



Unlock the Potential of Every Pupil in Your School

Enhance focus, boost wellbeing, and accelerate academic achievement with imoves.

How?

A 3 minute Active Blast every 90 minutes can boost my brain function and mood!

Daily Active Blasts plus 2 hours of high-quality PE each week will give me 1 extra year of learning gains in maths and literacy during my primary school years!



imoves is an all-in-one platform that empowers teachers to easily integrate physical activity, PE, and wellbeing into the school day, boosting focus, mood, and academic performance. →

Interested in boosting academic performance and happiness at your school?

Read on to see everything imoves can bring to your school...



The Team



Meet Imogen - Founder of imoves.

With 30 years of experience in dance, health, fitness, and nutrition, I've dedicated my career to working with both adults and children. My passion has always been to share my knowledge with as many teachers as possible, helping non-specialists deliver exciting, high-quality lessons throughout the school day. Whether it's dance, sports, or just getting kids moving for a few minutes in class, my goal is to spread the joy of being active.

I've worn many hats over the years—from being Sheffield's first personal trainer and a dance instructor to a national dance fitness presenter, PE teacher, consultant, and teacher trainer. I've been a YMCA Fit Course Director, Head of Health and Happiness (yes, that's a real title!) for a national training company, and toured with Nike. I've created countless dance fitness videos and products, all with one mission in mind: to make movement fun and accessible.

For the past 15 years, I've poured my energy into imoves.com, where I'm lucky to work with a wonderful team who shares my passion for getting kids moving, having fun, and developing a lifelong love of activity and health.



Meet Kirsty - imoves Platform Manager and Customer Support.

With over a decade of experience as a swimming teacher and many years as a children's outdoor education instructor, I've developed a deep passion for keeping kids active. I have witnessed firsthand the profound impact physical activity has on children's physical and mental health outside of the classroom, so it was only natural that I shared imoves vision of bringing physical activity into the classroom too!

In 2021, after starting my own family, I joined the imoves team and in doing so, gained an extended family too. At imoves, I am dedicated to managing our platform and supporting our customers. My goal is to ensure that you, the teachers, can easily access the resources you need, whenever you need them.

I am always here to assist you with any support you may need. Please don't hesitate to reach out at kirsty@imoves.com if you have any questions or need help navigating our resources.



Meet Ryan - Lead Presenter and Content Writer.

I'm a teacher, PE coordinator, and all-around entertainer with a passion for education and keeping kids active. With 14 years in education—including over 10 years of teaching and recently serving as a Deputy Head Teacher—I've had the privilege of teaching across a range of year groups and leading my school to achieve 4 gold and 6 platinum School Games Awards.

In 2018, I was honoured to win the BBC's Teacher Talent of the Year award, part of a national initiative to recognise outstanding educators. Since then, I've presented over 100 educational shows for the BBC, both pre-recorded and live. You may have seen me on BBC Bitesize Daily, Live Lessons, or on the BBC Teach website, where I created my very own Super Movers Brain Booster video.

Beyond the classroom, my experience includes working as an entertainer in the hotel industry abroad, where I learned how to engage a variety of audiences, and working as a videographer.

I'm here to guide teachers through the challenges of teaching PE and transforming classrooms into spaces filled with movement and excitement—I can't wait to get started!



Chloe
BBC Bitesize presenter and teacher.



Matt
Our very own West End leading man, Aladdin.



Jack & Morgan
imoves dynamic duo.



Elise
International dance fitness presenter.



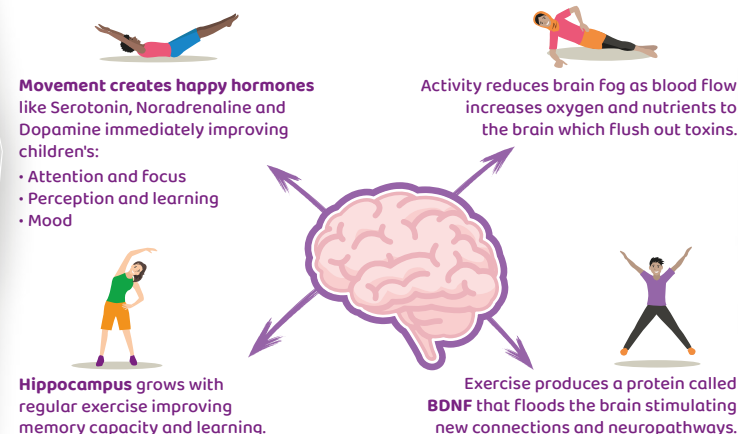
Rachel
A hugely successful dancer and choreographer.



Richard
Former Pro-Footballer, now a dance fitness presenter.

Every teacher needs to know this!

How Activity Affects the Brain



Case Studies

After 2 years children who were regularly active during the day achieved greater **learning gains** in mathematics and spelling **equating to 4 months!** (That's 1 whole year of gains during their primary school life!)

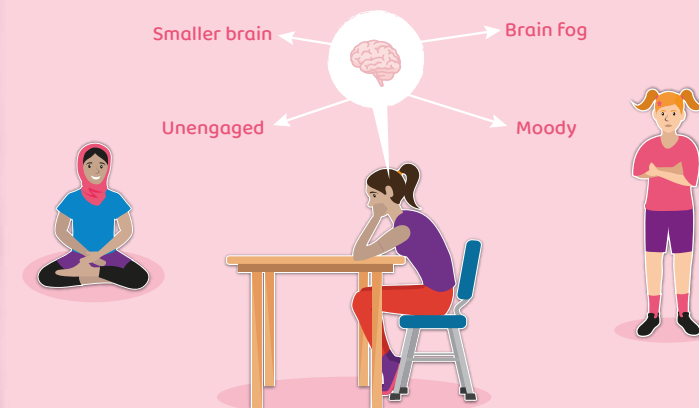
Mullender-Wijnsma MJ, Hartman E, de Greeff JW, et al. Pediatrics, 2016

Active learning combined with high quality PE produced an **12% increase** in academic performance and **67% improvement** in mood and behaviour!

