



ELF Conference
Building Blocks for Early Learning
Focused Fitness Headquarters
8:00 a.m. – 2:30 p.m.
July 12-13, 2017

DAY 1 – Wednesday, July 12

Introductions

- Focused Fitness and the FAB 5 ELF Program
- Facilitator: Cherie Harrington

Objectives of the Conference

- Explore the goals, objectives and lesson design of the FAB 5 ELF Program
- Observe and take part in an ELF Kids Camp with students
- Recognize fitness and nutrition foundational information integrated throughout FAB 5 ELF Program
- Collaborate teaching strategies to integrate academic content into movement

Movement-based Research

- How does movement facilitate learning?
- Article Jigsaw

ELF Program Overview

- Goals and Objectives
- Structure and organization of lessons
- Resources

ELF Kids Camp (9:30-12:00)

- Layout of the Morning (Classroom Activities and Gym Activities)
- Institute participant responsibilities and Observation Recording Sheet
- Debrief

ELF Unit One: Exercise Your Brain – Getting Started

- How does movement help students learn?
- Foundational Exercises
- Activity:
 - Crossing the Midline
 - Calming and Focusing
 - Whole Body Handwriting

Collaboration

- ABC's of counting
- What did you see, hear or share today that you are excited to use with your students?