

# Dive into EVERYTHING **imoves**

Go on, it's all yours!

Assessment Tools

Lesson Plans

Slideshows

Inspiring Movies

Funky Music

Printable  
Flashcards

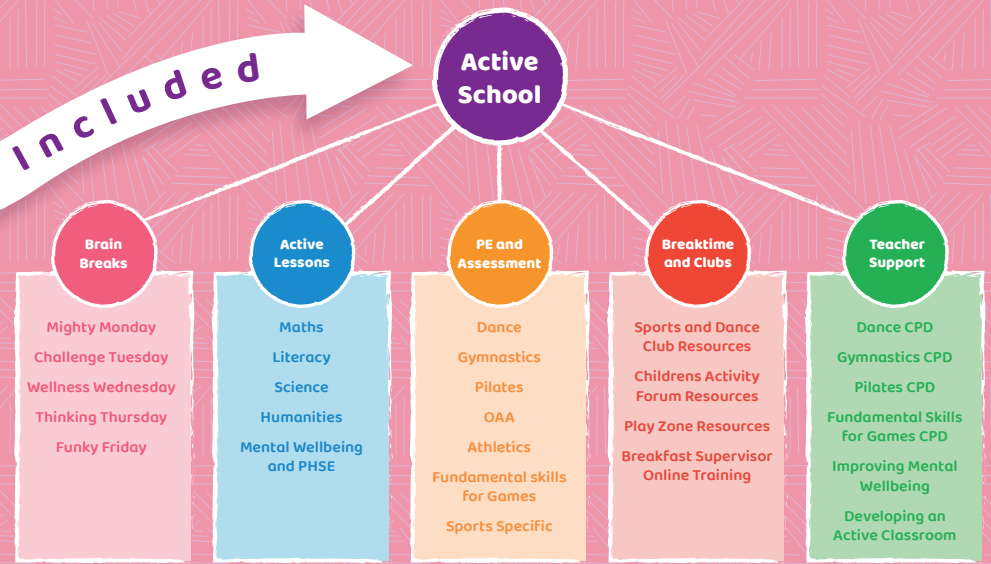
ACCESS TO  
EVERYTHING  
**imoves**



# Everything imoves at your fingertips



What's Included



## Active Topics at a Glance

Maths	Literacy	Science	History	Geography	Mental Wellbeing
Addition, Subtraction, Division and Multiplication	Phonics	The Living World	Dino's / Great Fire	<b>Countries:</b> Spain, France, Australia, India, Kenya and USA	<b>Emotional Wellbeing</b> Mood Management Reducing Anxious Feelings Boosting Confidence Developing Resilience and Growth Mindset  <b>Social Wellbeing</b> Building Friendships and Trust Developing Positive Communication Skills Creating a Healthy Environment  <b>Physical Wellbeing</b> Exercise and Health Eating for Energy Better Sleeping
Times Tables	Spelling	Materials	Aztec / Greeks	Chinese Zodiac	
Maths Fractions, Decimals and Percentages	Punctuation and Grammar	Light, Sound and Electricity	Egyptians	Circus	
Counting	Comprehension	Rocks and Fossils	Pirates	Eco Warriors	
Order and Place Value	Reading	Forces, Motion and Matter	Romans	Rain Forest	
Statistics	Well Known Stories	Mini Beasts Dance	Stonehenge	Samba Carnival	
Geometry	Mouse and Monster	Animals Dance	Tudors	Weather	
Measurement	Dorothy and Toto in Oz	Under the Sea Dance	Victorians	Flamenco	
Money	The Enormous Crocodile	Solar System Dance	Vikings	Highland Fling	
Time	Fairy Tales	Space Dance	World War 1 and 2	Irish Jig	
Position and Direction	Nursery Rhymes	Exercise and Healthy Eating	<b>Historic Dances:</b> Charleston, Broadway, Latin, Jive and Disco	Bollywood Dance	



Your  
**Active30**

Minutes  
Sorted



# Active Blasts at a glance

3 - 10 minute classroom dance, fitness and wellbeing activities to improve focus, mood and behaviour!



