



Skillastics®

#1 Large Group Physical Activity Resource



Product Catalog

Enjoyed by over 10 Million Students in More than 25,000 Physical Education Classes,
After School Programs, and Community Based Organizations Nationwide!

www.skillastics.com

Skillastics®

Skillastics® Includes Everything You Need to Get **ALL Your Students Moving, Learning, and Having Fun!**

- One (1), 5' x 7' Durable Activity Mat (displaying 26 fitness or sport specific activities with three different levels of repetitions)
- Six (6) Durable Miniature Mats for Team or Small Space Use
- Six (6) Multi-Colored Foam Dice
- Six (6) Multi-Colored Beanbag Markers
- Twenty-six (26), 5" x 7" Laminated Activity Task Cards (Matching 26 Activities on Mat for Practice and Familiarization)
- Instructional DVD (except Volleyball & Bfit4 Winter Skillastics®)
- Detailed Instructional Manual
- Convenient Storage Backpack
- After Purchase, Supplemental Documents and On-Going Support as Needed



Why Skillastics®?

Skillastics® is the affordable solution that combines active and cooperative learning with the development of fitness and sport fundamental skills. Whether working with a large group or classroom setting, Skillastics® as a whole or as individual components can be used multiple ways all year long!

- Aligns with the National PE Standards & After School HEPA Guidelines
- Inclusive for All Abilities
- Maximum Participation – 80% Average MVPA (no standing in lines)
- Up to 100 Children Can Play at One Time
- Does not Require a lot of Space
- Allows for Quick Set Up & Storage (everything fits in one bag)
- Great Team Building Activity
- Integrates Nutritional Components that are Aligned with MyPlate
- Can be Used Indoors or Outdoors
- Excellent Activity to Measure Heartrate (142 bpm average)
- Reinforces & Helps Develop Sports Skills in an Active and Fun Way
- Effective Assessment Tool
- Incorporates Academic Principles like STEM, Math, Reading, Muscle Recognition, etc.
- Increases Student Engagement and Improves Physical Literacy

Skillastics® Connection With the Comprehensive School Physical Activity Program (CSPAP)

CSPAP is a multi-component approach by which school districts and schools create opportunities for all students to participate in 60 minutes of moderate-to-vigorous activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime.

Skillastics® has the versatility to effectively achieve the goals and objectives of all 5 components of CSPAP.

Quality Physical Education

(Foundation)

- Developmentally Appropriate
- Provides Maximum Participation
- Use to Teach and Assess the National PE Standards
- Skillastics® Components can be Used for Warm-Ups or Small-Sided games and much, much more!!!

Physical Activity During School

- Be Fit 2 Learn Skillastics® Math
- Share Task Cards and Skillastics® Mini Mats with Classroom Teachers for Brain Breaks
- Inclusive Instant Recess Activity
- Share Nutrition & STEM Cards with Classroom Teachers

Physical Activity Before and After School

- Fulfills Healthy Eating and Physical Activity Guidelines
- Enhance STEM knowledge
- Skill Development for Intramural Programs
- Fitness Club Activities

Staff Involvement

- Fun Break During In-Service Days
- Opportunity to Educate other Teachers on Physical Activity
- Employee Wellness Resource
- Efficient Substitute Resource

Family and Community Engagement

- Family Fitness Events
- Community Health Fairs
- Activities can be Used for Fitness Calendars or Challenges to Promote Physical Activity at Home
- Summer Camps

60 Minutes
Comprehensive School
Physical Activity Program

The CSPAP documents were developed by the CDC in collaboration with SHAPE America-Society of Health and Physical Educators.

How Does Skillastics® Work?

- Set up play area as shown
- Distribute Academic Question Cards to each team area *(Optional, see below)*
- Divide a group into 6 teams
- Assign each team a color
- Each team receives a miniature mat and is assigned a team area
- On signal, one child from each team jogs to his/her assigned color die and bean-bag located on the large mat
- He/she moves his/her beanbag marker the amount rolled
- He/she goes back to his/her team and explains the activity or points it out on the mini mat
- The team does the activity together based on the number of repetitions stated on the mat
- Repeat the process with another child on each team
- Every team is moving simultaneously, but independently of each other – Moving, Learning and Having FUN!
- Skillastics® is non-competitive, but has the versatility to be played competitively in many different ways
- Academic & nutritional content questions. *(Optional, see below)*



