

Physical literacy enriched communities: A home, school, and community approach to improving physical literacy

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Disclosure Statement

- I have no affiliation (financial or otherwise) with a pharmaceutical, medical device or communications organization.



**MORE
KIDS
ACTIVE
OFTEN**

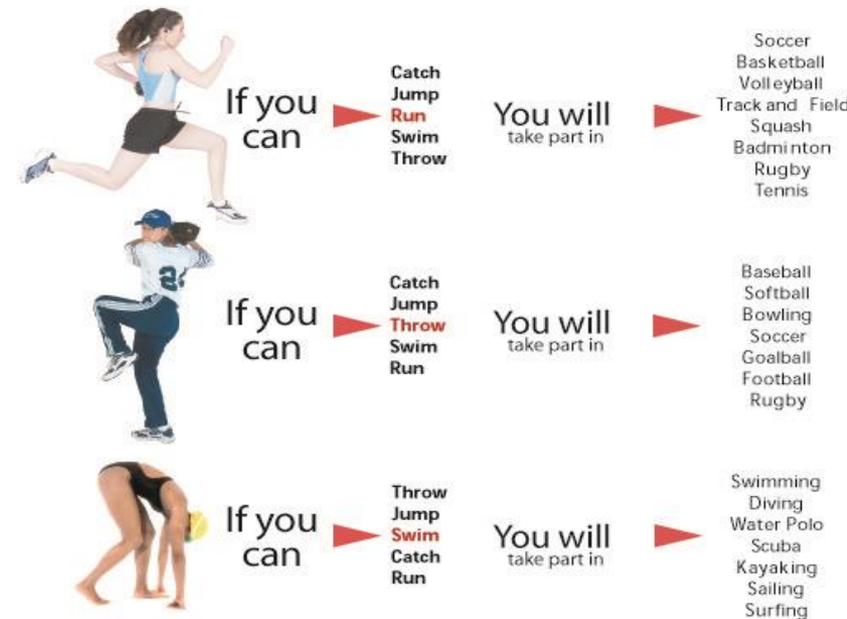


**MORE
HAPPINESS
HEALTH JOY
CONFIDENCE
INDEPENDENCE
SUCCESS**

YET... Less than 15% of Saskatchewan children
& youth are getting the physical activity they need.

Physical Literacy

- **Physical literacy** is defined as the “**motivation**, **confidence**, **physical competence**, **knowledge and understanding** to value and take responsibility for engagement in physical activities for life” (ParticipACTION et al., 2015; IPLA, 2014).
- Children and youth who are more physically literate, are more likely to meet the physical activity and sedentary behaviour recommendations (Belanger et al., 2018).



It's A Shared Responsibility

SIM promotes a shared responsibility between **parents**, **community leaders** and **educators** to ensure kids get the daily physical activity they need.



Community Action

INSPIRE

GALVANIZE

CONNECT

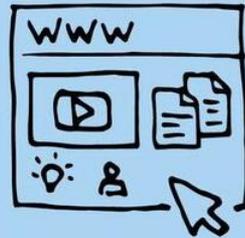
PROMOTE

INSPIRE

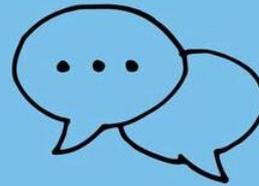
in•spire /in'spī(ə)r/ ignite a spark to get kids moving



