



PE Central Professional Development – Online Courses

Enroll Now: swww.teachable.com

Course: Preschool Fitness

Course Dates: Ongoing

Cost: \$119.00

Credit: 15 hours of professional development (+ optional 1.5 CEU available \$\$)

Instructor: Michele Silence, President of Aerobic Fitness Consultants, Inc./ KID-FIT, Monrovia, CA

Assignments:

- Read articles and videos about Preschool Fitness.
- Post discussion board answers to questions based on readings and videos.
- Create a Preschool/Kindergarten lesson/workout appropriate for very young children.

Who Should Take/Access to Children: Preschool and Kindergarten physical education teachers looking for ways to teach lifelong activity skills and healthy lifestyle habits in children ages 2-5. You will need access to a preschool/K-aged class, child, or children.

Course Purpose/Description: This course explains the health concerns affecting young children today – from childhood obesity to diabetes and everything else in between. Children as young as 2 must start learning healthy fitness and nutrition habits from day one. Learn why and how to teach preschoolers, necessary class components and how kids differ from adults. This course was specifically developed to provide ideas on how to get and keep young children moving. Moving in terms of those activities beneficial for lifetime health. Children today are simply not learning the physical skills required to lead an active adult life. Physical Educators must start targeting these young children and teach them that fitness is fun while they learn basic sports and movement skills needed to be active throughout life.

Benefits:

- Flexibility - Complete assignments at your own pace and schedule
- Grade free - Complete your assignments, get feedback from instructor and platform.

What you will get out of the course:

- 15 hours of Professional Development credit (check with your principal)
- Certificate of completion
- 1.5 CEU if you choose to purchase for extra \$\$
- Upon completion of course you will get a free month of the KID-FIT Preschool Music and Workout service

What you need to take the course:

- Access to the Internet using a computer and/or tablet and ability to view videos, printer, PDF and Microsoft Word documents.

To Learn More Contact Mark Manross at PE Central

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