

BE ACTIVE KIDS®

2019 Early Childhood Physical Activity Institute (ECPAI)

Monday, May 20, 2019 9:00-1:00

Setting the Stage for the Importance of Physical Activity for Young Children (3 hours)

9:00 – 9:05	Instant Activity	Dr. Diane Craft
9:05– 9:15	Welcome	Richard Rairigh & Merry Davis
9:15 – 10:15	The Decline of Play and the Rise of Anxiety, Depression, and other Disorders in Children	Peter Grey
10:15 – 10:25	Movement Break	Richard Rairigh
10:25 – 11:25	Physical Activity and Cognitive Development of Children	Eric Drollette
11:25 – 11:35	Movement Break	Caroline Sweezy
11:35 – 12:25	Physical Health and Mental Wellness - "A No Brainer"	Tanya Dennis
12:25 – 12:45	Applying Physical Activity to Everyday Settings	Speakers & Audience
12:45 – 1:00	Closing & Evaluation	Richard Rairigh

Monday, May 20, 2019 2:00-4:00

Continuing Education Workshop with Peter Grey and Judy Fowler(2 hours)

2:00 – 2:10	Instant Activity & Overview
2:10 – 2:55	Session 1
2:55 – 3:05	Transition
3:05 – 3:50	Session 2
3:50 – 4:00	Closing & Evaluation



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