

EARLY YEARS PHYSICAL ACTIVITY PROGRAMME FOR CHILDREN AGED 2-4

Wednesday's 9:30 - 10:15
@ The Pavilion, Cheltenham

USE THE CODE MM2025 TO CLAIM YOUR FIRST SESSION FREE



Play.Connect.Thrive



[MOVE-MORE.ORG/MIGHTY-MOVERS](https://move-more.org/mighty-movers)

Move More's Mighty Movers programme is for children aged 2-4 years and forms a key part of our work to instil a love of physical activity within all children, so they develop a positive, lifelong attitude to moving more!

Through bringing our Mighty Mover characters to life our expertly designed sessions will support children's physical development across 4 key fundamentals – agility, balance, coordination and speed!

MEET OUR MIGHTY MOVERS!



NIMBLE will help develop your child's **agility**, through teaching them to stop, change direction and get moving again.



TULA will teach your child to channel their inner flamingo and control different body positions (**balance**) whilst performing a task.



SYNCRO will develop your child's ability to control different body parts at the same time (**coordination**) as well as learning actions such as throwing, catching and climbing.



SWIFT has super **speed** and will help develop your child's ability to move quickly through movement tasks such as running, jumping and skipping.

Join Mighty Movers and your child will experience a wide range of fun and engaging activities and games alongside children of similar ages. All sessions are led by our team of expert coaches, who are DBS checked and first aid qualified. For more info or to book on visit

www.move-more.org/mighty-movers



**MOVE
MORE**
EVERY CHILD THRIVES

Charity Number 1175899