**Attract
Attention**



**Tools &
Resources**



**Engage
Advocates**



**Identify
Champions**

GALVANIZE

gal•va•nize /galvəˌnīz/ empower communities to take action together

Community Action Process



Understand Your
Community



Moving
Together Event



Action
Team



Community
Action Plan

CONNECT

con•nect /kə'nekt/ link communities with opportunities

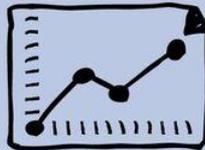


PROMOTE

pro•mote /prə'mōt/ celebrate success and inspire others



**Project
Completion**



**Measure
Results**

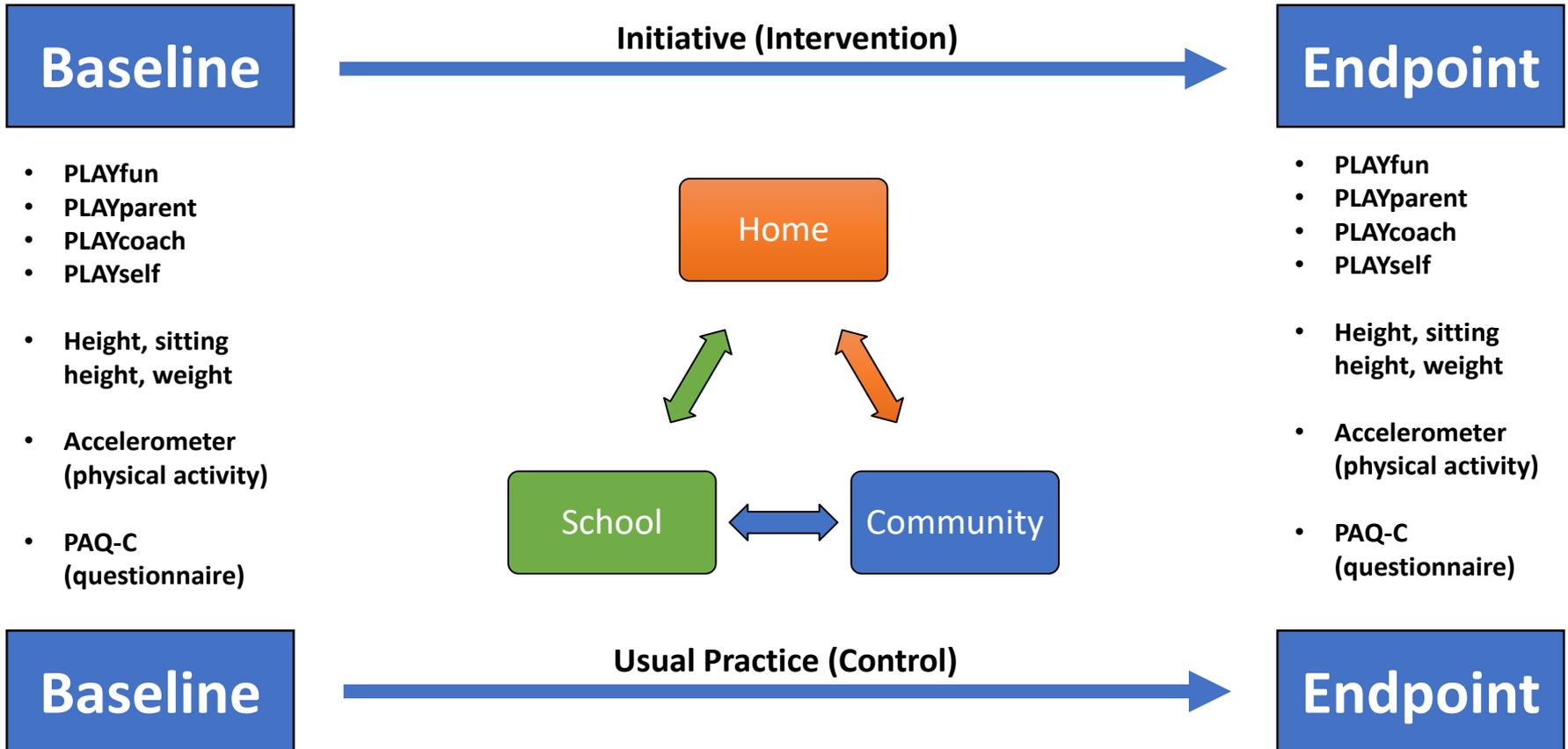


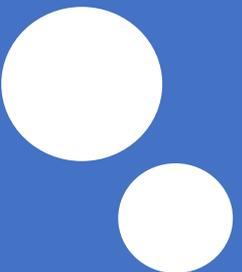
**Shout
Success**



