



Physical Literacy International Seminar

October 15, 2024
Murcia, Spain



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Physical Literacy International Seminar

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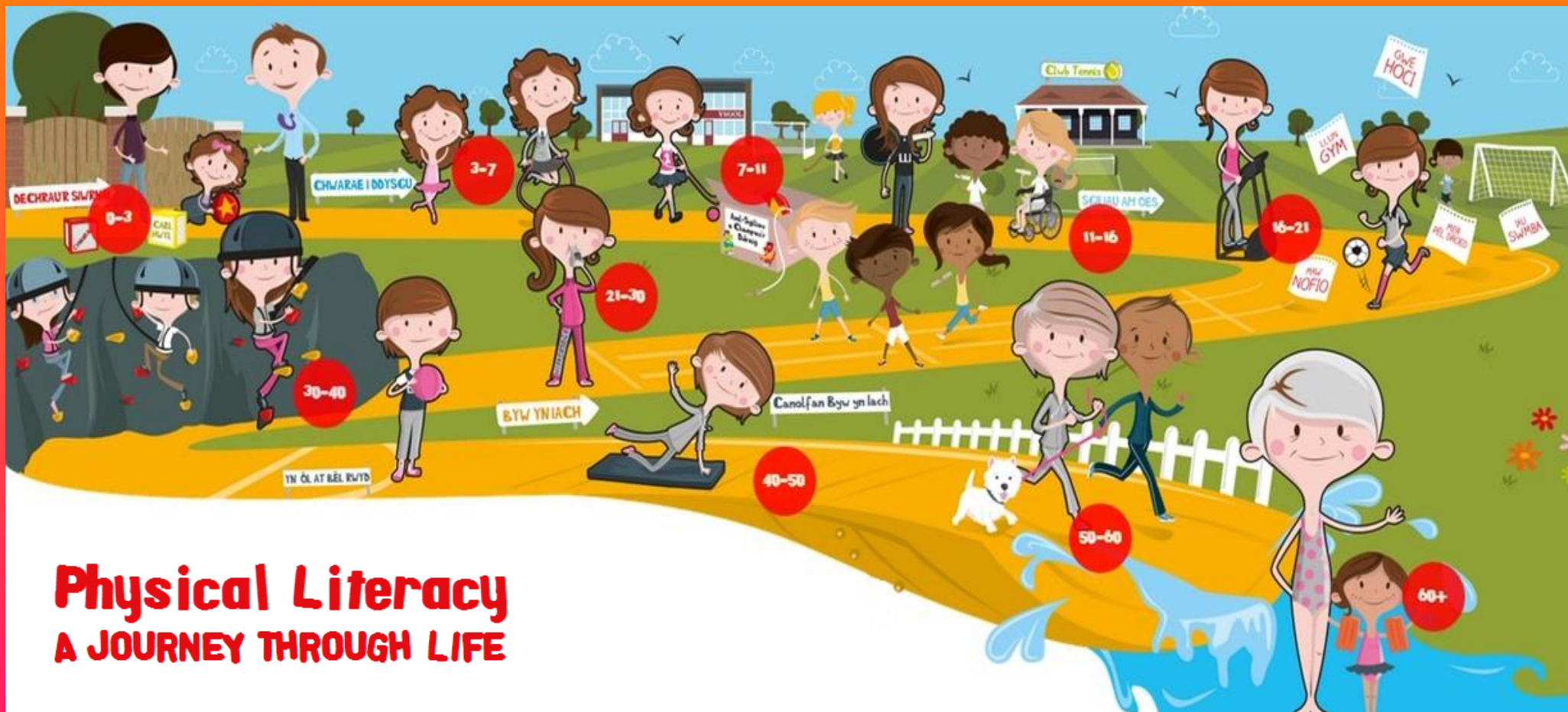
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Physical Literacy

A JOURNEY THROUGH LIFE

Physical skill + Confidence + Motivation + Lots of Opportunities = Physical Literacy





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Amelia's journey

What is she doing?
Who is she doing it with?
Where do the danger points lie?



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A physical literacy journey

A lifelong process

Every person is unique

Every journey has twists & turns

About making progress

Significant events

Significant others

Taking responsibility

There are six life stages through which the physical literacy journey travels: infancy, childhood; adolescence; early adulthood; adulthood; and older age.