Quick Blasts 2 minute blasts to boost energy levels!	Mighty Monday	Challenge Tuesday	Wellness Wednesday	Thinking Thursday	Funky Friday
<b>Start your day dance with our fab presenters:</b> <ul style="list-style-type: none"> <li>• Ryan</li> <li>• Chloe</li> <li>• Amy</li> <li>• Jack and Morgan</li> <li>• Gaye and Ryan</li> </ul> 	<b>Strong Body</b> <ul style="list-style-type: none"> <li>• 10 Awesome Body Blasts</li> <li>• 5 Fabulous Yoga Fit</li> <li>• 6 Super Strong Muscles</li> <li>• Strong Bones</li> </ul>	<b>Fitness</b> <ul style="list-style-type: none"> <li>• Combat</li> <li>• Cheerdance</li> <li>• SportsJam</li> <li>• Yoga</li> </ul> 	<b>Healthy and Well</b> <ul style="list-style-type: none"> <li>• 4 Fun Exercising for Health</li> <li>• 4 Brilliant Healthy Eating</li> <li>• Health and Hygiene</li> <li>• Yoga Fit Challenge</li> </ul>	<b>Maths on the Move</b> <ul style="list-style-type: none"> <li>• Timetables</li> <li>• Time</li> <li>• Percentages</li> <li>• Multiples of...</li> <li>• Circle Words</li> <li>• Maths Language</li> <li>• Directions and Positions</li> <li>• Right-angles</li> </ul>	<b>Modern Movers</b> <ul style="list-style-type: none"> <li>• Bollywood</li> <li>• Cheerdance</li> <li>• Locking and Popping</li> <li>• Hip Hop</li> <li>• Street Dance</li> <li>• Flamenco</li> </ul> 
<b>Pop Hits</b> <ul style="list-style-type: none"> <li>• Funky Mambo</li> <li>• Jump</li> <li>• Classic</li> <li>• 5,6,7,8</li> <li>• Eye of the Tiger</li> <li>• I Say Yeah Yeah</li> <li>• Shut up and Dance</li> <li>• Celebrate</li> <li>• Count on Me</li> </ul> 	<b>Strong Heart</b> <ul style="list-style-type: none"> <li>• Cardio Fitness Challenges</li> <li>• Pulse Monitoring Challenges</li> <li>• Combat Blast</li> <li>• Dance Blast</li> <li>• Hiit</li> </ul> 	<b>Mountain Bike</b> A selection of POV mountain bike fitness challenges 	<b>Emotionally Well</b> <ul style="list-style-type: none"> <li>• Healthy Minds</li> <li>• The Power of YET</li> <li>• Brave Face</li> <li>• Growth Mindset</li> <li>• Anger Rap</li> <li>• Anxiety Hotspots</li> <li>• Resetting your Breath</li> </ul> 	<b>Literacy Lunacy</b> <ul style="list-style-type: none"> <li>• Phonics</li> <li>• Learning the Alphabet</li> <li>• SPAG</li> <li>• Well Loved Stories</li> <li>• Reading out Loud</li> <li>• Poems, Rhythm and Beat</li> <li>• Adverbs and Adjectives</li> <li>• Nouns and Pronouns</li> <li>• Opposites</li> <li>• Prefix and Suffix</li> </ul>	<b>Crazy Fun</b> <ul style="list-style-type: none"> <li>• Hoe Down</li> <li>• Laughing Yoga</li> <li>• Dance Blast</li> <li>• Samba</li> <li>• Disco</li> <li>• Charleston</li> <li>• Pirates Dance</li> <li>• Chinese Zodiac</li> <li>• Jack and Morgan say...</li> </ul>
<b>Energising</b> <ul style="list-style-type: none"> <li>• Body Blasts</li> <li>• Hiit blasts</li> <li>• Pilates Blast</li> <li>• Fit Challenge</li> <li>• Yoga Fit</li> <li>• Calming Pilates Chair</li> </ul> 	<b>Strong Mind</b> <ul style="list-style-type: none"> <li>• Focus your mind</li> <li>• Growth Mindset</li> <li>• Brave Face</li> </ul>	<b>Strong Core</b> <ul style="list-style-type: none"> <li>• Pilates</li> <li>• Yoga</li> <li>• Balance</li> </ul>	<b>Socially Well</b> <ul style="list-style-type: none"> <li>• Friendship</li> <li>• Trust Building</li> <li>• Healthy Environment</li> </ul>	<b>Science and History</b> <ul style="list-style-type: none"> <li>• The Human Body</li> <li>• Growing up</li> <li>• Healthy Eating Choices</li> <li>• Romans</li> <li>• Egyptians</li> </ul>	<b>Fit and Funky</b> <ul style="list-style-type: none"> <li>• Combat</li> <li>• Pop hits</li> <li>• Pumped up Pilates</li> <li>• Chairobics</li> <li>• Popping, Rhythm and Beat</li> </ul>

