



Physical Literacy
For Early Years

Physical Literacy International Seminar

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Physical Literacy International Seminar

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Physical Literacy in the Early Years

A child's physical
literacy journey
begins ...





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The IPLA believes that practitioners worldwide:

- will benefit from opportunities to develop their own practice and engage with current and emerging best practice
- will benefit from opportunities to develop a greater depth of understanding about the concept of physical literacy
- one of the IPLA's workshops has an Early Year's focus



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Introduction: Key Learning

Connections between physical literacy and early years

That encouraging physical development, through a holistic lens, at an early age is crucial to fostering a lifelong enjoyment of sport and healthier nations.

Our role in creating safe, enjoyable environments

How we enable children to develop physically, emotionally, socially and cognitively through engagement in physical activity and play

How we enable children to become motivated, confident and competent, physically active young people.



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Why is Early Years important

A Critical Developmental Stage:

Children ages 0-5 experience rapid growth in brain and body development. Early experiences shape attitudes, behaviours, and habits toward physical activity.

A lifelong impact:

Early exposure to varied and enjoyable physical activities builds a foundation for a lifetime of physical activity.





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Why do we need to do things differently?

Why are individuals / are individuals not engaging in physical activity?



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Physical Activity

Consider these fundamental guidelines that relate to physical activity:

(Article 12 (1966) of the United Nations Convention on Economic, Social and Cultural Rights)

1. Recognise the right of everyone to be able to enjoy the highest attainable standard of physical and mental health
2. Take steps to achieve the full realisation of this right including the:
 - provision for the healthy development of the child.
 - prevention, treatment and control of epidemic, endemic, occupational and other* diseases (*Hypokinetic)





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Designed to Move.org (2020)



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Why is a focus on physical development important?

Importance of physical on cognitive development
Coffee culture
Traditionally less importance placed on it
Can aid early diagnosis of developmental delay

