

BE ACTIVE KIDS®

4th ANNUAL Early Childhood Physical Activity Institute (ECPAI)

AGENDA

MONDAY, JUNE 1, 2015

9:00 am – 12:00 pm—Setting the Stage for the Importance of Physical Activity for Young Children
(3 hours):

9:00 – 9:05 am	Instant Activity
9:05 – 9:20 am	Welcome Richard Rairigh & Jennifer MacDougall
9:20 – 10:00 am	Yoga and the Young Child Bari Koral
10:00 – 10:05 am	Movement Break
10:05 – 10:45 am	Active Living By Design Tim Schawntes <i>Building a Healthy Community through Environmental Change</i>
10:45 – 10:50 am	Movement Break
10:50 – 11:30 am	Pop-Up Adventure Play Morgan Leichter-Saxby <i>Active in Body and in Mind: Learning from adventure playgrounds, playwork and children's imaginations</i>
11:30 – 11:45 am	Applying Physical Activity to Everyday Settings
11:45 am – 12:00 pm	Closing & Evaluation

1:00 – 3:00 pm—Continuing Education Workshop—Bari Koral (2 hours):

1:00 – 1:15 pm	Introductory to Yoga
1:15 – 1:40 pm	Benefits of Teaching Yoga to Children
1:40 – 2:45 pm	Movement and Interaction
2:45 – 3:00 pm	Relaxation and Closing



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TUESDAY, JUNE 2, 2015

9:00 am – 5:00 pm—(7 hours):

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



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Catalyst for a culture of health



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AGENDA

WEDNESDAY, JUNE 3, 2015

9:00 am – 5:00 pm—(7 hours):

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



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