

# motion evolution



# Problem: Society is Getting Fatter

Childhood obesity is at epidemic proportions

Overweight children grow into overweight adults

Overweight children are at risk

- depression
- lower cognitive function
- low self-esteem, socially isolated
- diabetes, heart disease, joint problems

# ***What happened?***

- Safety concerns keep kids indoors
- Technology provides sedentary entertainment
- Sedentary activities replace physical activities
- Inactive kids become inactive adults
- Inactive adults raise inactive kids

# Motion Evolution ... *a need!*

*“Establishing and reinforcing lifelong habits which nurture physical, mental, and emotional wellness”*

- Motion Evolution history: as a result of research and teamwork initiated in May 2009, Motion Evolution launched in April 2010 with the purpose of *identifying individuals and facilitates dedicated to this purpose.*

# Motion Evolution ... ***a solution!***

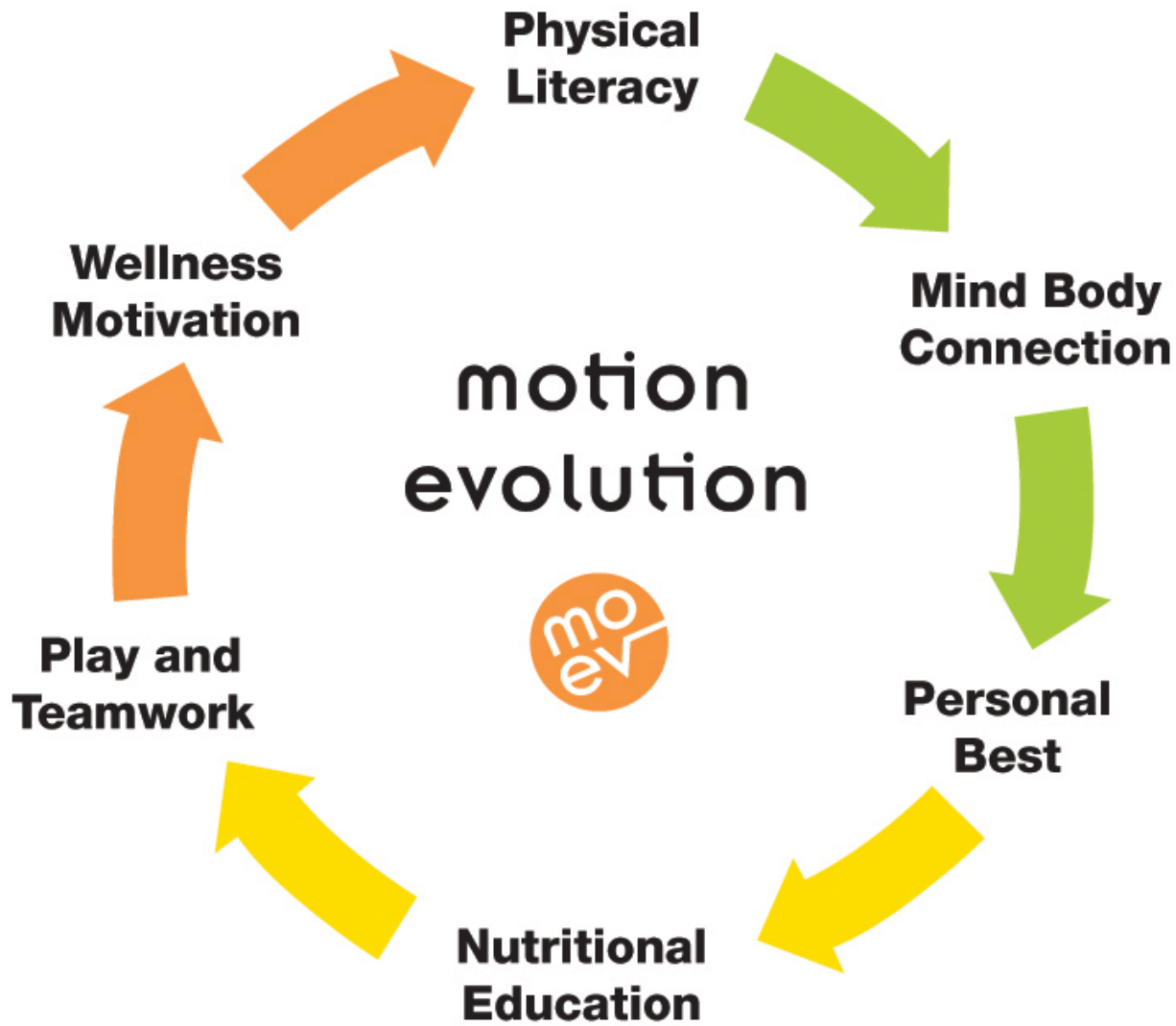
## Objective:

