



# **Movement Instructor Training Recess and Celebrations!**

## **Let's Move Kids to Health!**

### **AGENDA**

#### **DAY 1**

- Experience a Recess Rocks Recess Class
- Welcome
- Class Objective
- The Why, What, Where and Who of Recess Rocks
- Philosophy
- Methodology
- BackPack
- Routines
- Logistics
- Questions
- What's Next?

#### **DAY 2**

- Review Day 1
- Routines
- Logistics
- Questions
- What's Next?
- Evaluation