

Physical Literacy

‘our relationship with movement
and physical activity’



Sport England's recently published Physical Literacy consensus statement describes Physical Literacy' as our relationship with movement and physical activity'. **It is our experiences that shape our relationship with movement and physical activity.**

This workshop will help schools to consider how to ensure positive social, emotional, and physical experiences that develop and nurture learners' confidence and motivation to engage in physical activity. The philosophies that underpin Physical Literacy provide a framework from which policy, interventions and pedagogical practice can be informed, resulting in positive experiences that enhance learners' relationship with PA. This will support learners to lead healthy and active lifestyles for improved health and wellbeing.

CYP priorities

Enabling children and young people to have positive experiences of being active throughout their childhood. We are aiming for:

- More young people enjoy being active
- Young people are involved in developing opportunities that are right for them
- An early focus on developing the skills and confidence to lead an active life
- Resource and capacity is proportionately focused on young people experiencing the greatest inequalities

(see makingourmove.org)



Purpose of this session

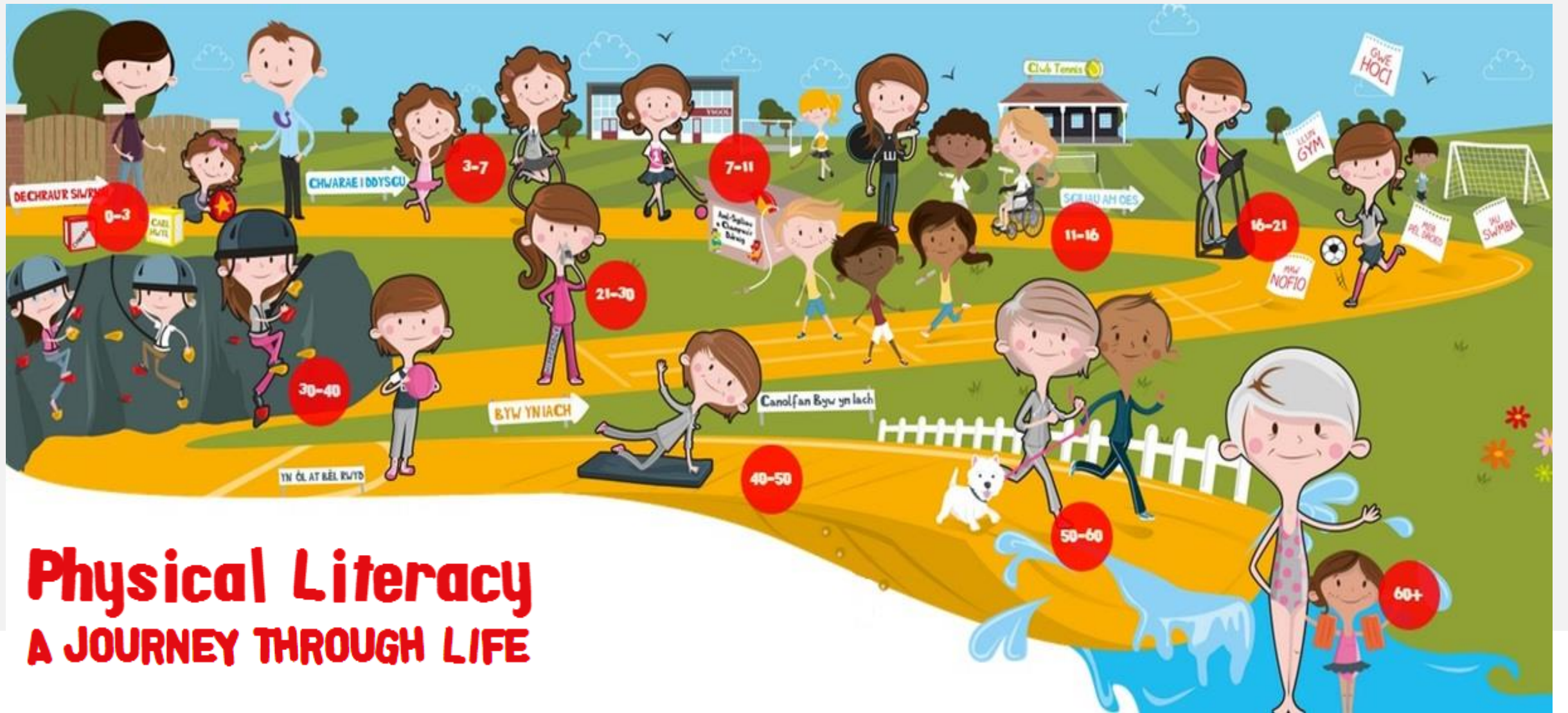
- ▶ Begin to explore our relationship with Physical Activity
- ▶ To raise awareness of the concept of physical literacy and how it can shape and influence our experiences of Physical Activity and Sport

