

Physical Activity Learning Session (PALS) Project Overview

What is PALS?

PALS is a set of evidence informed training materials for early care and education (ECE) trainers and technical assistants. PALS workshops examine the best practices for physical activity across eight areas and address the challenges ECE providers face in supporting active play. Free PALS resources include training slide decks, suggested speaker notes and participant handouts.

PALS was launched in 2018 with funding from the Centers for Disease Control and Prevention (CDC) and was designed to address a gap in low-cost training for ECE providers to promote physical activity. Participating states collaborate with professional development systems and training and technical assistance networks to recruit trainers to participate in a Train the Trainer. PALS sessions use self-assessments and content on the best practices of physical activity in early care settings to help providers improve practices, policies or environments.



PALS Implementation

States can apply to join the PALS project through the Nemours Children's Health Springboard Opportunities. Springboard states receive technical assistance and trainer materials to launch the project.

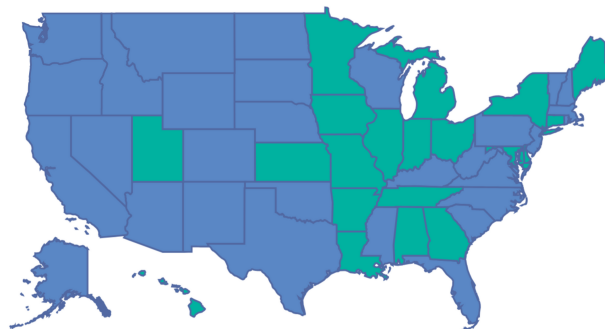
States, communities and agencies can also bring PALS to their trainer networks using the PALS Implementation Guide. This resource includes planning information, instructions for onboarding trainers as well as information on sustaining physical activity trainings. To support use of the Implementation Guide, trainers from nine states demonstrate facilitation of the PALS content on brief recordings available on the PALS website.



Participating States

Since 2019, over 800 participants in 20 states have become PALS trainers.

Alabama, Arkansas, Connecticut, Delaware, Georgia, Hawai'i, Illinois, Indiana, Iowa, Kansas, Louisiana, Maine, Maryland, Michigan, Minnesota, Missouri, New York, Ohio, Tennessee and Utah are supporting physical activity in ECE settings through the PALS project.



For more information on PALS, email PALSECE@Nemours.org or visit <https://healthykidshealthyfuture.org/trainers/pals/>