

# Hanna Nalecz

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Hanna is a senior researcher in Jozef Pilsudski University of Physical Education, Poland. She works in the Faculty of Physical Education in Warsaw campus. Her main interests are health promotion, public health in context of physical activity research and recommendation in under 5's and children and adolescents, and learning process on a basis of neuroscience findings. She leads a SUNRISE Study in Poland and is a member of HBSC Polish Team. She worked as a School Medicine coordinator in Poland. Her hybrid education (public health, pedagogy) helps to engage in many multidisciplinary projects.

In her spare time, she sails with her two daughters, dances in a folk group and learns kitesurfing.

## **My Topics for the 24th International Teaching Week:**

- 1) How to Prepare an Effective Health Education Lesson Plan?
- 2) Psychomotor Development - Learning through Movement and Play