



The Educator's Physical Activity and Physical Literacy Journey

Resources and opportunities to begin, or continue, developing your knowledge around physical activity and physical literacy.

In-School Support

In-School Support Sessions

A Physical Literacy Lead works with individual schools and participating teachers. The Physical Literacy Lead will visit each school for eight one-on-one support sessions to build participants' competence and confidence to incorporate physical literacy opportunities throughout the school day. These sessions will cover the following topics:

- Meet & Greet
- Assessments
- Physical Literacy in the Gym
- Physical Literacy in the Classroom
- Physical Literacy in the Hallways
- Physical Literacy Outside
- Dynamic Warm-up
- Debrief

Contact the project team at spapl@sportforlife.ca or through the website contact form to express interest in in-school support.

Workshops: Virtual and In-Person

Getting Started with Physical Literacy
Covers the basics of physical literacy and explains its application.

...

An Indigenous Approach to Getting Started with Physical Literacy
Brings local Indigenous storytelling that honours the First Peoples' Principles of Learning to basic physical literacy theory.

Making Physical Literacy Work for Your Class
Hands-on instruction on how to include physical literacy throughout the school day.

Physical Literacy Assessment
Explains how to use the physical literacy assessment tool PLAYbasic for Educators.

Physical Activity and Physical Literacy for All (Diverse Abilities)
...

Physical Activity and Physical Literacy for All (Equity, Diversity, Inclusion)
Both workshops illustrate how to adapt physical activity and physical literacy instruction to meet the needs of all students.

Holistic Model for Educators
Further the physical literacy of Indigenous learners by teaching beyond the physical to the emotional/intellectual, cultural and spiritual.

Summer Institute
A short, intensive, for-credit course that introduces teachers to the B.C. Physical and Health Education Curriculum, and physical literacy and physical activity concepts.

Online Learning

Introduction to Physical Literacy eLearning
Online course that introduces the basic theory and application of physical literacy.

Physical Literacy Assessment eLearning
Online course that explains the value of physical literacy assessment and how to use the PLAYbasic for Educators tool.

Teaching Physical Literacy within the B.C. Curriculum eLearning
COMING SOON
Online course that explains how to teach the physical literacy requirements in the B.C. Physical and Health Education Curriculum.

Webinars
A series of live and recorded, one hour presentations on physical activity and physical literacy trends and topics.

Resources

PLAYBuilder
Digital platform featuring 700+ games and 100+ lessons plans for Grades K-7 that are aligned with the B.C. Physical and Health Education Curriculum.

Physical Activity & Physical Literacy Posters COMING SOON
Posters explaining physical literacy and how to implement related activities in the classroom and gymnasium.

Movement in the Primary Grades
A series of topical resources for teaching physical activity and developing physical literacy.

Making the Link: Physical Activity & Mental Well-Being
Resource to understand the link between physical activity and mental well-being, and how to introduce that connection to students.

Métis Jigging Instruction & Video COMING SOON
Instructional video series with print supplement.

Indigenous Culture and Physical Literacy Card Set COMING SOON
A reflexive and experiential tool that provides educators with questions, games and activities to link cultural activities with physical movements through the First Peoples' Principles of Learning.

Lasting Impacts
A series of resources that help teachers develop a lifelong love for physical activity in their students.

...

PLAYbasic for Educators
A straightforward assessment tool that guides instruction and tracks student progress in physical literacy.

Developing Physical Literacy 2.0
Resource to develop the structures and policies that support the development of physical literacy.

February 2021



Information and access to all of the above resources can be found on the School Physical Activity and Physical Literacy website: www.schoolpapl.ca