

Bluearth



Bluearth is a national, philanthropic not-for-profit organisation founded in 2000. It operates with the express purpose of improving the health of students and preventing the diseases that result from an inactive lifestyle.

The Bluearth approach develops and integrates body, mind and spirit through participation in physical activity. The goal of Bluearth is to not only increase the activity levels of students, but to improve movement and meaning throughout their life.

Bluearth utilises movement, motivation and learning to support, encourage, enable and challenge active living. The Bluearth approach stimulates an awareness of self, of others and of the environment in order to help facilitate learning and optimise attention, intention, function, communication and cooperation.

Aims and Objectives

Bluearth's primary aim is to engage children and instil within them a life-long love of physical activity. Bluearth takes a movement based approach to enable individuals to experience the potential of the body, mind and spirit that exists in all of us. Using the body as a vehicle and immersing themselves in movement, participants gain a fuller understanding of health. The Bluearth approach is underpinned by the following elements:

- Alignment – posture and structure
- Connectivity – development and coordination of skills
- Energetics – stability and efficiency of movement
- Breathing – rhythmical and integrated with movement
- Attentiveness – ability to remain focused on the task

Key contacts

Yvonne Dierolf

Program Manager – Personal Development
(02) 9085 7226
yvonne.dierolf@thesmithfamily.com.au

Bluearth creates an environment where children learn through participation in activities that provide them with the opportunity to understand themselves from a first person perspective and from the feedback and input provided by others. Participants are free to explore the tasks and enjoy the spectrum of movement from stillness to capacity, both individually and collectively.

Bluearth's initial focus has been on primary school children, recognising that at this age it is easier to encourage exercise as a habit. Young children are in the process of developing attitudes, perceptions and physical habits that will determine behavioural patterns throughout their life.

Feedback from students who have participated in Bluearth has been remarkably positive. As one Year 3 student wrote,

"I have learnt that my body can do more things than I thought it could. It has made me have a go."