



Craftercise

PROFESSIONAL LEARNING WORKSHOP FOR PRIMARY TEACHERS (F-2)

Fun and simple strategies to develop student's physical literacy, collaborative skills and physical activity opportunities in primary schools

Presenters: Dr Amanda Telford (PhD) and Aleisha Dakin (Creators of Craftercise)

Dates & cost:
www.craftercise.com.au
Professional Learning or our Social Media

Venue: Craftercise Studios 52 Hawker Street, Airport West

Enquiries & bookings:
info@craftercise.com.au or call Aleisha on 0400232224

Learn more



This hands-on workshop is designed to empower primary school (Foundation-Year 2) teachers with a fun range of strategies to enhance children's physical literacy, collaborative skills and physical activity opportunities. Physical literacy is moving with confidence and competence in a wide variety of activities and environments (indoors & outdoors) that develop the whole person. Children who develop the competence and confidence to move are more likely to be active for life. Today children are more inactive than ever before. Active children may experience:

- improved health
- better academic performance
- better fitness and energy levels
- stronger muscles and bones
- more happiness
- improved self-confidence

During this 2-hour interactive workshop Amanda and Aleisha will provide educators with:

- Information relating to the physical, social, emotional and cognitive development associated with physical activity and sensory play;
- The association between brain development and movement
- Australian physical activity and sedentary behaviour guidelines for children;
- Key principles of integrating movement experiences (inclusive, safe and developmentally appropriate)
- Tips for modifying physical activities to cater for all abilities
- The importance of physical literacy within the Victorian Curriculum
- Loads of activities and strategies to get your students moving



Testimonial:

This was one of the most interesting, fun and engaging professional learning workshops I have ever completed in my 14-year teaching career. Amanda and Aleisha were amazing at presenting the latest research combined with dozens of ideas, activities and strategies to use with my class straight away to get my students moving. I would highly recommend this PD to any early years primary school classroom teacher!"

Leanne

About the presenters

Dr Amanda Telford (PhD)

Amanda (Craftercise Creator and educational designer) is an experienced educator and researcher having completed numerous studies in children's physical activity, sedentary behaviour, health and wellbeing in educational, community and family settings. Amanda, a mother of two, has over 15 years working within tertiary sector in health and physical education (HPE) with over decade of experience as a program director of two highly regarded HPE degrees and has trained thousands of primary and secondary HPE teachers. Amanda is a former HPE teacher and an award-winning author with over 100 publications including over 30 textbooks used in primary, secondary and tertiary sectors throughout Australia and NZ. Amanda is also the Founder and Co-director of Peak Phys Ed (www.peakphysed.com.au) to provide professional learning conferences for thousands of educators nationally. Amanda has won numerous teaching awards at university level. See LinkedIn for Amanda's most recent bio.

Aleisha Dakin

Aleisha (Craftercise Director and Creator) is an experienced educator with a passion for working with parents and educators interested in enhancing the development and enriching the lives of young children. Aleisha began her career in physiotherapy where her interest in sensory development began and soon transferred over to complete a Bachelor of Applied Science (Physical Education) at RMIT University to work with children and adolescents. She went on to be awarded the Patricia Guthrie Medal, the highest accolade for female graduates within the university based on academic performance, leadership and community service. Aleisha has played at a high level across a range of sports (Tennis, Diving, & Baseball). Aleisha has taught health, physical education and sport at primary, secondary and tertiary levels at Loreto (Mandeville Hall, Toorak), Overnewton Anglican Community College and RMIT University. Aleisha has always loved art and craft alongside with physical activity and with Amanda runs the highly regarded Craftercise program in Airport West.