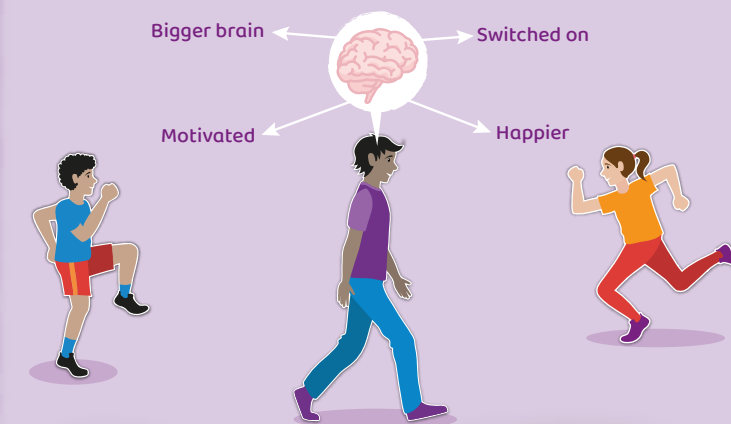
Alvarez-Bueno, Celia; Universidad de Castilla-La Mancha et al. Pediatrics, (2017)



Less Activity



More Activity



So, how can imoves help me?

- **Daily Movement Breaks:** We support teachers with our DIGITAL PLATFORM of resources and ideas to get their students more active in the classroom through brain breaks and our active learning ideas to slot into existing planning.
- **2 hours of High Quality PE per week:** We empower and equip non-specialist teachers to deliver high quality PE lessons with confidence - no extra training required, it's all accessible on the platform!

At imoves, we support you to put activity at the heart of learning. Improve your students' emotional, social, and physical wellbeing while fostering a positive and engaging school environment.

Ready to make a change?

Here's how imoves can make a positive difference to the learning experience in your school.

Content

Classroom Resources

- 1-2 | Active Blasts
- 3-4 | Active 30
- 5-6 | Primary Wellbeing

PE Resources

- 7-8 | Primary PE
- 9-10 | Primary Dance
- 11-12 | Primary Gymnastics
- 13-14 | Active School
- 15-16 | Active Adventure Club (Wrap around care resources)

What is Active Blasts?

imoves Active Blasts are short follow along movies from 3-10 minutes, designed to improve students' focus, mood, and behaviour. These bursts of movement are perfect for re-energising students throughout the day, keeping them engaged and ready to learn.

Key Benefits:

- Boosts Focus and Learning:** Just a few minutes of activity can help improve concentration, making students more receptive to learning.
- Enhances Behaviour and Mood:** Short bursts of movement releases energy and improves mood, leading to better behaviour in class.
- Easy to Implement:** Activities are simple for any teacher to lead and require no special equipment or training.
- Aligned with the Curriculum:** Activities can be integrated into maths, literacy, science, and more, supporting academic achievement while keeping kids active.
- Promotes Health and Wellbeing:** Encourages physical activity throughout the day, contributing to both physical and emotional wellbeing.

Key Features:

- Over 250 follow-along activities.
- 3-10 minute energising sessions including Dance, Fitness, Mindfulness, and more.
- Designed to improve behaviour and focus between lessons.



★★★★★

Trustpilot

A great cardio workout for everyone!

I used Imoves with year 3/4 in a somewhat crowded classroom. We did the activeblasts section that was initially free. The kids absolutely loved it, especially as they could join in the songs. Nobody was unable to access the moves including 2 autistic children. I borrowed my husbands fit bit for a week and entered the cardio zone through Imoves!!!! It is great fun and I am going to subscribe after the hols.

CREATING
ACTIVE
SCHOOLS

Active30

FREE TRIAL
Resources

Quick Blasts 2 minute blasts to boost energy levels!

**Start your day dance
with our fab presenters:**

- Ryan
- Chloe
- Amy
- Jack and Morgan
- Gaye and Ryan

Pop Hits

- Funky Mambo
- Jump
- Classic
- 5,6,7,8
- Eye of the Tiger
- I Say Yeah Yeah
- Shut up and Dance
- Celebrate
- Count on Me

Energising

- Body Blasts
- Hiit Blasts
- Pilates Blast
- Fit Challenge
- Yoga Fit
- Calming Pilates Chair

Mighty Monday

- Strong Body**
- 10 Awesome Body Blasts
 - 5 Fabulous Yoga Fit
 - 6 Super Strong Muscles
 - Strong Bones

Strong Heart

- Cardio Fitness Challenges
- Pulse Monitoring Challenges
- Combat Blast
- Dance Blast
- Hiit

Strong Mind

- Focus your Mind
- Growth Mindset
- Brave Face

Challenge Tuesday

- Fitness**
- Combat
 - Cheerdance
 - SportsJam
 - Yoga

Mountain Bike

A selection of POV mountain bike fitness challenges

Strong Core

- Pilates
- Yoga
- Balance

Wellness Wednesday

- Healthy and Well**
- Exercise for Health
 - Healthy Eating
 - Superfoods
 - Health and Hygiene
 - Yoga Fit Challenge

Emotionally Well

- Healthy Minds
- The Power of YET
- Brave Face
- Growth Mindset
- Anger Rap
- Anxiety Hotspots
- Resetting your Breath
- I am ME

