**Title:** **A partnership aimed at improving Health and Physical Education at a rural school: impacts on pupils, university students, teachers and academics.**

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**ABSTRACT**

Challenges and benefits arose when a rural school and a neighbouring university formed a partnership with the aim of improving the school’s Physical and Health Education program. The exploration of synergies within the partnership manifested themselves in a number of changes. For the school the Physical Education curriculum and pedagogies were modified as a result of applying the findings of the McCarron Assessment of Neuromuscular Development tests. In addition, the school developed an evidence base to facilitate health-related decisions for pupils, teachers and ancillary staff. The university changed their: pre-service teacher education delivery; the curriculum; teaching methods; and, achieved stronger research based outcomes.