

PHYSICAL ACTIVITY Workshop

Physical activity workshop for sports coordinators/leaders school management and any teacher that would like to promote physical activity in your school.



The Workshop will cover:

- Review your schools current physical activity programme.
- Ideas and practical examples of ways to continue to add physical activity into the school day e.g. Traditional Māori Games, short games/activities every day.
- Develop positive attitudes towards regular participation in physical activities.
- Connecting physical activity with learning and wellbeing.
- Physical activity as part of the schools strategic plan and policy.

**For enquiries or registration please contact:
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