Socially Well

- Friendship
- Trust Building
- Healthy Environment

Thinking Thursday

- Maths on the Move**
- Timetables
 - Time
 - Percentages
 - Multiples of...
 - Circle Words
 - Maths Language
 - Directions and Positions
 - Right-angles

Literacy Lunacy

- Phonics
- Learning the Alphabet
- SPAG
- Well Loved Stories
- Reading out Loud
- Poems, Rhythm and Beat
- Adverbs and Adjectives
- Nouns and Pronouns
- Opposites
- Prefix and Suffix

Science and History

- The Human Body
- Growing up
- Healthy Eating Choices
- Romans
- Egyptians

Funky Friday

- Modern Movers**
- Bollywood
 - Cheerdance
 - Locking and Popping
 - Hip Hop
 - Street Dance
 - Flamenco

Crazy Fun

- Hoe Down
- Laughing Yoga
- Dance Blast
- Samba
- Disco
- Charleston
- Pirates Dance
- Chinese Zodiac
- Jack and Morgan say...

Fit and Funky

- Combat
- Pop Hits
- Pumped up Pilates
- Chairobics
- Popping, Rhythm and Beat

Categories of Active Blasts:

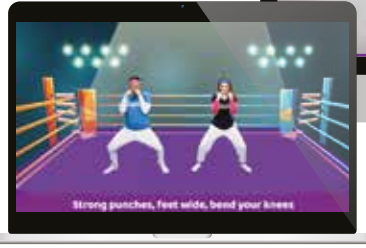
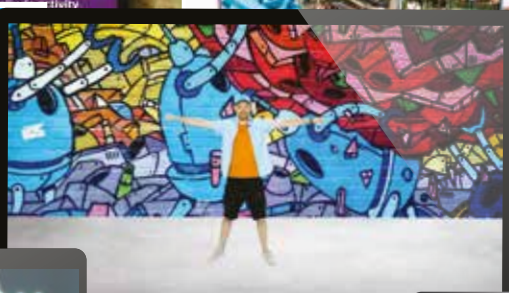
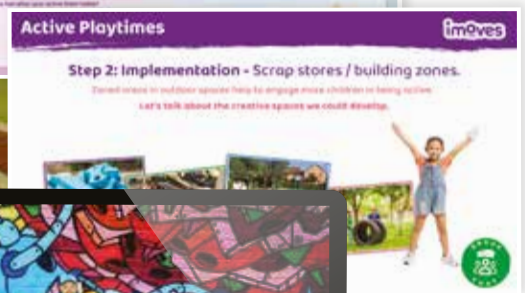
- Dance:** Movement-based activities to get kids grooving.
- Fitness:** Exercises designed to boost strength and stamina.
- Pilates & Yoga:** Activities focused on flexibility and mindfulness.
- Wellbeing:** Emotional and mental wellness activities like Growth Mindset.
- Maths & Literacy:** Integrating learning with physical activity.
- Science & Humanities:** Fun, educational activities linked to classroom topics.

Additional Resources:

- Breaktime Supervisor Training.
- Standing in Line Activities.
- Breaktime Games.
- Online CPD for Staff.

Want to see the impact for yourself?
Start your **FREE TRIAL** today and
access a selection of our Active Blast
Library for 28 Days!

Go to activeblasts.imoves.com





What is Active 30?

The imoves Active30 resource bundle is designed to help schools keep children active for at least 30 minutes a day, improving engagement and focus to support better learning. These activities integrate seamlessly into the school day, promoting physical, mental, and emotional health.

Key Benefits:

- **Improves Focus and Academic Performance:** Regular movement boosts concentration and helps students absorb information better.
- **Supports Wellbeing:** Physical activity reduces anxiety, improves mood, and enhances emotional wellbeing.
- **Easy to Implement:** Teachers can easily fit these activities into the school day without disrupting lesson plans.
- **Curriculum Aligned:** Activities can be linked to key subjects like maths, literacy, science, and humanities.
- **Encourages a Healthy Lifestyle:** Promotes the importance of daily physical activity for long-term health and wellness.

What's Included:

- **Access to over 250 Active Blasts:** Short, fun brain breaks that get students moving.
- **Oodles of Active Learning Ideas:** Easily integrated activities that support curriculum-based learning.
- **Breaktime structured active play resources:** Encourage fun active play at breaktimes, easily facilitated by supervisors.
- **Breaktime Supervisor training resources:** Support supervising staff to encourage more children to be active at breaktimes.
- **Online CPD for Teachers:** Ongoing training to help teachers feel confident in leading active lessons.



★★★★★

★ Trustpilot

This is an absolutely brilliant way to...

This is an absolutely brilliant way to start the day! The sessions are very easy to follow (even I can do it :-)). I teach Reception and they absolutely love it and with the different levels you can keep right up to year 6 engaged too. I thoroughly recommend Imoves!

