



Kids CanMove: Building a Foundation for Success in Sport

Kids CanMove is a grassroots program that introduces “gymnastics based activities” that are the cornerstones on which future sporting activities are built.

Gymnastics is one of the three foundation sports [Canadian Sport for Life (CS4L)] and provides children with the tools they require to succeed in physical activity and develop skills in all sports.

Kids CanMove is:

- FUN
- ACTIVE
- designed for Kindergarten to Grade 7 students
- a program that requires minimal equipment

Kids CanMove focuses on:

- Teaching instructors and teachers how to use the program
- Activities that develop “physical literacy”*
- Building a foundation of movement skills not gymnastics skills
- Being inclusive for all abilities

The Kids CanMove resource package includes:

- 20 easy to follow progressive lesson plans
- Pictured task cards with activity description, learning outcomes and activity variations.
- A games section for indoor or outdoor playground PLAY

Kids CanMove features a number of delivery options, adaptable for:

- School Physical Education classes
- Sport specific club programs: CS4L Active Start and FUNdamental stages
- Recreation Centre and Community Sport Programs
- After-school programs

Contact Heather Sjostrom and get your students moving with *Kids CanMove* today!!! hsjostrom@abgym.ab.ca (403) 919-8984 www.kidscanmove.com

Make Kids CanMove a fundamental part of your school’s program.

** Physical Literacy: The development of fundamental movement skills and fundamental sport skills that permit a child to move confidently and with control, in a wide range of physical activity, rhythmic (dance) and sport situations. Physical literacy also includes the ability to “read” what is going on around them in an activity setting and react appropriately to those events. [Canadian Sport for Life]*