

# Webinar: **KaziKidz**

A toolkit to improve physical activity, physical literacy and health in primary school children.



Wednesday 9<sup>th</sup> December 2020,  
Online: <https://unibas.zoom.us/j/96007146885>

13.30 - 15.00 Mauritian time (GTM +04:00) &  
10.30 - 12.00 Swiss time (GTM +01:00)

Webinar at the Mauritius Institute of Education

## Participants:

**Mr Ram Prakash Ramlugun**, Chairperson, Mauritius Institute of Education (MIE) Council

**Dr Oomandra Nath Varma**, Director, Mauritius Institute of Education (MIE)

**Mr Omraj Saraye**, Registrar, MIE

**Dr Ivan Müller**, Project Coordinator of the KaziBantu study, University of Basel, Switzerland

**Prof Markus Gerber**, Deputy Head of Sports Science Dept., University of Basel, Switzerland

**Dr Vassen Naëck**, Curriculum Development Coordinator, MIE

**Dr (Mrs) Brinda Oogarah-Pratap**, Head, School of Applied Sciences, MIE

**Dr Avinash Oojorah**, Head, Center for Open and Distance Learning (CODL), MIE

**Mrs Aneeta Ghoorah**, Director Curriculum, Ministry of Education, Tertiary Education, Science and Technology (MOETEST)

**Dr Neeshti Reetoo**, Director, Health and Wellness, MOETEST

**Mrs Bella Saddul**, Principal Physical Education Organiser, MOETEST

**Mrs Gilberte Chung**, Director, Service Diocésain de L'Éducation Catholique (SeDEC)

**Mrs Sarah Rawat Currimjee**, Chairperson, Mauritius Sports Council

**Prof Rosa Du Randt**, (Emeritus professor), Human Movement Science Department, Nelson Mandela University, South Africa

**Prof Darelle Van Greunen**, Director of Centre for Community Technologies, Nelson Mandela University, South Africa

**Ms Larissa Adams**, Biokineticist and Research Assistant, Human Movement Science Department, Nelson Mandela University, South Africa

**Ms Felicitas Nqweniso**, Biokineticist and Research Assistant, Human Movement Science Department, Nelson Mandela University, South Africa

**Ms Zaahira Ismail**, Research Assistant, Human Movement Science Department, Nelson Mandela University, South Africa

**Academic staff, Movement and Physical Education Department, MIE (7)**

**Academic staff, Home Economics Department, MIE (6)**

**Physical Education Organisers, MOETEST**

**13:30 -13:40**

## **Welcome and introductory words**

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**Dr Sookhenlall Padaruth**, *Head, Movement and Physical Education Department, Mauritius Institute of Education, Mauritius*

**Dr Oomandra Nath Varma**, *Director, Mauritius Institute of Education, Mauritius*

**Prof Uwe Pühse**, *HOD of the Department of Sport, Exercise and Health, University of Basel, Switzerland, UNESCO Chair Holder on "Physical Activity and Health in Educational Settings"*

**Sarah Des Rosiers**, *Associate Director, Population Health at Novartis Foundation, Switzerland*

**Dr Stefanie Gall**, *Department of Sport, Exercise and Health, University of Basel, Switzerland*

**13:40 -13:55**

## **Session 1: Background from DASH to KaziBantu & scientific results**

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**Prof Uwe Pühse**, *HOD of the Department of Sport, Exercise and Health, University of Basel, Switzerland, UNESCO Chair Holder on "Physical Activity and Health in Educational Settings"*

**Prof Cheryl Walter**, *HOD of Human Movement Science, Nelson Mandela University, South Africa, UNESCO Co-Chair on "Physical Activity and Health in Educational Settings"*

**13:55 -14:10**

## **Session 2: Presentation of the KaziKidz Teaching Material**

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**Ms Danielle Smith**, *Human Movement Science, Nelson Mandela University, South Africa*

**Ms Madeleine Nienaber**, *Human Movement Science, Nelson Mandela University, South Africa*

**14:15 -14:25**

## **Session 3: Possible adaptations and inclusion of KaziKidz into the Mauritian curriculum**

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**Dr Sookhenlall Padaruth**, *Head, Movement and Physical Education Department, Mauritius Institute of Education, Mauritius*

