

# 2023-2024

## Professional Development for Out of School Time Programs

### **PHYSICAL ACTIVITY**

**The on-line/on-demand courses listed below meet the requirements for Nutrition Professional Development for OST Programs in meeting Better Beginnings standards.**

- ◆ To register and access these trainings go to: <http://pdregistry.arkansas.gov> and select the title in the AR PDR portal and register. (to ensure credit upon completion, it is required that you register first in the PDR portal)
- ◆ PDR provides instructions on accessing the on-demand trainings. You will access the Healthier Generations Action Center and create an account at <http://healthiergeneration.org/resources/trainings>. This account includes free, unlimited access to resources and trainings—all designed to help you make healthy changes in the places where children learn, live and play!
- ◆ Once you have an account, go to the Training Center, Select Physical Activity and Education, courses will be listed. Select the course you intent to take, upon completion you will receive an email to access either your transcript or certificate to verify completion. Save this information to submit for verification of participation and to receive credit in PDR.
- ◆ Upon completion of the physical activity courses you select, send electronic copies of the certificates/transcript to:
- ◆ [wherlein@astate.edu](mailto:wherlein@astate.edu) for credit to be recorded in AR PDR.

For more information please contact: Woodie Sue Herlein, A-State Childhood Services, Out of School Time (OST) Program Coordinator @ [wherlein@astate.edu](mailto:wherlein@astate.edu)

---

#### **Fostering Belonging Through Physical Activity (30 mins)**

**PDR# 37277**

**Online Class: The Alliance for a Healthier Generation**

Out-of-school-time programming is an opportunity to encourage physical activity that can promote children's social and emotional health. This training explores how physical activity can directly support children's social, emotional and academic development. Participants will take away resources and simple strategies for integrating physical activity during transition time to and from out-of-school programming.

#### **Indoor Recess Strategies (30 mins)**

**PDR# 56018**

**Online Class: The Alliance for a Healthier Generation**

Recess/Outdoor play offers students regular opportunities to practice and improve essential skills such as decision-making, managing emotions that support learning, and cognitive learning. This training provides strategies and resources to assist staff in offering successful outdoor activities.

#### **Creating Environments where Social Emotional Learning Comes into Play (45 mins)**

**PDR# 37273**

**Video: The Alliance for a Healthier Generation**

Social and emotional learning helps students in school and out-of-school (OST) time programs integrate skills, attitudes, and behaviors to deal with the conflicts and challenges that they encounter each day. Healthy eating and physical activity opportunities introduce chances to develop these skills.



# 2023-2024

## Professional Development for Out of School Time Programs

### PHYSICAL ACTIVITY

#### **In Defense of Recess :: An Essential Part of the School Day (15 mins)**

**PDR# 56036**

##### **Video: The Alliance for a Healthier Generation**

Recess is a child's opportunity for regular periods of unstructured play throughout the school day. Recess is a major contributor to a child's daily physical activity and provides a mental break for kids to recharge and prepare for the cognitive demands of the classroom. This short video can be used to educate your school, community, and partners on why recess is an essential part of the school day.

#### **Using the Walking Classroom in Afterschool (1.5 hours)**

**PDR# 56033**

##### **Video: The Alliance for a Healthier Generation**

This webinar introduces OST professionals to The Walking Classroom and reviews how this easy to implement program can be used as a fun, supplemental educational resource in OST environments. Learn what The Walking Classroom is, the content and structure of the program and how to access free resources for OST programs.

#### **Making Sense of Assessment in Physical Education (45 mins)**

**PDR# 56038**

##### **Online Class: The Alliance for a Healthier Generation**

Gain a better understanding of the complex term assessment and how assessment can be integrated into practice. Using assessment to show what children can do when engaged in active play.

#### **QPE for All :: Best Practices in Physical Education (30 mins)**

**PDR# 56039**

##### **Video: The Alliance for a Healthier Generation**

Developing a quality physical education program is a process based on implementation of best practices. In this training, gain an understanding of the strategies, activities and approaches that are required to develop a quality physical education program.

#### **Helping Girls Stay Active :: Girls in Motion Professional Development Session (1 hour)**

**PDR# 56041**

##### **Video: The Alliance for a Healthier Generation**

Explore how to identify barriers to girls' participation in sports and physical activity, how to encourage youth voice and choice, and how to apply change in girls' out-of-school-time and physical activity programs in your own community.

#### **Weaving Social-Emotional Learning into Health Education and PE (30 mins)**

**PDR# 56042**

##### **Online Class: The Alliance for a Healthier Generation**

Learn how to tap into Physical Education and Health Education to teach children and youth how to manage emotions and cope with challenging behaviors.

#### **Recess for ALL! (15 mins)**

**PDR# 56043**

##### **Online Class: The Alliance for a Healthier Generation**

Research has proven that active students are better learners with increased on task behavior! Learn strategies and resources to lead engaging, age-appropriate activities for children and youth.



# 2023-2024

## Professional Development for Out of School Time Programs

### **PHYSICAL ACTIVITY**

#### **Presidential Youth Fitness Curriculum Bundle**

##### **Module 1 :: Getting Started with the Presidential Youth Fitness Program (PYFP) (1 hour)**

**PDR# 56044**

##### **Online Class: The Alliance for a Healthier Generation**

Learn about the history, mission and value of the Presidential Youth Fitness Program. Discover how PYFP fits into a quality physical education program and analyze the link between academic achievement and fitness education. This module is first in a series of four. Be sure to check out the other three when you're done.

##### **Module 2 :: Presidential Youth Fitness Program (PYFP) and the Whole School, Whole Child, Whole Community Approach to Health (1 hour)**

**PDR# 56046**

##### **Online Class: The Alliance for a Healthier Generation**

Learn strategies to engage the entire community in physical fitness and make it fun!

##### **Module 3 :: Physical Education and Health Assessment :: A Primer for Administrators and Teachers (1 hour)**

**PDR# 56047**

##### **Online Class: The Alliance for a Healthier Generation**

Gain knowledge of the Presidential Youth Fitness Program and how your program can participate.

##### **Module 4 :: Strategies for Every PE Teacher (1.5 hours)**

**PDR# 56048**

##### **Online Class: The Alliance for a Healthier Generation**

In the final 1.5-hour module of this four-part series, learn implementation strategies, goal setting, use of recognition, and how to motivate students to participate.

For additional information about Out-of-School Time (OST) programs, meeting and maintaining quality program standards and to access numerous Professional Development Opportunities contact: Woodie Sue Herlein, Out-of-School Time Coordinator, AState Childhood Services at: [ost@astate.edu](mailto:ost@astate.edu) or call 870-972-3055

