



**ONLINE**  
CHILD CARE PROVIDER TRAINING

## Physical Activity Learning Session (PALS)

**Monday, February 22 • 6:30-8:00pm**

PALS: Importance of Physical Activity in Early Childhood

**Wednesday, February 24 • 6:30-7:30pm**

PALS: Best Practices—Time and Space

**Monday, March 1 • 6:30-8:00pm**

PALS: Best Practices—Type, Daily Activities, Provider Role

**Wednesday, March 3 • 6:30-7:30pm**

PALS: Best Practices—Families, Training and Resources, Policies

**Thursday, March 4 • 6:30-7:30pm**

PALS: Goal Setting and Action Planning

### Register on I-PoWeR (Training Registry)

Go to: <https://ccmis.dhs.state.ia.us/trainingregistry>  
and search by session date.

Fees for service will be used to offset direct expenses and to support the Human Sciences County Extension Program. This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to [www.extension.iastate.edu/diversity/ext](http://www.extension.iastate.edu/diversity/ext).

## WINTER 2021

• \$5 per session •

PALS training is for early childhood providers to learn the best practices of physical activity for children birth to five, to support practice and policy changes.

### Credit

Receive childcare license renewal approved by Iowa Department of Human Services (DHS). Credit hours equal the number of hours each session is scheduled.

### Questions?

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