**14:25 -14:35**

## **Session 4: Outlook and possible collaborative research avenues**

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**Dr Sookhenlall Padaruth**, *Head, Movement and Physical Education Department, Mauritius Institute of Education, Mauritius*

**Prof Uwe Pühse**, *HOD of the Department of Sport, Exercise and Health, University of Basel, Switzerland, UNESCO Chair Holder on “Physical Activity and Health in Educational Settings”*

**14:35 -14:55**

## **Session 5: Questions and answers**

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**14:55 -15:00**

## **Closing words**

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**Prof Uwe Pühse**, *HOD of the Department of Sport, Exercise and Health, University of Basel, Switzerland, UNESCO Chair Holder on “Physical Activity and Health in Educational Settings”*

**Dr Oomandra Nath Varma**, *Director, Mauritius Institute of Education, Mauritius*

## **Dr Oomandra Nath Varma,**

*Director, Mauritius Institute of Education, Moka, Mauritius*



Dr. Oomandra Nath Varma is the Director of the Mauritius Institute of Education. Dr. Varma holds a Bachelor's and Master's degree in Sociology, a Post Graduate Certificate in Education and a PhD in Education. He is the UNESCO Chair in Higher Education for Mauritius. He has been closely associated with projects related to curriculum development, heading the introduction and review of the National Curriculum Frameworks for pre-primary, primary and secondary education in Mauritius since 2005, the Strategic Plan for Education in Mauritius (2008-2020), the National Curriculum Framework for the Nine Year Continuous Basic Education project (2015).

At present he is closely associated with the implementation of the Nine Year Continuous Basic Education project which includes the development of textbooks and provision of the digital curriculum and teacher training for the implementation of the major reform in education.

Dr. Varma has collaborated with international organisations such as the South African Research and Development Centre, the International Bureau of Education, UNESCO, and is at present collaborating with the World Bank and the African Association of Universities on the Africa Centre for Excellence project.

## **Prof Uwe Pühse,**

*University of Basel, Basel, Switzerland*



Uwe Pühse is a full professor of Sport Science at the University of Basel in Switzerland and head of the Department of Sport, Exercise and Health. The department is part of the Faculty of Medicine and focuses on Physical Activity and Health. The working group of Uwe Pühse deals with psycho-social aspects of exercise and health with special attention to empirical research in physical education, physical activity and cognition, the movement-friendly school concept, sport for development and other topics. In recent years, his research group has received significant grants for various research projects, particularly in cooperation with the Nelson Mandela University in Port Elizabeth, South Africa (DASH and KaziBantu). Uwe Pühse authored over 300 scientific publications and held keynotes worldwide. He is a member of the board of directors of AIESEP, a member of ICSSPE's development committee and works closely with CEREPS, EUPEA and FIEP. He is a fellow of AIESEP and the National Academy of Kinesiology NAK and an expert in physical education under the OECD's Education 2030 initiative. In 2019, he received the Thulin Award Europe from the Fédération Internationale d'Éducation Physique for special contributions to the development of physical education on national and European level. In the same year he was awarded the UNESCO Chair for 'Physical Activity and Health in Educational Settings'.

## **Prof Cheryl Walter,**

*Nelson Mandela University, Port Elizabeth, South Africa*



Cheryl Walter is an Associate Professor and Head of the Department of Human Movement Science at Nelson Mandela University in Port Elizabeth, South Africa, where she has been a faculty member since 2003. Prior to this, she was a physical education teacher and later a lecturer at the University of Fort Hare. She has obtained her qualifications, both in human movement science and in education, from various South African Universities (Kwazulu Natal, Rhodes, Fort Hare and Nelson Mandela) and has more than 30 years of experience in academia. Her research focuses on the understanding of both the benefits and the restraints relating to physical activity for health, especially among schoolchildren, and more generally among women and girls from marginalized communities. She researches practical methods to promote physical activity in marginalized South African communities, measuring the effectiveness of these interventions. She has received various awards and grants related to this work, and is the South African principal investigator of the KaziBantu project.

