

[View this email in your browser](#)



NEURODEVELOPMENT
WORKSTREAM

LUNCH AND LEARN
NZ SERIES



āhei: Creating More Inclusive Movement and Physical Activity Experiences for Tamariki

Presented by: Laura Thompson ONZM

➡ 12pm - 12.30pm | Tuesday 13 October, 2026 | [Hosted on Teams](#)

This presentation will introduce [āhei](#), a New Zealand-developed platform designed to help schools, clubs, coaches and whānau create more inclusive physical activity and movement experiences for tamariki.

Laura will explore some of the barriers disabled and neurodivergent tamariki can encounter in physical education, sport and recreation—including barriers that arise from the way activities, instructions, environments and ideas of achievement have traditionally been designed.

The presentation will demonstrate how [āhei](#) helps adults plan proactively for learner diversity. This includes adapting activities around individual traits and support needs, providing different ways to participate and communicate, and recognising progress and achievement in ways that are meaningful to each learner.

The session will also consider the role of health and neurodevelopment professionals in supporting physical activity participation beyond clinical settings, and how stronger connections between health professionals, schools, whānau and community providers could help more tamariki experience movement, belonging, confidence and success.

This will be followed by a knowledge translation session on 10 November, where the following questions will be discussed:

- Where do you currently see the greatest barriers to meaningful physical activity participation for disabled and neurodivergent tamariki?

- How could neurodevelopment and health professionals help schools, whānau and community providers create more inclusive movement opportunities beyond the clinical environment?
- What practical opportunities are there to connect āhei—or the inclusive approaches discussed in the presentation: with your own role, service or local networks?

About the Speaker:

Laura Thompson ONZM is a two-time Paralympian and five-time Paralympic medallist who was appointed an Officer of the New Zealand Order of Merit for services to Para cycling. She is the founder and CEO of āhei, an inclusive physical activity and education platform supporting schools, clubs, coaches and whānau throughout Aotearoa New Zealand. Laura's work focuses on reducing the barriers disabled and neurodivergent tamariki experience in physical education, sport and community participation. She is particularly interested in how practical tools, inclusive design and collaboration across sectors can give tamariki greater choice, confidence and autonomy in movement.

Access the session here



Contact us

If you would like to join our mailing list, have a suggestion for a topic or are interested in presenting at one of our workshops, **[please get in touch](#)**.

For any technical issues or queries please reach out to the Neurodevelopment Workstream Project Coordinator, Kati Wilson, by email to neurodevelopment@paediatrics.org.nz or phone: 021 237 9903.

This email was sent to kat.kirchmann@paediatrics.org.nz

why did I get this? [unsubscribe from this list](#) [update subscription preferences](#)

Paediatric Society of New Zealand · PO Box 308052 · Manly · Auckland, Auckland 0952 · New Zealand

