

PHYSICAL LITERACY & LTAD

Class #9
Wednesday, July 4th, 2012



Language Arts

A collection of educational resources for Language Arts. It includes: 1) Three large, colorful 3D letters 'A', 'B', and 'C'. 2) A colorful graphic with the words 'SENTENCE SAYS' in a grid. 3) A book cover titled 'In Florida's Parks' featuring a map of Florida and a red flower. 4) A document from the Florida Department of Education titled 'FLORIDA DEPARTMENT OF EDUCATION' and 'FLORIDA STATE BOARD OF EDUCATION'.

UNESCO statement for the United Nations Literacy Decade (2003)

- Literacy is about more than reading and writing. It is about:
 - how we communicate in society.
 - social practices and relationships, about knowledge, language and culture.



Literacy Includes

- Knowledge and Understanding
 - Content & comprehension of the content
- Thinking
 - Use of critical and creative thinking skills and/or processes
- Communication
 - Conveying of information through various forms
- Application
 - Use of knowledge and skills to make connections within and between various contexts



PHYSICAL



PHED Talk – Physical Literacy



Physical & Health Education Canada, 2009 Justification



Individuals who are physically literate move with **competence and confidence** in a wide variety of **physical activities** in **multiple environments** that benefit the **healthy development** of the **whole person**.

- bridge between the sport and education
- strong link to current notions of literacy
- "competence" should be viewed from an inclusive perspective - not based on population norms
- competence across a wide variety of physical activities (e.g., games, dance, fitness, gymnastics, outdoor).
- captures the "why" It is important to be physically literate - benefits the whole person (physical, cognitive, affective, etc).

PHE Canada's Definition of Physical Literacy



Individuals who are physically literate move with **competence and confidence** in a wide variety of physical activities in multiple environments that benefit the **healthy development** of the whole person.

- Physically literate individuals consistently develop the motivation and ability to understand, communicate, apply, and analyze different forms of movement.
- They are able to demonstrate a variety of movements confidently, competently, creatively and strategically across a wide range of health-related physical activities.
- These skills enable individuals to make healthy, active choices that are both beneficial to and respectful of their whole self, others, and their environment.

Physical Literacy in Different Contexts

Chevy Nova



Coke Adds Life



Check & Reflect ...

- What does a physically literate person look like?



Steve Nash Video



Applications of PL

How has this work been applied within the education sector?

British Columbia – Health Literacy

BC Standards for Healthy Living

- Literacy is more than the ability to read or write. To participate effectively in daily life, people require communication skills, the ability to critically analyze, make use of information and make sound decisions that exert greater control over life events and situations.
- Health literacy is the ability to access, understand, evaluate and communicate information as a way to promote, maintain and improve health in a variety of settings across a lifetime.
- To be health-literate means to have the capacity, opportunities and support needed to obtain and use health information effectively, to act as informed partners in the care of themselves, their families and communities, and to manage interactions in a variety of settings that affect health and well-being.

Physical Education

- Considerations for Program Delivery
- Information & Communications Technology
 - Literacy ... can be defined as the ability to obtain and share knowledge through investigation, study, instruction, or transmission of information by means of media technology.
 - Becoming literate in this area involves finding, gathering, assessing, and communicating information using electronic means, as well as developing the knowledge and skills to use and solve problems effectively with the technology.
 - Literacy also involves a critical examination and understanding of the ethical and social issues

Provincial Curriculum Examples



Vision:
The learner of 2021 will be **physically and health literate** and have the **comprehension, commitment and capacity** to lead and promote a **healthy active life** in an ever-changing, global society.



2010/11



Provincial Curriculum - Manitoba

- Throughout Kindergarten to Grade 10, PE/HE programming emphasizes acquisition and application of movement skills in a variety of physical activities for developing **physical literacy**.



- Overview of Gr 11 Active Healthy Lifestyles

Newfoundland & Labrador Program of Studies

Intermediate Physical Education

- The Intermediate Physical Education curriculum provides an understanding of the benefits of an active lifestyle and leads individuals to develop their personal wellness and personal movement competency and **physical literacy** that contribute to an active lifestyle throughout life.



Physical literacy's link to the sport sector

Health Benefits of Developing Fundamental Skills
Lubans et al., 2010. Sports Medicine Journal 40(12)

- Purpose:
 - to examine the relationship between FMS competence and health benefits in children and youth
- Behavioural Benefits
 - FMS Competency related to:
 - Higher levels of physical activity
- Physiological Benefits
 - FMS Competency related to:
 - Lower BMI levels
 - Higher cardio-respiratory fitness levels
- Psychological Benefits
 - FMS Competency related to:
 - Higher levels of perceived physical competence
- Conclusion
 - FMS development should be included in school-community-based interventions

Write Ahead

Fundamental Movement Skills in Children and Adolescents
Review of Associated Health Benefits

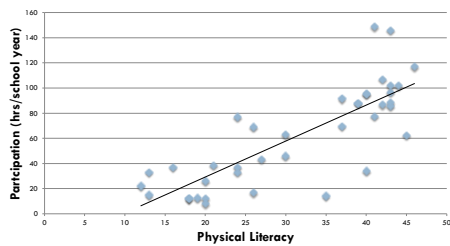
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PL and Active Participation



PLAY_FUNDAMENTALS, n=39, Grade 6

Perception of Competence

	Hi PL (n=44)		Lo PL (n=57)
Physical Self-Description Questionnaire (PSDQ) (maximum of 6)			
Health	4.93 (0.68)	>NS	4.60 (1.03)
Coordination	4.82 (0.81)	>***	4.08 (0.94)
Physical activity	5.37 (0.69)	>***	4.14 (1.32)
Body fat	5.37 (0.83)	>***	4.32 (1.53)
Sports competence	4.93 (0.80)	>***	3.73 (1.33)
GP self-concept	5.24 (0.71)	>***	4.10 (1.20)
Appearance	4.83 (0.78)	>*	4.28 (0.94)
Strength	4.66 (0.99)	>***	3.74 (1.13)
Flexibility	4.21 (1.13)	>NS	3.81 (1.20)
Endurance/fitness	4.89 (0.98)	>***	3.57 (1.27)
Global self-esteem	5.44 (0.46)	>***	4.87 (0.81)

