Fitness for Life: Elementary School Sample Workshop Agenda

Sample One-Hour Workshop Agenda
If you find it difficult to fit all the material below into one hour, feel free to skip topics or rearrange the agenda as needed to fit your situation. Different instructors will have different approaches, so we felt it was better to provide everything and let each presenter decide how best to use the material.

10 Minutes: Program Overview (use slides 1-8*)
- The basics
- HELP philosophy
- Foundations
- Program components
- New Physical Activity Pyramid for Kids
- Why do the program?
- Contents of program package (see details in the Notes field of slide 8)

15 Minutes: Classroom Guides and Activity Demonstration (use slides 9-17)
- Contents of classroom guides
- Grade level activity video, resources on DVD
- Description of classroom plug-and-play activity routines (morning activity break)
- Morning activity break demonstrations using video
- Afternoon activity breaks - connection to other subjects (math, reading, art, music)
- Classroom teacher responsibilities
- Finding time
- Sample lesson plan
- Sample signs, worksheets

15 Minutes: PE Lesson Plans (use slides 18-23)
- Contents of PE Lesson Plans
- Two DVDs with all videos, including instructionals, music CD, resources CD
- Sample lesson plan
- Warm-up lesson plan
- PE teacher responsibilities
- Sample signs, worksheets, activity cards, newsletters

10 Minutes: Guide for Wellness Coordinators (use slides 24-30)
- Contents of Guide for Wellness Coordinators
- TEAM Time video, school signs, cafeteria signs, newsletters
- Assessment tools
- Coordinator responsibilities
- Eat Well Wednesday
- Get Fit Friday (TEAM Time video demonstration)

*The slides are in the PowerPoint titled For Wellness Coordinator - Wellness Coordinator Training Workshop Sample.
• Active playground and signs
• Staff responsibilities

10 Minutes: FFL: Elementary Web Site and Wrap-up (use slides 31-35)
• Web site
• Activity and academic achievement
• Suggestions
• Summary
• Questions

*The slides are in the PowerPoint titled For Wellness Coordinator - Wellness Coordinator Training Workshop Sample.