

## Outline of Training

### Project Go! Get Outdoors (2 hr session)

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Training Content	Training Methods	Training Time Table
Introductions	Around the room... Name/type of work you do	10 min.
Objectives What is Project GO Intro of Founder of project	Power point lecture	5 min.
Drawing from your childhood <i>What was your favorite memory of playing outside when you were a child?</i>	Group Activity Reflection then sharing	10 min.
Trends of the present	Power point lecture	5 min.
Childhood obesity <ul style="list-style-type: none"> <li>• Health consequences</li> <li>• Health benefits</li> </ul>	Power point lecture	5 min.
Structured physical activity Unstructured physical activity	Power point lecture	5 min
Outdoor play <ul style="list-style-type: none"> <li>* why is it important</li> <li>* nature is my medicine</li> </ul>	Power pint lecture Props Large group discussion	5 min.
Program planning: How can you easily incorporate nature into you curriculum? Sharing of sample programs	Power point lecture Group activity: create your own themed activity and be ready to share Think-pair-share	30 min.
ABC's of the outdoors	Power point lecture Props	5 min.
Seasonal activities	Power point lecture Props Large group discussion	20 min.
Outdoor behavior management techniques	Power point lecture Large group discussion Scenarios (small groups)	15 min.
Training evaluation Certificates	Evaluation form completed by participants	5 min.