

# The Bluearth Approach

## MISSION

To improve the health and wellbeing of all Australians by making movement a part of everyday life.

## VISION

For all people to develop their abilities to move with confidence and competence in a wide variety of physical activities that benefit whole-person health and create personal motivation for lifelong active living.

## METHOD

The Bluearth Approach uses purposeful physical activities in an experiential process that can engage every participant regardless of their abilities.

By facilitating and valuing each person's experience, we develop "physical literacy" and personal motivations for lifelong active living.

Bluearth employs a principle-based approach drawn from the sciences of Kinesiology, Psychology, and Philosophy of human behaviour, as well as time-honoured movement practices and contemporary physical training methods.

## OBJECTIVES



### PHYSICAL

- Awareness & skills
- Health & wellness
- Fitness & optimal function
- Reduced sedentary disease risks

### PSYCHOLOGICAL

*Cognitive and Emotional (thinking & feeling)*

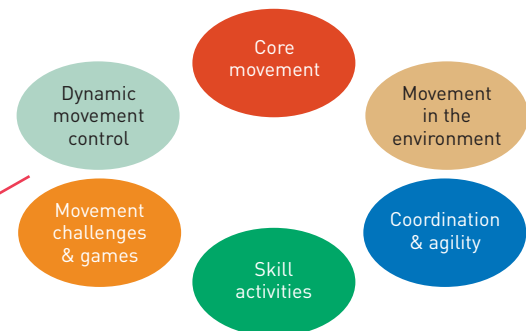
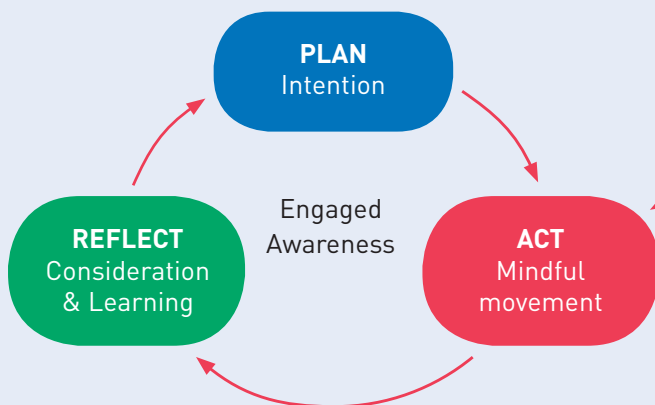
- Knowledge & understanding
- Self-awareness & self-esteem
- Emotional intelligence & resilience
- Intrinsic motivation
- Reduced mental health risks

### SOCIO-CULTURAL

- Social skills
- Sense of belonging & inclusion
- Social attitudes & norms (values, morals, ethics)
- Productivity & societal contributions
- Community involvement

## PROCESS

Employing skilful means in an experiential process:



**Activities** – Every session purposefully coordinates activities from several of these categories. See [www.bluearth.org/resources](http://www.bluearth.org/resources)

## VALUES

The Process is imbued with these values:

**For all** – We support all forms of healthy and adaptive physical activity, for everyone. We value and nurture the uniqueness of each person.

**Wellbeing** – We believe that appropriate physical activity improves the wellbeing of anyone who participates.

**Connection** – We value connection to others, the environment, and ourselves.

**Inspire** – We inspire through our understanding and our passion for human movement as a cause.

**Respect** – We believe in respect for self, respect for others, respect for community, and respect for truth, learning and development.

**Joy** – We believe in the joy created by mindful movement that nurtures individuals and strengthens social bonds with others.

\* Bluearth objectives align with the Sport Australia Physical Literacy Framework ([www.sportaus.gov.au/physical\\_literacy](http://www.sportaus.gov.au/physical_literacy)).