

BE ACTIVE KIDS®

2019 Early Childhood Physical Activity Institute (ECPAI)

Tuesday, May 21, 2019

9:00 – 5:00 (7 hours)

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®

2019 Early Childhood Physical Activity Institute (ECPAI)

Wednesday, May 22, 2019

9:00 – 5:00 (7 hours)

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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