**Plus** a great selection of breaktime, corridor and line activities too!

# Move in Maths! Here's lots of inspiring activities to make maths super fun and **bursting** with engagement

## Active Maths Resources 5 – 7 years

### Counting, Place Value, Add and Subtraction

- Add and Subtract Numbers and Terms
- Counting Steps of 1, 2, 3, 5 and 10 from 0
- Number Sequences
- Match Numerals to Words
- Number Bonds
- Read and Write Numbers
- Mathematical Language Equal to, More Than, Less Than...

### Money and Coins

- Coins and Value
- Add and Subtract Money
- Symbols for Pounds and Pence

### Multiplication

- Multiples of 2's, 3's, 5's and 10's
- Multiples of Odd and Even Numbers

### Fractions, Charts and Measurements

- Parts and Fractions of an Object
- Tally Charts
- Position and Direction
- Measure a Distance Using my Feet

### Time

- Tell and Write the Time to Five Minutes
- Tell and Write the Time to Five Minutes
- Days of the Week and Sequencing Events

### Shapes

- Compare 2-D and 3-D Shapes with Everyday Objects



## Active Maths Resources 7 – 11 years

### Add, Subtract, Multiply and Divide

- Add and Multiply Whole Numbers
- Multiply and Divide Multi-Digit Numbers
- Add and Subtract Fractions
- Solve Complex Problems.
- Multiples of 2,3, 4,5 6, 7, 8, 9, 10, 25, 50, 100 and 1000
- Times Tables from 1 to 12
- Compare Numbers up to 3 Decimal Places
- Multiply Proper Fractions and Mixed Numbers by Whole Numbers
- Mental Mathematics

### Fractions

- Comparing and Ordering Fractions
- Compare and Order Fractions, Including Fractions Less Than 1
- Simple Fractions, Decimals and Percentages
- Solve Problems Requiring Percentage and Decimal Equivalents

### Money and Coins

- Add and Subtract Amounts of Money to Give Change
- Approximate Equivalences Between Metric and Imperial units
- Solve Simple Money Problems to Two Decimal Places

### Time & Measurement

- Using Analogue and Digital Clocks
- Convert Time for Seconds, Minutes, Days etc
- Compare Durations of Events
- Know and Recall the Number of Days in Each Month
- Convert Between Miles and Kilometres

### Charts and Grids

- Pie Charts, Bar Charts, Pictograms and Tables
- Describe Positions on a 2-D Grid as Coordinates
- Find the Area of Rectilinear Shapes by Counting Squares

### Shapes and Angles

- Right Angles, Acute, Obtuse and Reflex Angles
- Name Parts of Circles

### Numbers, Counting and Sequencing

- BODMAS
- Prime Numbers
- Negative Numbers and Count Backwards Through Zero
- Numbers up to and Beyond 1000
- Rounding Numbers
- Linear Number Sequences
- Solve Problems Using Formulas
- Roman Numerals





