

PHYSICAL LITERACY

Physical Literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life. ~ International Physical Literacy Association, May 2014

Physical Literacy lives in the Alberta Kindergarten to Grade 12 Programs of Study.

The aim of the Kindergarten to Grade 12 Physical Education Program of Studies is to enable individuals to develop the knowledge, skills and attitudes to lead an active healthy lifestyle.

Motivation & Confidence



Engagement in Physical Activities for Life



Students will interact positively with others.

Students will acquire skills through a variety of developmentally appropriate movement activities.

Students will assume responsibility to lead an active way of life.

Physical Competence



Students will understand, experience and appreciate the health benefits that result from physical activity.

Knowledge & Understanding



The definition of #physicalliteracy includes four essential & interconnected elements whose importance will change throughout a student's time in school, and throughout their life.

The more puzzle pieces we have, the larger the picture we see.

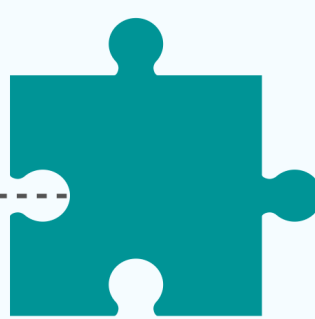
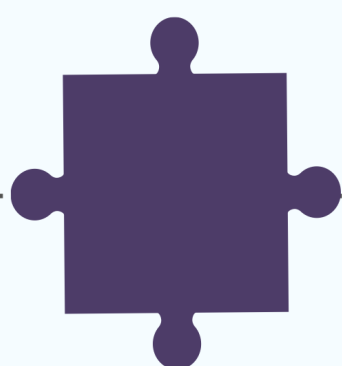
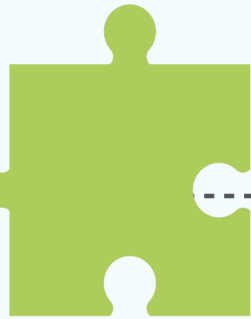
General Outcomes

Activity

Benefits Health

Cooperation

Do it Daily... for Life!



Physical Competence

Knowledge & Understanding

Motivation & Confidence

Engagement in Physical Activities for Life

Essential Elements

Core Principles

- is an inclusive concept accessible to ALL students
- represents a unique journey for each individual
- can be cultivated and enjoyed through a range of experiences in different environments and contexts
- needs to be valued and nurtured throughout life
- contributes to the development of the WHOLE student

References:
*International Physical Literacy Association
*Alberta Physical Education Program of Studies



Supporting Healthy School Communities in Alberta



CFM V.2