



Bluearth Program

The Bluearth program is a unique health and movement education program that utilises the physical activity domain to develop the whole child. Bluearth strives to offer physical activity in an environment rich and rewarding for all participants, with the aim of promoting health for both body and mind.

Within Bluearth, students are introduced to a range of physical activities, movement experiences, and games that are full of self-discovery and social interaction. The program seeks to challenge each student's coordination, agility, speed, motor skills, stability, proprioception, flexibility, cardiovascular adaptation and balance, whilst providing a playful and supportive environment.

Objectives:

- To provide physical activity that encourages and promotes health, fitness and general well being.
- To engage students in movement experiences that provide positive and constructive feedback to enhance ability.
- To activate and promote intrinsic motivation through meaningful movement experiences.
- To educate students about choice, composure and responsibility through dynamic interaction.
- To create an environment that encourages maximum participation through inclusive practices.
- To provide physical experiences that create opportunities for children to interact positively with peers.

Winters Flat staff and students have embraced the Bluearth approach to health and well being. We see our students increasingly, happy, relaxed and confident. At every level, students can achieve a sense of competency during Bluearth activities. We see students discovering how physical activity can contribute to their sense of well being.

Students learn to appreciate themselves and others; cooperation, negotiation and problem-solving skills become a natural part of communication.

The Bluearth approach integrates with other social and emotional programs used in our school such as Program Achieve, Rock and Water and Circle Time. It provides real opportunities for students to enjoy the consequences of their resilience, persistence and effort.

Everyone has fun.