**Attract
Attention**

Physical Literacy Enriched Community



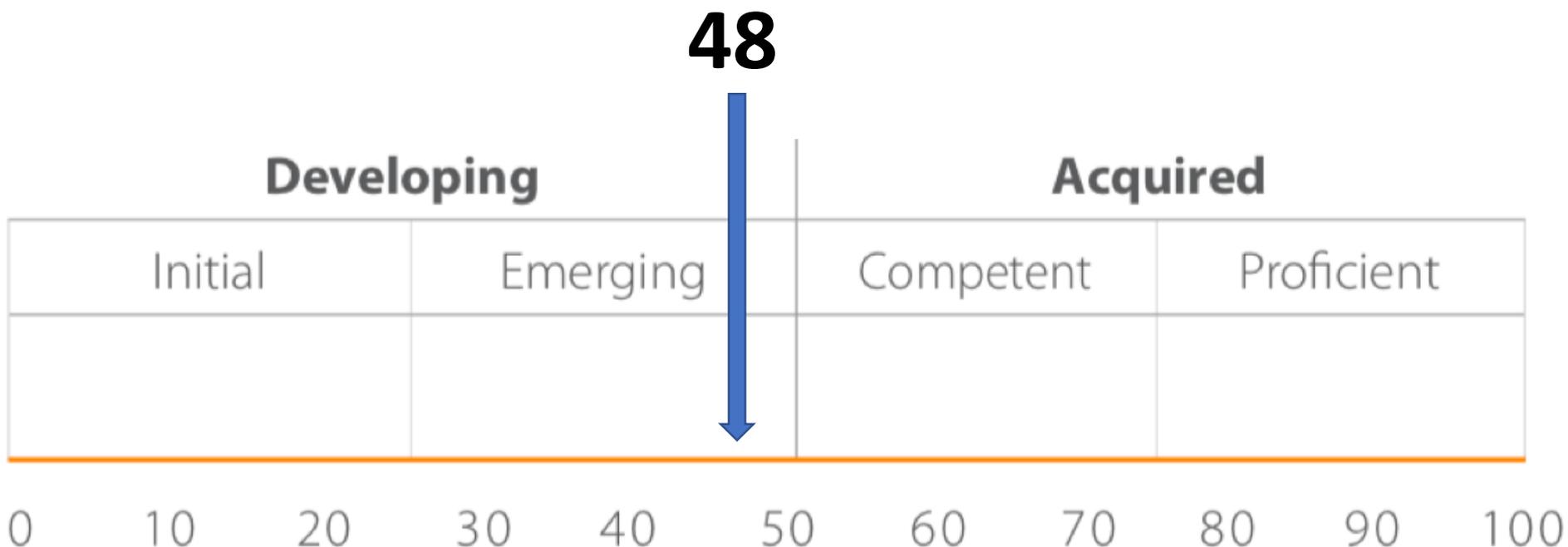


Physical Literacy Enriched Community

- **Focuses on:**
 - Teaching PE curriculum, and providing PL focused lesson plans
 - Physical literacy enriched sport and recreation programs
 - Physical literacy enriched outdoor environments
 - Increasing awareness on the concept of PL and ways to incorporate it in the home, school, and community environments
 - Parent education/support
 - Measurement of success

Physical Literacy- Where are we at?

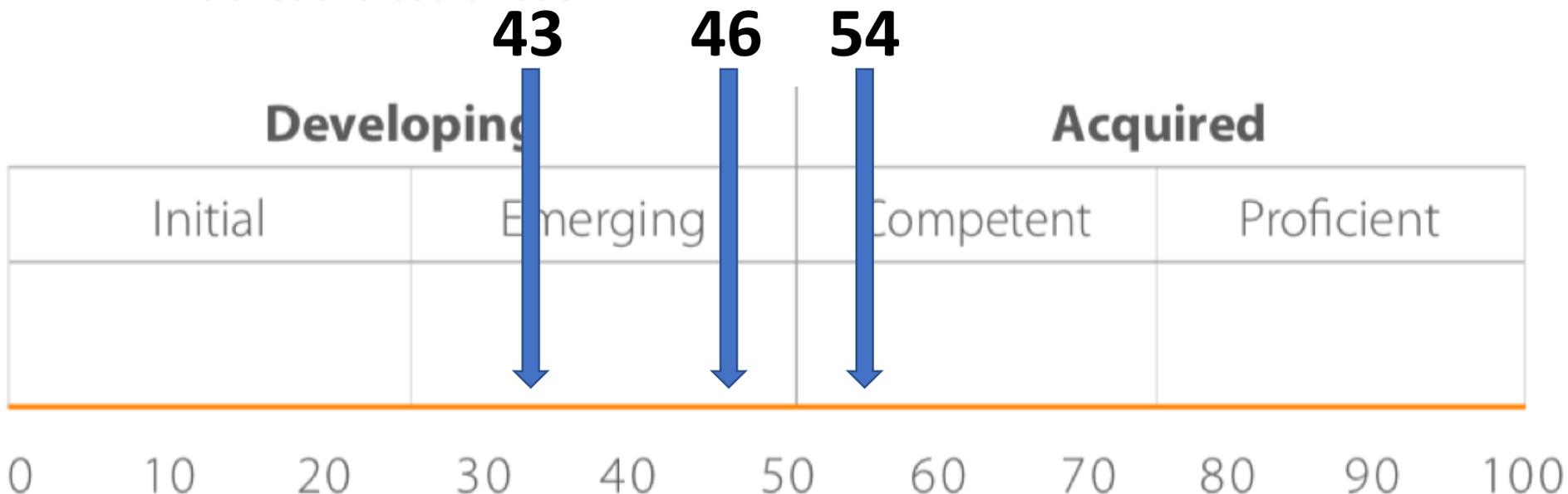
Physical Competence (Assessed by PLAYfun)



