



ELF Conference
Building Blocks for Early Learning
Focused Fitness Headquarters
8:00 a.m. – 2:30 p.m.
July 12-13, 2017

DAY 2 – Thursday, July 13

Station Creation

- Deconstruction of ELF station
- Creation of station

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

Kids Summer Camp (9:30-12:00)

- Layout of the Morning (Classroom Activities and Gym Activities)
- Participant responsibilities and Checklists
- Debrief

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

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

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

Panel and Planning

- Panel discussion with teachers utilizing FAB 5 ELF Program
- Planning implementation for your students in classroom, building and classroom

Final questions and closing

Conference Evaluation