



ONLINE PROFESSIONAL DEVELOPMENT



Active Play! Including Toddlers and Preschoolers with Disabilities in Physical Activities with Their Typical Peers

Learn to lead physical activities that help young children with disabilities develop their movement skills while playing with typical peers. These inclusive developmentally appropriate and FUN activities require only inexpensive equipment and small spaces. General teaching strategies are shared for leading these physical activities in living rooms, backyards, and preschool classrooms. Ideas for modifying these activities to include children of varying ages and abilities are also presented.

Host: *Be Active Kids*

Instructors: Dr. Diane Craft

Course Topics: (2) Children Physical & Intellectual Development, (8) Child Growth and Development, (9) Inclusion of Children with Special Needs

Born to Move: Introduction to Physical Literacy

Join *Be Active Kids* as we partner with *Active For Life* to help you learn more about Physical Literacy in a two part webinar series. Physical literacy describes individuals who move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person. Children develop physical literacy by learning a wide variety of fundamental movement skills that allow them to enjoy many different physical activities and sports. Without physical literacy, they are less likely to stay active for life. Presenters will be Richard Monette, Editor-in-Chief and Leader of the *Active for Life* initiative.

Host: *Be Active Kids*

Instructors: Richard Monette

Course Topics: (2) Children Physical & Intellectual Development, (8) Child Growth and Development

Born to Move: Engaging Staff and Parents in Physical Literacy (Part 2)

Join *Be Active Kids* as we partner with *Active For Life* to help you learn more about Physical Literacy in a two part webinar series. After providing an introduction to Physical Literacy, Richard Monette, Editor-in-Chief and Leader of the *Active for Life* initiative will provide those who provide the opportunities for children to be physically active the resources to see that kids are active. Through the webinar, attendees will be given ample tools, knowledge and ideas to keep kids moving and learning.

Host: *Be Active Kids*

Instructors: Richard Monette

Course Topics: (2) Children Physical & Intellectual Development, (8) Child Growth and Development

Play is Powerful: Ways to Stimulate Infant Development

Be Active Kids and *The Inspired Treehouse* bring you information about infant play and development. Babies are irresistibly cute and cuddly and they progress through child development milestones at an earth shattering pace. One day they are completely helpless and the next, they are trying to sit up on their own. You may think that this developmental progression just happens naturally and that there is very little you can do to stimulate your baby's skills, but that is just not the case. Babies need gross motor, fine motor and sensory motor stimulation just like an older child. They need time on their tummy, time out of their "containers" (baby seats, strollers, carriers) to sprawl out and explore the floor, and they need your touch and your voice. Play is powerful, even in infancy, and we are going to show you ways to stimulate all aspects of your baby's development.

Host: *Be Active Kids*

Instructors: Claire Heffron and Lauren Drobnyak

Course Topics: (2) Children Physical & Intellectual Development, (8) Child Growth and Development

Movement for Toddlers: Support Toddlers as They Develop Higher Level Motor Skills

Be Active Kids and *The Inspired Treehouse* bring you information about toddler play and development. Toddlers, they're a little sturdier, a little steadier on their feet, and even more ready to explore the world than they were when they were infants. Amazing changes happen during these first years of childhood as babies become toddlers. They meet all kinds of developmental milestones as they gain balance, confidence, and independence. And as their brains develop, so does their coordination and motor control, allowing them to begin to achieve higher level motor skills like jumping, skipping, and even pedaling a bike! There are tons of fun activities and ideas we can use to support toddlers as they develop these higher level motor skills. Just as play was a powerful tool to use with infants as they developed foundation skills like rolling and crawling, playful activities can also be used in our work with toddlers!

Host: *Be Active Kids*

Instructors: Claire Heffron and Lauren Drobnyak

Course Topics: (2) Children Physical & Intellectual Development, (8) Child Growth and Development

Play Basics

Play Basics will help you to better understand what play is and its many benefits to children. During this presentation **NC Zoo's** Linda Kinney will also touch on playwork principals, risk in play, and the role of a facilitator in play.

Host: *Be Active Kids*

Instructors: Linda Kinney

Course Topics: (1) Planning a safe, healthy learning environment, (2) Children Physical & Intellectual Development, (8) Child Growth and Development



Risky Play: The Importance of Risky Play for Young Children

Join *Be Active Kids* as we partner with *Pop-Up Adventure Play's* to learn more about **Risky Play**. **Risky play** is freely chosen, personally directed and intrinsically motivated. This type of play provides children with an exhilarating positive emotion and exposes the child to the stimuli they previously have feared. It is thrilling, exciting, uncertain, and unpredictable. Join us to learn what risky play is, why it is important, and how to incorporate it into your child's life.

Host: *Be Active Kids*

Instructors: Morgan Saxby-Liechter

Course Topics: (1) Planning a safe, healthy learning environment, (2) Children Physical & Intellectual Development, (8) Child Growth and Development

Sensory Environments for Infants and Toddlers – Growing the Mind through Movement

How does your infant and toddler classroom impact brain development and affect the rest of a child's life? The brain is the only organ that changes its structure and function due to the environment and it doubles in size in the first year alone. So what does that mean for our infant and toddler rooms and how we arrange them to support healthy brain development? With 80% of the brain dedicated to sensory motor processing, it's imperative that we create classrooms that develop healthy sensory motor systems. With one in six children (Miller) impacted by sensory processing disorder, the first two years are the most important years for laying a foundation for lifelong learning. Discover what you can do to create classrooms for healthy happy babies and toddlers that will promote healthy physical development. Learn movement activities for those environments that are developmentally appropriate for infants and toddlers. Creating the environment and filling it with intentional movement experiences brings the best together for school readiness.

Host: *Be Active Kids*

Instructors: Christine Roberts

Course Topics: (2) Children Physical & Intellectual Development, (8) Child Growth and Development



What in the World is a PlayDaze? How to Hold your Own Day of Play

Join *Be Active Kids* and *Friends* as we learn what in the world a **PlayDaze** is and how you too can hold your own day of Play! This webinar will give you the ideas and connections you will need to be successful in your own event!

Host: *Be Active Kids*

Instructors: Ronda Hawkins, Patty Sullivan, and Judy Thomas

Course Topics: (1) Planning a safe, healthy learning environment, (2) Children Physical & Intellectual Development, (8) Child Growth and Development

For all professional development opportunities listed above the following applies:

Course Format: 1 hour recorded presentation, online assessments, and assignment

Credit: 1 contact hour (CHC) from DCDEE

Directions: Must complete all of the following to receive credit – a pre-survey, online webinar, post survey, and one assignment. All work must be completed within 2 weeks of the registration date.