

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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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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