

Ready to Learn: Movement & Learning Workshop



This workshop will provide you with practical activities that you can undertake with your class when you return to school the next day. We will introduce you to “brain energisers” that will get your students out of their seats to participate in fun challenges before settling down to their academic work.

There are strong connections between physical education, movement, breaking sedentary behaviours, break times (recess & lunch), and improved cognition and learning. This workshop will provide both the theory and practice on how regular movement during the school day can be an effective cognitive strategy to strengthen learning, improve memory and enhance the motivation to learn.

You will discover what neuro-science is telling us about movement and learning and be provided with a range of easy to implement activities that will get you class enthused and ready to learn.

- When:** Monday, 28 August 2017 (Week 6, Term 3)
Where: Thebarton Community Centre, Torrensville (car park entrance via South Road)
Time: 4.30pm - 6.30pm
Presenter: Rick Baldock, ACHPER (SA)
Cost: **ACHPER Members** - \$ 100.00 (includes GST)
Non Members - \$130.00 (includes GST)

Registration Form OR register online: www.achpersa.com.au

Name _____ **Mobile:** _____

School/Organisation _____

Email Address (required) _____

ACHPER Member **Non Member** **Amount Payable \$** _____

Invoice Required Yes **No** **Purchase Order No.** _____

Or please provide your credit card details

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Card Number _____ **Expiry** _____

Signature _____