Our relationship with Physical Activity



Activity trends and inequality

- As we age, we move less
- Boys are more active than girls, but neither are active enough
- CYP from less affluent backgrounds are less active than their more affluent peers
- CYP from BAME communities move less than non-ME groups
- CYP with disabilities move least especially on leaving full time education



Physical Literacy

A JOURNEY THROUGH LIFE

Amelia's journey

- What is Amelia doing and who is she doing it with?
- Who/what influences Amelia and her developing relationship with movement and physical activity?
- Where may the journey come to an end and why?

What is Physical Literacy?



What is Physical Literacy?

Physical literacy is our **relationship** with movement and physical activity throughout life.

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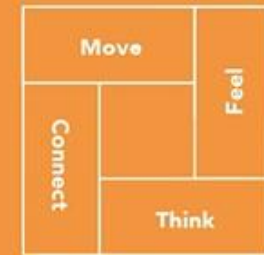
A personal relationship

Having a positive and meaningful association with movement and physical activity.



Movement and physical activity

How we move (physical), connect (social), think (cognitive) and feel (affective) during movement and physical activity plays a crucial role.



Throughout life

Influenced across the lifecourse by individual, social and environmental factors.



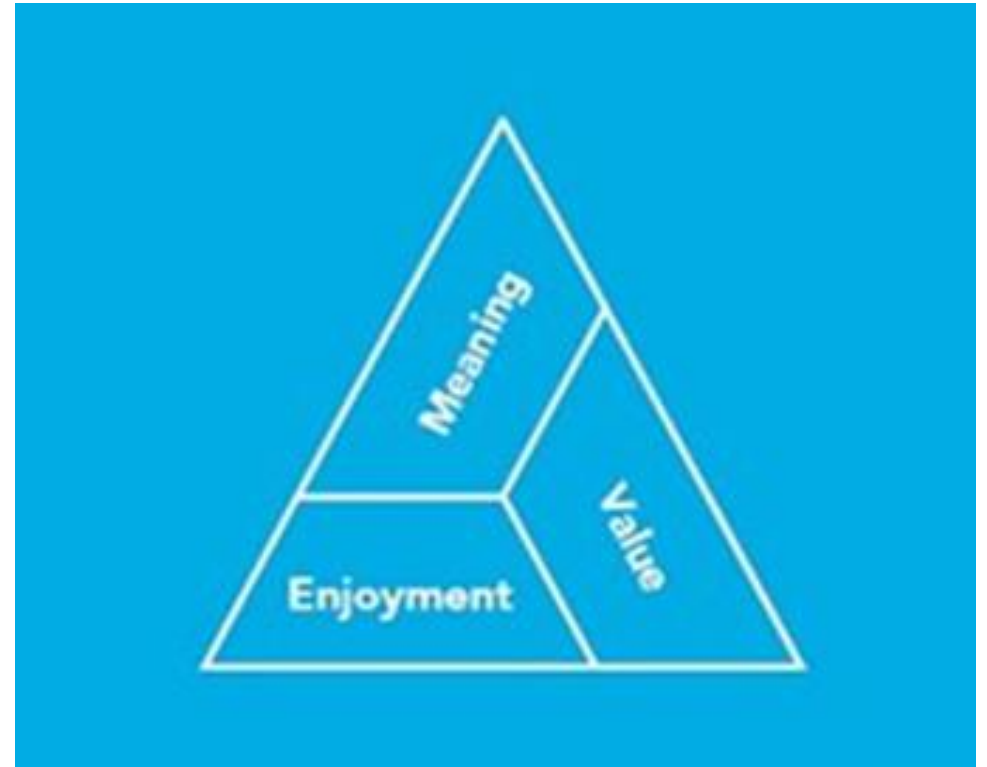
Physical Literacy isn't...

