GENE NAB ACADEMY

Movement Skills Guide

A practical digital article for active families

1. Move every day

Short, playful activities build confidence.

Run, jump, balance and throw in a safe space.

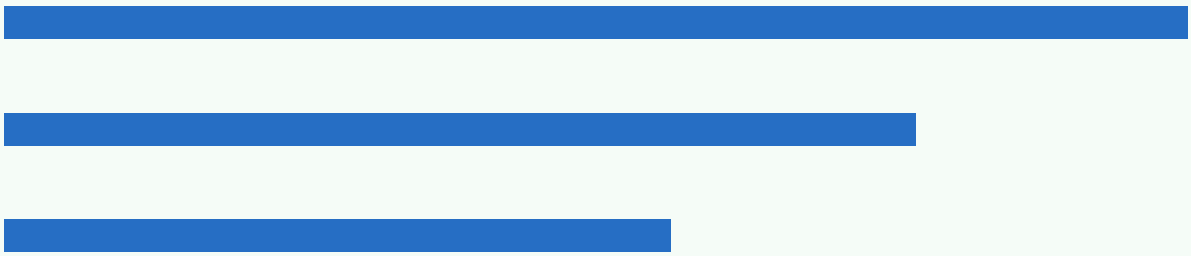




2. Progress with care

Choose activities that match age and ability.

Celebrate effort and increase challenge gradually.



KEEP MOVING

Small steps create lasting habits.