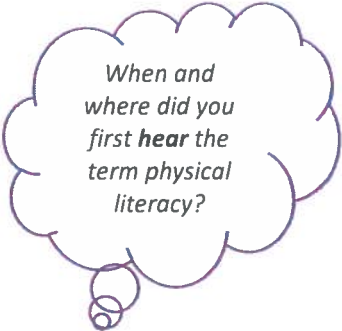


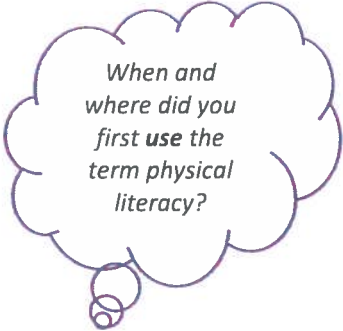
*1. Where did the term physical literacy **originate**?*

- Physical literacy is **nothing new** – it is neither a discovery nor an innovation ([Jurbala 2015](#))
- [Jurbala \(2015\)](#) traced references to physical literacy to educational journals in the 1930s – a time characterised by industrial modernity which necessitated physical literacy equally as intellectual literacy
- Despite these earlier references, Dr Margaret Whitehead is accredited with popularising physical literacy by developing the concept in the early 1990s ([Whitehead 2006](#))
- Physical literacy is an **inclusive** and **universal concept** as everyone can develop their physical literacy irrespective of their ability, age, sex, culture, religion, etc.
- The term is often **misused** as used interchangeably with physical activity; exercise; sport; physical education (PE); motor skill development; fundamental movement skills; and fundamentals of movement - although related to these other terms, physical literacy is not the same as defined differently

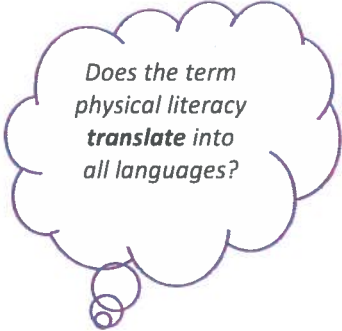
Something to think about ...



*When and where did you first **hear** the term physical literacy?*



*When and where did you first **use** the term physical literacy?*



*Does the term physical literacy **translate** into all languages?*

2. How has physical literacy been defined?

- Physical literacy is an **evolving** and **debated concept**, therefore multiple definitions have been created by different sectors and countries
- A common and probably the most **widely accepted definition** is the one forwarded by the [International Physical Literacy Association \(IPLA\) \(2017\)](#) of which Dr Margaret Whitehead is the president:

“Physical literacy can be described as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.”



Something to think about ...

Should **different** definitions be encouraged?

Or should there be **one** universal definition for all countries?

If so, how should a **universal definition** be defined?

3. What are the elements of physical literacy?

- Although the various definitions have differences between them most usually agree physical literacy comprises **3 elements** – **affective, physical** and **cognitive**:

1. Affective - FEEL

Experiencing, recognising and expressing a range of emotions and responding appropriately to emotional cues of others

2. Physical – DO

Performing physical or manual movement and skills

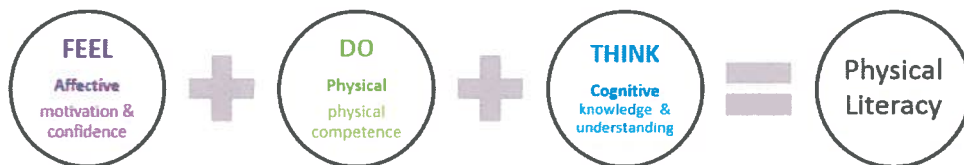
3. Cognitive - THINK

Knowing, processing and understanding information

*“Physical literacy can be described as the **motivation, confidence, physical competence, knowledge and understanding** to value and take responsibility for engagement in physical activities for life.”*

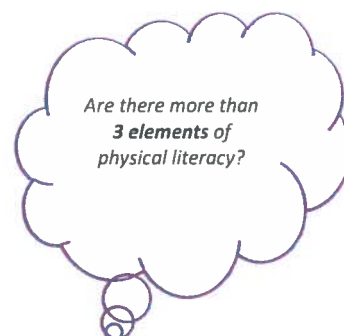
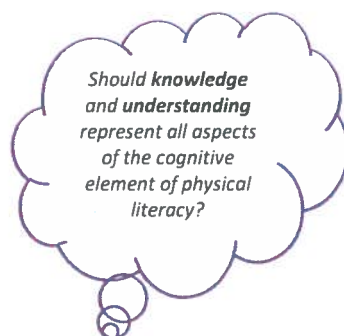
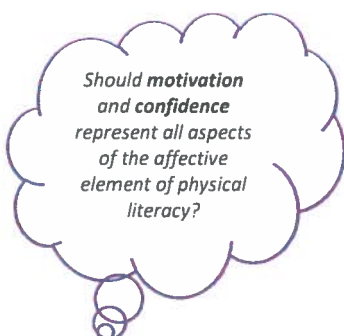