- By positively influencing children's wellness and fitness and integrating exercise into a healthy life concept, Motion Evolution counteracts the forces encouraging obesity.

# Motion Evolution ... *a system!*

Based on the premise that children (and adults) are made to MOVE, this integration of physical literacy, nutrition education, brain-body science, and play makes Motion Evolution the complete wellness package!

Just as we teach children the A-B-C's as the building blocks for reading, Motion Evolution teaches the foundations of movement (tossing, jumping, kicking, inversions, balance, etc.), giving children a greater fitness level and increased confidence.





# Motion Evolution Elements

## PHYSICAL LITERACY

- Children learn the ABC's of the alphabet system, the 123's of the numeric system, and often the notes of a musical system. *Motion Evolution teaches the elements of the physical development system to enhance learning capabilities in all areas of life!*
- Using elements such as eye/hand and eye/foot coordination, along with jumping, agility, motor skills, balance, inversions, weight transfers, rolling and twisting, the Motion Evolution program provides a well-rounded platform for life.

# Physical Literacy Competencies

- Eye/hand coordination (throwing, catching, juggling)
- Eye/hand coordination (batting, hitting, racquet skills)
- Eye/foot coordination (kicking, dribbling, punting, footwork)
- Jumping and agility
- Motor skills
- Balance
- Inversions and weight transfers
- Rolling and twisting



# Motion Evolution Elements

## MIND BODY CONNECTIONS

- The Motion Evolution program is based on scientific brain development principles. Exercise really activates the frontal cortex area of the brain. So what you see, and what you get, are people who are sharper.
- They're more attentive, they're less impulsive, and they're less fidgety. They can sustain their attention longer, and it promotes their ability to sort through information and take it in.

# Motion Evolution Elements

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## PERSONAL BEST

- Based on only ***personal best*** of each child (as opposed to the competition model more commonly found in traditional institutions and programs), the Motion Evolution program encourages healthy mental and emotional approaches to measuring true progress in all areas of life.

# Motion Evolution Elements

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## NUTRITIONAL EDUCATION

- Nutritional Education must be integrated into a wellness and fitness program to be effective.
- The Motion Evolution program gently and playfully informs children about what, why, when and how to eat. This is essentially the *nutritional literacy system* that must accompany a physical literacy program!

# Learning to MOVE through Play and Games!



## Games can develop:

- Strength
- Endurance
- Agility
- Listening skills
- Spatial awareness
- Field/ground discrimination
- Cooperation
- Teamwork
- Directionality
- Memory
- Group cohesiveness
- Social skills
- Self control
- Leadership skills
- Strategy skills through predicting
- Good social decision-making

# Motion Evolution Elements

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## WELLNESS MOTIVATION

- The Motion Evolution program creates a motivating physical activity environment for children. Consequently, it delivers a higher level of perceived competence and self esteem in each child.