- Just for children or the education sector
- A resource
- Fundamental Movement Skills (FMS) or Agility, Balance and Co-ordination (ABCs)
- Delivered or taught
- Achieved or accomplished
- **Labelled** as physically literate or illiterate
- Another literacy (reading/writing) initiative taught through physical education or physical activity

Physical literacy is personal

Everyone has their own strengths, needs, **circumstances**, and **past experiences** that affect their relationship with movement and physical activity.

Our physical literacy is therefore unique, and changes over our lifetime.



Understanding Physical Literacy

Physical literacy refers to the degree to which we have a **positive and meaningful relationship** with movement and physical activity. It's a complex and ever-changing relationship.

It reflects our connection and commitment to movement and physical activity, influenced by various factors such as our thoughts, feelings, engagement, and experiences.

Underpinned by philosophy

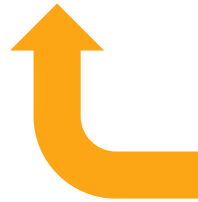
Developing
the whole
person

Monism



Existentialism

High quality,
positive
experiences.



Phenomenology



Person
centered
approach

Factors that contribute towards our experiences

- What contributes towards a positive experience?
- What contributes towards a negative experience?

Our experiences affect our physical literacy

The **people** we interact with, the **communities** we are part of, the **culture** we experience, and the **places and spaces** we move in, powerfully influence our physical literacy. These influences may be positive or negative.

Positive experiences of movement and physical activity that meet our needs and support our development encourage us to be active in the future.

Positive experiences!

physical experiences by:	social experiences by:	emotional experiences by:
<ul style="list-style-type: none">• ensuring challenge is developmentally appropriate• ensuring challenge is introduced progressively• consulting with and brokering challenge with the performer (self- determined)• providing appropriate equipment such as protective clothing to meet the prevailing conditions	<ul style="list-style-type: none">• nurturing a sense of belonging and• encouraging a culture of support and respect where each individual's contribution is valued• celebrating success collectively without making comparisons between individuals• creating an environment where failure is accepted as a natural part of progression and learning.	<ul style="list-style-type: none">• ensuring a person-centred approach to the experience, give individuals a voice and choice• ensuring activities are fun and enjoyed by all, they are success orientated and progress is visible• building confidence and the belief that progress can be made• celebrating achievement, no matter how small and reward effort.

