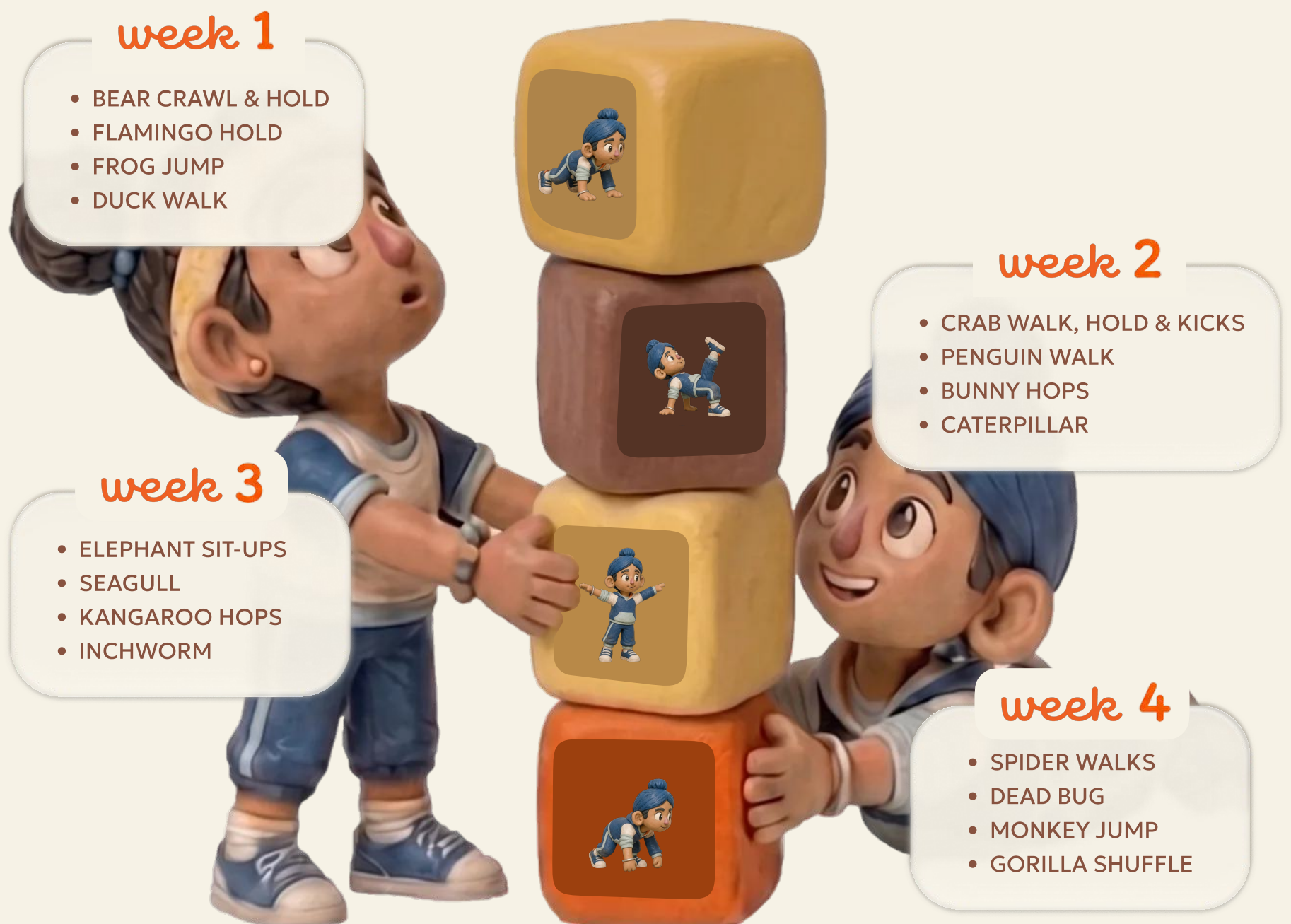


Animal movement

4 WEEK PROGRAMME

16 animal-inspired movements that build strength, balance, power and mobility, all without equipment.



Safety at home

Every session begins with a 90-second space check. Coaches confirm 2m × 2m of clear floor, 2.2m of ceiling clearance, nothing breakable within reach, and bare feet or grip socks, never plain socks on a hard floor.

Going further

The 12-week Animal movement programme runs these same sixteen movements three times over, so a child can see exactly how far they've come on the movements they started with.