(Whitehead and Murdoch, 2006)



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A physical literacy journey is

Unique for everyone

Non-comparable

Nonjudgemental

Impacted by many factors

And very individualistic





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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



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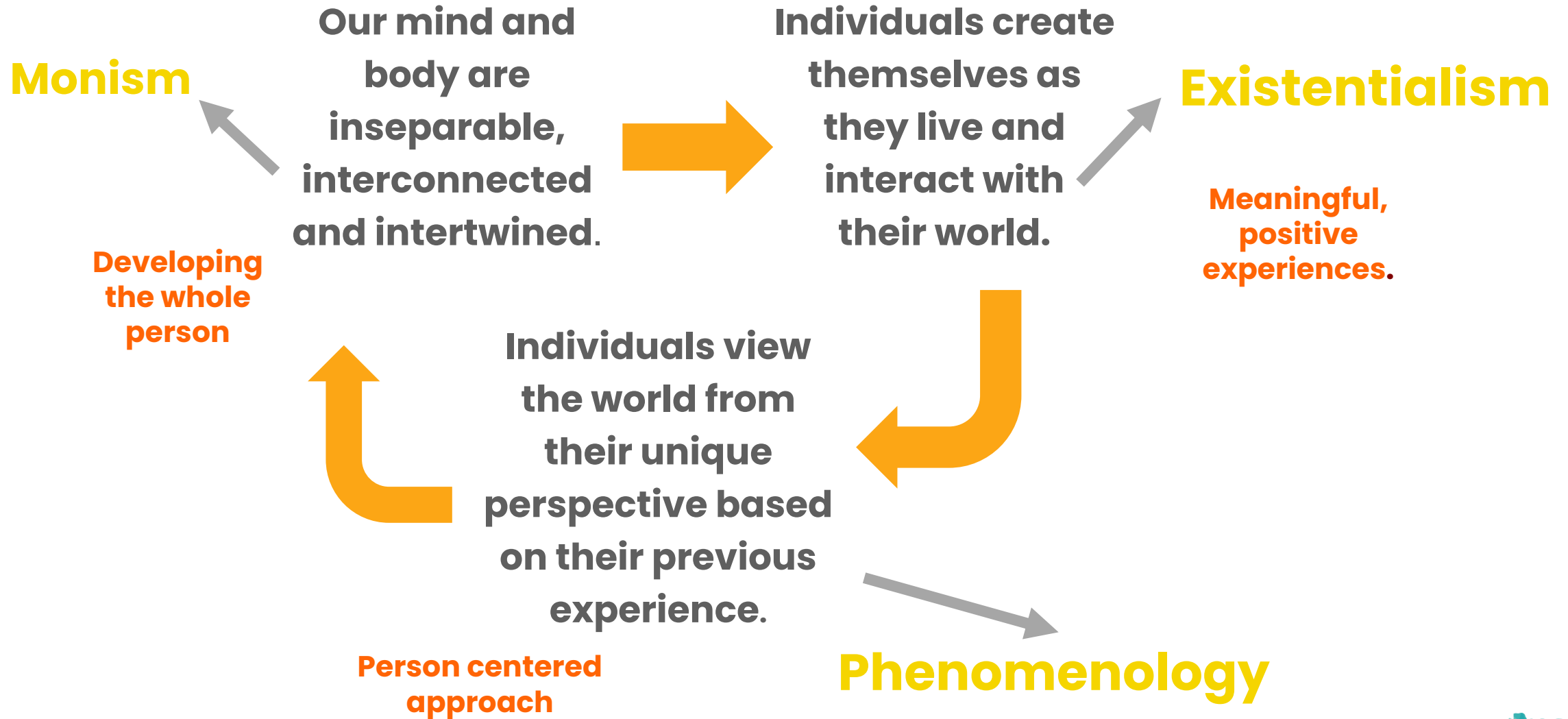
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Why Literacy?

The term 'literacy' has been chosen in preference to 'mastery' or 'competence', as the 'literacy' can be seen to connote the holistic and interactive nature of this human attribute (Whitehead, 2001).



Underpinned by philosophy





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Physical Literacy as a holistic concept

Holistic Development - not just physical but also emotional, cognitive, and social aspects.

Recognition that children develop in varied and individual ways.

Physical Literacy Domains:
Emotional (Confidence and Motivation)
Physical (Movement Competence)
Cognitive (Knowledge and Understanding)
Social (Working with Others)



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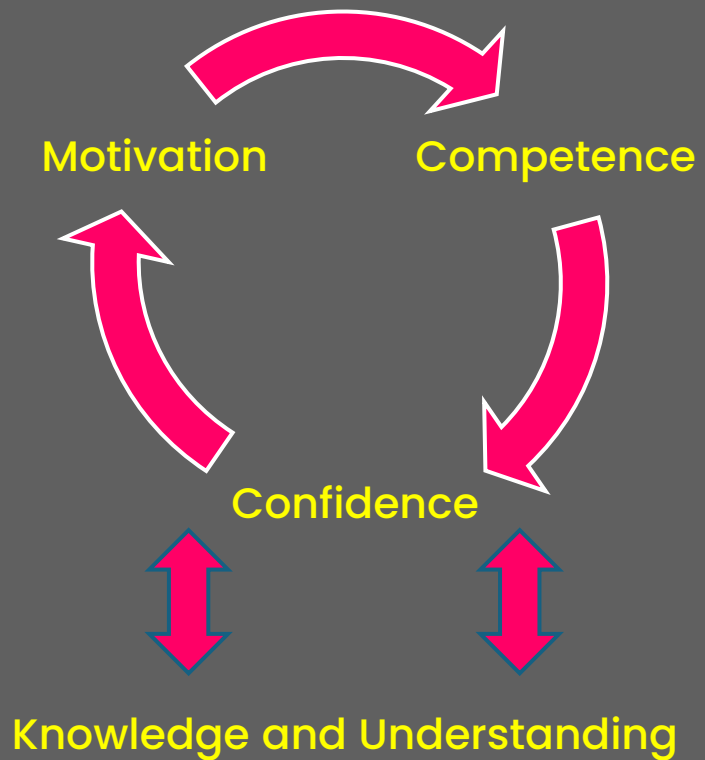
What Physical Literacy offers

