

What is Physical Literacy & Why is it Important

Wednesday, Oct 07 , 2020

Drew Mitchell & JoAnne Burleigh

We gratefully acknowledge the Syilx people for hosting us on their Okanagan territory.



Sport for Life

Workshop Objectives

- Describe current health issues due to physical inactivity
- Examine the definitions of physical literacy.
- Identify the components of physical literacy.
- Understand the role that physical literacy plays in health.
- Identify the factors that can improve physical literacy and increase physical activity
- Initiate the process of identifying your role in developing physical literacy.
- Learn about various tools and resources that can assist with developing physical literacy.

Background – The Need!



NETFLIX

facebook



Instagram



Google

twitter 

Generational Differences



Unstructured play is EXTINCT!



Playgrounds empty!

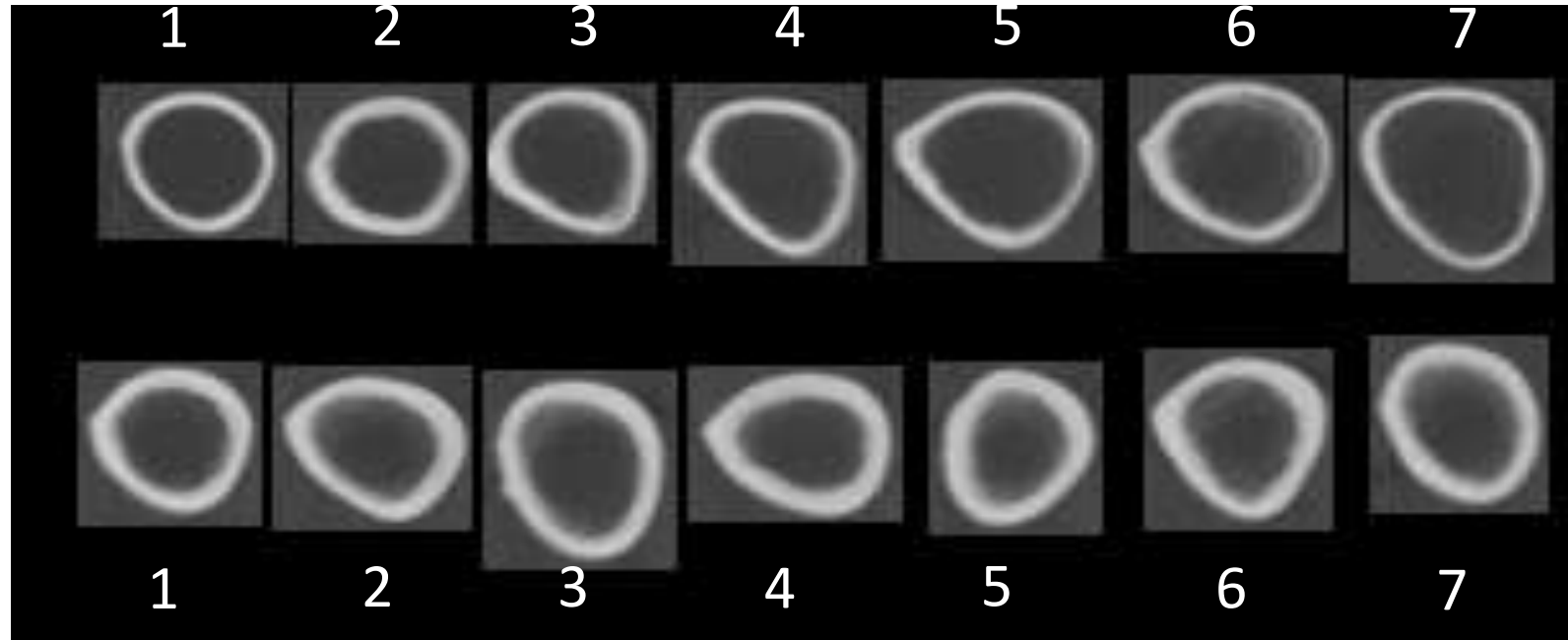
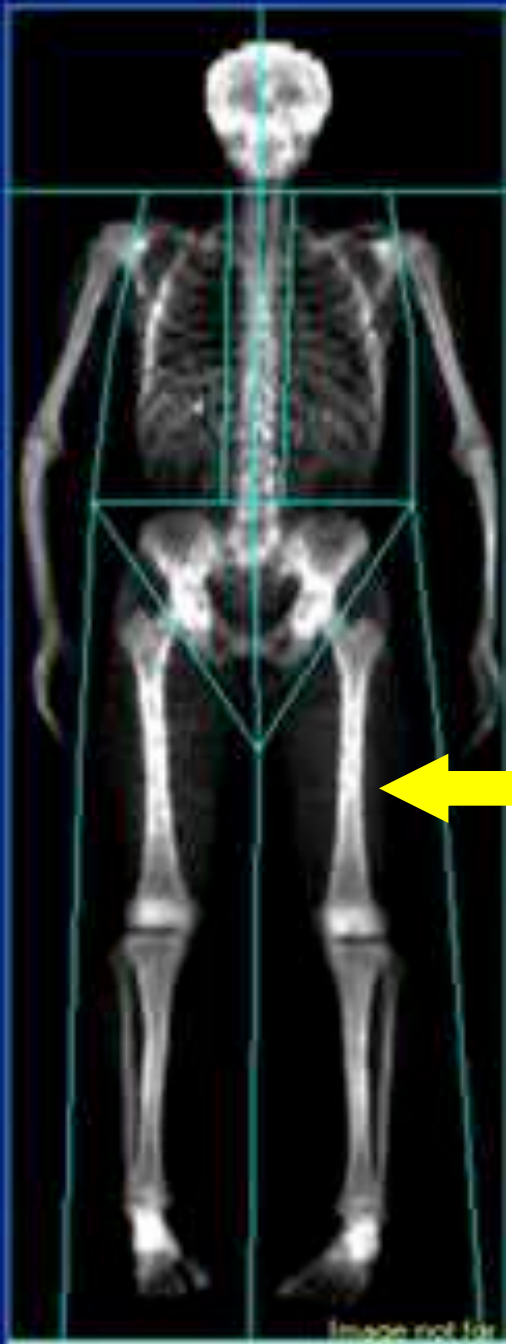