Move, Feel, Think and Connect



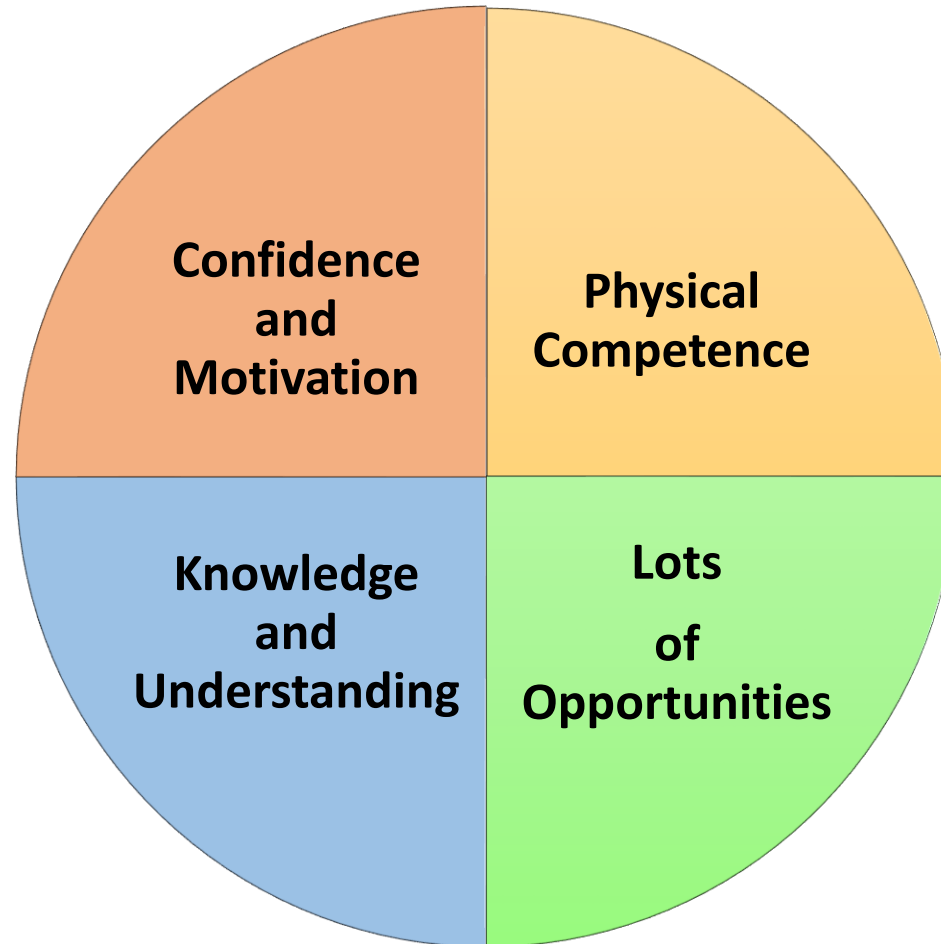
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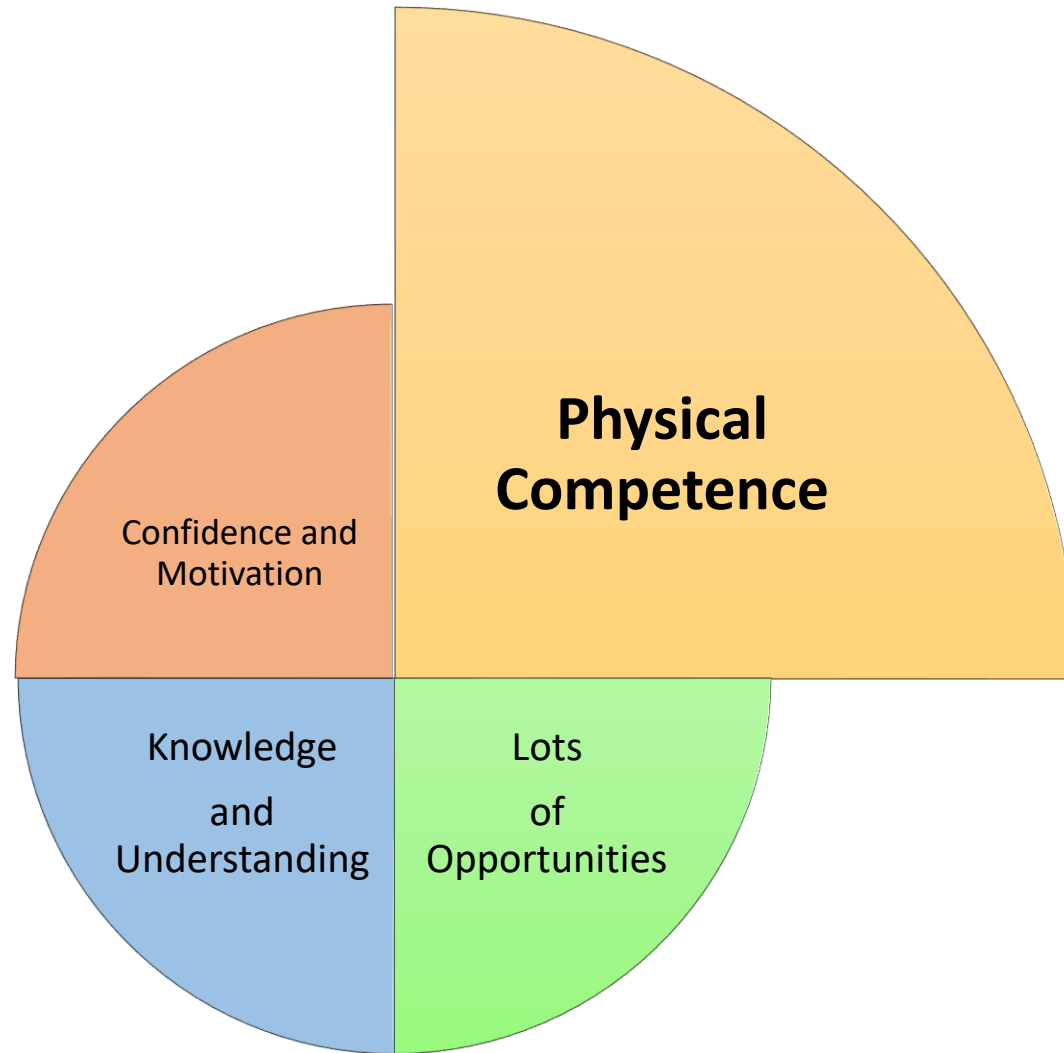