Integrating the Academic Question Cards

(Nutrition, STEM, Math)

- After the teams complete the activity together, the child that rolled the dice looks at the color border around the activity just completed
- The child matches the color of the border to one of the Academic Question Card categories *(Cards are distributed to each team prior to play)*
- This child picks a card from that category and reads it to the group
- The group answers or discusses the question
- If the question is answered correctly, it goes in one pile, and if incorrectly, it goes into another pile
- The process is repeated with another child on each team



Fitness

Skillastics Activity Kits

Whether you're teaching a PE Class or supervising an After School Program, getting children excited about fitness can be a challenge. Skillastics® positively promotes lifelong physical activity by encouraging maximum participation for all ages and abilities in a FUN, non-threatening atmosphere.



Fitness Skillastics®

- A Fitness "Classic" that Continues to be One of Our Most Popular Kits
- Proper & Common Muscle Recognition Activities Included
- Integrates Perfectly with Elementary Skillastics® Nutritional Cards
- Great Family Fitness Event Activity
- No Additional Equipment Needed
- Targets Grades 2-5

[GFF02]



Fitness Xtreme Skillastics®

[GFF05]

- Perfect Add-On Activity for Lifestyle Fitness Programs
- Activities Help Students Prepare for FitnessGram® Testing
- No Additional Equipment Needed
- Integrates Perfectly with Secondary Skillastics® Nutritional Cards
- Targets Grades 6-12



Speed Stacks Skillastics®

[GFF13]

- Increases Sport Stacking Agility & Skills
- Develops Both Right and Left Sides of the Brain
- Integrates Perfectly with Elementary Skillastics® Nutritional Cards
- Enhance MVPA in Your Cup Stacking Program
- Speed Stacks® Cups Sold Separately
- Targets Grades 3-6



Let's Move in School Skillastics®

[GFF10]

- FIRST and ONLY Resource Officially Licensed to Support the AAHPERD (currently SHAPE America) Let's Move in School Initiative
- Activities Target Running, Jumping and Throwing Fundamental Skills
- No Additional Equipment Needed
- Perfect Fit to the Comprehensive School Physical Activity Program (CSPAP)
- Targets Grades 3-8



Bundle and SAVE! Let Us Design a Custom Skillastics® Package for You! Call: **888.842.7746**



Sport Specific

Skillastics Activity Kits

Skillastics® inspires all children to enjoy working on the basic fundamentals of sport specific skills. Self-esteem is enhanced and anxiety diminished when children of all skill levels are able to participate in a non-competitive, non-threatening environment.

Basketball Skillastics®

- The Original Activity Kit that Started the Skillastics® Revolution!
- Activities Target Ball-Handling, Dribbling, Passing and Shooting
- Great for PE, After School, and Basketball Camps
- Increases Hand/Eye Coordination
- Integrates Perfectly with Skillastics® Nutritional Cards
- No Baskets Needed, but can be Integrated
- Targets Grades 2-8

[GFF01]



Soccer Skillastics®

- Approved by American Youth Soccer Organization
- Activities Target All Basic Fundamental Skills for Field Players
- Played Indoors or Outdoors
- Great for PE, After School, and Soccer Camps or Festivals
- Integrates Perfectly with Skillastics® Nutritional Cards
- Targets Grades 3-12

[GFF04]



Tennis Skillastics®

- Approved by the United States Tennis Association
- Integrated into the USA's Schools Tennis Program
- Featured Numerous Times on a Court During Arthur Ashe Kids Day
- Enhances Interest in a Lifetime Sport
- Played Indoors or Outdoors
- Great for PE, After School, and Tennis Camps or Festivals
- Integrates Perfectly with Skillastics® Nutritional Cards
- Targets Grades 3-8

[GFF08]



Volleyball Skillastics®

- Approved by USA Volleyball
- Activities Target a Mixture of Individual, Partner, and Team Participation
- Integrates Perfectly with Skillastics® Nutritional Cards
- Volleyball Nets Not Needed
- Great for PE, After School, and Volleyball Camps or Festivals
- Played Indoors or Outdoors
- Targets Grades 3-12

[CFF06]



Academic Enhanced

Skillastics Activity Kits

Mounting evidence has revealed an increase in physical activity reduces stress, improves

concentration, and enhances academic performance. Skillastics® combines movement and creativity with STEM and Math content and questioning to create a balance of learning in an atmosphere of fun!