No more "Come home when the street lights come on!"



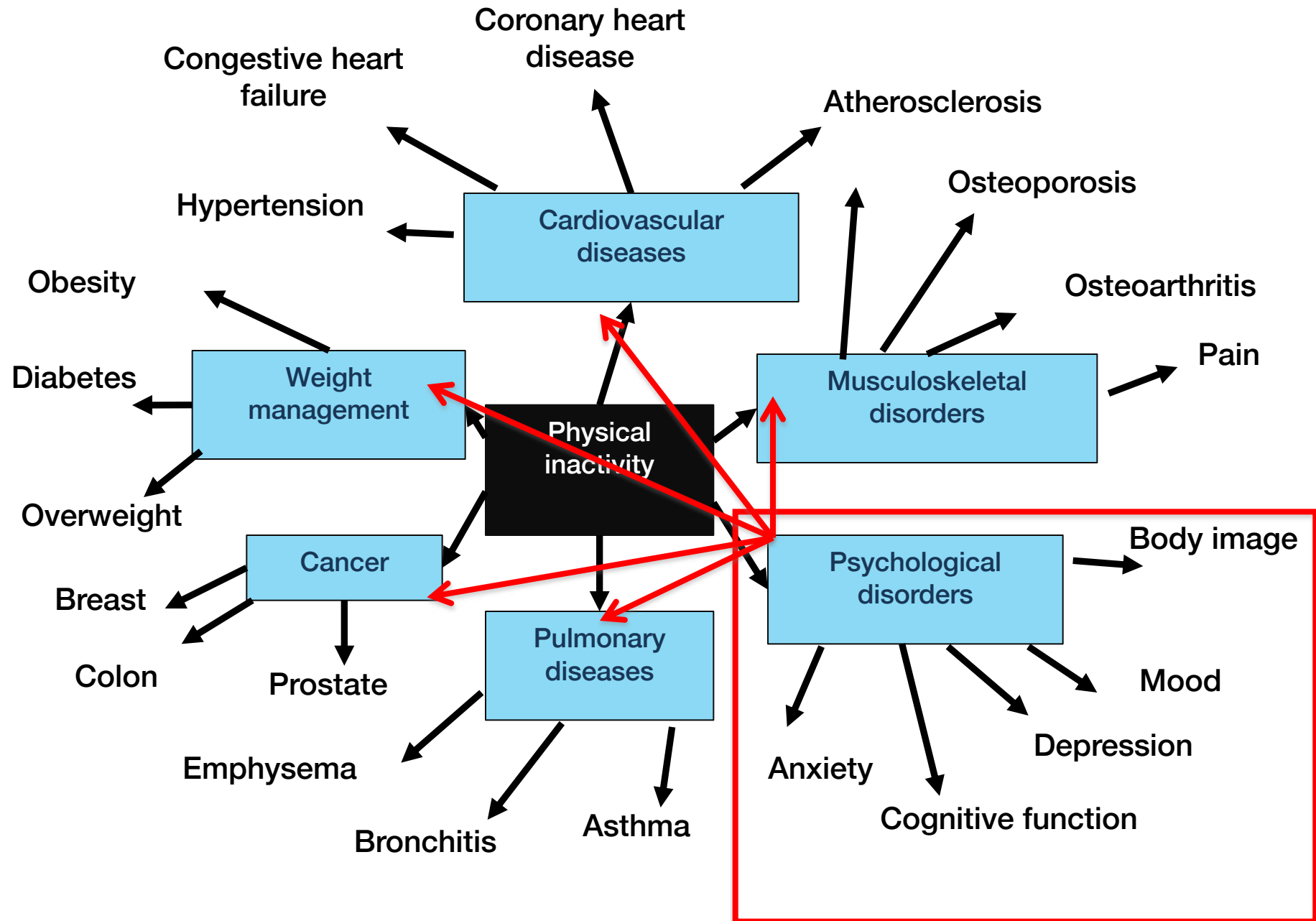
Children walk to school less than the previous generation

Physical inactivity and bone



Inactive

Active

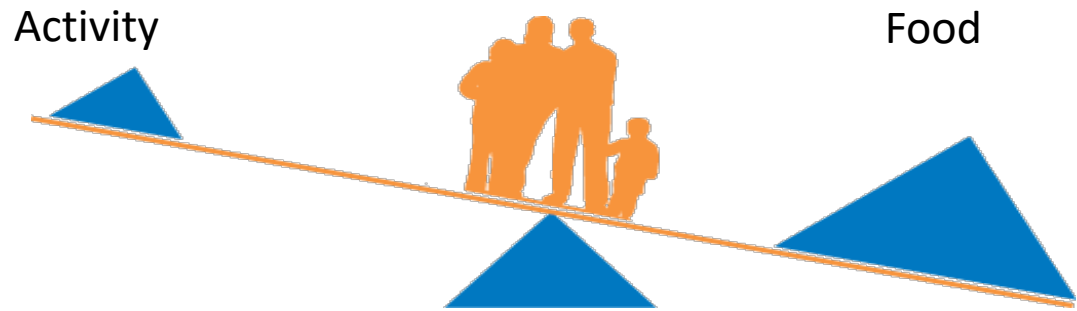


Canadian Example

“UNBALANCED” BUDGETS

Health Care	\$5 billion per million people
Education & Literacy	\$2.3 billion per million people
Sport	\$40 million per million people
Tourism and Recreation	\$61 million per million people
Healthy Living	\$57 million per million people

The function of **protecting and developing** health must rank even above that of restoring it when impaired **Hippocrates**



