

Super Saturday I am Moving I am Learning Workshop

Saturday, July 18, 2015

10:00 AM- 2:30 PM

University of Illinois Extension Office

700 South Airport Drive

Spld, IL 62707



The goals of I am Moving I am Learning (IMIL) Workshop is to increase the quality of time spent in moderate to vigorous physical activity (MVPA) during daily routines to meet national guidelines for physical activity. This will help you to improve the quality of structured movement experiences that will be facilitated by you, the adult. The last and main goal of IMIL is to promote healthy nutrition choices every day.

Who should attend?:

- Childcare Providers (Family & Center Based Programs)
- Families
- Teachers
- Service Providers
- College Students



Below are the FOUR trainings that are being offered by Community Child Care Connection and the University of Illinois Extension Office in Hillsboro.



Birth to Five: An Introduction to Motor Development

PURPOSE:

Every child has the right to a healthy childhood.

OBJECTIVES:

Participants will:

- Understand key concepts and vocabulary related to motor development from birth-to-five.
- Recognize the implications these concepts have on movement for children birth-to-five.
- Provide age appropriate movement opportunities.

2 Clock Hour/ CDA Content area: 2

Ashley Earles, Community Engagement Specialist

Community Child Care Connection

Time: 10:00 AM – 12:00 PM

CLICK HERE TO REGISTER: <http://www.cccconnect.org/event-registration/?ee=299>

Nutrition Building Blocks

PURPOSE:

Every child has the right to a healthy childhood.

OBJECTIVES:

Participants will:

- Recognize the impact of good nutrition on other learning areas.
- Learn and implement new strategies for improving nutrition choices.

2 Clock Hour/ CDA Content area: 2

Lisa Peterson, Nutrition & Wellness Educator

University of Illinois Extension

Time: 10:00 AM – 12:00 PM

CLICK HERE TO REGISTER: <http://www.cccconnect.org/event-registration/?ee=297>

Take It Outside!

PURPOSE:

Every child has the right to a healthy childhood.

OBJECTIVES:

Participants will:

- Understand research regarding benefits of outdoor play and time in nature.
- Prepare outdoor play space to promote play and movement opportunities.
- Facilitate unstructured/child-initiated play and structured play in outdoor spaces.

2 Clock Hour/ CDA Content area: 2

Ashley Earles, Community Engagement Specialist

Community Child Care Connection

Time: 12:30 PM –2:30 PM

CLICK HERE TO REGISTER: <http://www.cccconnect.org/event-registration/?ee=300>

MVPA – Every Day! (MVPA -Moderate to Vigorous Physical Activity)

PURPOSE:

Every child has the right to a healthy childhood.

OBJECTIVES:

Participants will:

- Recognize how MVPA supports school readiness skills in children.
- Facilitate movement activities with children that achieve 60 minutes of structured MVPA (moderate to vigorous activity) per day.
- Apply MVPA principles to staff and families.

2 Clock Hour/ CDA Content area: 2

Lisa Peterson, Nutrition & Wellness Educator

University of Illinois Extension

Time: 12:30 PM –2:30 PM

CLICK HERE TO REGISTER: <http://www.cccconnect.org/event-registration/?ee=298>