

BE ACTIVE KIDS®

Online Professional Development Opportunities for Child Care Providers



Join the over 10,000 child care providers who are a part of the *Be Active Kids* network. Register today for this online professional development opportunity and unlock access to many resources. The *Be Active Kids* training offers comprehensive physical activity, motor skills, and active play professional development aimed at meeting Go NAPSACC best practices around Infant and Child Physical Activity, Screen Time, and Outdoor Play and Learning. These fun and interactive opportunities will prepare you to improve the development of the whole child through movement.

PURPOSE:



- Gain the knowledge, skills, and resources needed to provide healthy best practice opportunities for young children.
- Develop confidence and competence in active play in learning.
- Assist in making program-wide improvements around physical activity and active play.



SESSION DETAILS AND COMPLETION REQUIREMENTS:



- This is a three hour training divided into three one-hour-long sessions over three weeks
- Includes pre- and post-assessments
- Includes three assignments (one after each session)
- Must complete all the above to receive a certificate of completion
- 3 Contact Hour Credits (CHCs) are provided through the North Carolina Division of Child Development and Early Education.
- For more information or to schedule an in-person training contact us by email at gonapsacc@unc.edu.

Upcoming LIVE Be Active Kids Child Care Provider Training

Dates: Tuesday, November 2, 9, and 16

Time: 6:00pm - 7:00pm

Format: Online Learning using Zoom

Cost: FREE

Zoom Registration:

<https://unc.zoom.us/meeting/register/tJYrdeugqDsjE9yD1pojxTfOJSOD94rADYN2>



Each child care provider or teacher participating in the *Be Active Kids* training will receive the following:

- A certificate of completion
- 3 CHCs
- FREE electronic access to the *Be Active Kids*® Guide to Early Childhood Physical Activity*

* Movement Guide includes over 80 developmentally appropriate physical activities for children ages birth to five along with physical activity guidelines, best practices, classroom management strategies, tips for modifying activities and much more!

www.gonapsacc.org | www.beactivekids.org