Eat Well and Exercise Regularly

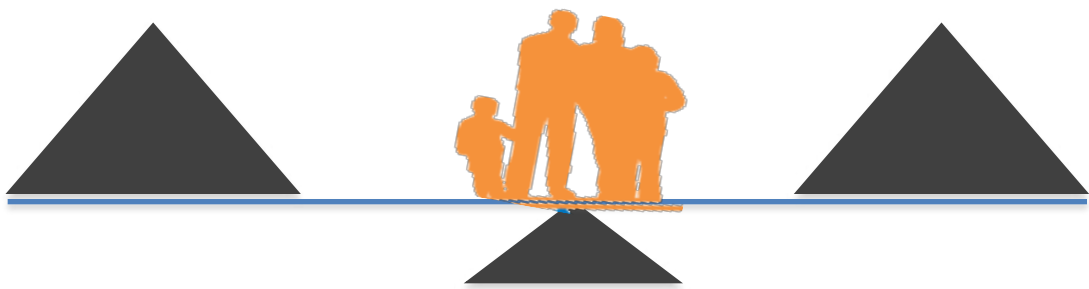
Food

31.5% of children OW/OB
65% of adults OW/OB

Activity

58-90% under kids guideline
about 94% under adult guidelines

Healthy



Better brain
Better muscles
Better bones
Better heart
Better body
Better social life
Better health prevention
Better productivity



What is Physical Literacy?



Sport for Life

“Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.”

International Physical Literacy Association, May, 2014

The Elements of Physical Literacy

The definition of physical literacy includes four essential and interconnected elements whose relative importance may change throughout life.

Canada's
Physical Literacy
Consensus Statement | June
2015

Definition of Physical Literacy

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.

International Physical Literacy Association, May, 2014



Motivation and confidence (Affective)

Motivation and confidence refers to an individual's enthusiasm for, enjoyment of, and self-assurance in adopting physical activity as an integral part of life.



Physical competence (Physical)

Physical competence refers to an individual's ability to develop movement skills and patterns, and the capacity to experience a variety of movement intensities and durations. Enhanced physical competence enables an individual to participate in a wide range of physical activities and settings.



Knowledge and understanding (Cognitive)

Knowledge and understanding includes the ability to identify and express the essential qualities that influence movement, understand the health benefits of an active lifestyle, and appreciate appropriate safety features associated with physical activity in a variety of settings and physical environments.



Engagement in physical activities for life (Behavioural)

Engagement in physical activities for life refers to an individual taking personal responsibility for physical literacy by freely choosing to be active on a regular basis. This involves prioritizing and sustaining involvement in a range of meaningful and personally challenging activities, as an integral part of one's lifestyle.

Physical literacy:

- is an inclusive concept accessible to all
- represents a unique journey for each individual
- can be cultivated and enjoyed through a range of experiences in different environments and contexts
- needs to be valued and nurtured throughout life
- contributes to the development of the whole person.





Working together for Canada's health & wellness

Physical literacy

is the ...



... to be

active for life

www.activeforlife.com

Quality sport

based on Long-Term Athlete
development is ...



... leading to

**individual excellence
and optimal health**

www.sportforlife.ca



Physical Literacy, Literacy and Numeracy



Sport for Life

Literacy

ABC
Words
Sentences



Numeracy

123
Fractions
Equation



Music

Do-re-mi
Scale
Score



Physical Literacy

Run, throw, wheel
Movement sequences
Tasks



LEARNING TO MOVE
IS JUST AS IMPORTANT
AS LEARNING TO
READ AND WRITE.



be fit for life
moving alberta

Body Control



Agility
Balance
Coordination
Speed
Rhythm
+

Locomotor



Running
Jumping
Swimming
Sliding
Skating
And more

Object Control



Sending
Receiving
Dribbling
Striking
And more

AND THESE...?

JUMPIN

Skipping

Gallup

Hang

Spin

Waddle

Hurdle

Turn

Hit

Backward roll

HOPPING

Kick

Bat

Bunt

Roll

Skate

Slide

Slither

Side

Trap

Canter Backward



Physical Competence

The Physical Literacy Cycle

**Movement
Competence**

Confidence

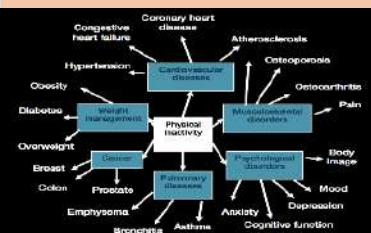
Psychological

**Enjoyment
& Social
Connection**

Motivation

Participation

Behavioral



		Indoors			
		Ground	Water	Ice/ Snow	Air
	Body Control				
	Locomotor				
	Object Control				
		Outdoors			



