

Healthy Kids, Healthy Future

**PALS**

Physical Activity Learning Session



## What is PALS?

PALS is a series of learning sessions focused on physical activity. PALS sessions examine eight best practice areas for physical activity and addresses the challenges early care and education (ECE) professionals face in supporting active play.

## What will I learn in the PALS series?

The PALS sessions will help you use best practices throughout your day to give children positive physical activity experiences. PALS content includes:

- How to support physical development in young children
- Your role as an ECE professional
- How to communicate with families about the best practices for physical activity
- Activity breaks: provides ideas for active play in the classroom
- Group discussions & collaboration
- Assessment of current practices and environments to develop an action plan to get children moving!

## Registration is for ALL five sessions in the series.

**Attendance in all sessions is required:**

**October 13, 2022 6:30pm-8:00pm**

*Session 1- Physical Activity in Early Childhood is Important*

**November 10, 2022 6:30pm-7:30pm**

*Session 2- Best Practice for Physical Activity in ECE Settings: Time & Space*

**December 8, 2022- 6:30pm-8:00pm**

*Session 3- Best Practice for Physical Activity in ECE Settings: Types, Daily Activities, & the Provider's Role*

**January 12, 2023 6:30pm-7:30pm**

*Session 4- Best Practice for Physical Activity in ECE Settings: Families, Training & Resources, & Policies*

**February 9, 2023- 6:30pm-8:00pm**

*Session 5- Goal Setting & Action Planning*

MaineHealth

**LET'S GO!**

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**NEMOURS**  
CHILDREN'S HEALTH

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