



Professional Development

Introduction to It's All About Kids Program

30–90 minutes

- IAK Program Intro Video
- Whole School, Whole Community, Whole Child (WSCC) Model
- How to Partner with IAK
- IAK Programming Options

Virtual Science Behind Movement & Learning—Action Based Learning 1

25 minutes

- 12 Foundations of Learning
- Parts of the Brain
- How Parts of the Brain Assist in Learning
- Activity Demonstration Videos

Inside Recess Activities & Games

30–90 minutes

- Variety of Activities & Games
- Promote Movement During Indoor Recess
- Discuss How to Incorporate in a Gym or Classroom

Physical Education

60–120 minutes

- Variety of Games & Activities
- Discuss the Oklahoma Physical Education Standards
- Tools and Resources to Utilize in a Physical Activity Class

Team Building

30–90 minutes

- Variety of Games
- Discuss How to Incorporate in a School—Gym or Outside
- Tools and Resources to Utilize in a School—Gym or Outside

Classroom Cohesion

30–90 minutes

- Variety of Activities
- Discuss How to Incorporate in a Classroom
- Tools and Resources to Utilize in a Classroom

Incorporating Fitness into the Classroom

30–90 minutes

- Variety of Activities
- Discuss How to Incorporate Movement in a Classroom
- Tools and Resources to Utilize in a Classroom

Participate at your activity level and dress comfortably