

# 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.

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.

# **Teaching Games for Understanding**

Discover a fun and 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)

**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

Furthers the physical literacy of Indigenous learners by teaching beyond the physical to the emotional/intellectual, cultural and spiritual.

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.

#### **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.

# **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.

#### **PLAY**basic 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.