## Active Science Resources

### 4 – 11 years

#### Humans

- Basic Body Parts of a Human Being
- How Humans Grow and Develop
- Human Circulatory System
- Exercise, Health and Hygiene
- Skeletons, Bones and Joints
- Muscles
- Types of Teeth
- Nutrition



#### Animals All Living Things

- Common Plants, Trees and Animals
- Animals that have Offspring and Grow into Adults
- Grouping all Living Things
- How Seeds and Bulbs Grow
- Water and how it Transport Through Plants
- Life Cycles and Water Cycles
- Food Chains
- How Living Things Change Over Time

#### Materials

- Everyday Objects and Materials
- Materials that can Bend, Twist and be Squashed
- Solids, Liquid and Gases
- Evaporation and Condensation
- Positive and Negative
- Resistance and Friction
- Mechanisms, Pulley, Gears and Levers

#### Light, sound and electricity

- Light Source and Vision
- Shadows
- Sound Waves and how they Travel
- Constructing a Simple Electrical Circuit

#### Earth and Space

- Changes Across the 4 Seasons
- Fossils and Rocks Formation
- Understanding Gravity
- The Movement of the Earth Around the Sun
- The Solar System

## Active Literacy Resources

### 4 – 7 years

- Phonics
- The Alphabet
- Rhymes, Poems and Stories
- Opposites
- Punctuation and Apostrophe
- Reading Books Aloud
- Spelling Words (40 Phonemes)
- Spelling Rules
- Using Contracted Words
- Word and Sound Recognition
- Making Inferences from a Text
- Suffixes
- Identify Sentences with Different Forms
- Introduction to Nonfiction Text

### 7 – 11 years

- Descriptive Writing Challenges
- SPAG
- ISPAD
- Rhymes, Poems and Performance
- Punctuation Marks
- Nouns Vs Pronouns
- Plural Positioning
- Words that Sound the Same but are Spelt Differently
- Formal and Informal Speech
- Adverbials
- Prefixes and Suffixes to Root Words
- Commonly Misspelled Words
- Present, Past and Future Tense
- Use Brackets, Dashes or Commas to Indicate Parenthesis
- Statements of Fact and Opinion
- Synonyms and Antonyms
- Conjunctions
- Relative Clauses - Who, Whose, Why, Where and Which
- Identifying main ideas drawn from more than one paragraph

## Active Humanities

Teach history and geography topics through the wonderful medium of dance - see which dance schemes are included in this section:

#### Historical:

- Dinosaurs
- Pirates
- The Great Fire of London
- 70s Disco
- 40s Jive
- 20's Charleston
- The Aztecs
- The Vikings
- The Romans
- The Egyptians
- The Victorians
- Stonehenge
- The Greeks and the Trojan Horse
- World War 1 and 2
- Tudor Dancing

#### Geographical:

- The Weather
- Countries of the World
- Chinese Zodiac
- Under the Sea
- The Rainforest
- Eco Warriors
- Flamenco
- Samba Carnival
- Savannah Harvest
- Bollywood
- Latin Dance
- Scottish Dancing
- Irish Dancing



Add a little **VavaVoom** to Literacy, Science and Humanities



# Everything Dance

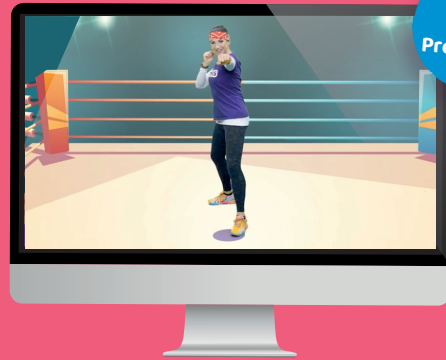
Wall Display



Knowledge Organisers



Top UK Dance Presenters



Fun Topics



Exciting Dance Styles



Easy to follow movies



Flashcards



CPD support and guides



Teach Primary Dance with Confidence



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
- Romans
- Stonehenge
- All About Me
- Vikings
- Aztecs
- Savannah Harvest
- Solar System
- Tudors

## Styles

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

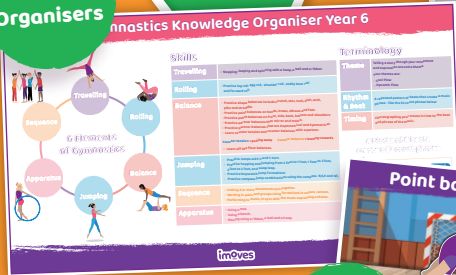


# Gymnastics

Our brilliant programme has everything you need to teach Gymnastics with confidence. Use our demo movies and flashcards with the kids, and use the music to add some creative flare to the skills learned.