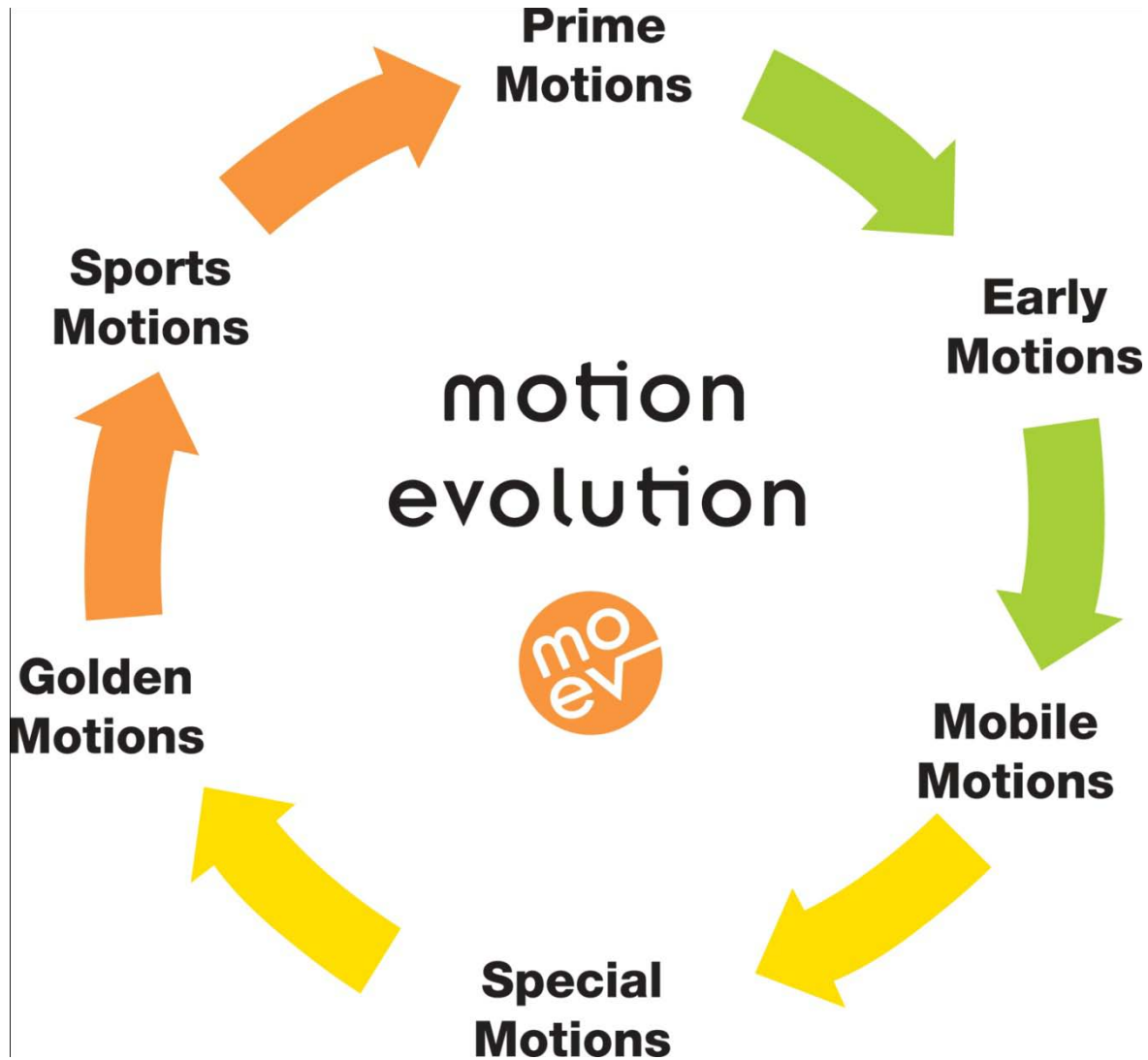
# Motion Evolution Programs

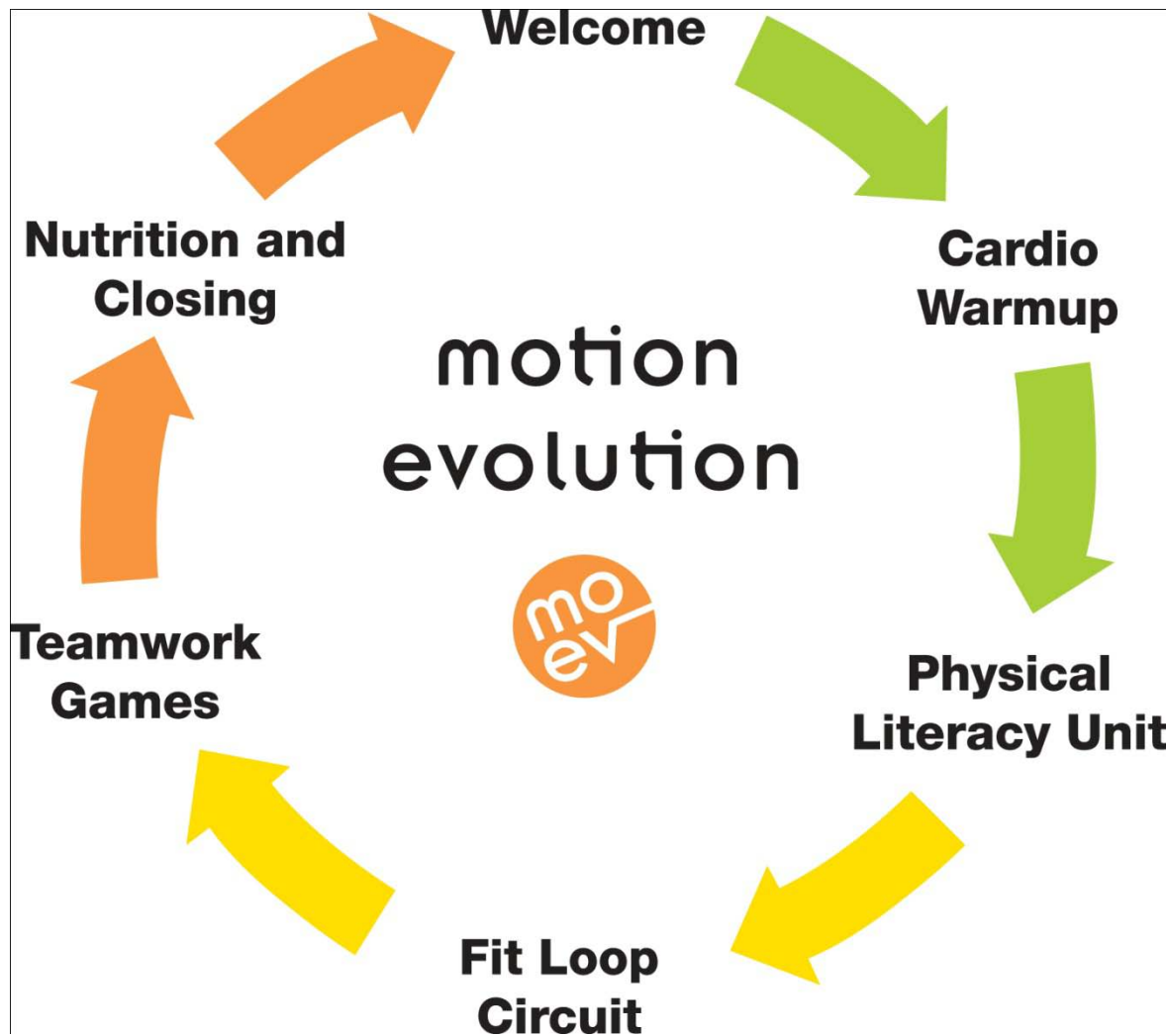
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Motion Evolution is flexible and adaptable to accommodate the vast differences in children and is perfect for public and private schools, home school organizations and sports teams of all types.

When you put it all together, it's easy to see why this program is receiving national and international attention.





# Motion Evolution Programs

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## PRIME MOTIONS

- Designed for ALL children, including those who need a gentler introduction to physical activity, as well as for those who want to enhance and improve their basic physical abilities. *There are no physical prerequisites to get started.*
- Prime Motions can begin with a one hour class each week. This affordable blend of cardio, core stabilization, motor skills, strength, flexibility and balance over a wide range of physical movement is not only physically sound, it's FUN for children!
- With no emphasis on comparisons or competition, children move on to the next Motion Evolution level at their own personal pace!

# Motion Evolution Programs

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## **EARLY MOTIONS Programs**

- It is never too early to learn, gain strength and flexibility, and increase movement abilities in Infants, Toddlers ages 6 months to 3 years, as well as Preschoolers ages 4 and 5.
- See Baby Motion, Toddler Motion and Preschool Motion specifics.

