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Better movers = better learners: toward health & physical education for new times

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Emerging evidence from global researchers has revealed a strong connection between human movement, cognitive (brain) development and enhanced learning.

This compelling research will be presented to over 360 delegates in Adelaide at the 27th International Conference of the Australian Council for Health, Physical Education and Recreation next week.

Conference Program Director Dr Graham Dodd said the findings aimed to bring a fresh perspective to health and physical education in Australian Schools at a time when it was being included in the new Australian Curriculum.

'Children need to move as much as possible every day and the recent evidence of the strong link between this movement and a child's capacity to learn strengthens the case for health and physical education to be acknowledged as playing a pivotal role in the healthy holistic education of Australian students', Dr Dodd said.

Principal of St Joseph's Memorial School, Mr Craig Fosdike, said it is important to encourage teachers to include as much movement as possible in their teaching.

'Pursuing an 'active curriculum' has great health and learning benefits for students', he said.

The Conference will showcase the research of world leaders in this area who have taken the findings into their own teaching to motivate and inspire health and physical education professionals to adopt new approaches.

These global experts include Jean Blaydes Madigan (Texas), Dr Frances Cleland (West Chester University, Pennsylvania), Professor Donna Cross (Edith Cowan University, Western Australia) and Dr Tim Hopper (University of Victoria, British Columbia).

The conference will be held at Prince Alfred College, Adelaide from April 18 to 20 2011. For further information or to arrange interviews, please contact:

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