

Advocating for Physical Literacy

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"Just like reading and writing, children have to learn how to move."



Session Goals

1. What is *Physical Literacy*?
2. *WHY* is it important?
3. Our role
4. What do *YOU* believe?
5. Empower

What is *Physical Literacy*?

"Physical literacy is the ability to move with **competence** and **confidence** in a **wide variety** of activities in multiple **environments** that benefits the healthy development of the **whole person**." SHAPE America

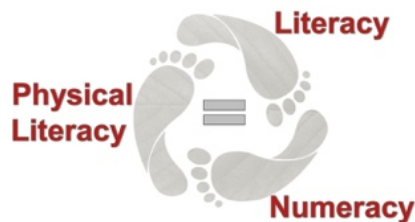
Why is it important?

"Physical literacy is the gateway to anything that is physical in this world."



Dr. Dean Kreillaars, University of Manitoba

"Developing physical literacy is JUST as important as literacy and numeracy."



What’s our role? Our role as elementary physical educators is to ensure children...

- Develop fundamental movement skills (run, jump, skip, gallop, slide, dodge, throw, catch, strike, dribble, kick, etc.) Learn how to apply these skills in a wide variety of activities (hit a baseball, pass to a teammate, dodge a defender, shoot on goal, dance, jump rope, etc)
- Develop confidence in their skills, their ability to learn, and a positive attitude towards participation in physical activity

What do YOU believe?

Physical literacy is a movement.

What do you stand for? Are you ready to take action?

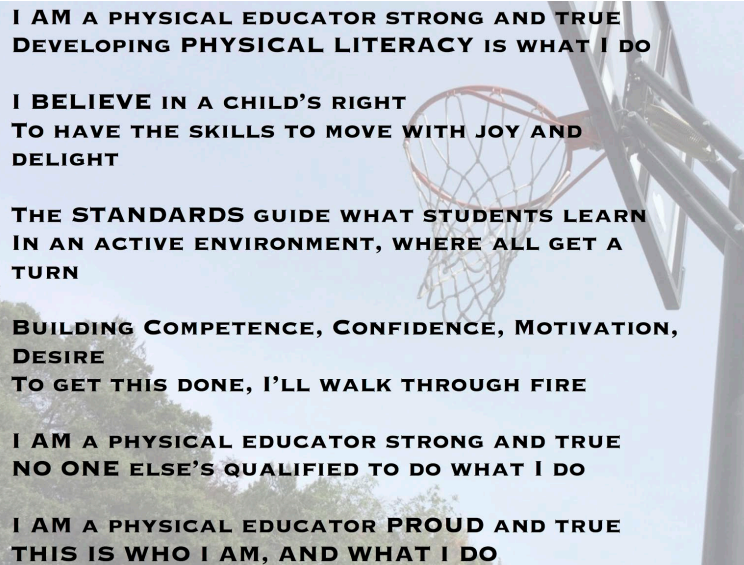
HOW ARE YOU GOING TO ADVOCATE FOR PHYSICAL LITERACY?

EMPOWER

Physical Literacy BINGO

Children have 9 hours less of free time than they did 25 years ago.	Children spend 50% less time in unstructured outdoor activities than in the 70's.	The average child has 6 hours a day of screen time.	Only 9% of boys and 4% of girls meet physical activity guidelines
Learning to move is <i>just as important</i> as learning to read and write.	Children spend an average of 10.4 waking hours each day motionless.	Children with inadequate motor skills are often excluded from organized and free play experiences	A massive gender gap in fundamental movement skills begins to appear at age 8
The top two reasons for participating in PA are <i>fun</i> and <i>friendship</i>	Physical literacy impacts social, emotional and physical health	Children and youth should be getting at least 60 mins of MVPA/day	Physical literacy is the “gateway to active participation in life”
The role of the physical educator is to ensure students learn fundamental movement skills and concepts	It takes a community to develop a child's physical literacy	Fundamental movement skills include: throw, catch, kick, strike, run, balance, agility	<i>Multiple environments</i> include ground, snow, air, ice, water, outdoors

WHO AM I CHANT



Resources:

Physical and Health Education Canada

<http://www.phecanada.ca/programs/physical-literacy>

Canadian Sport for Life

<http://canadiansportforlife.ca/learn-about-canadian-sport-life/physical-literacy>

***Dean Kreillaars CAHPERD Keynote presentation on Physical Literacy

<https://www.youtube.com/watch?v=jiwqLuod4EM>