

TECHFIT Afterschool Weekly Agenda – refer to curriculum guide for more details

Day	CONTENT
1	<ul style="list-style-type: none"> • Introductions • Explanation of the program • Importance of Engineering Design Process (EDP) journal • Fitness Test • Safety Contract • Water Challenge
2	<ul style="list-style-type: none"> • Demonstrate the teacher team’s game created in the summer TECHFIT program <ul style="list-style-type: none"> ○ Students play the game ○ Teachers show software tools: Excel, Scratch, and NanoNavigator ○ Teachers show their wiring and electronic components • Name Memory Game • Use Excel to track fitness data • Water Challenge
3	<ul style="list-style-type: none"> • Paparazzi • TECHFIT teams • Excel BMI fitness calculator • Rock, Paper, Scissors • Begin animating with Scratch and developing ideas • Quizlet • Excel Challenge
4	<ul style="list-style-type: none"> • Word Finder Relay • Work in Scratch in pairs • Scratch Challenge • Dinner Log
5	<ul style="list-style-type: none"> • GoNoodle • Nutrition Labels • Review Scratch • Introduce nanoNavigator programming and simulator • Math Shoot • Quizlet • Exergame brainstorming/ Group Exergame projects • Dinner Log
6	<ul style="list-style-type: none"> • Go, Slow, Whoa • Problem decomposition • Paired programming in nanoNavigator, testing with simulator • Identify inputs/outputs in your world • Nutrition label battle
7	<ul style="list-style-type: none"> • Zumba Party Rock • Basic electricity concepts and safety • Introduce basic electronic components • Knot Game • Electronic components for exergame idea • Fooducate profile

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8	<ul style="list-style-type: none"> • Pyramid Matching • Advanced nanoNavigator programming • Hacky Hockey • New exergame ideas
9	<ul style="list-style-type: none"> • PE Central Log It • Fooducate current event • TECHFIT exergame judging criteria • Evaluate each team’s exergame idea • Hand Shake
10	<ul style="list-style-type: none"> • Cosmic Yoga • Each team works on their team’s task(s) • Ear Nose
11	<ul style="list-style-type: none"> • Noodle Tag • Select exergame for showcase • Team rosters announced • Work in groups • Airplane • Discuss promotional ideas
12	<ul style="list-style-type: none"> • PE Central Challenge • Work in groups • 123/ABC • Identify students to lead fitness activity for next meeting
13	<ul style="list-style-type: none"> • Math & Assessment team presents progress • Science & Lifestyle presents progress • Work in groups • Fitness activities by student leader
14	<ul style="list-style-type: none"> • Build & Technology team presents progress • Work in groups • Fitness activities by student leader
15	<ul style="list-style-type: none"> • Promotion & Graphics team presents progress • Community & Sustainability team presents progress • Work in groups • Fitness activities by student leader
16	<ul style="list-style-type: none"> • All teams make brief progress reports • Work in groups using provided feedback • Fitness activities by student leader
17	<ul style="list-style-type: none"> • Work in groups using provided feedback • Begin planning for dress rehearsal
18	<ul style="list-style-type: none"> • Work in groups using provided feedback • Reflect on any needed changes
19	<ul style="list-style-type: none"> • Timed dress rehearsal; non-presenters make notes for feedback
20	<ul style="list-style-type: none"> • School Assembly to present school’s exergame for showcase