

Title: Differentiating with the ABCs of Athletics – Playground to the Podium

Physical growth and development is uneven, and this extends to the cognitive and affective domains. This is especially the case at the primary level. This presentation reviews what we know and broaches the emerging topic of the importance of CNS (Central Nervous System) for psycho-motor skill development. Better equipping ourselves with this information will enable us to use the ABCs of Athletics along with environmental task design to provide targeted differentiated learning experiences for our students in the Learning Area of Athletics.