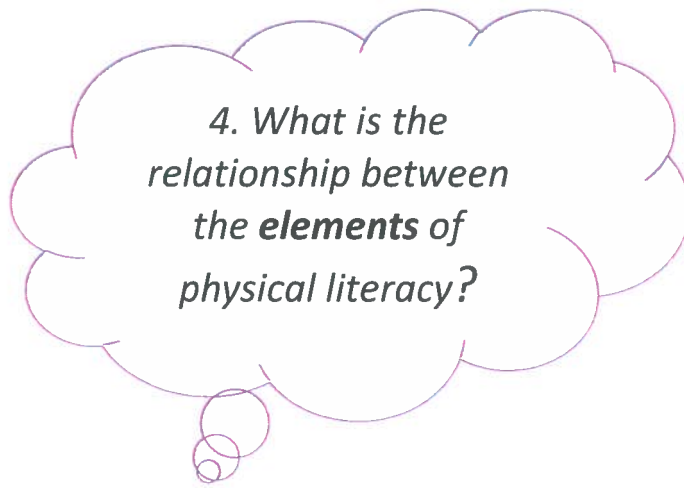
- Physical literacy entails **holistic development** or development of the whole person - their feelings (affective); movements (physical); and thoughts (cognitive)



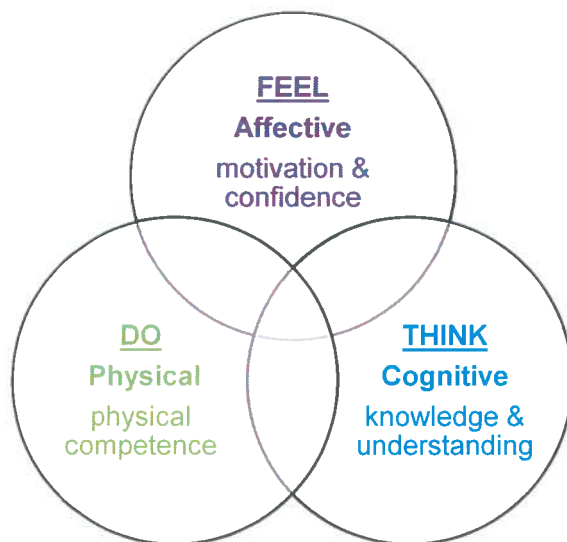
- Physical literacy is about **person development** rather than player or athlete development

Something to think about ...



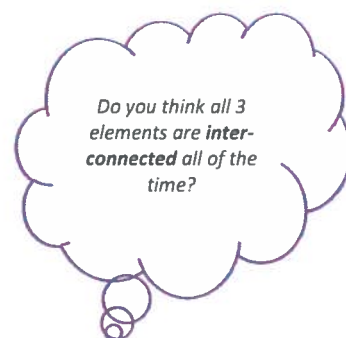
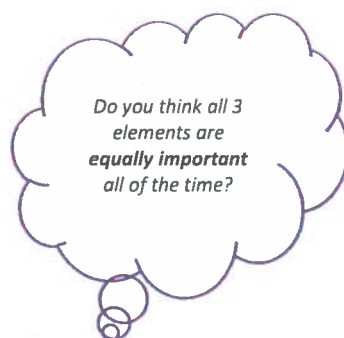
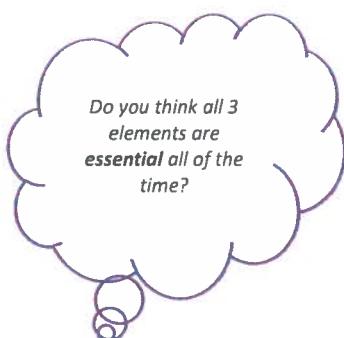


- All 3 elements are:
 - **Essential** - all 3 elements must be developed
 - **Equally important** - although their relative importance may change throughout life
 - **Inter-connected** - however the relationship between the elements is complex and yet to be determined



- There are many emerging and challenging questions about the relationship between the elements that need to be explored

