

Fitness for Life: Elementary School Wellness Coordinators Training Workshop Agenda

Sample Half-Day Workshop Agenda

8:00-8:30: 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)

8:30-9:00: Classroom Guides (use slides 9-17)

- Activity break video overview
- Classroom teacher responsibilities and finding time
- Using the lesson plans (morning and afternoon)
- Activity demonstrations using video
- Signs, newsletters, and worksheets

9:00-9:30: Activity Demonstrations

- Classroom videos
- Afternoon breaks
- Conducting discussions

9:30-9:45: Break

9:45-10:15: PE Lesson Plans (use slides 18-23)

- Activities before Wellness Week
- Wellness Week activities
- Signs, activity cards, and worksheets
- Using the music CD

10:15-10:30: Guide for Wellness Coordinators (use slides 24-31)

- Coordinator duties
- Using resources from the guide
- Overview of Eat Well Wednesday
- Overview of TEAM Time (Get Fit Friday)

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

10:30-11:00: PE Lesson Plan and TEAM Time Demonstrations

11:00-11:15: FFL: Elementary Web Site (use slide 32)

11:15-11:30: Evaluation: Using materials from resources

11:30-12:00: Wrap-up and questions (use slides 33-35)

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