

**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** |



**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? |
| **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** |