



## Editorial

The 1<sup>st</sup> Symposium of SPA Hellas is the third scientific event that the Association organizes since its foundation. This symposium gives birth to the first edition of SPA which is based on the electronic platform of the e-journal «European Psychomotricity Journal» where the first papers will soon be published.

Children nowadays have strongly restricted the valuable for their development everyday movement, which they always enjoyed by playing in world's different neighbourhoods. The neighbourhoods where they grow up today constitute an unfriendly environment for playing, the life demands are enormous and children are the victims of a sedentary, obese and sick civilization. The impact of learning disabilities, sedentary behavior and obesity, and other problems hinder normal development and bring to light an ominous future for the citizens of world to come. Nowadays that health problems can be encountered since preschool age, an holistic approach of the important issue of the human personality development is needed more than ever. A high number of countries have realized this threat for their future, that is why they reform their educational systems by setting new goals and practices.

The results of Pisa-Study incited all “thinking” countries to consider movement as a supreme goal and educational tool for human personality development as well as a “medicament” which heals the modern diseases.

The schools of the future must be “active schools” if we still want to dream a better world for our children.

With the organization of this Symposium SPA starts off an effort to establish Psychomotricity as an idea, a philosophy and an holistic educational approach, targeting human personality.

Our aim is to mobilize parents, teachers and all the persons involved to make children adopt an active and healthy lifestyle. *Back to real life, back to active life* is our moto. SPA's vision is “active families”, “active schools” and “active people”.

I would like to thank from the bottom of my heart Chris Riddoch and Antony Kafatos who ‘moved’ to Komotini to transfer their knowledge to us, Afroditi Stathi for whom we are really proud since she is one of our ex-students, Kostas Laparidis for accepting eagerly my invitation, Andreas Avgerinos who shared with me the burden of the Symposium organization and Panagiotis Antoniou for his web managing perfection.

I would also like to thank deeply the President of the Department of Physical Education and Sport Science George Mavromatis and the President of the 16<sup>th</sup> International Congress of Physical Education and Sport Science George Costa for the hospitality within the frame of the 16<sup>th</sup> ICPESS and the resolution of all problems encountered.

Finally i would like to thank the Organizing Committee and all the Congress participants for their contribution to the realization of the Symposium.

Antonis Kambas  
President of SPA-Hellas