“Physical literacy can be described as the **motivation**, **confidence**, **physical competence**, **knowledge and understanding** to value and take responsibility for engagement in physical activities for life.” (IPLA, 2017)

What is
Physical Literacy?



Move



The simple diagram below illustrates the relationship between movement and its application within a variety of sporting actions and techniques. (*overarm throw*)



Softball



Cricket



Volleyball



Badminton



Netball



Baseball

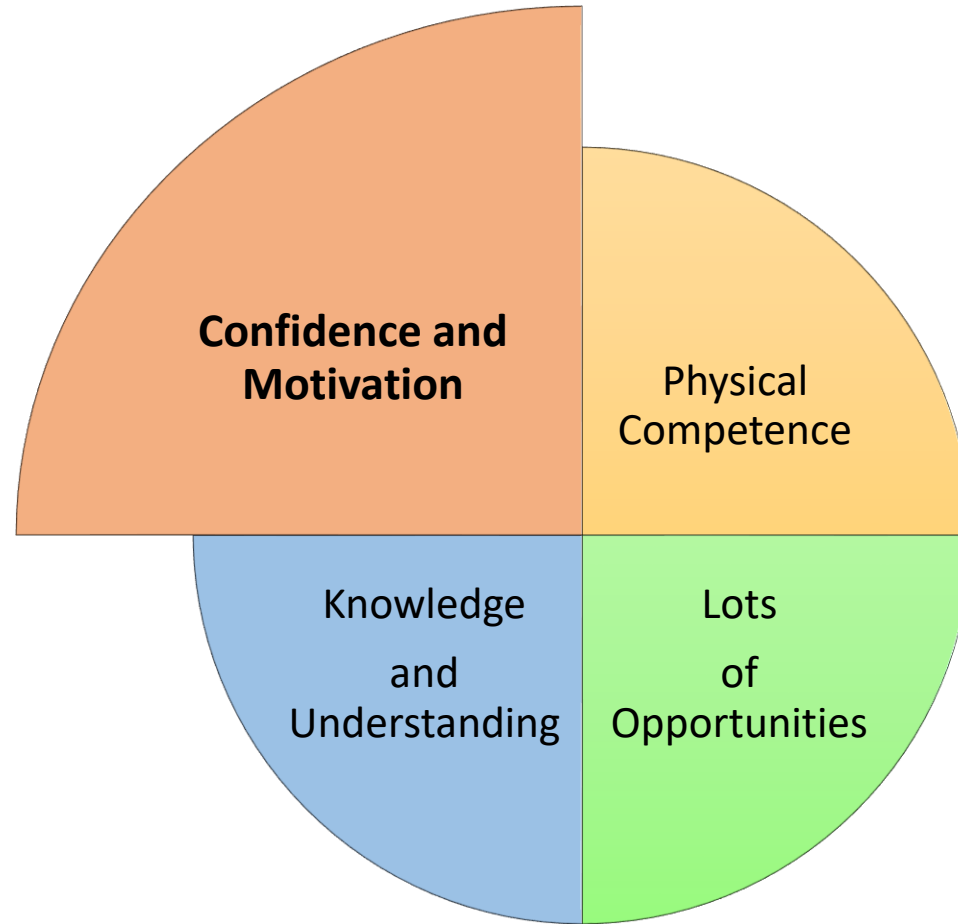


Javelin



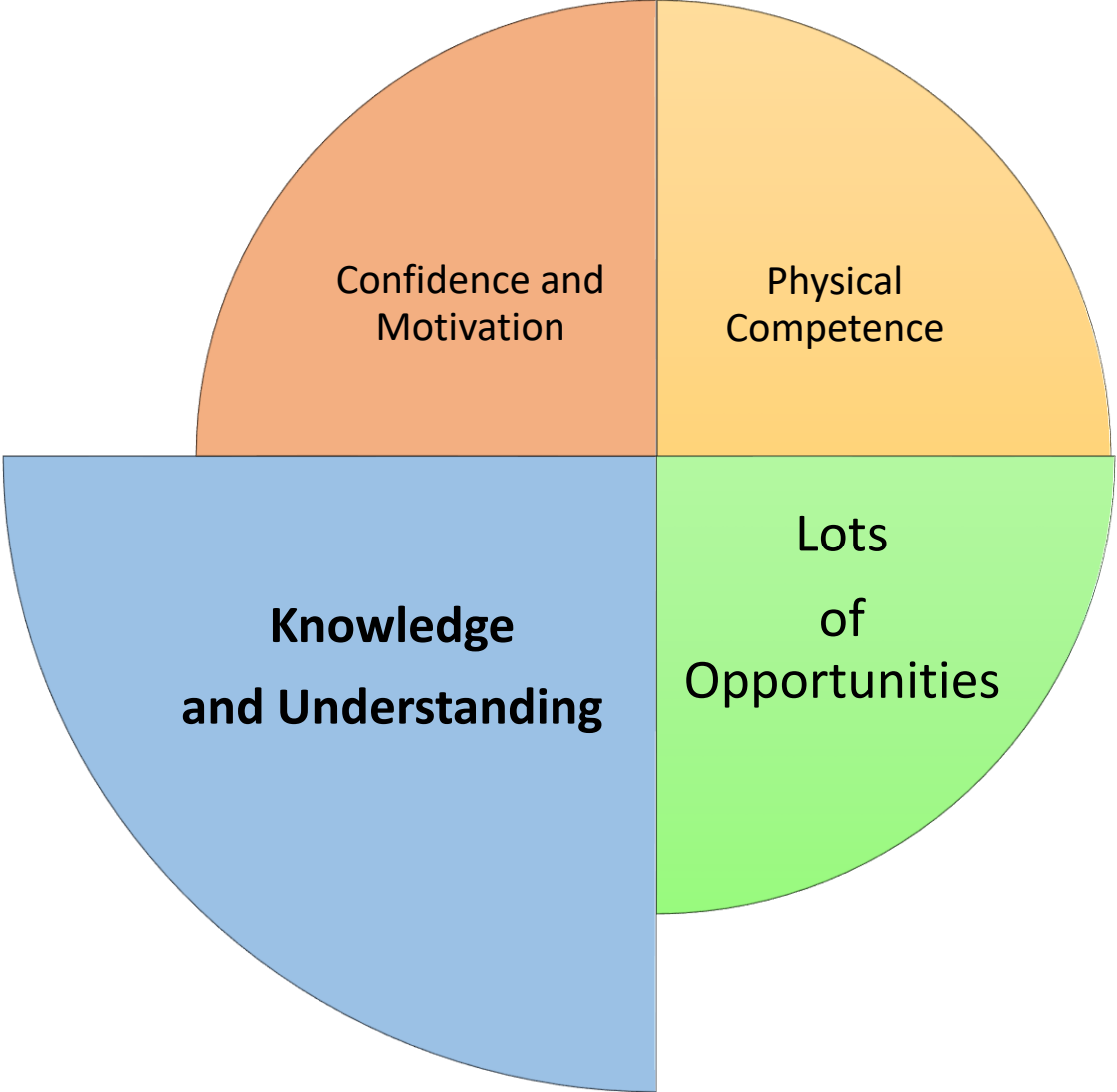
Tennis

Feel

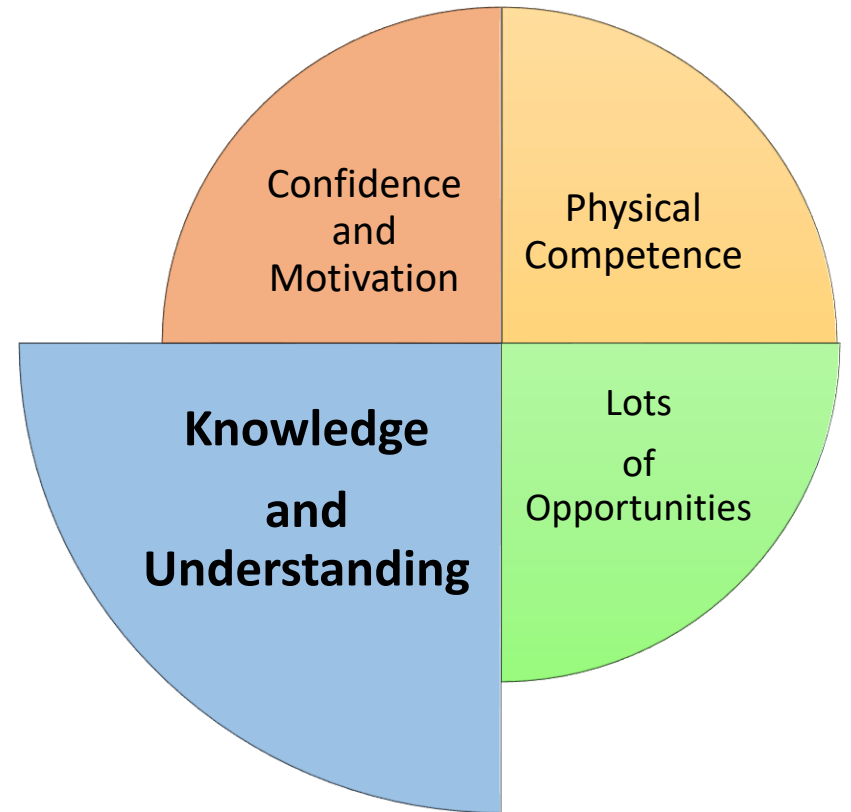
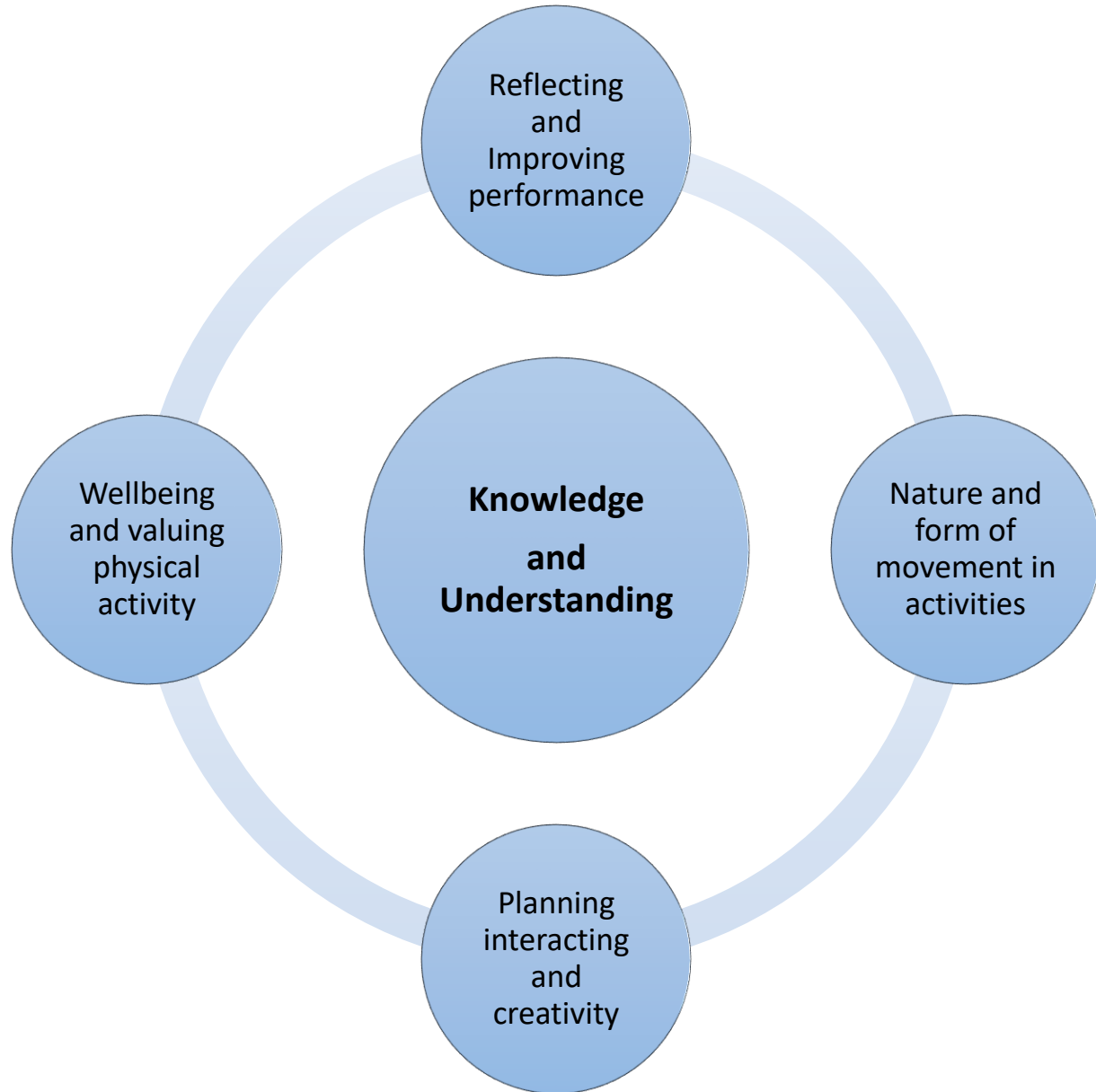


