

BE ACTIVE KIDS®

2017 Early Childhood Physical Activity Institute (ECPAI)

Monday, May 22, 2017 9:00-12:30

Setting the Stage for the Importance of Physical Activity for Young Children (3.5 hours)

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| 9:00 – 9:05 | Instant Activity | Dr. Diane Craft |
| 9:05– 9:15 | Welcome | Richard Rairigh & Merry Davis |
| 9:15 – 10:15 | From Seedling to Flourishing Plant: Putting first things first for lasting impact | Christine Roberts |
| 10:15 – 10:20 | Movement Break | Caroline Sweezy |
| 10:20 – 11:10 | Movement Through Natural Outdoor Play | Vanessa Gilliam |
| 11:10 – 11:15 | Movement Break | Evie Houtz |
| 11:15 – 11:55 | Alumni Reflection | ECPAI Graduates |
| 11:55 – 12:15 | Applying Physical Activity to Everyday Settings | Richard Rairigh |
| 12:15 – 12:30 | Closing & Evaluation | Richard Rairigh |

Monday, May 22, 2017 1:30-3:30

Continuing Education Workshop with Christine Roberts (2 hours)

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| 1:30 – 1:45 | Welcome and Introductions |
| 1:45 – 3:15 | Learning Developmentally Appropriate Activities for Infants, Toddlers, and Preschoolers |
| 3:15 – 3:30 | Closing |



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2017 Early Childhood Physical Activity Institute (ECPAI)

Tuesday, May 23, 2017

9:00 – 5:00 (7 hours)

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| 8:30 – 9:00 | Coffee & Networking (Light breakfast will be provided) |
| 9:00 – 9:10 | Putting Learning to Action – Introductory Games |
| 9:10 – 9:25 | Welcome and Overview |
| 9:25 – 10:15 | Viewing & Practicing Developmentally Appropriate PA |
| 10:15– 10:30 | Break |
| 10:30 – 11:30 | Viewing & Practicing Developmentally Appropriate PA |
| 11:30 – 12:00 | Planning Your Movement Experience |
| 12:00 -12:45 | Lunch |
| 12:45 – 1:00 | Preparations for Experiences with Children |
| 1:00 – 2:00 | Physical Activity and Play with Children |
| 2:00 – 2:15 | Break |
| 2:15 – 2:30 | Reflection Time |
| 2:30 – 3:00 | Physical Activity Content 1 (What is Physical Activity) |
| 3:00 – 3:15 | Viewing and Practicing Music & Movement Activities |
| 3:15 – 3:45 | Physical Activity Content 2 (FMS & Movement Concepts) |
| 3:45– 4:00 | Break |
| 4:00 – 4:30 | Viewing & Practicing Fundamental Motor Skills |
| 4:30 – 5:00 | Closure & Assignments |



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BE ACTIVE KIDS®

2017 Early Childhood Physical Activity Institute (ECPAI)

Wednesday, May 24, 2017

9:00 – 5:00 (7 hours)

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| 8:30 – 9:00 | Coffee & Networking (Light breakfast will be provided) |
| 9:00 – 9:10 | Putting Learning to Action – More Activities |
| 9:10 – 9:30 | Review & Overview |
| 9:30 – 10:00 | Strategies 1 (Managing an Active Environment) |
| 10:00 – 10:20 | Viewing & Practicing Developmentally Appropriate PA |
| 10:20 – 10:35 | Break |
| 10:35 – 11:30 | Strategies 2 (Observing & Assessing) |
| 11:15 – 12:00 | Planning Your Movement Experience |
| 12:00 -12:45 | Lunch |
| 12:45 – 1:00 | Preparations for Experiences with Children |
| 1:00 – 2:00 | Physical Activity and Play with Children |
| 2:00 – 2:15 | Break |
| 2:15 – 2:30 | Reflection Time |
| 2:30 – 3:30 | Strategy 3 (Creating Your Own Equipment) |
| 3:30 – 3:40 | Break |
| 3:40 – 4:00 | Reflections & Discussions |
| 4:00 – 4:30 | Strategy 4 (Planning for Success) |
| 4:30 – 5:00 | Closure & Assignments |



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