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.

Knowledge Organisers



Flashcards



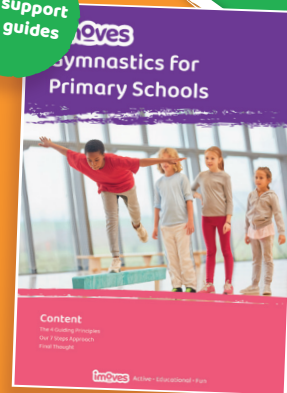
Wall Display



Fun Videos



CPD support and guides





# Pilates and Core Strength for PE

## Programme of Themed Resources







Our children's Pilates program has been included in the PE curriculum because it is essential for building a strong core and developing good body awareness, which are key components of physical literacy.

Each scheme is designed around a theme, so children can learn and practise a set of Pilates moves to fun, specially produced music.

Our program includes movies and flashcards to help you safely and effectively facilitate the Pilates positions with your students.

All the Pilates positions included in the program are incredibly beneficial for children's physical health. By incorporating Pilates into the PE curriculum, children can improve their balance, coordination, and overall physical well-being.

By making the program engaging and enjoyable with themed schemes and fun music, we hope to encourage children to develop lifelong habits of physical activity and healthy living.

Week	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
1 & 2	<b>Hop Little Bunnies</b> 	<b>The Jungle</b> 	<b>Haunted House</b> 	<b>Winter Activities</b> 	<b>Scary Movies</b> 	<b>My Family</b> 	<b>Dance</b> 
3 & 4	<b>The Jungle</b> 	<b>Toys</b> 	<b>A Magic Bucket</b> 	<b>Countries</b> 	<b>I Went to Market</b> 	<b>Through the Decades</b> 	<b>Olympics</b> 
5 & 6	<b>Toys</b> 	<b>Haunted House</b> 	<b>Winter Activities</b> 	<b>Scary Movies</b> 	<b>My Family</b> 	<b>Dance</b> 	<b>Through the Decades</b> 

Knowledge Organisers

Wall Display

Fun Videos

CPD support and guides

Flashcards



**Pilates Knowledge Organiser Year 1**

**Key Words**

- Neutral Spine
- Core of Centre
- Wobbling
- Crossed Legs

**6 Elements of Pilates**

- Breathing
- Control
- Centering
- Concentration
- Coherence
- Continuity

**Move 2: Swan Dive**

Lifts your body up, arch your back and hiss like a snake.

Keep shoulders down.

Push your hips on the floor.

Legs straight.

Head up.

Press of my body.

Lower back.



**imoves**

Teaching Pilates to children to improve core strength

A teacher's guide to enhancing core strength in their own classroom and at home.

**Content**

- A series of 10 lessons
- 100 pages
- 100 photos

**imoves** Active Education Ltd



Two women, one in an orange shirt and one in a blue shirt, are sitting at a table with a laptop, representing CPD support and guides.



A child is performing a Pilates move on a mat, with a group of cartoon characters in the background, representing fun videos.





# Fundamental Skills for Games

imoves PE Fundamentals programme consists of 6 blocks with 6 lessons each (totalling 36) presented in half-termly intervals.

Each block has an overarching learning outcome, and although each block has a specific theme, they are all linked and reinforced to enhance learning.