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



Entwined & Interdependent





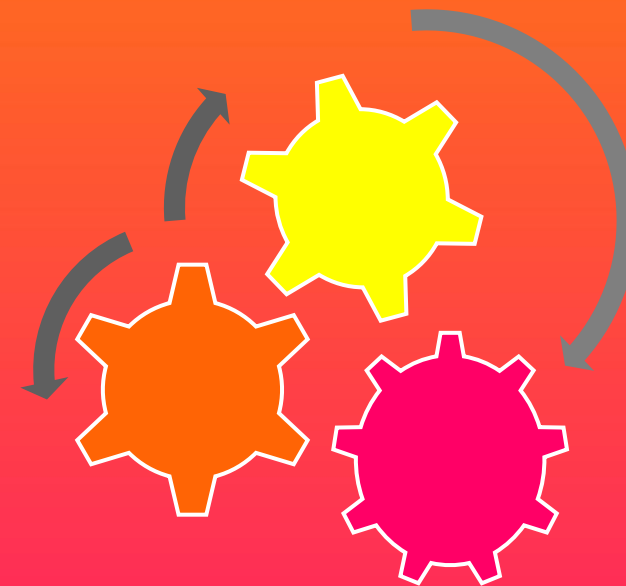
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All interlinked

Cogs are interlinked and entwined.

Whichever 'part' of the wheel you move the wheel moves together.

motivation, confidence, physical competence,
knowledge and understanding



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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	Engaged
	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

Importance of a holistic approach



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Holistic PL development in the Early Years

Emotional Domain:

Improves confidence, self-esteem, motivation and reduces anxiety around physical activity.

Physical Domain:

Enhances motor skills and competence, fitness and overall physical health.

Cognitive Development:

Promotes problem-solving, focus, and understanding of movement principles.

Social Skills:

Builds cooperation, turn taking, respect for others.



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Physical domain

Capacities - how effectively and efficiently individuals engage within movement forms using their movement vocabulary

Alongside Sensory Development during the Early Years

**Movement Vocabulary
Skills and techniques**

**Movement
Experiences**

**Movement
forms**

**Physical activity for
life**

Building blocks that constitute the foundation of all movement/physical activity

Movements within a range of environments both individually and with others



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Doing this already

What aspects of physical literacy do you already develop?

Confidence & Motivation – How?

Knowledge & Understanding – How?

Physical Competence – How?

Valuing and taking responsibility – How?





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Physical Literacy is NOT

Just for children or the education sector

A resource

Only 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



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How can we contribute to?





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Strategies for fostering Physical Literacy

Encourage exploration: Young children are curious! Provide varied physical activities (in a range of environments, with/without equipment).

Focus on enjoyment: Engage children in playful activities that naturally develop movement skills.

Support emotional well-being as the children meet new challenges: Encourage participation through positive reinforcement and building confidence.





The role of educators and caregivers

Facilitate the development of physical literacy:

Model active behavior, integrate movement into daily routines.

Observation and Feedback:

Observe children's movements to offer individualised guidance.

Create inclusive opportunities:

Enable and challenge to ensure activities are adaptable for all abilities.

Chart progress with a focus on progression:

Use observation-based assessments to monitor development in confidence and motivation, movement competence, knowledge and understanding.





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Principles for promoting Physical Literacy

The individual – should be at the heart of physical literacy and therefore, the heart of pedagogy

Promoting motivation – through establishing a positive learning environment

Confidence – task mastery, performance and situated goals, to develop, enhance and maintain perceived confidence

Performance competence – a critical way of developing confidence is through competence in a range of physical activity environments





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Principles for promoting Physical Literacy

Developing knowledge and understanding – concerning the constituents of movements and the nature of movement forms is essential to life-long participation in physical activity

Devolving responsibility – opportunities should be provided for participants to take responsibility for aspects of their activity experiences

Using feedback/charting progress as a motivational tool – recording a journey should support and chart an individual's changing behaviour toward engagement in physical activity



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