

Moving Well-Being Well



What is the problem?



While investigating the factors that motivate children to partake in physical activity, the existing research emphasises the importance of developing the fundamental movement skills in children.



Tackling these problems with a new perspective...

The individual has the **motivation, confidence, physical competence, knowledge** and understanding to **value** and take responsibility for maintaining purposeful physical pursuits/activities throughout the lifecourse.



This singular, unique and ambitious project is assessing 3000+ students around the country with a view to better understand the relationship between physical literacy, health related fitness, wellbeing and physical activity.

What we are doing

- Assess the current status of Irish children's physical literacy, particularly take into account the psychological, environmental and social factors, leading children not to engage in physical activity.
- Develop and evaluate a school based intervention with a specific focus on FMS
- Ascertain the best method to upskill teachers and coaches