

Skillastics® – Unique Twist on Circuit Training for All Ages and Abilities

Are you looking for a new resource that can help your program in multiple ways throughout the day? Large Group Activities? Sport Skill development? Team-Building Activities? Academic and Nutrition Integration? Brain Breaks? Fitness Fun? This is exactly what you will experience during our SKILLASTICS® – Unique Twist on Circuit Training workshop. SKILLASTICS® is an easy-to-implement resource that allows all children to have a positive experience being physically active. Whether working with a large group or a classroom setting, SKILLASTICS® as a whole or as individual components, can be used in many different ways all year long!

A Special Day at your School or Agency:

School Specialty is a proud partner and distributor of SKILLASTICS® products, and now we're offering a half or full day, on-site SKILLASTICS® workshop hosted at YOUR facility. Attendees will learn instructional best-practices and activities designed to develop motor and locomotor skills, cooperative and team-building skills, sport-specific skill development and academic integration like STEM and math that create a perfect balance of learning.

Program Objectives/Outcomes – participants will:

- Learn a variety of movement skills that integrate fitness, sport, cooperative and cognitive development.
- Learn strategies and techniques that engage all students in SKILLASTICS® activities in different school environments.
- Understand the connection between SKILLASTICS® and teaching and assessing the National Physical Education Standards and HEPA After School Guidelines.
- Leave with supplemental documents and sample lesson plans that instructors will be able to implement immediately!

Essentials:

- Days, and start/stop times are **flexible**; what's best for your staff and district?
- 3 or 6 hours of "hands-on" instruction segmented by am/pm breaks and lunch (host facilitated)
- Maximum of 60 participants
- Can be Elementary or Secondary focused, targeting Physical Education or After School

Attendees Receive (FREE):

- Certificate of Completion (awarded end of day to those present)
- Post workshop consultation via phone and email
- Access to e-Newsletter, monthly webinars, and social media opportunities with other physical educators
- Raffle prizes and/or giveaways

SKILLASTICS® products are required for this presentation. [CLICK HERE](#) to learn more about SKILLASTICS® and shop.

Contact us at ProfessionalDevelopment@schoolspecialty.com or 1-888-388-3224 to learn more about scheduling a SKILLASTICS® Unique Twist on Circuit Training presentation for your school or district!