



## Physical Activity Video Study Guide

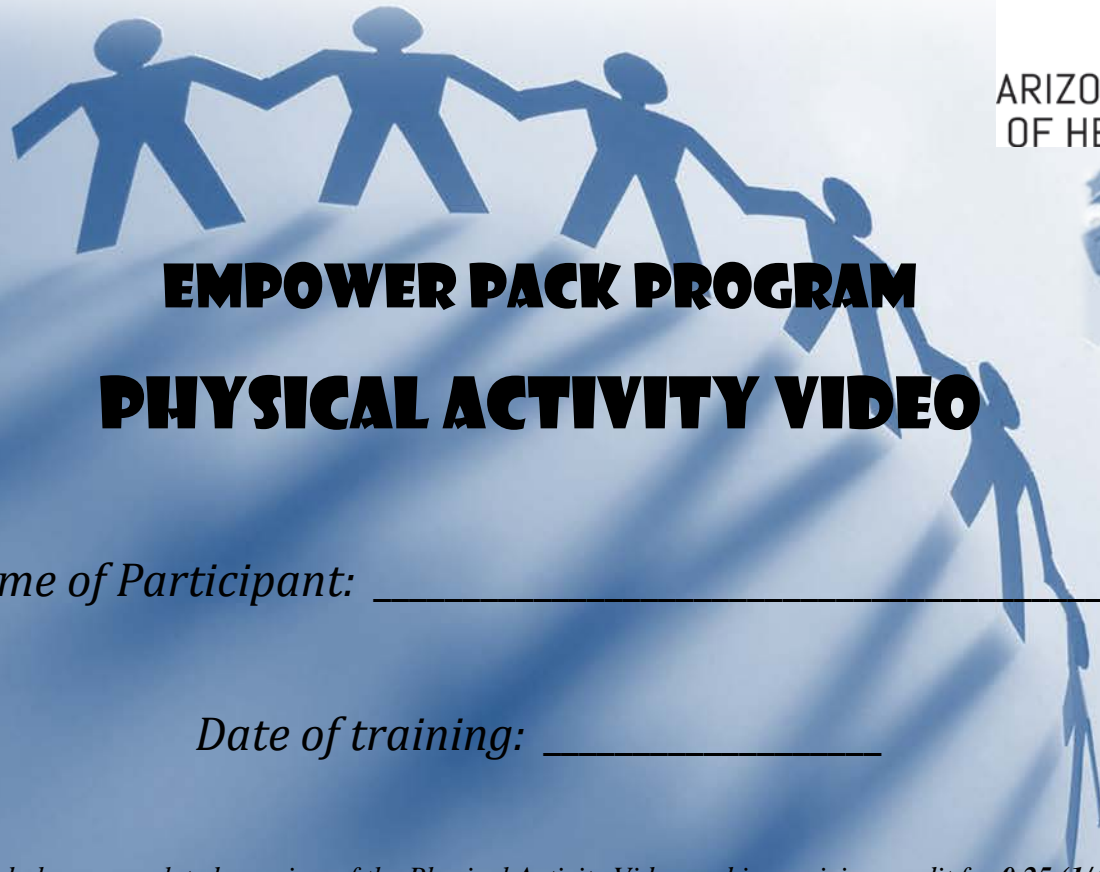
*A review of the training video qualifies the participant for the 0.25 hour training credit.*

*A completed study guide attached to the training certificate will qualify the participant for the 0.5 hour training credit.*

During the introduction to this video the narrator, Mallory, stated “....physical activity ....is twice as important for children as they are laying the groundwork for a lifelong healthy lifestyle...”

Based on the information presented in this video, discuss the following points with your supervisor or trainer.

1. Review the physical activity policies and procedures in place for your program. Discuss your program’s policies and procedures with your trainer or more experienced staff member to ensure you feel you are ready to implement these policies and procedures in your program. Compare and contrast the information presented in this video with the information currently in place in your program. List one practice that could be added to your program OR how you can improve one practice already in place.
2. Mallory stated that children with disabilities need to move, play and have fun just like other children and it is important to involve every child in your physical activity program. When planning physical activities for a child with special needs, what should you consider to ensure this child can feel like a part of the group? Describe your implementation plan.
3. Kelly stated that the children in her program love the change of pace that comes with getting up and moving around. What points should you consider when planning physical activities for your program? List them.
4. Chasity stated that in her program, she makes sure every child has the opportunity to freely explore and move about without causing harm. With your trainer or supervisor, create a daily schedule for your age group that ensures every child has the opportunity to experience at least 60 minutes of physical activity every day.
5. Bobbie discussed how she incorporates gardening into her physical activity plans. Based on some of your favorite physical activities, create a list of some ideas for activities that would appeal to the children in your program.



ARIZONA DEPARTMENT  
OF HEALTH SERVICES



# EMPOWER PACK PROGRAM PHYSICAL ACTIVITY VIDEO

*Name of Participant:* \_\_\_\_\_

*Date of training:* \_\_\_\_\_

*The participant listed above completed a review of the Physical Activity Video and is receiving credit for 0.25 (1/4) hour of training.*

*If the Study Discussion Guide is completed and attached, the participant may receive a total credit for 0.5 (1/2) hour of training.*

*Total training time:* \_\_\_\_\_

*Supervisor/Trainer Signature (required):* \_\_\_\_\_