STEM Skillastics®

- Provides Alignment with the Next Generation Science Standards
- Option to Purchase Template to Add Your Own Customized STEM Questions
- Contain 720 STEM Content Question Cards (120 Questions for Each Team)
- No Additional Equipment Needed
- Increases Interest in STEM
- Unites All Content Areas by Increasing Skills that Include Language, Reading, Physical Activity, Math, and Science
- Targets Grades 3-6

[GFF12]



Be Fit 2 Learn Skillastics® Math

- Provides Alignment with the National Mathematics Standards
- Increases Interest in Math
- Includes 360 Questions – 60 questions for Each Team, Divided into Four Categories (i.e. Addition, Subtraction, Money, Time), which are Customized for Grades 2-6
- Large Activity Mat is Smaller, Conducive for a Classroom Environment
- No Additional Equipment Needed
- Targets Grades 2-6
- One Complete Be Fit 2 Learn Skillastics® Math Activity Kit Includes:
 - 1, Activity Mat (36" x 46")
 - 6, 11" x 17" Folded Laminated Reference Cards
 - 6, Assorted Color Die and Markers
 - Detailed Manual with Multiple Activities & QR Codes for all 26 Activities
- Instructional DVD
- Convenient Backpack Storage Bag
- One Full Level Grade Card Set (You Choose):
 - 2nd: Addition/ Subtraction/ Money/ Time
 - 3rd: Multiplication/ Division/ Fractions/ Money
 - 4th: Multiplication/ Division/ Fractions/ Probability
 - 5th: Multiplication with Word Problems/ Division with Word Problems/ Fractions/ Measurement, Distance, Miles, Liquid
 - 6th: Algebra/ Geometry/ Fractions/ Data Analysis

[GFF11]



Bundle and SAVE! Let Us Design a Custom Skillastics® Package for You! Call: **888.842.7746**.



The Skillastics® technique was designed with a strong emphasis on social and emotional learning. Character is Cool Skillastics® takes it to another level by helping children develop character traits like sportsmanship, respect, responsibility, teamwork, caring and honesty.

Character Education

Skillastics Activity Kit



Character is Cool Skillastics®

- Complements Bully Awareness Programs
- Complements Character Education Programs
- Approved by Physical Education and Physical Activity Experts
- Includes Assessment Exercises
- Contains Teaching Tips and Strategies
- Provides Explanations why each of the 26 Activities are Associated with a Certain Character Trait
- No Additional Equipment Needed
- Played Indoors or Outdoors
- Targets Grades 3-8

[GFF09]



Halfpint Skillastics® introduces young children (ages 3-5) to a variety of movement skills as well as encouraging creativity and imagination in a non-competitive but active environment. The activities are developmentally appropriate and help reinforce basic movement skills as well as color and shape recognition.

Early Childhood

Skillastics Activity Kit



Halfpint Skillastics®

- Develops Motor Skills and Movement Patterns
- Increases Color, Shape, and Number Recognition
- Great Resource for Dual Immersion Classes
- Encourages Creativity and Imagination
- Develops Spatial Awareness and Social Interaction
- Includes Music CD Featuring 72, 30
- Second Tracks of each Activity (slow and fast tempos)
- Includes 36, Age Appropriate Activity Cards
- Targets Ages 3-5

[GFF03]
English
[GFF03s]
English / Spanish



Nutrition

Add-On Options

Increasing children's knowledge about nutrition is essential in the development of healthy eating

practices. Skillastics® Nutritional Cards are a mega pack of nutrition based questions that get children excited about learning. Whether integrated with our Activity Kits or used alone, nutrition education has never been so fun!



