

Physical Activity Learning Session (PALS) Micro Training

What is a Micro Training?

Micro trainings are short workshops that focus on a distinct topic related to advancing physical activity practices in ECE settings. The Micro trainings are designed to have enough content to award clock hours/credit in state professional registries but are flexible for trainers to choose content that meets the needs and interests of ECE professionals.

Each PALS Micro Training includes video clips, group discussions, movement breaks, and summary activities. While Micro trainings build on PALS content, completion of PALS training is not required for participants.



What PALS Micro Training topics are available?

- Active Play in Cold Weather: Supporting Outdoor Play in ECE Settings
- Physical Activity in Small Spaces: Four Games to Promote Movement in Limited Space
- The Connections Between Active Play and Social-Emotional Learning in Early Childhood
- Active Play with Mixed Age Groups
- Increasing Active Play at Child Care: Outdoor Activity Settings
- Infant and Toddler Physical Activity

Additional Micro Trainings

- Active Play in Hot Weather
- Physical Activity in ECE Gardens



To learn more about the PALS Micro Trainings and access resources, visit
<https://healthykidshealthyfuture.org/trainers/pals/pals-resources/>

Questions? PALECE@nemours.org.