

Physical Activity Learning Session (PALS)

PALS Project Goals and Framework



- Implementing best practices for physical activity into program practices and policies
- Increasing access to daily physical activity in both indoor and outdoor settings



- Empowering early care and education (ECE) providers in action planning, quality improvement and ongoing assessment
- Engaging families as partners in supporting children's optimal development and acquisition of healthy habits

Supporting Early Care and Education (ECE) Providers Physical Activity Practice and Policy Changes

1.

Develop an Action Plan

Identify opportunities in your state to improve obesity prevention practices around physical activity

2.

Engage Stakeholders

Inform and communicate the PALS project and messaging to health and early childhood state organizations

3.

Partner with Training and Technical Assistance Staff

Identify staff who provide direct support to ECE providers to implement the PALS training



4.

Train ECE Providers

Utilize the PALS training to increase provider knowledge around physical activity best practices in ECE settings

5.

Provide Follow-up Technical Assistance

Provide on-going support to ECE providers to implement practice and policy changes around physical activity

6.

Integrate into State ECE Systems

Add the PALS training into state systems to create lasting, sustainable changes

PALS Frequently Asked Questions

How does the PALS project work?

The PALS project is designed to train state health and early childhood training and technical assistance staff on the best practices for physical activity. It is intended for these staff to use the PALS training package to support ECE providers in practice and policy change.

What are the benefits of the PALS training?

Through participation in the PALS training, ECE providers will increase their knowledge of the best practices for physical activity, receive resources and materials to support practice and policy changes in their program.

Who can participate in the PALS training?

The PALS training is for all providers serving children birth to five. This includes center-based programs, family child care, faith-based, Pre-K and Head Start programs.

How can I access the PALS training materials?

The PALS training materials are located on the Healthy Kids Healthy Future website (www.healthykidshealthyfuture.org).

