

Physical Literacy

roots, definition, value and implications

Malta 2015

- Share with you the roots of physical literacy
- Explain the concept of physical literacy
- Re-enforce the value of making progress on a physical literacy journey
- Clarify some misunderstandings
- Consider implications of adopting physical literacy as the goal of physical activity (here and in the workshops)



Monism

Existentialism

Phenomenology

Monism

We are a whole, not two separate parts

Existentialism

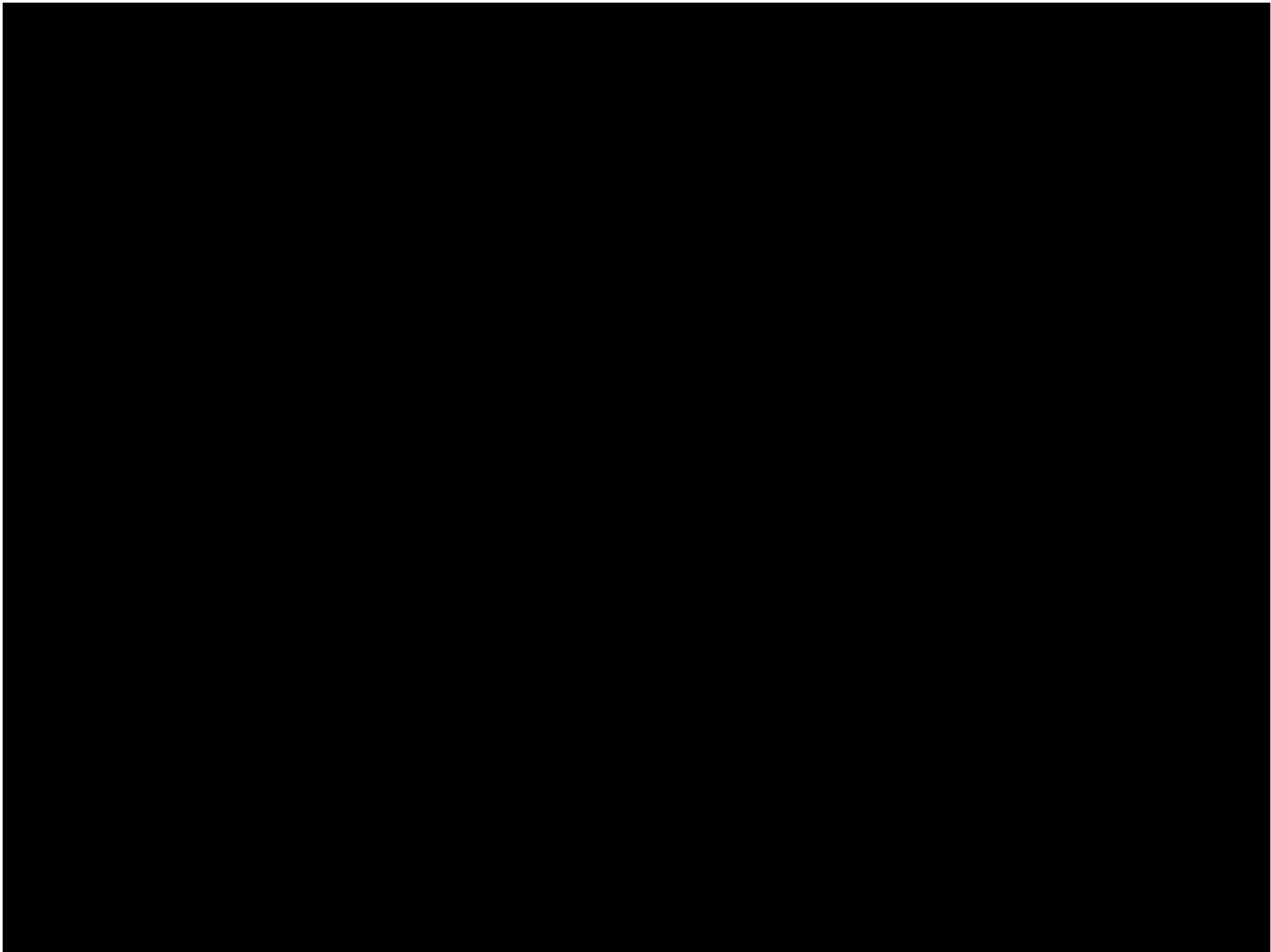
Existence precedes essence

Interaction with the world is the key to all human
development

Phenomenology

Perception is a motor activity

World always perceived from the standpoint of previous experiences/perceptions



Physical Literacy

Physical

Literacy

:- interaction

Educational validity

Definition of physical literacy

Physical literacy can be described as a disposition in which individuals have:

the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engaging in physical activities for life

IPLA January 2014

Attributes

- behaviours symptomatic of making progress on
a physical literacy journey

A. Motivation and confidence

B. Movement with poise

C. Sensitive perception in reading

D. A well established sense of self

E. Sensitivity toembodied capability

F. The ability to articulate

G. A life pattern



Benefits/Value of Physical Literacy

Physical Literacy is valuable because it fosters a fundamental human capability

a capability without which we could not develop as human beings

a capability that has the potential to enhance and enrich the quality of lives

a capability which operates in concert with our other capabilities

More specifically

Clarification

- ✓ Elements of physical literacy
- ✓ Personal attributes
- ✓ Key to the concept
- ✓ Physical literacy as a journey
- ✓ Physical literacy is for life
- ✓ Individual journey

