



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.

"PMK" 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.*



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Since 2006
Character Education & Fitness
Curriculum for the Classroom



"Winning the WAR against
Childhood Obesity—
with CHARACTER."

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What is PowerMoves Kids?

Winning the WAR Against Childhood Obesity - with CHARACTER!

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!).



Character Ed./Fitness Curriculum used in Public Schools, Private Schools & Home Schools since 2006.

Character Education and Fitness All-in-One Program!



First Classroom Program combining Character Education AND Fitness.

- + For PK through 8th Grade.
- + Public schools, Private schools, and Home schools!
- + Endorsed by Teachers and Administrators since 2006.
- + Students recite Character-building quotes during Fun Exercises.
- + Enjoy Healthful Stretches and Build Character at the Same Time!



Marciel enjoys The Strong Heart posture for the Core Value of Courage.

Marciel has selected this PMK quote on Courage in both English and Spanish:

"He who is not courageous enough to takes risks will accomplish nothing in life."

"Quien no tiene el valor suficiente para arriegarse, no lograra nada en la vida."

- Muhammed Ali (born Cassius Clay), American heavy-weight boxing champion, nicknamed "The Greatest" (1942 -)

Go to www.PowerMovesKids.com

Phone 800-211-8446

- See PowerMoves Kids Curriculum examples
- Single User, Unlimited User Site Licenses available (for about 1/10th the cost of most Character Ed. programs!)
- Ask about Whole District Discounts
- See how PMK Character Education & Fitness can improve your school day!

"PowerMoves Kids gets 'the wiggles' out so we can focus!"
—Michelle Fisher, Kindergarten, Norwood Public School, Hulbert, OK

"My students are coming into the classroom asking for PowerMoves Kids!" —Patty Webb, Family & Consumer Science, Lake Asbury Junior High, Green Cove Springs, Florida