Physical Literacy



Physical Activity



Physical Fitness



“Durability”

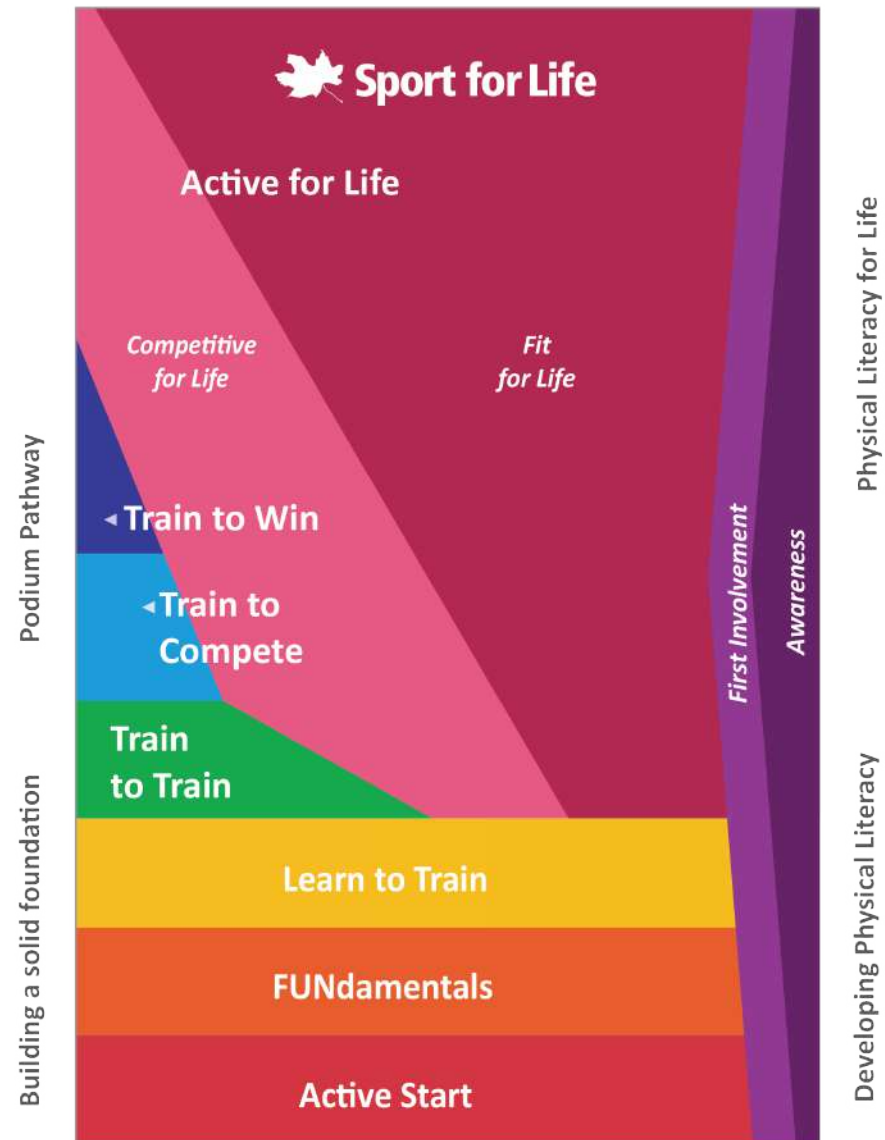


Physical Literacy Across the Lifespan and Sectors



- Leisure: Recreation & Sport
- Performance Arts
- Vocational
- Activities of Daily Living
- Injury Prevention

Long-Term Development in Sport and Physical Activity





The Physical Literacy Journey

Map your physical literacy through life



Sport for Life



Physical Literacy

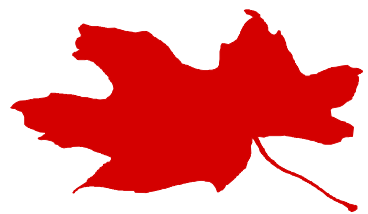
Your Own Physical Literacy Journey

- Create a Map of your PL Journey
- Trace from when you can remember to now
- Times when you were more active vs less
- Reasons for active/inactive
- Everyone has their own Journey
- How can we apply this to our planning?