Reviews 34 • Excellent

★★★★★

imoves COMPANY

CREATING ACTIVE SCHOOLS

Active30

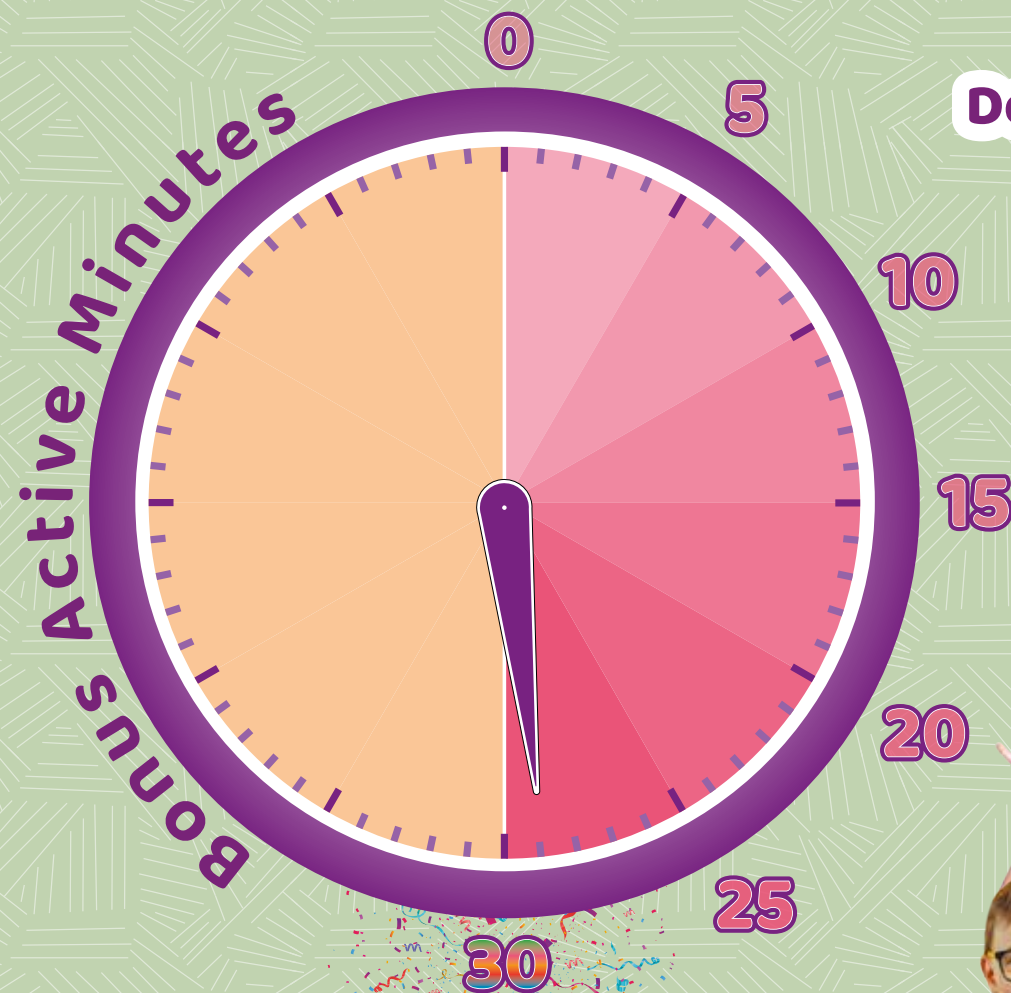
Want to transform your classroom?
Start your **FREE TRIAL** today and discover how Active 30 can energise your students and enhance learning outcomes.

Go to active30.imoves.com

Key Categories:

- **Maths, Literacy and Science:** Activities that combine learning with movement.
- **Humanities:** PE dance units for cross curricular learning.
- **Wellbeing and Growth Mindset:** Physical activities that promote emotional resilience and positivity.
- **Pilates, Yoga and Meditation:** Mindful movement to enhance focus and reduce stress.
- **Structured Active Play Activities:** including team games and problem solving.

Bonus Active Minutes



Daily Active Blasts

Active Learning

Active Play



imoves Primary Wellbeing

Links in to the PSHE Curriculum

What is Primary Wellbeing?

Our unique wellbeing subscription integrates physical activity at the core of learning, helping schools foster positivity, confidence, and emotional wellbeing in students. By combining active learning with PSHE lessons, we create a dynamic classroom environment where wellbeing thrives.

Key Benefits:

- **Boosts Emotional Wellbeing:** Helps students build resilience, motivation, and self-confidence while reducing anxiety through activities that promote a growth mindset and emotional regulation.
- **Supports Social Development:** Activities focus on building friendships, improving communication, and fostering teamwork, leading to a healthy and collaborative classroom environment.
- **Improves Physical Health:** Encourages healthy habits like regular physical activity, proper nutrition, and better sleep patterns, which contribute to better mood and energy levels.
- **Links to the PSHE Curriculum:** Aligns with the curriculum, helping teachers deliver non-sedentary, engaging PSHE lessons.
- **Builds Confidence and Self-Worth:** Physical activity promotes brain development, releasing feel-good hormones and fostering a sense of achievement in students.



★ Trustpilot

★★★★★

imoves

I first used imoves in class for children's mental health week and found the children responded really well to it. I like it because it is pitched at the right level for the children and the mix of movement and meditation is brilliant!

CREATING ACTIVE SCHOOLS Active30



Mental Wellbeing

Emotional

Growth Mindset
Resilience
Self Confidence

Social

Communication Skills
Building Friendships
Healthy Environments

Physical

Exercise and Health
Eating for Health
Sleeping well

Over 30 lessons and active brain breaks per year group!

