

KIDS FITNESS MEGA WORKSHOP

WITH MELANIE LEVENBERG, M.ED
CEO/FOUNDER PL3Y INC

PL3Y INC.



DANCE

BUBBLE OF AWESOME

"YOU CAN'T GET IT WRONG!"

SIMPLE MOVES FROM FMS

COACH INTERACTION AND PLAY!



YOGA

CARDIO AND CONNECT

FROG • LOG • DOWNWARD DOG
OFF-THE-MAT!

5 FINGER SILLY BREATH



PHYSICAL LITERACY IS THE
COMPETENCE, CONFIDENCE
AND MOTIVATION TO BE
ACTIVE FOR LIFE

FITNESS

COACH THE PURPOSE

TEACH TEAMWORK SKILLS

SUCCESS > CHALLENGE > MASTERY

LET THE KIDS CHOOSE AND CREATE!



NOTES
FROM THE

**KIDS FITNESS
MEGA WORKSHOP**



PL3Y INC.