PHYSICAL LITERACY
The GATEWAY to ACTIVE PARTICIPATION

Physical Literacy Delivery Sectors



Sport for Life



CPRA ACPL

Canadian Sport
Policy 2012



The best way to play™



Sport for Life

Sport



Health



School



Physical Literacy



PL Enriched Environments

Building Physically Literate Children

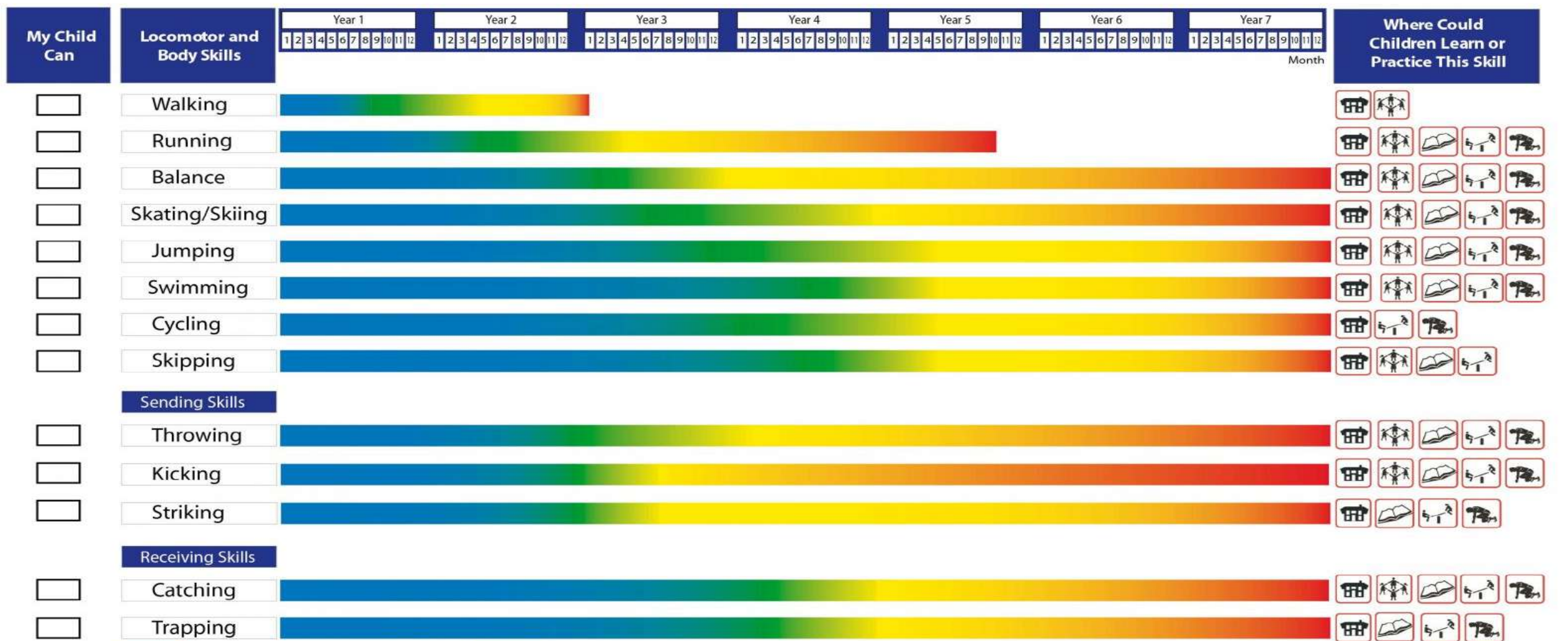


Time and **A**ccountability
in the hands of **C**aring & **T**rained Adults

“No matter how many sidewalks we build, no matter how many parks we construct, no matter how much we urge people to get involved with physical activity, they simply won’t do it unless they have the ability, confidence, and desire to be physically active. That’s where physical literacy comes in.”

