



Children are not small adults

What's different about our training?

- we put ourselves in the perception of children
- we pay a lot of attention to the social and cognitive development of children
- all children experience fun because we adapt to their level
- we challenge children, but never make it frustrating
- we monitor mutual respect between the children
- we develop basic movements in three dimensions (3D)
- we develop athletic ability in a playful way
- we use a lot of variation and rarely do the same exercises
- we stimulate creativity and the ability to solve problems in the children
- we let children see and experience their progress; we develop their self-confidence

MoveQ Lab Rotterdam

<https://www.moveq.org/rotterdam/>



Why do we do our training differently?

- We treat children as children and not as small adults
- We use recent developments in the field of 'neuro-science' and effective learning
- We assume a 'holistic approach'; i.e. we look at the whole of a person and not just at partial aspects
- Every person is unique and should receive the attention that suits the individual
- We see movements as chains of muscles, tendons and joints connected by connective tissue; that's why we train as many different chains as possible that run through the body