

Physical Literacy: A Classroom Essential

What Is Physical Literacy?

Physical literacy helps develop the **skills, confidence, and motivation** to participate in physical activity for life.

The Literacy Model

Like reading and arithmetic, which develop a literary or numerical vocabulary, physical activity develops a movement vocabulary of fundamental movement skills that help increase physical literacy. To build physical literacy, students need to have a variety of opportunities to be physically active.

Literacy

ABCs
Words
Sentences



Numeracy

123s
Operations
Equations



Physical Literacy

Fundamental
Movement Skills
Movement Sequences
Games and Activities



Why Is Physical Literacy Important for My Students?



Physical Literacy Is a Lifelong Journey

Your students start a lifelong physical literacy journey in your classroom. Students with improved physical literacy:

- build on existing physical activity levels,
- confidently transition to different activities,
- are more likely to be active for life,
- experience the enjoyment of movement, and its social and emotional benefits, and
- confidently experience movement in various environments (air, land, ice/snow, and water).

The Importance of Physical Literacy throughout the School Day

By including regular physical activity and developing physical literacy throughout the school day, your students will:

- improve their attention and self-regulation through regular movement breaks,
- spark their creative thinking and problem solving skills,
- lower their anxiety and stress,
- increase their social-emotional well-being,
- develop their movement skills, and
- experience the fun and enjoyment of being active.



How can you implement physical literacy and physical activity into your classroom? To find more information or provide feedback on the School Physical Activity and Physical Literacy project – from available resources, to workshops and webinars – visit

www.schoolpapl.ca