



# PROVIDER PROGRAM DETAILS

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## BLUEARTH FOUNDATION

### CONTACT PERSON

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## ORGANISATION OVERVIEW

Bluearth is passionate about addressing the alarming trends of sedentary living in children across Australia.

The Role of the Bluearth Foundation, within our community, is to nurture the curiosity, enthusiasm and joy that young people find in being active and harness that to instill greater self-awareness, self-regulation and resilience whilst having fun!

To an outsider, a Bluearth session looks like games and activities, laughing and a touch of chaos, so what is it that makes Bluearth so different from generic PE?

The Bluearth Approach is about taking the lessons out of the classroom space and encouraging teachers/coaches to use new spaces, to explore different equipment and space sizes, to use games and activities to teach the curriculum or skills, and to learn together with the young people.

Reflection and mindfulness are powerful tools in our Bluearth Approach Toolbox and with every session there is an opportunity for our young people to cement their own learning: talking of strategies – both successful and unsuccessful – highlights and skills used in the game. We encourage the children to adapt the games and take ownership of them.

Bluearth builds sessions around resilience, teamwork and what it means to keep trying. Using positive words and actions, we not only role model good behavior and sportsmanship, we grow confidence in our young people so they can continue to grow and explore physical activity.

## PROGRAM DESCRIPTION

We believe in thinking differently so approach physical activity in a way that goes beyond traditional sport and education models. We care less about competition, and more about positive participation that develops the skills, motivation and behaviours required for adopting and maintaining active living habits. Each session includes movement challenges, games, and opportunities for reflection which promotes mindfulness and connection.

### All sessions utilise the Six Elements of the Bluearth Approach:

- Coordination and Agility
- Core Movements
- Dynamic Movement
- Movement Challenges and Games
- Moving in the Environment
- Skill Activities



And include:

- Social and Emotional skills
- Literacy and Numeracy
- Active listening skills
- Self regulation
- Spatial awareness
- Kinetic sense (felt sense)
- The Power of Stillness
- Gross Motor
- Fine Motor
- Physical Literacy
- Safe risk taking
- Leadership skills

Bluearth prides itself on working with strong diversity in the community and starting at the skill level of the least to grow the entire group in an inclusive, positive environment.

### PRODUCT OFFERING SPECIFICS

Qualified and experienced Coaches for face to face delivery.

1x PD session: to share the Bluearth Approach and how it can be utilized in any setting (Max 40 people)

1x Wellbeing and team building session around giving back to self (max 40ppl)

Games and activities delivered into your community catering to all ages from early years to adults.

Access to our Teacher Resource Centre and games

6 months of follow up support with online chats and sessions.

### NOTES TO PRODUCT OFFERINGS

Any space will do from ovals, halls, basketball courts. We can make this happen anywhere, which is the beauty of Bluearth.

### EQUIPMENT

All equipment needed will be supplied and we can discuss purchasing equipment as part of the cost if necessary.

