THE ELEMENTS OF PHYSICAL LITERACY

Motivation & Confidence
Motivation and confidence refer to an individual's enthusiasm for, enjoyment of, and self-assurance in adopting physical activity as an integral part of life.

Physical Competence
Physical competence refers to an individual's ability to develop movement skills and patterns, and the capacity to experience a variety of movement intensities and durations. Enhanced physical competence enables an individual to participate in a wide range of physical activities and settings.

Knowledge & Understanding
Knowledge and understanding includes the ability to identify and express the essential qualities that influence movement, understand the health benefits of an active lifestyle, and appreciate appropriate safety features associated with physical activity in a variety of settings and physical environments.

Engagement in Physical Activities for Life
Engagement in physical activities for life refers to an individual taking personal responsibility for physical literacy by freely choosing to be active on a regular basis. This involves prioritizing and sustaining involvement in a range of meaningful and personally challenging activities, as an integral part of one's lifestyle.

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.

International Physical Literacy Association, May 2014
Canada's Physical Literacy Consensus Statement, June 2015

Connecting you to resources, training, and champions in your community to support the development of physical literacy.

www.befitforlife.ca
@bfflnetwork
DEVELOPING PHYSICAL LITERACY across the lifespan

The Early Years
- 90% of a child's brain develops in the first 5 years of life

School Aged
- Play
- Challenge
- Exposure
- Experience
- Fun

Active For Life
- Children and youth need at least 60 minutes of heart pumping physical activity per day
- Adults who remain active throughout their lives reduce their risk of chronic illness & disease and may live a longer, more independent life

Building
CONFIDENCE + MOTIVATION + KNOWLEDGE & UNDERSTANDING throughout the lifespan