

DEFINING PHYSICAL LITERACY & ASSOCIATED BENEFITS

PHYSICAL COMPONENTS

Development of movement through 'Positive Movement Experiences':
Need to learn the fundamentals and build a diverse set of movements through the development of:

KEY

- Defining physical competence
- Physical and performance benefits
- Psychosocial benefits

Awareness
BODY AND SPATIAL

Ability to sequence movements

Ability to select movements for each task and context

Ability to apply a strategy to adapt and modify movements based on the task and context

SOCIAL
ALONE
TEAMS

ENVIRONMENT
LAND AIR
ICE SNOW
WATER

Increased strength, flexibility, mobility, endurance, agility

Increased ability to problem solve and be creative in sport and fitness contexts

PHYSICAL COMPETENCE

PSYCHOSOCIAL & COGNITIVE BENEFITS

Increased cognitive function

Increased confidence

Increased motivation to participate

Increased ability to communicate and express feelings and emotions

Decreased levels of anxiety towards physical activity

Increased participation across the lifespan

Increased understanding of how to get fit and stay healthy

Decreased health and injury risks

Increased fitness

Increased mental health e.g. self-esteem and happiness

