Agenda: Food, Fitness, and Fun

July 30, 2015

8:00-9:00—Registration

9:00-9:30—Welcome

9:30-10:20—Module 1

10:30-11:20—Module 2

11:30-12:30—Working lunch

12:45-1:35—Module 3

1:45-2:45—Module 4

2:45-3:00—Wrap-up/questions

Each instructor will be required to prepare material/curriculum prior to the workshop, which will constitute 2 Hours of Professional Development. Details will be shared upon registration.

Each module will include: Food Demonstration, Fitness Activity, Instructional Activity, and Resources used for Effective Instruction

July 31, 2015

8:00-8:50—Module 5

9:00-9:50—Module 6

10:00-10:50—Module 7

11:00-12:00—Working lunch

12:15-1:05—Module 8

1:15-2:00—Overview of Frameworks

2:00-3:00—Wrap-up/questions/sharing