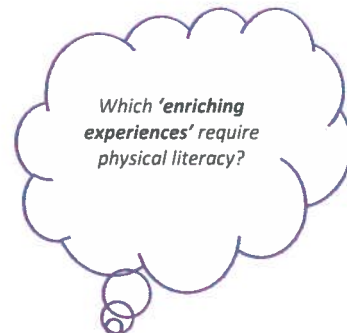
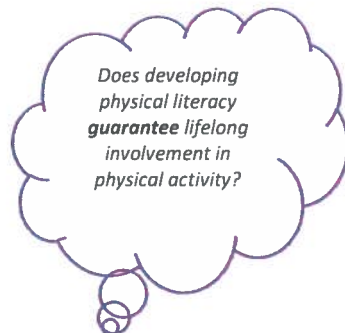
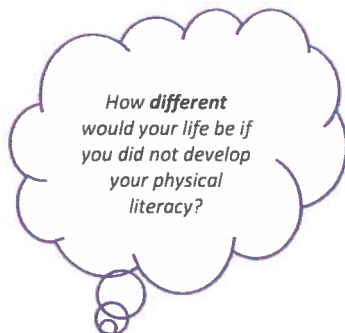
Something to think about ...

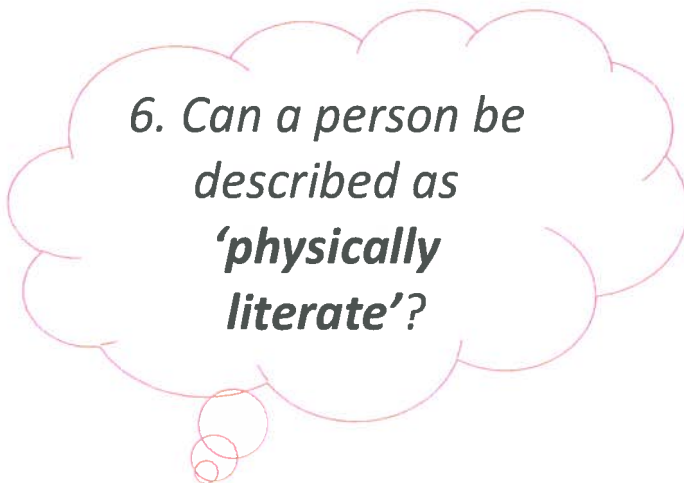


5. Why is physical literacy important?

- Physical literacy is important because it contributes to **human development** as it increases the likelihood of lifelong involvement in physical activity which improves long-term health and wellbeing by prolonging life and improving the quality of life
- **Choosing** to be and stay physically active throughout life can depend on an individual's physical literacy which is why it is important for it to be fostered throughout the life course, i.e., from birth to older adulthood
- The consequence of under-developing physical literacy is withdrawal from physical activity leading to an inactive and unhealthy lifestyle therefore physical literacy must be developed
- Some advocates argue physical literacy is of **equal importance** to literacy and numeracy as it also empowers and enables individuals to access a wider range of enriching experiences and fulfil their potential

Something to think about ...

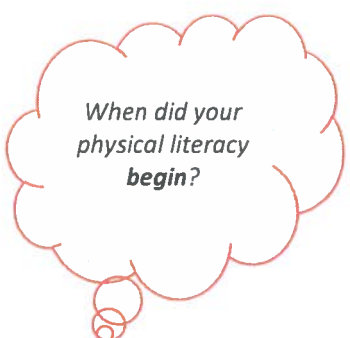




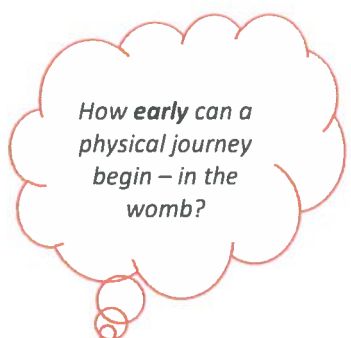
6. Can a person be described as **'physically literate'**?

- Yes, however the term 'physically literate' should not be used to imply an individual has attained an ideal and/or end 'state' in which they have attained all physical literacy skills
 - This interpretation is contrary to physical literacy as each individual is on their **own unique physical literacy journey**
 - This journey is continuous throughout life and there is no final 'state' or end destination
 - However, it may be appropriate if 'physically literate' is used in the same way the word 'literate' is used in relation to proficiency in the English language as normally when a person is described as 'literate' it is not suggested they know and understand every single word in the English dictionary
- Physical literacy should be developed throughout the life course, i.e., it is not restricted to infancy and childhood, however these phases are critical for establishing a strong foundation for the development of physical literacy
 - Ideally the physical literacy journey is **continuous throughout life**, however progress may fluctuate over the life span
 - As advised by [Whitehead \(2010\)](#) many journeys feature "twists and turns ... and setbacks ... however with determination, individuals can re-start and indeed flourish."


Something to think about ...



When did your physical literacy **begin**?



How **early** can a physical journey begin – in the womb?



Select 3 words to **describe** your physical literacy to date?