<table>
<thead>
<tr>
<th>Day</th>
<th>CONTENT</th>
</tr>
</thead>
</table>
| 1   | • Introductions  
• Explanation of the program  
• Importance of Engineering Design Process (EDP) journal  
• Fitness Test  
• Safety Contract  
• Water Challenge |
| 2   | • Demonstrate the teacher team’s game created in the summer TECHFIT program  
  o Students play the game  
  o Teachers show software tools: Excel, Scratch, and NanoNavigator  
  o Teachers show their wiring and electronic components  
• Name Memory Game  
• Use Excel to track fitness data  
• Water Challenge |
| 3   | • Paparazzi  
• TECHFIT teams  
• Excel BMI fitness calculator  
• Rock, Paper, Scissors  
• Begin animating with Scratch and developing ideas  
• Quizlet  
• Excel Challenge |
| 4   | • Word Finder Relay  
• Work in Scratch in pairs  
• Scratch Challenge  
• Dinner Log |
| 5   | • GoNoodle  
• Nutrition Labels  
• Review Scratch  
• Introduce nanoNavigator programming and simulator  
• Math Shoot  
• Quizlet  
• Exergame brainstorming/ Group Exergame projects  
• Dinner Log |
| 6   | • Go, Slow, Whoa  
• Problem decomposition  
• Paired programming in nanoNavigator, testing with simulator  
• Identify inputs/outputs in your world  
• Nutrition label battle |
| 7   | • Zumba Party Rock  
• Basic electricity concepts and safety  
• Introduce basic electronic components  
• Knot Game  
• Electronic components for exergame idea  
• Fooducate profile |
<table>
<thead>
<tr>
<th>Day</th>
<th>CONTENT</th>
</tr>
</thead>
</table>
| 8   | • Pyramid Matching  
• Advanced nanoNavigator programming  
• Hacky Hockey  
• New exergame ideas |
| 9   | • PE Central Log It  
• Fooducate current event  
• TECHFIT exergame judging criteria  
• Evaluate each team’s exergame idea  
• Hand Shake |
| 10  | • Cosmic Yoga  
• Each team works on their team’s task(s)  
• Ear Nose |
| 11  | • Noodle Tag  
• Select exergame for showcase  
• Team rosters announced  
• Work in groups  
• Airplane  
• Discuss promotional ideas |
| 12  | • PE Central Challenge  
• Work in groups  
• 123/ABC  
• Identify students to lead fitness activity for next meeting |
| 13  | • Math & Assessment team presents progress  
• Science & Lifestyle presents progress  
• Work in groups  
• Fitness activities by student leader |
| 14  | • Build & Technology team presents progress  
• Work in groups  
• Fitness activities by student leader |
| 15  | • Promotion & Graphics team presents progress  
• Community & Sustainability team presents progress  
• Work in groups  
• Fitness activities by student leader |
| 16  | • All teams make brief progress reports  
• Work in groups using provided feedback  
• Fitness activities by student leader |
| 17  | • Work in groups using provided feedback  
• Begin planning for dress rehearsal |
| 18  | • Work in groups using provided feedback  
• Reflect on any needed changes |
| 19  | • Timed dress rehearsal; non-presenters make notes for feedback |
| 20  | • School Assembly to present school’s exergame for showcase |