American Surgeon General, Dr. Vivek Murthy
([Murthy, June 27, 2015](#))

Creating a Physically Literate Society



Body not mature enough for skill
 Best time to teach/practice
 Normal onset of skill
 Intervention program if skill not learned

Note 1: There is tremendous variability in the normal time of onset of skills among children, and this chart should be considered ONLY as a rough guide to the sequence of development that might be expected.

If you have concerns about the development of your child see your pediatrician.

All children should be exposed to a wide range of fundamental movement skills in a wide range of settings including on-land, on ice/snow, in water, and in the air. Since agility, balance and coordination are critical, children should be given the opportunity to learn running, jumping and throwing; gymnastics; swimming; and ice/snow activities. Communities should consider establishing single programs that expose children to the whole range of skills.

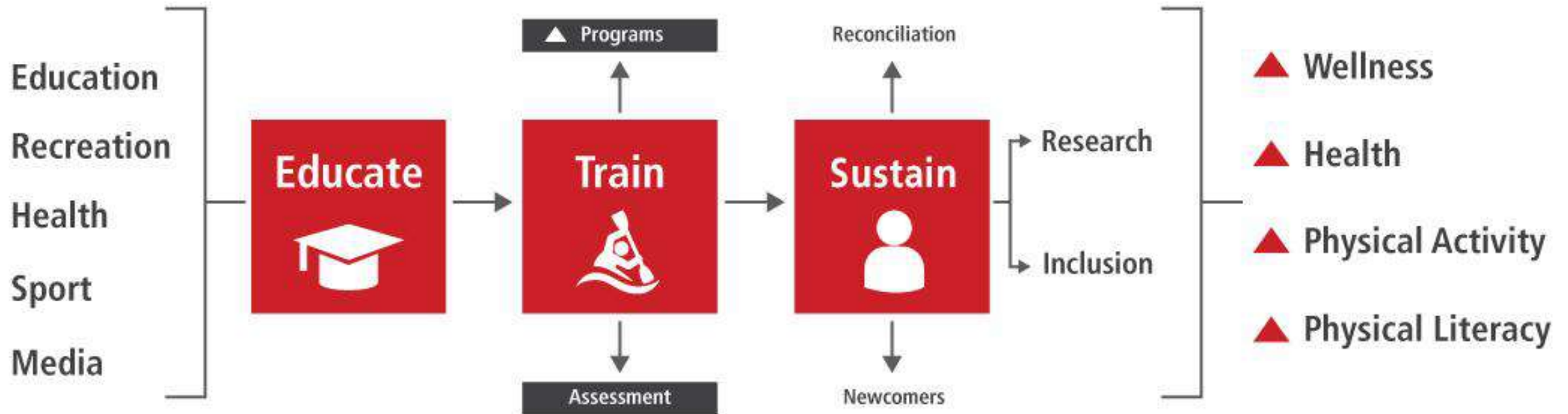
* Time -lines based on Bressan E.S., and Rathbone, I. (2007). Fundamental Motor Skill Development. A paper prepared for Long-Term Athlete Development - Canadian Sport Centres - PacificSport.

Key

[Home icon] In the home
 [Preschool icon] Preschool
 [School icon] School
 [Organized sport icon] Organized sport
 [Community Recreation icon] Community Recreation

Physical Literacy Resources

Physical Literacy for Communities





Recreation

Education

Health

Sport

Communications-Media

Physical Literacy for Communities

A three phase commitment

Phase 1: EDUCATE

Facilitating an understanding and Awareness of physical literacy

Phase 2: TRAIN

Developing physical literacy enriched programs

Phase 3: SUSTAIN

Self-sustaining physical literacy for communities

Physical Literacy & You



Sport for Life



Physical Literacy

Small Group Breakout

- Now What?
- How would you address activity with Covid in your country?
- What are your takeaways?
- What could you do differently tomorrow?
- Who could you connect with that you do not now?

Key Websites

- www.sportforlife.ca
- www.physicalliteracy.ca
- www.activeforlife.ca
- www.phecanada.ca
- www.activeafterschool.ca



Physical Literacy

Thank you for your time!
Questions?