



## MISBO Blog Post (Jan '24)

THEME: Forecast for 2025: Hot Savings, Cool Solutions

Healthy Body. Healthy Mind.

Students ages 6 to 17 who engage in at least 60 minutes or more of physical activity a day tend to have **higher grades, better attendance** at school, and **improved cognitive performance** ([CDC](#)).

Exceptional Physical Education is a cornerstone of Whole Child development, shaping students' physical, mental, and emotional well-being. The valuable lessons learned in PE classes extend far beyond the gym; they equip students with lifelong habits for physical health, mental resilience, and overall wellness, positively influencing their academic performance, sense of belonging, and overall quality of life. PE is more than just exercise—it's an investment in every child's future.

That is why [Hiveclass](#) is on a mission to help schools elevate their PE programing and resources to be more **innovative – engaging – impactful**.

[HiveclassPE](#) provides students and teachers with engaging, research-based learning content to build skills, confidence and passion for active lifestyles. If we intend for our students to be well, we must first teach them how to be well! Hiveclass is here to help with high quality instructional material for students and teachers in PE.

[HiveclassPD](#) is a new Professional Development service specifically designed for Physical Educators to meet these needs - with dynamic workshops focused on pedagogy and approaches in the classroom, elevating instructional and inclusive practices to reimagine Physical Education for the 21st Century Learner.

**Ready to learn more?**

**Contact the Hiveclass Team at [discover@hiveclass.co](mailto:discover@hiveclass.co) to unlock an exclusive 50% discount off standard pricing – available only to MISBO members!**