



## My School in Motion! Individual Educator Online Resource Package

**\$299 Annual\* Online Subscription Program Fee includes:**

### **Downloadable Comprehensive Program Manual with:**

- Program Overview
- 180 Daily Movement and Learning Plans (plus 18 Special Theme Days) (“Dailies”)
- Written Instructions for 70 Movement Routines
- Daily Fitness, Nutrition and Wellness Messages (support Common Core State Standards)
- Learning and Fun Facts (“Talkables”) (support Common Core State Standards)
- Fitness and Wellness Cognitive Knowledge Assessments
- Physical Performance Checklist for Teachers
- Suggested Behavior Management and Discipline Model
- Daily Self-Reflection/Assessment Sheets
- Music Playlist of 200 songs, with specified school-appropriate versions
- National Standards for Physical Education and Health
- Suggestions for Creating Buy-In (including sample Parent and Community Newsletters)
- Equipment List and Designated Movement Area Schematic

### **Online Video Training Materials for:**

- 70 Movement Routines
- Other *fundamental* Movement and Learning Program Components
  - Getting Ready to Move (Space, Basic Legs & Arms)
  - “Repeat After Me/Do After Me” Daily Messages (Focus, Stretching and Learning Sequences)
  - Quick Focus Activities (QFA)
  - Yoga Moves
  - Good Morning Sky/Focused Breathing (Daily Yoga Closing/Centering/Cool Down)

\*This fee can be discounted from the school package rate should the subscriber’s school decide to adopt the program on a larger scale.

**NOTE: ALL MATERIALS ARE THE INTELLECTUAL PROPERTY OF MY SCHOOL IN MOTION AND ARE TO BE USED EXCLUSIVELY BY THE SUBSCRIBER. MATERIALS ARE NOT TO BE SHARED WITH ANY OTHER PERSONS OR PARTIES WITHOUT THE EXPRESS CONSENT OF MY SCHOOL IN MOTION.**

*Moving together every morning for healthier minds, bodies and attitudes!*

[www.myschoolinmotion.org](http://www.myschoolinmotion.org)