- ✓ Charting progress
- ✓ Value
- ✓ Implications
- ✓ Physical literacy and Fundamental Movement Skills
- ✓ Physical literacy and physical education/sport

- ✓ Physical literacy is not taught
- ✓ Physical literacy is not a pedagogical model
- ✓ Concept of 'literacy'
- ✓ Role of physical education teacher

Implications of working to a goal of physical literacy

Pedagogical

‘Assessment’

Content

Implications of working to a goal of physical literacy

Assessment

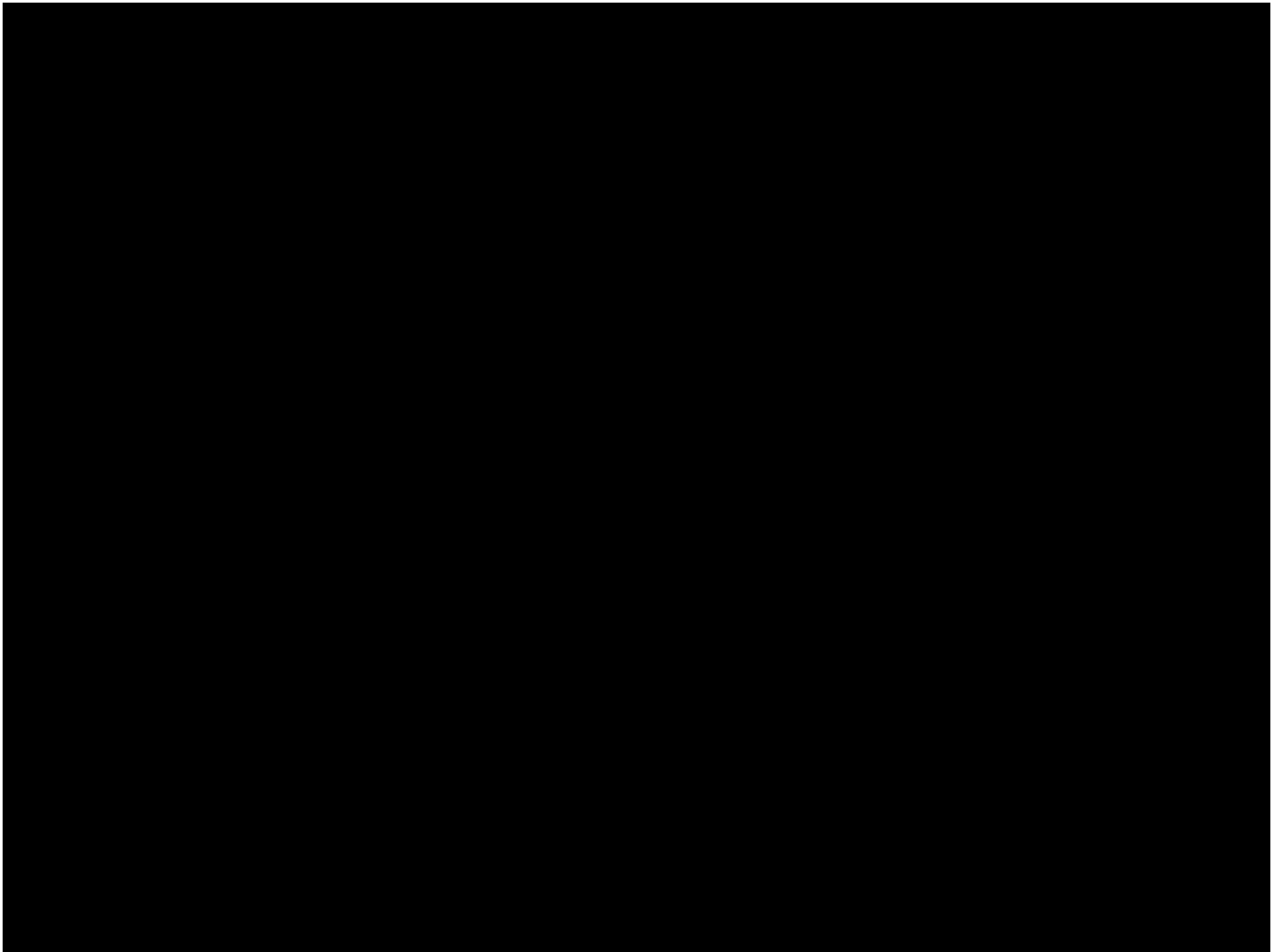
Ipsative assessment

Charting progress

Implications of working to a goal of physical literacy

Movement Forms

- ✓ Adventure
- ✓ Aesthetic and Expressive
- ✓ Athletic
- ✓ Competitive
- ✓ Fitness and Health
- ✓ Interactive/Relational



The future?

- ✓ Huge potential
- ✓ **Not a second class profession**
- ✓ Can stand shoulder to shoulder

Thank you