

WHAT ARE THE ELEMENTS OF PHYSICAL LITERACY?

Physical literacy is when kids have developed the skills, confidence, and love of movement to be physically active for life.

What are the elements of physical literacy?

- ♦ *Motivation and Confidence:* A person, who enjoys, is keen and feels confident to make physical activity an important part of life. For example, a child who wants to join the school soccer team.
- ♦ *Physical Competence:* A person who can learn the movement skills and patterns, and the ability to have different movement intensity and duration. For example, a child needs to learn how to catch before they can enjoy playing softball.
- ♦ *Knowledge and Understanding:* A person who knows and can describe the important qualities that affect movement, the health benefits and the safety features of being physically active in many settings and environments. For example, a child who learns how to swim safely at the local river.
- ♦ *Engagement in Physical Activities for Life:* A person who takes responsibility to be active on a regular basis and makes it a priority in their life. For example, children who walk to school.

"Together, we can make active travel, like walking, cycling, or taking transit, part of our school routine – for the good of our physical and mental health and our communities."

~ Dr. Murray Fyfe, Medical Health Officer, Island Health

"Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life."

~ The International Physical Literacy Association, May 2014
[Canada's Physical Literacy Consensus Statement June 2015](#)

For more information:

- ♦ Your local [Public Health Unit](#)
- ♦ Your local Parks and Recreation
- ♦ [Sport for Life](#)
- ♦ [Active for Life](#)
- ♦ [Physical Literacy](#)
- ♦ [Appetite to Play](#)
- ♦ [Healthy Schools BC](#)
- ♦ [2018 ParticipACTION Report Card: The Brain + Body Equation](#) (video)