

# **Teacher Training Program**

The Flexercise for Kids® fitness program provides students with the opportunity to learn and practice skills that will assist them in performing proficiently on the state mandated “Fitness-Gram” test. This translates into better results in the overall state physical fitness scores both individually and collectively within the school. The Flexercise for Kids® training program seeks to train educators our philosophy on implementing a non-competitive skill based physical fitness program that is developmentally appropriate and meets the need of the California Education Standards. **This is accomplished by teachers participating in a 14 hours two day certification workshop. Call 888-746-3539 or [www.flexercise.net](http://www.flexercise.net) for more info.**

## **Flexercise for Kids® curriculum addresses three major concept areas:**

1. Movement Skills/Motor
2. Self-Image/Character
3. Social Skills/Leadership

## **Day 1 (8-hours)**

### **LESSON CONTENT**

- Introduction and Philosophy
- The muscles in my body
- Benefits of physical activity
- The new Food Pyramid
- Exercise tips and techniques
- Introduce and dissect lesson plans
- Introduce and conduct fitness testing
- Introduce and perform Power Training Circuit
- Flexercise Specialist provides constructive feedback to help increase comfort and skill level.
- Play Fitness Games

## **Day 2 (6-hours)**

### **LESSON CONTENT**

- Review previous lesson material
- Conduct Fitness Testing
- Conduct Power Training Circuit
- Small group individual stations Fitness Testing
- Small group individual stations Power Training Circuit
- Large group fitness games
- Review all lesson content
- Teachers conduct Power Training Circuit (Test)
- Teachers administer Fitness Test (Test)
- Teachers instruct fitness game
- Flexercise Specialist provides constructive feedback to help increase comfort and skill level.
- Certificate of Completion Ceremony

### **PRACTICUM:**

1. Oral and Written
2. Instruct Fitness Game
3. Administer Fitness Tests
4. Conduct Power Training Circuit