Skillastics® Nutritional Cards - Elementary Level

- Complements MyPlate®
- Integrates with Most Skillastics® Activity Kits
- Contains 360 Questions (60 questions segmented into the 5 Food Groups Including Oils & Empty Calories)
- Compliments Coordinated School, PE, and After School Programs
- Includes True/False and Multiple Choice Questions
- Targets Grades 1-5

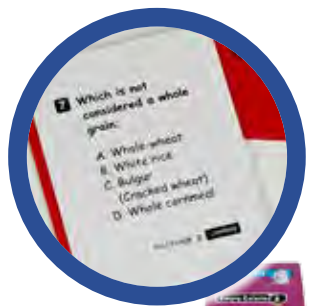
[CFF02]



Skillastics® Nutritional Cards - Secondary Level

- Complements MyPlate®
- Integrates with Most Skillastics® Activity Kits
- Contains 630 Questions (105 Questions Segmented into the 5 Food Groups Including Oils and Empty Calories)
- Includes True/False and Multiple Choice Questions
- Compliments Coordinated School, PE, and After School Programs
- Targets Grades 6-12

[CFF01]



Choose **MyPlate.gov**

All Skillastics® Nutrition Cards Align with MyPlate

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Playground Activity Stencils

The Fitness FunZone® and the Fitness FunZone® Trail are the brainchild of a collaborative effort between Sandy Spin Slade, Inc. and Peaceful Playgrounds, Inc. These one-of-a-kind pavement design systems include a wide range of circuit activities and can be modified to suit any age, fitness and health of each participant.

Fitness FunZone®

Fitness FunZone®

- Activity Court Designed to Accommodate 1 to 50 Children
- Includes Multiple Game and Activity Applications
- Incorporates Fitness and Nutrition
- Targets Grades 1-6
- Fitness FunZone® Includes:
 - 12 Fitness Stencils
 - 12 Jump Rope Stencils
 - Four Corner Court
 - Nutrition Activities
- Jump Ropes, Beanbags, Dice
- Site License
- Nutritional Cards
- Activity Manual
- Fold-Out Blue Print
- Circuit Training Music
- Instructional DVD
- Paint Machine Including White Spray Paint
- Convenient Storage Backpack
- Fitness Skillastics® Activity Kit

[FFZ01]



View Lesson Plan

Playground

Activity Stencils

One of the best strategies for getting children more active is to change the

environment, making physical activity easy and convenient. The Fitness FunZone® Trail is an affordable and permanent solution to making physical activity accessible for all.



Fitness FunZone® TRAIL



Fitness FunZone® Physical Activity Trail

- Fitness FunZone® Includes:
 - 12 Fitness Stencils
 - 12 Jump Rope Stencils
- Paint Machine
- 6 Cans of Contractor Quality White Spray Paint
- Suggested Layouts
- QR Codes to Scan with Your Smart Phone to See Demonstrations of each Station
- Site License

[FFZ01a]



QR Codes for each activity are included. Some locations choose to place the QR Codes on signs and post it next to the activity, making it readily available for the whole community.

The Trail consists of 24 physical activity stations which can be configured to meet your needs. Activities can be scattered throughout a playground or park, making it easy and convenient for children AND adults to be active at any time.

We Are Here to Help!

Skillastics® Support

✓ Supplemental Documents –

- FREE Task Card activities, sample lesson plans, Family Fitness Event Manual and Quick Reference Guide provided after purchase.

✓ Professional Development –

- Our talented team of Skillastics® Specialists will actively engage all participants through a half or full-day training customized to fit your needs.

✓ Optional Add-On Equipment Available –

- Do you need equipment to compliment your Sport Specific Skillastics® Activity Kits? We are your one-stop shop for quality, affordable balls, racquets, and other physical activity tools and resources.

✓ On Going Support –

- Our Skillastics® Team provides a lifetime of support and assistance. We are committed to guiding you through a successful implementation of Skillastics® into your program.

To access any of our support resources, please call

(888) 842-7746,

or email us at

info@skillastics.com



The Personal *Spin* on Skillastics®

My name is Sandy Slade, President and Founder of Skillastics®. From my first performance at age of 14 to my present-day innovations, I have spent a lifetime getting people moving in both body and spirit. Whether performing in front of thousands at NBA games or speaking at school assemblies and conferences nationwide; conducting staff training sessions or creating award-winning games and products— my passion, purpose and mission have always been the same: to empower and inspire others.

This mission is reflected in every Skillastics® product I create, as proven by my track record for inventing easy-to-implement resources that give all children a positive experience being physically active. With Skillastics® now reaching over 10 million children worldwide, it's come a long way since its modest start as a hand-written prototype passed around to Physical Educators. The company I've built takes pride in those humble beginnings, and has never taken its customers for granted any day since. Join me in getting kids moving and learning in an innovative and fun way by making Skillastics® a part of your program.



Sandy Spin Slade, Inc.

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