



ELF Conference
Building Blocks for Early Learning
Focused Fitness Headquarters
8:00 a.m. – 2:30 p.m.
July 13-14, 2016

DAY 1 – Wednesday, July 13

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
- Collaborate teaching strategies to integrate academic content into movement
- Observe and take part in an ELF Kids Camp with students

ELF Kids Camp (8:45 – 11:00)

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

Movement-based Research

- How does movement facilitate learning?
- Article Jigsaw

ELF Program Overview

- Goals
- Objectives
- Resources

ELF Unit One: Exercise Your Brain – Getting Started

- Structure and organization of lessons
- Activity:
 - Crossing the Midline
 - Calming and Focusing

Collaboration

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

See you tomorrow! 😊