Each lesson has a personal and skill objective provided as part of the curriculum ensuring your teaching is developing the whole child.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<b>iexercise</b> Health, fitness and strength	<b>imove</b> Agility, motor skills and coordination	<b>ipractise</b> Resilience and persistence	<b>icomunicate</b> Social skills and cooperation	<b>ithink</b> Reasoning, tactics and problem solving	<b>icreate</b> Creativity and adaptation
Year 1	<b>iexercise</b> Health, fitness and strength	<b>imove</b> Agility, motor skills and coordination	<b>ipractise</b> Resilience	<b>icomunicate</b> Social skills and cooperation	<b>ithink</b> Reasoning, tactics and problem solving	<b>icreate</b> Creativity and adaptation
Year 2	<b>iexercise</b> Health, fitness and strength	<b>imove</b> Agility, motor skills and coordination	<b>ipractise</b> Resilience and persistence	<b>icomunicate</b> Social skills and cooperation	<b>ithink</b> Reasoning, tactics and problem solving	<b>icreate</b> Creativity and adaptation
Year 3	<b>imove</b> Agility, motor skills and coordination	<b>ipractise</b> Resilience and persistence	<b>icomunicate</b> Social skills and cooperation	<b>icreate</b> Creativity and adaptation	<b>ithink</b> Reasoning, tactics and problem solving	<b>iexercise</b> Health, fitness and strength
Year 4	<b>imove</b> Agility, motor skills and coordination	<b>ipractise</b> Resilience and persistence	<b>icomunicate</b> Social skills and cooperation	<b>icreate</b> Creativity and adaptation	<b>ithink</b> Reasoning, tactics and problem solving	<b>iexercise</b> Health, fitness and strength
Year 5	<b>ipractise</b> Resilience and persistence	<b>icomunicate</b> Social skills and cooperation	<b>icreate</b> Creativity and adaptation	<b>ithink</b> Reasoning, tactics and problem solving	<b>iexercise</b> Health, fitness and strength	<b>imove</b> Agility, motor skills and coordination
Year 6	<b>ipractise</b> Resilience and persistence	<b>icomunicate</b> Social skills and cooperation	<b>icreate</b> Creativity and adaptation	<b>ithink</b> Reasoning, tactics and problem solving	<b>iexercise</b> Health, fitness and strength	<b>imove</b> Agility, motor skills and coordination

Physical Literacy Skills

Personal Life Skills



Knowledge Organisers

Assessment Snapshots

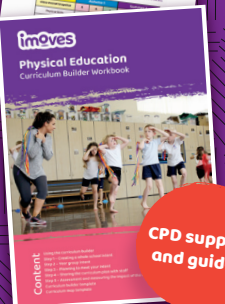
Fun Videos



Wall Display



Flashcards



CPD support and guides

# Sports Specific

## Prepare to Compete Units:

- Badminton
- Basketball
- Cricket
- Football
- Hockey
- Tag Rugby
- Tennis
- Netball
- Rounders
- Volleyball

**imoves Football Assessment Snapshots**

Emerging	Secure	Advanced
Can kick the ball with some control	Can kick the ball with control and accuracy	Can kick the ball with control and accuracy and can pass to a target
Can pass the ball with some control	Can pass the ball with control and accuracy	Can pass the ball with control and accuracy and can pass to a target
Can receive the ball with some control	Can receive the ball with control and accuracy	Can receive the ball with control and accuracy and can pass to a target
Can control the ball with some control	Can control the ball with control and accuracy	Can control the ball with control and accuracy and can pass to a target
Can dribble the ball with some control	Can dribble the ball with control and accuracy	Can dribble the ball with control and accuracy and can pass to a target
Can head the ball with some control	Can head the ball with control and accuracy	Can head the ball with control and accuracy and can pass to a target
Can throw the ball with some control	Can throw the ball with control and accuracy	Can throw the ball with control and accuracy and can pass to a target
Can catch the ball with some control	Can catch the ball with control and accuracy	Can catch the ball with control and accuracy and can pass to a target
Can set the ball with some control	Can set the ball with control and accuracy	Can set the ball with control and accuracy and can pass to a target
Can take the ball with some control	Can take the ball with control and accuracy	Can take the ball with control and accuracy and can pass to a target

