

PHYSICAL LITERACY: A Lifelong Journey

A guide for physical activity leaders
working with adults

"Physical Literacy is the:

- > **Motivation,**
- > **Confidence,**
- > **Physical Competence,**
- > **Knowledge & Understanding**

to value and take responsibility for
engagement in physical activities for life."

*Canada's Physical Literacy Consensus
Statement, 2015*

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Physical Literacy Supports:

- Independence & quality of life
- Social connections
- A healthy mind, body & spirit
- Injury prevention
- Personal challenge, play & fun
- Engagement in physical activity for life

Success Check-In for Activity Leaders

- Are your participants having fun?
- Are they learning something?
- Do they want to come back to continue engaging in physical activity?

How to support the development of physical literacy in adults

Develop Motivation by:

- Intentionally creating opportunities for social connections
- Linking to activities of daily life
- Having a focus on FUN

Develop Confidence by:

- Creating a safe and positive environment
- Building on the strengths & abilities of your participants
- Providing an appropriate level of modification, challenge & progression

Develop Physical Competence by:

- Including a variety of fundamental movement skills in multiple environments
- Providing specific and individualized feedback
- Having participants apply movements in different situations

Develop Knowledge & Understanding by:

- Using language your participants understand
- Linking to other components of wellness
- Sharing the Canadian Physical Activity Guidelines (www.csep.ca)

PLAY (Physical Literacy and You) Calgary works as a collective to ensure physical literacy champions feel connected, supported and engaged in Calgary and area. To connect with us email Ashley Fox at ashley.fox@ucalgary.ca

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