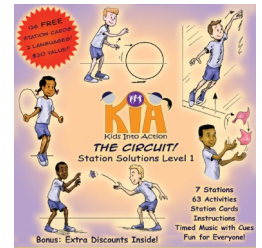




CD's



DVD's



Printable Circuits

## Kids Into Action CDs and DVDs *For JUNIOR*

### What is available?

Music CDs with physical activity instructions: Volume I English & French  
Volume II English & French  
Volume III English & French coming soon

DVDs (1 English, 1 French) Grades 1-6

Circuits CDs: Sport Specific Circuits Level 2 for grade 4-8  
Equipment Circuits Level 2 for grade 4-8

All Circuit CDs come with 206 printable stations in each **French & English on the same CD** (total of 412 stations) and music with 'change activity' cues

- ◆ Put the CD in the player and push play: **NO PREP-TIME**
- ◆ **Teachers** love the ease; **Kids** love the **FUN** activity!
- ◆ No musicality or dance knowledge required, can be led by non-PE trained teachers
- ◆ Can be used **IN THE CLASSROOM**
- ◆ 6 x 10 minute tracks of music background with physical activity instructions recorded over
- ◆ Step by step instructions for every move & proper structure:
  1. warm up
  2. stretching
  3. moderate activity
  4. vigorous activity
  5. cool down
- ◆ Many 'cross body' exercises helping to stimulate brain activity
- ◆ Designed to elevate your heart rate.
- ◆ Age appropriate music and moves
- ◆ **In English & French**