Resources include lessons and brain breaks for:

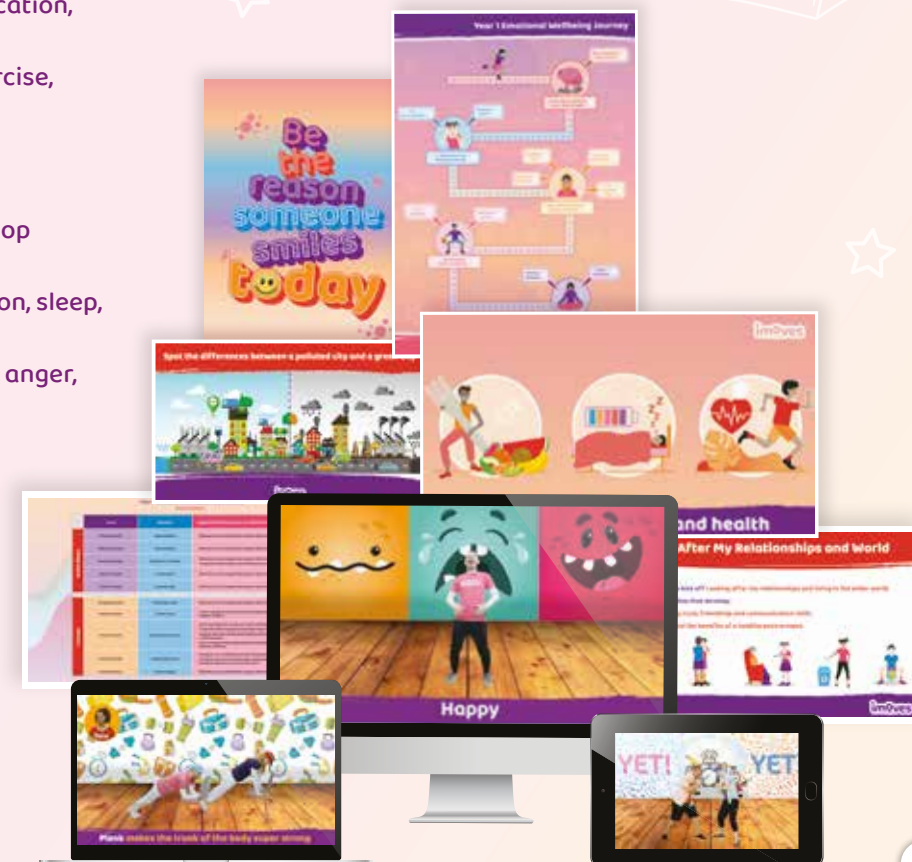
- **Mental and Emotional Wellbeing:** Growth mindset, resilience, mood management, and motivation.
- **Social Wellbeing:** Friendship-building, communication, teamwork, and trust activities.
- **Physical Health:** Lessons on healthy eating, exercise, sleep habits, and maintaining an active lifestyle.

Key Focus Areas:

- **Growth Mindset & Resilience:** Activities to develop mental strength and perseverance.
- **Healthy Habits:** Lessons promoting good nutrition, sleep, and daily movement.
- **Emotional Regulation:** Tools to manage anxiety, anger, and stress in a healthy way.

Ready to transform your classroom into an active, engaging space where students thrive? Start your **FREE TRIAL** today and explore elements of our wonderful Wellbeing Programme.

Go to primarywellbeing.imoves.com



imoves Primary PE

Accredited by



Primary PE Programme

Our award-winning PE programme is a comprehensive, holistic solution that ensures students receive 2 hours of high-quality physical education each week. With engaging, child-facing resources and minimal teacher training required, we make it easy for schools to deliver exceptional PE lessons that develop physical literacy, teamwork, and overall wellbeing.

Key Benefits:

- **Aligned with the English National Curriculum:** Fully supports schools in delivering PE lessons that meet curriculum requirements.
- **Holistic Development:** Focuses on more than just physical fitness—our programme nurtures social skills, resilience, creativity, and reasoning.
- **Minimal Teacher Training Required:** The programme is designed to be accessible for non-specialist teachers, with movies, Flashcards, and music that simplify lesson delivery.
- **Boosts Physical Literacy and Wellbeing:** Helps children develop the fundamental movement skills and positive attitudes they need to stay active and healthy.
- **CPD and Teacher Support:** Includes coaching calls and online CPD to ensure teachers feel confident in delivering PE lessons.

How it fits together:

1st hour of PE

- **i-Units:** These units consist of 36 holistic lessons across six half terms which form the foundations of the PE provision for each year group. Covering key skills like agility, strength, coordination, and personal skills around persistence, resilience and communication.

2nd hour of PE - choose from

- **Sports Deep Dives:** Specialised lessons that focus on sport-specific skills, gymnastics, dance, Pilates, athletics, and Outdoor Adventurous Activities (OAA).
- **Bonus Schemes:** Fun extras like Combat, SportsJam, and Bootcamp to add variety and excitement to your PE curriculum.
- **Breaktime Supervisor Training Resources:** Support supervising staff to encourage more children to be active at breaktimes.
- **Online CPD for Teachers:** Ongoing training to help teachers feel confident in leading active lessons.



★★★★★

Imoves- what a game changer!

Imoves has been brilliant in helping me teach my PE lessons to my year 5 class. It is so simple to use, everything that you need is there as well as great fun activities to use that I would never be able to come up with. They even give you a free trial but I will be subscribing as soon as that ends.

Transform your PE lessons with our holistic, curriculum-aligned programme. Get started with a **FREE TRIAL** today and see how imoves can make a difference in your school.

