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Knowledge Translation Session:

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

Presented by: Laura Thompson ONZM

→ 12pm - 12.30pm | Tuesday 10 November, 2026 | [Hosted on Teams](#)

Following Laura Thompson's October presentation on *āhei: Creating More Inclusive Movement and Physical Activity Experiences for Tamariki*, this Knowledge Translation Session will provide an opportunity to reflect on the key themes and explore how the learnings can be applied within participants' own professional contexts.

Through guided discussion, participants will consider the barriers that disabled and neurodivergent tamariki may face when participating in physical activity, sport and recreation, and identify practical opportunities to foster more inclusive environments across health, education and community settings.

This session is intended to support the translation of knowledge into practice by encouraging participants to share experiences, identify opportunities for collaboration, and consider how the approaches introduced through āhei can inform their work, services and local networks.

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.

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