

Q2. What type of teaching approaches and professional skills are needed to enable university educators to develop ESD in their own organisations?

*Get moving!*

*Developing innovative teaching methods of Education for Sustainable Development for  
Physical Education*

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Sports and movement is essential for sustainable health and prevents chronicle diseases and stress. Sports, the language that everybody speaks, offers worldwide possibilities of interactions to deal with conflicts in a fair way by learning social and individual skills. Sport makes you be more aware of environmental conditions while offering multi-dimensional learning opportunities regarding social, cultural, health-wise and environmental aspects (Krüger and Neuber 2011, EFIC 2009, Weineck 2009, Glanz et al. 2008).

So how come Physical Education (PE) still represents an unexplored research field in sustainability studies even though the aims of the United Nations Decade and the Global Action Programme for ESD are to implement sustainability into all parts of education?

An innovative research project of the RCE Graz-Styria addresses this gap and aims to include ESD in PE to enable university educators and teachers to re-think their teaching to empower pupils “to acquire the knowledge, skills, attitudes and values necessary to shape a sustainable future” (UNESCO 2012) by answering following questions:

- How can the combination of ESD and PE increase awareness of global challenges and improve knowledge of pupils?
- How can established methods for ESD be incorporated in PE?
- How can these methods be realized?

Based on a needs-analyses by asking pupils (target group 10<sup>th</sup> grade) on general interest, life-styles and opinions on SD, concrete teaching units for physical education combined with methods of ESD will be developed. The teaching units will be tested at school and include evaluation and revision based on qualitative interviews afterwards.

The expected results will be used by university educators at the RCE Graz-Styria to broaden teachers' education at the university towards interdisciplinary and integrative teaching approaches and to enable teachers to empower pupils to contribute to sustainable development.

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