# Motion Evolution Programs

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## MOBILE MOTIONS

- ANY of the Motion Evolution programs can be taken “on the road”, or Mobile!

# Motion Evolution Programs

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## SPECIAL MOTIONS

- All children deserve an opportunity to participate in fun, safe exercise programs. Special Motion provides these opportunities for children with a variety of developmental delays and challenges. Its unique blend of sensory discovery, games and activities are designed to teach Physical Literacy skills.
- Special Motion focuses on the motor movements, strength, and core balance exercises that have been proven effective in the development of special needs children. More importantly the fun social experiences help nurture the development of positive self-esteem.

# Motion Evolution Programs

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## **GOLDEN (SENIOR) MOTIONS**

- It is never too late to learn, gain strength and flexibility, and increase your movement ability! Mature Senior Motion participants are encouraged and supported in efforts to MOVE within their capabilities.
- Senior Motion participants will increase ability, confidence, and quality of life through the Motion Foundations curriculums. The enthusiastic Senior Motion instructors are able to adapt to diverse age and ability levels.

# Motion Evolution Programs

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## **SPORTS MOTIONS**

- Designed for those who are already involved in an athletic endeavor. The Sports Motions program is based on the essential movements fundamental to specific physical activities.
- Sports Motions training is broken down into age groups as appropriate. Younger participants will make strength gains using only their body weight for resistance.
- As children grow and understand technique they are able to progress to light resistance training performed with correct technique.

# Opportunities to get involved!

***We'd love to partner with you!***

- Hospitals and Medical Professionals
- Local Civic Groups
- Community Agencies
- Charitable Organizations



# Opportunities to get involved!

***We'd love to partner with you!***

- Public, Private and Home Schools
- Local Government entities
- Youth Sports Programs
- Media – television, radio, publications



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**[www.MotionEvolution.com](http://www.MotionEvolution.com)**

Presenter OPTION to either go on and present PHYSICAL LITERACY in more detail from this point on, or start from the Physical Literacy slides for educational audiences!

# PHYSICAL LITERACY

Building Smart, Healthy Kids

Exercise alone is NOT the answer:

Physical Literacy is the first step!

Exercise is an outcome of Physical Literacy the way  
that reading is an outcome of academic literacy

# PHYSICAL LITERACY

Building Smart, Healthy Kids

## “Physical Literacy”

- A comprehensive set of physical skills to engage in any physical activity
- Physical Literacy improves quality of life and freedom of movement
- Physical literacy is no accident. It is purposeful.
- Physical Literacy education is the right of every child.



# PHYSICAL LITERACY

Building Smart, Healthy Kids

## Kids were made to move!

Moving well increases the quality of life:

- burns calories
- stimulates new brain connections/growth
- Increases self-confidence
- kids become participators, not spectators



# PHYSICAL LITERACY

Building Smart, Healthy Kids

## What is our responsibility?

- A planned curriculum
- Fun, positive experiences with physical movement
- Active adult role models
- Variety of physical activity every day



# PHYSICAL LITERACY

Building Smart, Healthy Kids

## What are the benefits?

### Physical

- Lower blood pressure
- Improve immune function
- Improve bone density
- Prevent obesity, diabetes



# PHYSICAL LITERACY

Building Smart, Healthy Kids

## What are the benefits?

### Cognitive

- Enhance brain connections
- Develop new brain pathways
- Improve problem solving
- Elevate critical thinking
- Boost cognitive ability



# PHYSICAL LITERACY

Building Smart, Healthy Kids

## What are the benefits?

### Social

- Confidence
- Cooperation
- Communication
- Independence



# PHYSICAL LITERACY

Building Smart, Healthy Kids



## What are the benefits?

### Emotional

- New challenges are rewarding
- Elevate mood - serotonin, endorphins
- Joy in movement and body control
- Courage, confidence



# PHYSICAL LITERACY

Building Smart, Healthy Kids

## How can we teach Physical Literacy?

- Make it regular
- Make it fun
- Make it challenging
- Make it fresh, new
- Take it everywhere



# PHYSICAL LITERACY

Building Smart, Healthy Kids



Childhood habits = life-long patterns

Get active. Get sweaty. Get in the game!

