



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

## **DAY 2 – Thursday, July 14**

### **Kids Summer Camp (8:45 – 11:00)**

- Debrief Observation Recording Sheet from Kids Camp – Day 1
- Layout of the Morning (Classroom Activities and Gym Activities)
- Crossing the Midline Checklist
- Multi-Step Direction Checklist

### **ELF Unit One: Exercise Your Brain – Getting Started – (Continued from Day 1)**

- How does movement help our students learn?
- Activity:
  - Whole Body Handwriting

### **ELF Unit Two: Big Movements for Big Improvements - Moving Towards Stations**

- Intentional academic content combined with fitness will exercise the brain
- Activity:
  - Definition in Motion

### **Assessments: The More YOU Know, The More THEY Grow!**

- How does assessing your students help you track growth?
- Teachers will use a variety of formative assessments to implement lessons based on student development

### **Unit Three: Strong Foundations – Station Rotation AND**

### **Unit Four: Acceleration, Adaptation and Variation – Station Progressions**

- Training the body and brain to exercise together will enrich student learning
- Why does practicing skills repeatedly help students improve at the skills?
- Activity:
  - Station Rotation
- Students employ strategies at each station for personal challenge
- Stations designed based on students' assessments

### **Station Creation**

- Deconstruction of ELF station
- Creation of station

### **Final questions and closing**

### **Conference Evaluation**