

## **Abstract**

### **Children in Motion: understanding the key principles of exploration and skill adaptation are essential when designing children's movement experiences**

Children in today's society do not get the same amount of incidental play and physical activity opportunities as their parents and grandparents. This has consequences for their all round development and also for their long term health and wellbeing. In this presentation James will introduce learning as a fundamentally explorative process and discuss the ramifications of this for how we understand movement skill learning. James will present empirical research evidence from his group and NIH that can help us better understand how we can support children's development of skilled behaviours that transfer across physical activity settings and contexts. Finally, James will finish his presentation demonstrating how the key principles of exploration and adaptation are enduring across the lifespan and are applicable to improving the lives of everyone in our societies.