



# Physical Activity Leader Training

The Physical Activity Leader (PAL) initiative is a collaborative effort designed to develop and support individuals who will champion an effort in their local schools/school district to ensure 60 minutes a day of physical activity for all school-age youth. The 12 month PAL learning system is a dynamic, action-focused initiative resulting in skilled individuals who will initiate tailored plans of action in their respective school settings.

The PAL learning system will begin with a 7 hour in person training.

**WHO:** Physical Education Teachers | Classroom Teachers | Principals | Administrators | Parents  
*Participants should come prepared for activity!*

**WHAT:** As a result of completing the PAL professional development process, you'll be able to:

- Establish support for implementing a PA initiative (60-A-Day) in the local school/district site
- Implement a Comprehensive School Physical Activity Program (CSPAP) tailored to site-specific needs
- Demonstrate the effectiveness of site-selected CSPAP components
- Serve as a local champion for ongoing support and enthusiasm for PA for school-aged youth

**WHEN:** 8 a.m. - 4 p.m. Wednesday, March 19 *(Light lunch and snacks will be provided)*

**WHERE:** Agassiz-Woodrow Wilson School - Loft Meeting Room  
*(1305 9th Ave S, Fargo, ND 58103)*

**COST:** FREE (no credit) | \$65 if requesting credit (offered through Valley City State University)

*Supported by South East Education Cooperative Healthy Schools Program and SHAPE America (formerly AAHPERD).*

# Register: [www.ndseec.com](http://www.ndseec.com)

Click "Registration" in the left-hand column then "Register Online" and "View a List of Upcoming Workshops."

**Contact Amy Walters for more information: (701) 952-3220 or [waltera@ndseec.com](mailto:waltera@ndseec.com)**



**Let's Move! Active Schools**

*Let's Move! Active Schools is a comprehensive program that empowers school champions (Physical Education teachers, classroom teachers, principals, administrators, and parents) to create active environments that enable all students to get moving and reach their full potential.*