Go to primarype.imoves.com



Age	Hour	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
4 - 5	1	i-Units: Holistic PE for early Years (36 lessons)					
	2	Fun Pilates		Gymnastics		Dance	
5 - 6	1	i-Units: Holistic PE for Year 1 (36 lessons)					
	2	Dance	Dance	Gym	Pilates	Cheerdance	Combat
6 - 7	1	i-Units: Holistic PE for Year 2 (36 lessons)					
	2	Dance	Dance	Gym	Gym	Pilates	Sports Specific
7 - 8	1	i-Units: Holistic PE for Year 3 (36 lessons)					
	2	Dance	Dance	Gym	Gym	Sports Specific	Sports Specific
8 - 9	1	i-Units: Holistic PE for Year 4 (36 lessons)					
	2	Dance	Dance	Gym	Gym or Pilates	Sports Specific	Sports Specific
9 - 10	1	i-Units: Holistic PE for Year 5 (36 lessons)					
	2	Dance	Dance	Gym	Gym or Pilates	Sports Specific	Sports Specific
10 - 11	1	i-Units: Holistic PE for Year 6 (36 lessons)					
	2	Dance	Dance	Gym	Gym or Pilates	Sports Specific	Sports Specific

2 hours
of PE
SORTED

See how
schools
are using
imoves
at its
CORE

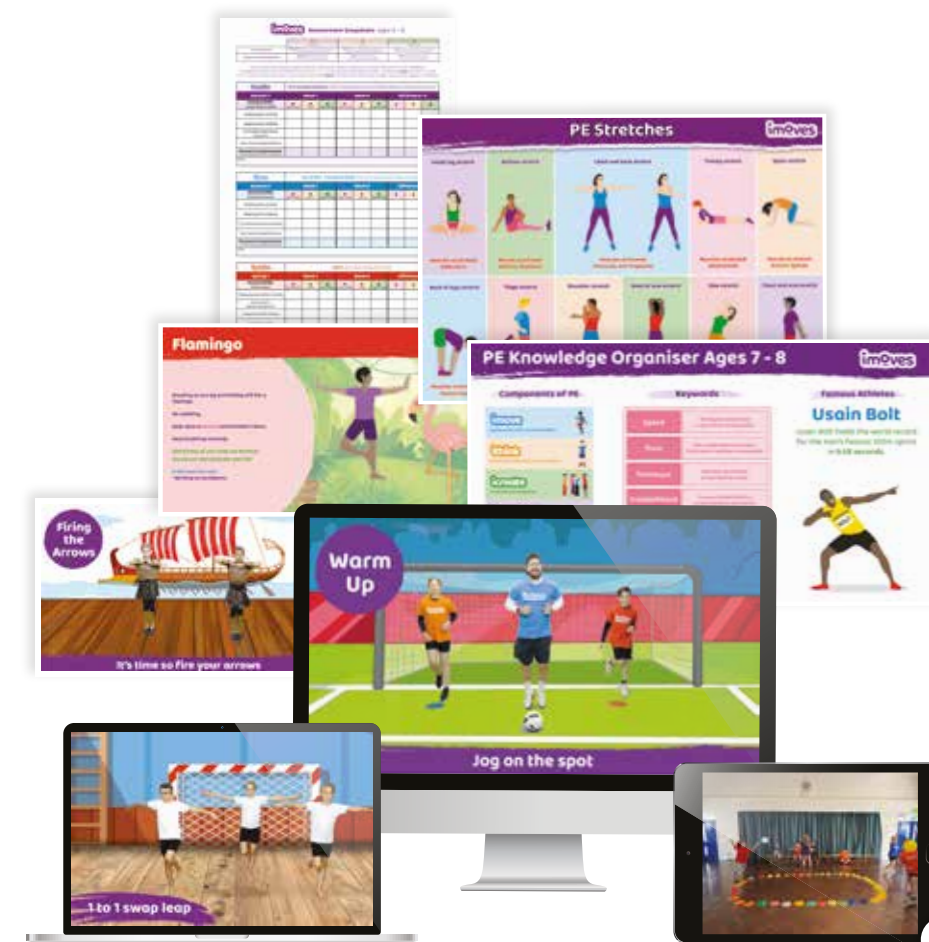


What's included in each lesson:

- **Lesson plans and fun child-facing movies:** Making PE engaging and easy to teach.
- **Bespoke modern music:** Creating fun, dynamic dance and gymnastics lessons.
- **Supporting resources:** Flashcards, slides, knowledge organisers and wall display.
- **Assessment tools:** Simple assessment tools that are quick and easy to implement at the beginning and end of each term to record the progress of your students.

Focus Areas:

- **Fundamental Movement Skills:** Agility, coordination, and balance are built through structured activities.
- **Health and Fitness:** Students develop strength and endurance, building lifelong habits for physical health.
- **Personal Life Skills:** Cooperation and teamwork are promoted throughout the lessons, fostering positive peer relationships.
- **Creative Thinking:** Encourages students to adapt and problem-solve through physical challenges.



imoves Primary Dance

Primary Dance Programme

Our Primary Dance programme is an exciting, fully-inclusive resource that inspires creativity and physical expression in students. With a wide range of dance styles and themes, it's designed for non-specialist teachers to deliver fun cross curricular dance lessons with confidence that keep students engaged and wanting more!

Key Benefits:

- **Empowers Teachers to Teach Dance with Confidence:** Whether you're a specialist or not, our programme equips teachers with the tools and structure to confidently deliver engaging dance lessons.
- **Child-Facing Movies Handle the Difficult Parts:** Our easy-to-follow, child-facing videos do the tricky elements of dance instruction, ensuring teachers feel supported and students stay engaged.
- **Bespoke, Modern Music:** The custom music tracks have a contemporary twist to capture children's attention. With clear, consistent beats, students can easily follow along and even create their own choreography in time with the music.
- **World-Class Online CPD:** Developed by Imogen, the UK's leading primary dance expert, our online CPD is among the best in the world for primary dance instruction, providing invaluable guidance and support to teachers.
- **Supporting Resources for Deeper Learning:** Resources like knowledge organisers and wall displays help children understand the structure of the music and the six fundamental principles of dance—travelling, turning, jumping, stillness/balance, levels, and gesture.



Trustpilot

I used a dance lesson from Imoves

I used a dance lesson from Imoves. It was fantastic. Very well planned out which saved me a lot of time on planning. The music and visuals were provided. The children thoroughly enjoyed and they hit a lot of skills.

