

# Understanding Physical Literacy



## What is 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. <sup>[1]</sup>

## Benefits of Physical Literacy

Physical Literacy promotes improved fitness, motor and skill development, and regular physical activity; teaches self-discipline, moral development, cooperation, and team-building skills promoting overall healthier lifestyles.

## Physical Literacy Life Cycle



## Development of Physical Literacy

Physical Literacy is developed gradually through a variety of structured and unstructured movement opportunities. The nature of these opportunities will change across the lifespan.



## The Physically Literate Person:

- Knows and understands the importance and elements of physical literacy.
- Has the physical competency necessary to engage in physical activities for a lifetime.
- Is motivated and confident to engage in physical activities for a lifetime. <sup>[2]</sup>



## Inclusion in Physical Literacy

The promotion of inclusion ensures that all individuals, regardless of ability level, are respected, appreciated, and considered valuable members of their community. Inclusion in the development of physical literacy ensures participation in community activities, interaction with peers, and an active role in all phases of health and wellness promotion programs. The end result of inclusion in physical activity settings empowers the individual to have ownership of self-health and wellness.

## References

1. [International Physical Literacy, \(n.d.\)](#)
2. [National Academy of Health and Physical Literacy](#)

