

Sample Agenda

Because the Weikart Center recognizes that adults have many of the same needs for physical activity, active learning, and meaningful participation as youth do, the trainings are a way that we "walk the talk" - by providing opportunities to meet those needs and incorporate the Methods concepts throughout the trainings we offer.

Each training incorporates opportunities to move around, work with others, and reflect on what is being offered.

Objectives: (help participants know what to expect)

- a. An objective about how the training will be tied into the participant's current setting.
- b. An objective about what specific behaviors/skills they will have the opportunity to practice.
- c. An objective about the concepts and new understanding that will be introduced.

Materials

Specific

- Items specific to this training are listed here.

General

- Items common to most trainings are listed here.

Welcome: Energizers (15 min.)

Materials: Guidebooks, index cards, markers, easel paper

1. Icebreaker (to help participants get to know each other, to create a safe space to learn in)
2. Review agenda (because participants like to know what to expect and this is an opportunity to include them in the planning phase of the experiential learning cycle)
3. Explain how each training module fits into the Pyramid of Program Quality and its relation to the Youth PQA (providing the context for what they are learning and how it fits into the bigger picture)

Opening: An active, cooperative opportunity that introduces the module concept - "coming in the back door"

4. Using grouping strategies as much as possible
5. Giving participants as much opportunity to work the materials as possible.
6. Have each group present, to hear from everyone.
7. Consider different learning needs - providing kinesthetic, visual, and auditory support
8. Encourage participants who already know how to do things to let others figure it out.
9. Debrief:
 - a. What happened?
 - b. How did you get there?
 - c. What does this have to do with the module concept?

Central Ideas and Practice: The Nitty-Gritty

Materials: Guidebook

10. Present and Explain (Briefly) the nuts and bolts of the module concept, from guidebook and slides
11. Use a grouping strategy to get participants into small groups.
12. Have another opportunity to work on an activity or reflection exercise integrating the conceptual material in small or large groups.

Application: Apply the concepts just learned

13. An activity that allows participants to apply the concepts just learned. This activity should be slightly more complex than the previous practice activity.
14. Trainer(s) make(s) rounds to check in with participants about how they're doing.

Implementation Plan/Activity

15. Implementation Plan (every participant thinks about how they will take these concepts back to their setting).

Closing

Materials: Session evaluations

16. Reflection (because it's an integral part of the experiential learning cycle)
17. Direct participants to other resources in the guidebook that were not used during the workshop.
18. Hand out workshop evaluations.