

Physical Literacy Delivered

Terri Drain, NBCT
terridrain@gmail.com
beyondkickball.com
@TerriDr99

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

Our role is to provide all students with a quality physical education experience and lay the foundation for our students’ physical literacy journey.

Physical education programs should be **standards-based** and taught in a **warm nurturing environment**, where all students are **challenged** and **failure is a part of success**.

Physical Education is the **ONLY** place where children receive formal instruction on how to move and take care of their bodies!

Delivering Physical Literacy

1. Determine program goals

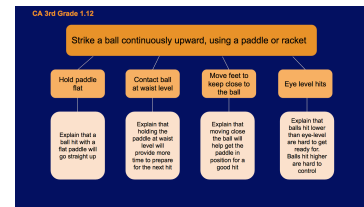
Program Goals

1. Demonstrate responsible personal and social behavior in a physical activity setting
2. Demonstrate knowledge of health related fitness concepts
3. Demonstrate competency in the overhand throw and striking
4. Participate effectively in small-sided invasion games

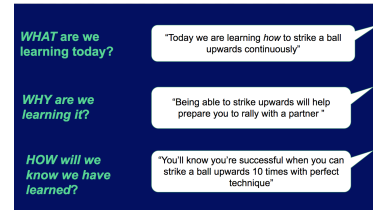
2. Select “need to know” standards



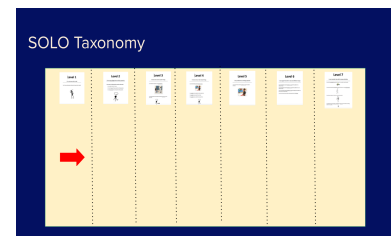
3. Unpack standards to identify what students should know and do



4. Identify and share *criteria for competence* with students



5. Create meaningful learning experiences that are aligned with the standards

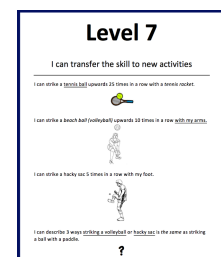


6. Provide students with multiple opportunities to practice the skill and receive feedback about their progress towards the learning goal.



7. Encourage students to FAIL! FAIL = Frequent Attempts In Learning

8. The goal is for students to learn these “need to know” skills and concepts *so well* they can transfer their learning to new environments and activities



Resources:

“How to Design a Standards Based Lesson”: <https://youtu.be/bxP5X5NHnfM>