Easy Snapshot Assessments



Fun Videos

**Football knowledge organiser**

2 teams  
11 players on each team  
Two halves of 45 minutes plus stoppage time

**Keywords**

- Defence:** Preventing the opposition from scoring.
- Goalkeeping:** Preventing the ball from entering the goal.
- Midfield:** Connecting the defence and attack.
- Attack:** Scoring goals.
- Set pieces:** Free kicks, corners, throw-ins.
- Offside:** A rule that prevents a player from being too far forward.
- Goalkeeping rules:** Only allowed to touch the ball with their hands.
- Handball:** Only allowed to touch the ball with their hands.
- Goalkeeping rules:** Only allowed to touch the ball with their hands.

Knowledge Organisers

## Other brilliant things to try:

- Combat
- Cheerleading
- Yoga
- Bootcamp

Planning

**imoves Ball skills 2**

**Lesson Information**

- Duration:** 45 minutes
- Equipment:** 15 cones
- Age of players:** Year 5
- Number of players:** 20
- Assessment or evaluation criteria:** Accuracy, control, speed.
- Primary learning objectives:** Develop ball control skills.
- Secondary learning objectives:** Improve coordination.
- Resources:** Cones, ball.
- Activities:** Warm up, main activity, cool down.
- Assessment:** Observation, self-reflection.
- Reflection questions:** How did you feel? What did you learn?



# Breaktime Games

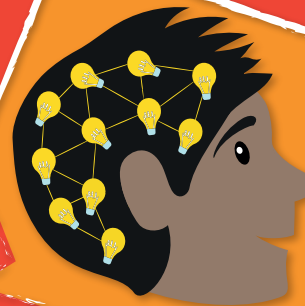
- Capture the Flag
- Catch it, Head it
- Clap Catch Goose
- Ghostbusters
- Name Ball
- Rock Paper, Scissors (Full Body Version)
- Sailors and Sharks
- Salt and Pepper
- Scoop
- Shipwrecked



# Line Activities

## Easy activities to do when standing in a line!

To help children stay focused and replenish oxygen to their brains before their next class, teach them our easy rhymes with actions and words that they can perform anytime.





# Stay Connected!

We're all about staying connected with our awesome family of schools!  
We know that chatting and sharing information is super important, which is why we've made it incredibly easy for you to reach out to us.

**Connect with us on social media**, and share all your wonderful pictures and videos of your class using imoves



@imovesactive



@imoves\_com

Join a growing community of like-minded teachers where you can share ideas, ask questions and get all the latest info! Head over to Facebook and search 'imoves - tips, advice and member forum'



## Get in touch with your imoves coach



**Ryan**

ryan@imoves.com

01142 661061

Areas of expertise:  
PE | Active 30 | Active Playtime

Meet Ryan - a teacher and PE coordinator with a serious talent for entertaining!

He's been working in education for years and has led his school to 4 gold and 2 platinum school games awards - talk about impressive!

The folks at the BBC recognised Ryan's skills too, and he won a national Teacher Talent Award in 2018. Since then, he's been a regular presenter on BBC Bitesize, Live Lessons, and the BBC Teach website. He even created his own Super Movers Brain Booster Video - what can't this guy do?!

Ryan is here to support you and your teachers, so feel free to ask any questions.



**Imogen**

imogen@imoves.com

01142 661061

Areas of expertise:  
Dance | Gymnastics | Active Classrooms

Meet Imogen - the brains behind imoves.

Through years of experience, Imogen has built up strong relationships with those across the educational sector and understands the immense and ever-increasing pressure on teachers.

She has worked incredibly hard to develop a comprehensive programme that equips teachers with everything they need to deliver high quality PE and achieve Active 30 targets.

Imogen is here to support you and your teachers, so feel free to ask her anything!

Join our weekly drop-in sessions for teachers, PE leads and SLT's who are eager to receive expert support in developing active lessons across the entire curriculum. Every Thursday from 3.30pm.

To book a slot visit - <https://calendly.com/imogen-imoves>