



**PRAISE FOR
MOOVKIDS**

Feedback after a two-month trial:

“ We taught MoovKids with our Reception Year groups (4 and 5 year olds). Both my colleague and I found your videos, tutorials and lesson plans very useful and adapted them slightly for a class of 30. For example, we would have 4 teams completing an Aim and Throw activity at the same time.

Following our trial we have found a significant improvement in the focus areas. All of our children have now developed a secure understanding of spatial awareness and can balance on one leg without falling.

On our first session in March only seven children could aim and throw into a hoop, compared with 26 children after two months. Also, in March only ten children could catch a beanbag compared with 21 today.

Our predominant focus has been aiming and throwing and we have been developing the skills based on your lessons. Thank you for providing us with access to your lesson plans.

D.S.
UK Primary School

Special Needs and MoovKids: Six Weekly Sessions

“ Our group enjoyed participating in movement sessions where they did a wide variety of MoovKids activities. They were eager and motivated to actively participate in the activities.

The activities using hoops, ropes, balls and beanbags improves their balance, hand-eye coordination, and motoric skills.

The directions given are clear and easy to follow.

The participants are able to do the activities at their own pace and ability level.

We are very pleased with the MoovKids program and highly recommend it to customers with special needs!

Eteva Espoo
Daytime Activity Instructors



Weekly MoovKids Classes with Darlene Koskinen

“ A very important part of Early Childhood Education is to give children the opportunity to practice physical activities to promote their gross motor skills. Although we make a great effort to support this area, our kindergarten has limited space. Going to Moovkids has been so easy. Darlene has created a friendly atmosphere where children immediately feel inspired and are always eager to do the wide variety of MoovKids activities that she has planned. Darlene has endless ideas, fun tools and a gift to work with little children.

We have already noticed a great change in our children's gross motor abilities and the benefits go beyond that. The children's confidence in their abilities reflects in other areas as well, especially the social and cognitive areas, not to mention that our children continue practicing English while exercising with her.

We, both staff and parents are very happy with the results. Thank you Darlene!

Happy Toddlers English Language Kindergarten, Finland

MoovKids Subscribers:

“ Moovkids is a fabulous program for children of all abilities. The lesson plans are clear, well thought through and easy to follow. Darlene has created a series of videos alongside so that even the most nervous/inexperienced teacher can feel confident that they can successfully implement the program. Her attention to detail reveals a passion for movement that shines through.

Our teachers have loved the ease of using the program, and the children have benefitted immensely from more movement activities. I highly recommend MoovKids.

Angie Hämäläinen
Finnish American Kindergartens, Helsinki