



DANCEFIT

IN-SERVICE TRAINING AGENDA

WELCOME

to the Coryell County Dancefit Training. We are excited that you are joining us today. We look forward to showing you our newest program and all the ways it can help get your community moving!

09
AM

WELCOME & INTRODUCTIONS

A brief overview of the Texas 4-H Dancefit program showcasing its partnership with the University of Kentucky and the team that put it together.

10
AM

DANCEFIT CURRICULUM OVERVIEW

Dancefit has been created to get youth moving! It teaches youth that physical activity can be fun. Youth learn easy dances, have fun and improve their health. We will walk through the lessons and get familiar with the terminology.

12
PM

LUNCH & LEARN

Our lunch presentation will be an overview of our county nutrition program. We will take a closer look at some statewide numbers and how they specifically relate to our community and the impact our agency can have in combating these issues.

01
PM

DANCEFIT CHOREOGRAPHY OVERVIEW

It's time to get moving. We will be going through and learning the dances used throughout the lessons. Most build upon each other and are a series of simple moves repeated over an 8 count, but there are some freestyle options that will allow you to showcase your moves! Get ready for fun!!!

04
PM

Q & A

Once we catch our breath we will allow you to quiz the instructors. This type of hands on approach will make sure that information is clearly communicated and we are all on the same page.

ADJOURN

thank you for joining us today! We are looking forward to implementing the Dancefit program in our community and we are so glad you are part of our team!
If you have questions please do not hesitate to reach out to us, we are here to help!