## Speaker Profiles

### **Dr Sookhenlall Padaruth,**

*Mauritius Institute of Education, Moka, Mauritius*



Dr Sookhenlall Padaruth is a Senior Lecturer (Teacher Education) in the Movement and Physical Education Department (MIE) in Mauritius and he is Head of Department of the Movement and Physical Education Department. He holds a Bachelor in Physical Education (LNIPE), India; Post Graduate Certificate in Education from Mauritius Institute of Education (MIE), Mauritius; Master of Arts in Education from the University of Brighton, UK; and PhD in Physical Education Pedagogy from the Purdue University (IN), USA.

Dr Sookhenlall Padaruth has over 25 years of experience in teaching and curriculum development at primary, secondary and tertiary levels. His research interest is socialisation and professional development of physical education teachers and the role of physical education in the education system. Dr Sookhenlall Padaruth teaches and has taught the following courses: Physical Education Pedagogy, Curriculum Development in Physical Education, Research Methodology, Outdoor and Adventure Education and Invasion Games.

## **Sarah Des Rosiers,**

*Associate Director, Population Health at Novartis Foundation*



Sarah Des Rosiers is a global health expert dedicated to use the power of innovation and partnerships to solve today's health access challenges. In 2020, Sarah joined the Novartis Foundation to shape the outcome measurement work of its cardiovascular urban health initiatives and to develop business opportunities in the area of NCDs for cross-sectoral partnerships on data and technology in low-middle income countries.

A former management consultant with PwC, she advised major healthcare players (pharma industry and global health organizations) on projects with a focus on market access & value-based pricing, business process improvements and impact evaluation. Prior to this, she held roles at WHO, UNAIDS and the Clinton Health Access Initiative and built her expertise in program and grant management, focusing on strengthening health systems and increasing access to affordable services and medicines globally. Through all these roles, she worked closely with health authorities and partners in countries like Haiti, Tanzania and Cameroon. She is recognized for her strong collaborative and effective data-driven business approach to achieve tangible results.

Sarah received an MSc in International Health Policy & Economics (LSE) and an MBA (University of St. Gallen, Switzerland). She was born in Canada and lives in Switzerland.

## **Dr Stefanie Gall,**

*University of Basel, Basel, Switzerland*



Stefanie Gall is a sports scientist, a health expert and a physical education teacher working as a research associate in the KaziBantu project and as a lecturer in the Department of Sport, Exercise and Health at the University of Basel. She was involved in the conceptualisation, development, and implementation of the KaziKidz toolkit whilst working under the UNESCO Chair for 'Physical Activity and Health in Educational Settings'.

This summer she has received a Magna Cum Laude for her PhD thesis entitled: "Effects of a school-based health intervention and cross-sectional associations of schoolchildren's academic performance, selective attention and health-related quality of life in Port Elizabeth, South Africa".

Her research interests are physical activity, mental wellbeing, mindfulness, diversity, and health interventions empowering and enabling teachers and students to become physically literate.

## **Danielle Smith,**

*Nelson Mandela University, Port Elizabeth, South Africa*



Danielle Smith is the South African project co-ordinator of the KaziBantu project and a registered Biokineticist with the Health Professions Council of South Africa. Danielle completed her master's degree in the 'Disease, Activity and Schoolchildren's Health' (DASH) project and is currently pursuing her PhD in the KaziBantu study at the Department of Human Movement Science in Port Elizabeth, South Africa. Her research interests focus on the non-communicable disease risk status of schoolchildren. Her research builds on local evidence and offers the possibility of providing new evidence on health intervention responses to non-communicable disease risk factors in school settings.

## **Madeleine Nienaber,**

*Nelson Mandela University, Port Elizabeth, South Africa*



Madeleine Nienaber is part of the KaziBantu project research team and a registered Biokineticist with the Health Professions Council of South Africa. Madeleine completed her master's degree in Human Movement Science and is currently pursuing a second master's degree in Food, Nutrition and Wellness in the KaziAfya study (sister project to KaziBantu) at the Department of Human Movement Science in Port Elizabeth, South Africa. Her research interests focus on the effects of food security and diet of schoolchildren on their non-communicable disease risk status.



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