For PK through 8th grades

Public Schools, Private Schools, Home Schools.

Used by Classroom Teachers and P.E. Instructors in the United States and Canada since 2006.

PowerMoves Kids meets Requirements for both Character Education & Physical Education.

"PMKids" is helping children stay focused and on-task, while having fun moving their bodies to these easy-to-follow stretching postures.

Character Education + Fitness = PMKids

From the U.S. Dept. of Education:

PowerMoves Kids offers

"Strategies that assist students."

“We are pleased to learn about this effort to enhance student physical activity. It is also encouraging to see that the program incorporates strategies that assist students in developing the character traits that will help them become responsible and productive members of our society."

Deborah A. Price, Assistant Deputy Secretary, Office of Safe and Drug-Free Schools, United States Department of Education, Washington, D.C.

“Winning the WAR against Childhood Obesity—with CHARACTER.”

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What is PowerMoves Kids?

The first classroom curriculum to combine Character Education and Fitness, PowerMoves Kids is designed for Classroom Teachers (can also be used in PE).

Educators in all settings are finding PMKids helpful in these areas:
- Character Education instruction
- Transitions between subjects
- Group focus and discipline
- Fitness breaks disguised as fun!

Got a Minute?
Do a PMK Posture and Character Quote!

Got More than a Minute?
Do a PMK Character Education Lesson, too!

While NO physical education training is necessary and designed for the classroom, PE teachers are also using PowerMoves Kids postures as an alternative to yoga, and the PMK Curriculum as a way to add Character Education to their PE class.

Children recite a character-building quote with each gentle stretch, incorporating character education—exercising their minds and emotions while exercising their bodies. Teachers are seeing the difference it’s making in their PK-8th grade students!

PMK postures become mnemonic devices to help anchor in empowering life principles such as respect, trustworthiness, honesty and self-control.

As an added bonus, since PowerMoves Kids is fun and the postures, quotes and affirmations fit neatly into the school day, children are learning to take healthy stretch breaks for energy (instead of junk food breaks!).