



# School Teacher Workshop Active Classroom

## Let's Move Kids to Health!

### AGENDA

- Experience a Recess Rocks Recess Class
- Welcome
- Class Objective
- The Why, What, Where and Who of Recess Rocks
- Philosophy
- Methodology
  1. Music
  2. Moves
  3. Language
  4. Active Classroom
    - I. Lesson Plan Tie-in and Lesson Plan Express
    - II. Subject Switch'n
    - III. Class Time Moves
    - IV. Hallway Grooves
- Create your own Lesson Plan Express
- Create your own Class Time Moves
- Questions
- What's Next?
- Evaluation