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## Developing Physical Literacy

Participating in physical activity provides students the opportunity to develop all components of physical literacy, enhancing students ability to maintain activity levels throughout their life time.

### What Is 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.”<sup>1</sup>

1

### Physical Competence

Students get a great deal of their confidence from the sense of accomplishment – be that in learning to read and write or through learning new physical skills and activities.

2

### Confidence

Self-confidence predicts success in many different activities, highlighting the importance of building confidence in students.

3

### Motivation

As well as participating in physical activity, students need to learn about how it makes them feel and start to recognize the physical and cognitive benefits of taking part.

Students learn the alphabet and word recognition as a foundation for literacy, and numbers and basic arithmetic as the foundation for numeracy. Similarly, learning basic human movements (sitting, crawling), fundamental movement skills (running, hopping), and foundational sport skills (catching a baseball, kicking a soccer ball), typically leads to the confidence to move, and the motivation to keep moving, ultimately leading to being active for life. The physical literacy “cycle” is not always linear and the entry point can vary, emphasizing the importance of developing all three components (physical competence, confidence, and motivation).

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