportunities to influence their children to be healthy

We observe the school and provide suggestions

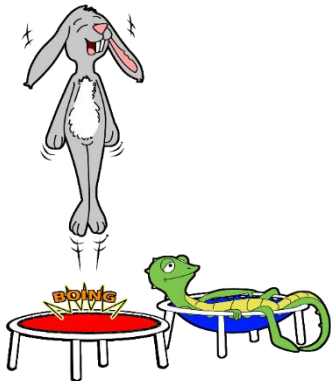
We organize Movement Week (2-3 days) to help implement the initiative

Project Move team co-ordinates with no extra administrative work for teachers



Activities for movement week can include:

- Aerobics
- Active acting
- BOKS™ before school
- Classroom bursts
- Dynamic drawing and design
- Gym bursts
- Interactive presentation on health
- Motivational music
- Playground soccer referee training
- Playground leader training
- Story writing competition



The early years provide a critical window for creating a lifelong commitment to physical activity

SO LET’S GET MOVING FOR 60 MINUTES A DAY!