



# 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

A Physical Literacy Lead works with individual schools and participating educators. 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
- Dynamic Warm-up
- Physical Literacy in the Gym
- Physical Literacy in the Classroom
- Physical Literacy in the Hallways
- Physical Literacy Outside
- Debrief

Contact the project team at [spapl@sportforlife.ca](mailto: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.

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### 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

Instruction on how to include physical literacy throughout the school day.

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### Teaching Games for Understanding

Discover a fun, popular approach to teaching the individual skills of a game in a tactical context, prompting students to learn how to use those skills.

### Physical Literacy Assessment

Explains how to use the physical literacy assessment tool, PLAYbasic for Educators.

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

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### Physical Activity and Physical Literacy for All: Setting the Stage for 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.

## 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.

### Developing Physical Literacy within the B.C. Curriculum eLearning

Online course that explains how to teach the physical literacy requirements in the B.C. Physical and Health Education Curriculum.

### Webinars

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

## Resources

### PLAYBuilder

Digital platform featuring 1,000+ games and activities for Grades K-7 that are aligned with the B.C. Physical and Health Education Curriculum.

### Physical Activity & Physical Literacy Posters

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.

### Intro to Jigging, the Métis Dance

Instructional video series with print supplement.

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### Linking Indigenous Cultural Sports and Activities to Physical Literacy

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.

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### 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.

### Additional Resources

Downloadable resources on building motivation and providing various physical activity and physical literacy games for your class.

Information and access to all of the above resources can be found on the School Physical Activity and Physical Literacy website: [www.schoolpapl.ca](http://www.schoolpapl.ca)