Reviews 34 • Excellent



VERIFIED COMPANY

What's Included

- Over 60 Dance Themes: Lessons for a wide variety of topics and styles, from traditional to modern dance.

Curriculum Aligned Schemes Dance 4-7 years

Topics

- Animals
- Circus
- ★ Samba Carnival
- Toys
- ★ Under the Sea
- Creative Combat
- Construction
- Dinosaurs
- Fairy Tales
- Weather
- Mini Beasts
- Nursery Rhymes
- Rain Forest
- SportsJam
- Eco Warriors
- Healthy Me
- Countries
- Dorothy and Toto
- Cheer-drills
- Flamenco
- Space Themed
- The Enormous Crocodile
- Chinese Zodiac
- Great Fire of London
- Pirates



Dance 7-11 years

Topics

- Ancient Greece
- Victorians
- World War 1
- World War 2
- Egyptian Sand Dance
- Creative Combat
- ★ Romans
- SoccerJam
- Stonehenge
- All About Me
- Vikings
- Aztecs
- Cheerdance
- Savannah Harvest
- Solar System
- Tudors

Styles

- ★ 70's Disco
- Hip-Hop Locking
- Hip-Hop Popping
- Latin
- Bollywood
- Broadway
- Charleston
- Freestyle Movement
- 40's Jive
- StreetJazz
- Flamenco
- Scottish Highland Fling
- Urban Freestyle
- Irish Jig
- Strictly imoves
- Samba Carnival

FREE TRIAL Resources



Ready to inspire your students through dance? Start your **FREE TRIAL** today and bring the joy of movement into your classroom.

Go to primarydance.imoves.com

imoves Primary Gymnastics

Primary Gymnastics Programme

Our Flexible Gymnastics Programme offers 6-10 weeks of lessons designed to develop key skills such as travel, rolling, jumping, balance, and working with small apparatus. Tailored for all abilities, it encourages students to build confidence, coordination, and creativity while having fun.

Key Benefits:

- **Child-Facing Demo Movies:** Our child-facing demonstration movies make it easy and safe for non-specialist teachers to deliver lessons confidently, ensuring every activity is modelled clearly for students to follow along.
- **Confidence-Boosting CPD:** With our online CPD, teachers receive ongoing support, helping to build confidence in delivering high-quality gymnastics lessons, even for those without specialist knowledge.
- **Develops Fundamental Movement Skills:** Our programme helps children enhance their strength, flexibility, coordination, and balance through structured yet adaptable activities that promote physical development.
- **Balanced Skills and Creativity:** The programme strikes a perfect balance between skill development and creative work, with themed lessons and bespoke music designed to engage and inspire students.
- **Flexible for all Abilities:** Our activities are adaptable to different skill levels, ensuring that every child can participate and succeed, regardless of ability.
- **Curriculum-Aligned:** Designed to meet PE curriculum standards, this programme helps schools deliver high-quality, engaging gymnastics lessons that align with educational objectives.

What's Included:

- **Skills Based Lessons:** Covering core gymnastics skills in travel, rolling, jumping, balancing and using small apparatus.
- **Creative Sequence Lessons:** Students combine skills into creative sequences, promoting skill development and teamwork.
- **Small Apparatus Work:** Introduces students to working with equipment including ribbons, ball and hoop, enhancing motor skills and coordination.
- **Assessment Tools:** Simple snapshot resources to track student progress and ensure skill development.



Trustpilot

iMoves has been a life-line for...

iMoves has been a life-line for teachers who need support with their P.E lessons and their overall P.E. curriculum. If you want fresh and exciting ideas then have a look at iMoves.

Reviews 34 • Excellent



VERIFIED COMPANY

Week	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
1 & 2 Travelling	Travel on different body parts.	Stepping forwards and sideways with straight and bent legs.	Stepping forwards, sideways and backwards with straight and bent legs.	Learn and perform a leap.	Perform a scissor and stag leap.	Spin on point and with travel. Cartwheel leaps.	Travel using hand apparatus.
3 & 4 Rolling	Perform a log roll.	Perform a log roll and an egg roll.	Perform shapes and rolls in a sequence.	Perform a log roll, an egg roll and shoulder roll.	Perform a log roll, an egg roll, shoulder roll and a teddy bear roll.	Perform a log roll, an egg roll, shoulder roll, a teddy bear roll and a forward roll.	Perform a log roll, an egg roll, shoulder roll, a teddy bear roll and a forward roll.
5 & 6 Balancing	Perform a range of gymnastics shapes.	Balance on large body parts and link it with travelling.	Balancing on large and small body parts.	Perform a range of balances including stork stand and arabesque.	Patch, point, symmetrical and asymmetrical balances.	Patch, point, symmetrical and asymmetrical balances, counter balance and counter tension.	Patch, point, Symmetrical and asymmetrical balances, counter balance and counter tension and partner balances.
7 & 8 Jumping	Jump safely from 2 feet to 2 feet.	Jump safely from 2 feet to 2 feet.	Perform a jump with a turn.	1 to 1 hop 1 to 2 hop 2 to 1 jump 1 to 1 swap leap 2 to 2 jump	Perform a range of jumps off the equipment.	Perform a range of jumps off the equipment.	Perform a range of jumps off the equipment.
9 & 10 Equipment	Equipment is not taught in Early Years. Use our creative lessons that practise skills learned during the scheme.	Work creatively with a ribbon.	Roll and bounce a ball with control.	Roll a hoop with control.	Roll and bounce a ball with control while travelling.	Techniques using a ribbon.	Apply different techniques using a range of hand apparatus.

