

# Body Learning

## Learning through our body, for an active ageing

*(A proposal for a new Grundtvig Learning Partnership, LLP Program, 2012)*

### **1. The main idea, its significance and connection with adult education in general**

The importance of movement and better lifestyles for active aging.

Develop and disseminate an adult education that helps elderly people to perform adequate physical activity, providing healthy and conscious lifestyles, offering tools for self-care, allowing seniors to participate actively in society.

To enhance the presence, in organizations that provide Adult Education activities, of activities such as gymnastics, yoga, tai chi, hiking, massage techniques, natural eating... activities that generate learning such as:

- greater awareness of the body.
- Develop knowledge and skills to maintain a state of optimal health.
- Prevent home accidents.
- Promote healthy eating.
- To promote the enjoyment and positive social relations, even in intergenerational perspective.
- Cultivating the relationship with nature.
- Recovery of traditions and knowledge related to the body and health.
- ...

### **2. WHAT we will realize**

- Exchange of teaching methodologies.
- Exchange of organizational models.
- Knowledge of other experiences by pupils.
- Exploration of paths and methods for the recognition of learning related to the body.

### **3. Products**

- A manual.
- A program of educational activities related to the body.
- A day of learning through the body, to be held simultaneously in all partner countries.
- A site with tutorials and educational information.
- Testing of models for the recognition of learning related to the body.



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