



Alberta Gymnastics *Kids CanMove* Program promote Physical Literacy in children from Kindergarten to Grade 7. Our goal is to develop the movement skills and motor abilities in all AB school children, enabling them to confidently and competently participate in any physical activity.

Kids CanMove puts gymnastics into easy to understand terminology enabling teachers, even those with minimal gymnastics experience, to safely teach the “activities of gymnastics.” These prepare kids for all sports, whether it is a game of dodge ball. A hockey game or simply playing on the playground.

WHY GYMNASTICS? BECAUSE IT IS FUN!

Kids learn to hop, skip, jump, land, balance and rotate safely. *Kids CanMove* activities help develop and improve strength, balance, agility, flexibility and overall body awareness.

Because gymnastics focuses on “movement competency,” Canadian Sport For Life recognizes it as one

of the three fundamental sports for achieving physical literacy.

Kids CanMove provides teachers with resources of ideas for physical education classes and daily physical activity. The activities meet the Ministry of Education curriculum goals and learning outcomes.

BUT WE HAVE NO EQUIPMENT!

The *Kids CanMove* program uses basic equipment that most schools already have. All that is needed is the school gymnasium, mats and, if available, a few benches. Many of the activities can also be taken outside.

WHERE DO WE BEGIN?

Kids CanMove features a number of packages to choose from, depending on the individual school’s needs. The program is designed to be flexible and school sustainable.

Check out the options on the reverse and register early! Students will gain full benefits of the program for the entire school year.

INCLUDING KIDS CANMOVE IN YOUR SCHOOL MAKES SENSE

“Research continues to validate the direct result that gymnastics-type instruction has in developing neurological pathways in students.” (USGF Technique, 2000).

“Children who are involved in sport and who are more physically active do better academically and lead a healthier lifestyle.” (ACSM, 2006).

Kids CanMove is one of the best tools a school can employ to better physically educate their students.

Have a trained *Kids CanMove* instructor (based through AB) visit your school today!

For
more details please
contact the *Kids CanMove*
Coordinator: Heather Sjoström,
rec@abgym.ab.ca,
403-259-5549



KIDS CAN MOVE PROGRAM OPTIONS

PACKAGE #1: PROFESSIONAL DEVELOPMENT DAY OR IN SCHOOL TEACHER IN-SERVICE (2 HOURS FROM \$160)

- Our trained instructor will work with your teachers, setting out the aims and objectives of Kids CanMove and demonstrate how the activities fit into the PE curriculum learning outcomes. Teachers will learn how to deliver the fun and user-friendly *Kids CanMove* lessons with the school setting.
- The in-service is active! Teachers have the opportunity to try the activities to increase their understanding of the movement patterns and the learning process that the students will experience.

- When possible, the teacher in-service should be scheduled before the gymnastics portion of the curriculum so that questions and concern can be addressed.

PACKAGE #2: PE CLASS INSTRUCTION (5 HOURS \$260, WITH OPTION OF ADDITIONAL HOURS AVAILABLE)

- PE class workshops provide teachers with the opportunity to see the *Kids CanMove* program in action with their students, with membership from one of our *Kids CanMove* instructors.
- Recommended time frame:
 - Primary classes are 30-35 minutes
 - Intermediate classes are 40-45 minutes

- A maximum of 7 divisions can be in-serviced per day.
- Teachers are required to remain in the gym at all times during the *Kids CanMove* instruction.

PACKAGE #3: KIDS CANMOVE RESOURCES PACKAGE (\$65)

- Includes the Teacher Manual (with 20 lesson plans and fun games section,) plus Laminated Task Cards.

PACKAGE #4: ALL-INCLUSIVE (\$400)

- **BEST VALUE!!!** Package 1, 2 and 3 provide great value and opportunities to AB teachers and students.

NEXT STEPS

- Check your calendar for possible dates to have *Kids CanMove* delivered in your school.
- Contact the *Kids CanMove* Regional Manager to confirm dates and delivery.
- Prepare teachers and students for a fun and active physical education class.
- Continued education for a gymnastics unit can be organized with the *Kids CanMove* Regional Manager. Schools can schedule a one day visit or multiple visits depending on the availability of instructors.

KIDS CANMOVE FIELD TRIPS

Many of Alberta Federations' member clubs offer field trips for schools in their area. This is an opportunity to expand on the fundamental movements learned from *Kids CanMove* in the school on gymnastics apparatus under the guidance of certified coach.

As each club has their own schedule and regulations, Field Trips cannot be scheduled using the Kids CanMove registration form. The Regional Coordinator would be more than happy to assist you contacting the club(s) in your area.