What does a confident and motivated child, young person or adult feel like?

ENJOY WHAT YOU DO, **SMILE** A LOT, **CONCENTRATE** FULLY ON THEIR ACTIVITIES AND ARE NOT EASILY DISTRACTED, THEY **PERSEVERE** UNTIL THEY MAKE PROGRESS, THEY UNDERSTAND THAT MISTAKES ARE A NECESSARY PART OF LEARNING, THEY ARE FULL OF **ENERGY** , **SPONTANEOUS** AND **EXPRESSIVE** , THEY ARE OPEN IN THEIR BODY LANGUAGE, THEY ARE **EMPATHETIC** TO OTHERS, THEY ARE **FREE FROM STRESS** AND THEIR MOVEMENTS APPEAR EFFORTLESS. THEY ARE **CONFIDENT** AND **MOTIVATED** TO TAKE PART IN A **VARIETY** OF PHYSICAL ACTIVITIES ON A **REGULAR** BASIS.



Think



Where are the Opportunities to be active ?

- Active Travel
- Active Breakfast Club
- Active Break and Lunch
- Active Learning
- Physical Education
- Extra-Curricular Activities
- **Active Ethos, Environment and Culture within School**



Importance of a Holistic Approach

Fill in the final column

Red boxes indicate when a domain is absent. How would you describe the resulting behaviour?

Motivation	Confidence	Physical Competence	Knowledge and Understanding	?
	Confidence	Physical Competence	Knowledge and Understanding	?
Motivation		Physical Competence	Knowledge and Understanding	?
Motivation	Confidence		Knowledge and Understanding	?
Motivation	Confidence	Physical Competence		?

Importance of a Holistic Approach

Motivation	Confidence	Physical Competence	Knowledge and Understanding	Engage
	Confidence	Physical Competence	Knowledge and Understanding	Apathy
Motivation		Physical Competence	Knowledge and Understanding	Anxiety
Motivation	Confidence		Knowledge and Understanding	Frustration
Motivation	Confidence	Physical Competence		Confusion

Why is Physical Literacy Different?

Physical Literacy is a concept that....

*Offers a more **holistic, realistic and inclusive** approach to promoting engagement in physical activity **for all, and for life.***

Whitehead, 2010

Why physical literacy matters

The **quality of our relationship** with movement and physical activity **profoundly influences** our choice to be active.

Having a positive and meaningful relationship with movement and physical activity makes us more likely to be and stay active, benefiting our health, well-being and quality of life.

How can Physical Literacy inform our practice

Understanding physical literacy can inform our policies, strategies, influence our behaviours and our approaches to providing opportunities and experiences in physical activity and sport!

Review – are we now:

- Able to recognise how individuals' physical literacy journey impacts on their relationship with physical activity and sport
- Beginning to understand how the concept of physical literacy can shape and influence our experiences of physical activity and sport



Diolch yn fawr / *Thank You*

Manylion Cyswllt / *Contact details*

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