Try our Travelling skills and Sequence lessons in the trial to see how easy it is to teach!



Focus Areas:

- **Travelling:** Different methods of moving across space with control and precision.
- **Rolling:** Skills in body rotation, enhancing flexibility and body awareness.
- **Jumping and Balancing:** Building strength, agility, and coordination including the low bench.
- **Sequences:** Combining movements to create routines, fostering creativity and teamwork.
- **Small Apparatus:** Ribbons, hoops and gymnastics balls.

Want to deliver high-quality gymnastics lessons without the need for specialist training? Start your **FREE TRIAL** today and access a selection of resources from the Gymnastics Programme.

Go to primarygymnastics.imoves.com



imoves Primary Active School

Active School

The imoves Active Schools Programme is a whole-school approach designed to get every child moving, learning, and thriving. Our comprehensive package includes a vast range of physical activity, PE, and wellbeing resources, along with personalised support from an Active Schools Coach to guide a phased rollout led by your school's PE lead.

Key Benefits:

- **Whole-School Engagement:** Resources for every part of the day, from PE lessons to active classrooms, break times, and wrap-around care.
- **Comprehensive Resource Library:** A wide variety of tools and activities that make integrating physical activity into the school day easy and effective.
- **Step-by-Step Rollout Support:** Tailored guidance from an Active Schools Coach ensures your PE lead has all the support needed for successful implementation. Plus online CPD for staff to boost confidence in PE delivery.
- **Flexible and Inclusive:** Activities that cater to all abilities and integrate seamlessly with the curriculum.

What's Included:

Your 2 hours of PE - sorted!:

- **Primary PE Curriculum:** 36 lessons per year group covering skills, sports, and personal development.
- **Specialised Deep-Dives:** Dance, gymnastics, athletics, OAA, and more, along with fun options like Combat, SportsJam, and Bootcamp.
- **Child-Facing Demo Movies, Music, and Flashcards:** Easy-to-follow resources to aid non-specialist teachers in delivering quality PE lessons.

Active Blasts:

- Over 250 short brain breaks (3-10 minutes) for classroom energisers, including categories like Dance, Fitness, Yoga, Maths, and Literacy.

Active Learning Ideas for Lessons:

- Use our library of activities linked to learning outcomes in Maths, Literacy, Sciences and Humanities.

Primary Wellbeing Resources:

- Activities focused on emotional, social, and physical wellbeing, integrating themes like Growth Mindset and resilience into active PSHE lessons.

Breaktime and Line Activities:

- Training and resources for break supervisors to keep kids active, with fun games and standing-in-line activities.



Start your journey with the imoves Active Trial - a selection of the resources for 28 days! Feel free to ask a question, just email ryan@imoves.com our Active School Coach.

Your 28 day trial starts here!
primaryactiveschool.imoves.com





Active Adventure Club - Wrap around care resources

Unlock a treasure trove of after-school fun with the Active Adventure Club (AAC)! Designed for children aged 4-7. This 6-week immersive programme transforms after-school or lunchtime care into an exciting, story-driven journey where kids become part of the adventure. Get ready for fun, active play that sparks imaginations and keeps kids engaged!

Key Benefits:

- **Teacher-Led & Easy to Run:** No need for external providers! Enthusiastic teachers or TAs can lead the club with no special training required, using our easy-to-follow resources.
- **Fun & Immersive:** Each week brings a new chapter of the adventure with engaging stories, songs, games, and quests, ensuring kids are always excited to join.
- **Cost-Effective:** Schools can charge parents for sessions, making the club self-sustaining and even profitable!
- **Inclusive & Adaptable:** Activities are designed for manageable group sizes and can be tailored to ensure all children feel included and engaged.
- **Unique Experience:** There's nothing like the AAC—its blend of adventure and active play attracts both parents and children, making it a standout offering in your school.

What's Included:

- **6-Week Programme:** A story-driven adventure filled with mysteries, games, and quests.
- **Teacher Resources:** Online movies, music, slides, and lesson plans make it easy for any teacher to run the club.
- **Flexible Delivery:** Can be delivered after school or during lunchtime with minimal prep required.



How It Works:

- **Teacher-Led:** A teacher or TA takes on the role of "Captain," leading the children on an adventure.
- **Minimal Fuss:** No special training is needed—just grab the resources and start the journey.
- **Parent Fees:** Schools can charge parents a small fee (4-8 gold coins per session) to cover costs and generate extra revenue for future programmes.
- **6 weeks access** to the platform costs just £150.00 plus vat.

Ready to set sail on a thrilling adventure?

Contact Kirsty - kirsty@imoves.com today to bring the Active Adventure Club to your school and give your students an unforgettable after-school experience!



Reviews from educational professionals **just like you!**



"Our school has been using imoves for 8 years now and we love it. It is very accessible for people who aren't confident in teaching dance. Every year we find that the children want to use it again. It's a really good programme that allows children to showcase what they've learned across the 6 or 7 weeks."

Pete Kerwood
PE Lead
Applegarth Academy



"imoves is such an incredible resource because there's so many great videos on there that make it easy for the staff without having to spend lots of time preparing things."

Joe Chaplin
PE Subject Lead
Windsor Community Primary School



"We have been using imoves for about a year now. We have just started using the Active Blasts. Our plan is that we use them during lessons when our children are starting to get a bit flat, so we want to jeuje them up, or it's a case of we just need to increase the activity levels."

Aimi Broadhead
Teacher / PE Coordinator
St. John Fisher Primary



@imovesactive



@imoves_com

Email: imogen@imoves.com

Tel: 0114 266 1061



Book a call with Imogen,
the founder of imoves