**Sample Agenda: PALS Full Day**

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| **Healthy Kids Health Future Physical Activity Learning Session (HKHF PALS)** |
| **Time** | **Topic** |
| **8:30 – 9:00 am** | **Check-In** |
| **9:00 – 9:15 am** | **Welcome*** **Icebreaker**

PALS Objectives |
| **9:15 – 9:45 am** | ***Go NAPSACC* Activity*** **Discussion**
* **Activity Break:** Thumb Ball
 |
| **9:45 – 10:15 am** | **PPT Part A: Introduction*** **Discussion:** What is a memory of Physical Activity from your childhood?
* **Video:** The Developing Brain
* **Video:** Fundamental Movement Skills
 |
| **10:15 – 10:30 am** | **Break** |
| **10:30 – 10:45 am** | * **Activity Break:** Barnyard Dance
 |
| **10:45 am – 12:00 pm** | **PPT Part B: Best Practices for Physical Activity (Time, Space, Type and Daily Activities)*** **Discussion:** What are your state regulations on weather and outdoor play?
* **Video:** Encouraging Physical Activity Using Indoor Spaces
* **Activity Break:** Beach Ball High
* **Think, Pair, and Share**
* **Activity Break:** Tracing Fingers
 |
| **12:00 – 12:45 pm** | **Lunch** |
| **12:45 – 1:00 pm** | * **Activity Break:** Rocks on a Stream
 |
| **1:00 – 1:30 pm** | **PPT Part B *(Cont’d)*: Best Practices for Physical Activity (Families, Training and Policies)*** **Discussion:** What are some things you do to engage families?
* **Activity Break:** Runaway Train
* **Discussion:** What is happening in your state?
* **Discussion:** What policies do you currently have in your program?
* **Activity:** Table Top
 |
| **1:30 – 2:00 pm** | **PPT Part C: Challenges Implementing Physical Activity*** **Activity:** Walkabout
 |
| **2:00 – 2:15 pm** | **Break** |
| **2:15 – 3:15 pm** | **PPT Part D: Goal-Setting and Action Planning** |
| **3:15 – 3:30 pm** | **Training Summary & Check-Out*** **PALS feedback form**
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**Sample Agenda: Session I**

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| **Physical Activity Learning Session I Agenda** |
| **Time** | **Topic** |
| **5:45 – 6:00 pm** | **Check-In** |
| **6:00 – 6:15 pm** | **Welcome*** **Icebreaker**

PALS Objectives |
| **6:15 – 6:45 pm** | ***Go NAPSACC* Activity*** **Discussion**
* **Activity Break:** Thumb Ball
 |
| **6:45 – 7:15 pm** | **PPT Part A: Introduction*** **Discussion:** What is a memory of Physical Activity from your childhood?
* **Video:** The Developing Brain
* **Video:** Fundamental Movement Skills
* **Activity Break:** Barnyard Dance
 |
| **7:15 – 7:30 pm** | **Break** |
| **7:30 – 8:15 pm** | **PPT Part B: Best Practices for Physical Activity (Time, Space, Type and Daily Activities)*** **Discussion:** What are your state regulations on weather and outdoor play?
* **Video:** Encouraging Physical Activity Using Indoor Spaces
* **Activity Break:** Beach Ball High
* **Think, Pair, and Share**
* **Activity Break:** Managing the Classroom: Tracing Fingers
 |
| **8:15 – 8:45 pm** | **PPT Part C: Goal-Setting*** **Training Summary:** What? So What? Now What?
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| **8:45 – 9:00 pm** | **PPT Part D: Preparing for PALS Session II*** **Enrichment Activity**

**Check-Out** |

**Sample Agenda: Session II**

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| **Physical Activity Learning Session II Agenda** |
| **Time** | **Topic** |
| **5:45 – 6:00 pm** | **Check-In** |
| **6:00 – 6:15 pm** | **Welcome*** **Icebreaker**

PALS Objectives |
| **6:15 – 6:40 pm** | **PPT Part A: Best Practices for Physical Activity (Time, Space, Type and Daily Activities)*** **Enrichment Activity Review**
* **Activity Break:** Rocks on a Stream
 |
| **6:40 – 7:15 pm** | **PPT Part B: Best Practices for Physical Activity (Providers, Families Training and Policies)*** **Discussion:** Which best practice did you do to engage families in your program?
* **Activity Break:** Runaway Train
* **Discussion:** What is happening in your state?
* **Discussion:** What Policies do you currently have in your program?
* **Table Top Activity**
* **Activity Break:** No Elimination Simon Says
 |
| **7:15 – 7:30 pm** | **Break** |
| **7:30 – 8:00 pm** | **PPT Part C: Challenges in Implementing Physical Activity*** **Activity:** Walkabout
 |
| **8:00 – 8:45 pm** | **PPT Part D: Goal-Setting and Action Planning*** **Discussion:** What was challenging in creating a goal and action steps?
* **Training Summary:** What? So What? Now What?
 |
| **8:45 – 9:00 pm** | **Check-Out*** **PALS feedback form**
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