This presentation will focus on approaches to the promotion of active lifestyles in schools and the expression of health within PE curriculum. Jo will critique past approaches and their effectiveness and consider a number of curious paradoxes associated with this area of work. Her work with a PAL (Promoting Active Lifestyles) project informs this presentation which will outline principles to address the paradoxes and evidence of the extent of the pedagogical changes to enhance the promotion of active lifestyles amongst young people.

**About Dr Jo Harris**

Jo is a passionate teacher educator, researcher and professional association leader who is internationally recognised for her work to inform health-related policies and practices in physical education. Her work with a PAL (Promoting Active Lifestyles) project is designed to support teachers in aligning their philosophies and pedagogical practices in order to more effectively promote active lifestyles amongst young people.

**Twilight Seminar Series**

**Dr Jo Harris**

Promoting Active Lifestyles in Schools: Philosophies, Paradoxes, Principles and Pedagogies

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**Are you a teacher or teacher education student interested in promoting healthy lifestyles in schools?**

**Have you missed out on attending the ACHPER international conference in Canberra?**

**Come and hear one of the keynote speakers, Jo Harris, share her experience and insights about health-related learning and teaching for active healthy lifestyles.**

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**Time:** 4:15pm (afternoon tea from 3:30)

**Date:** 5 February 2019

**Venue:** ECU Mount Lawley campus

Building 16, Room 104

Please register for this event [here](#).