

## WHAT IS PHYSICAL LITERACY?

### PHYSICAL LITERACY LIFE CYCLE

'Physical Literacy is the mastering of fundamental movement skills and fundamental sports skills that permit a child to read their environment and make appropriate decisions, allowing them to move confidently and with control in a wide range of physical activity situations'

(IPLA [www.physicalliteracy.org.uk](http://www.physicalliteracy.org.uk))



Physical literacy begins when parents encourage movement in infancy...



... develops throughout life...



... and can be a gift that is shared between generations.



**7-8%**

Higher annual earnings.



Reduced risk of heart disease, stroke, cancer, and diabetes



**40%**

Higher test scores.



Increased self-esteem and happiness

### THE BENEFITS OF BEING PHYSICALLY ACTIVE

\* Adapted from Aspen Institute Sport for All - Play for Life: A Playbook to Get Every Kid in the Game

### HOW IS PHYSICAL LITERACY DEVELOPED?

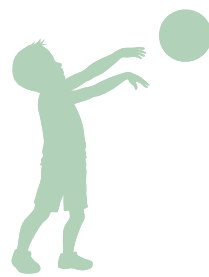
'Children and young people develop physical literacy gradually through a variety of age appropriate structured and unstructured activities. A quality physical education programme offers the opportunity to develop the skills knowledge and attitudes needed to become physically literate'

([www.phecanada.com](http://www.phecanada.com))



#### 0-3 years

Encourage early movement.



#### 3-5 years

Expand on play, and keep it fun.



#### 5-8 years

Increase the focus on fundamental movement skills.



#### 8-12 years

Introduce more complex skills as kids are ready.

'Physical literacy not only allows children and young people to fulfil their physical potential, but also improves attention, concentration, engagement and on-task behaviour. This ensures children and young people are 'available to learn' and have the potential to achieve better outcomes through physical, cognitive and affective development.'

([www.canterbury.ac.uk](http://www.canterbury.ac.uk))