Physical Literacy- Where are we at?

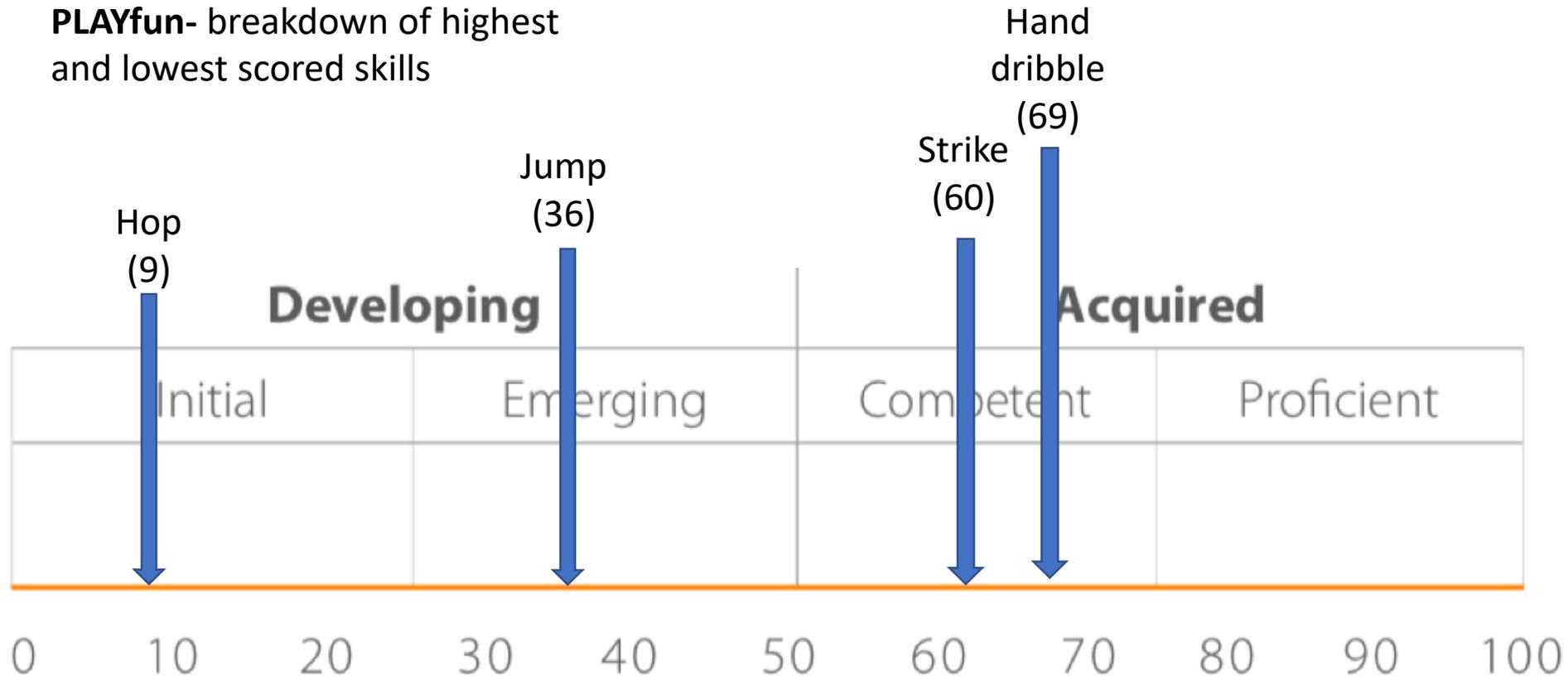
Physical Competence Components:

- Locomotor
- Object Control
- Balance and Coordination



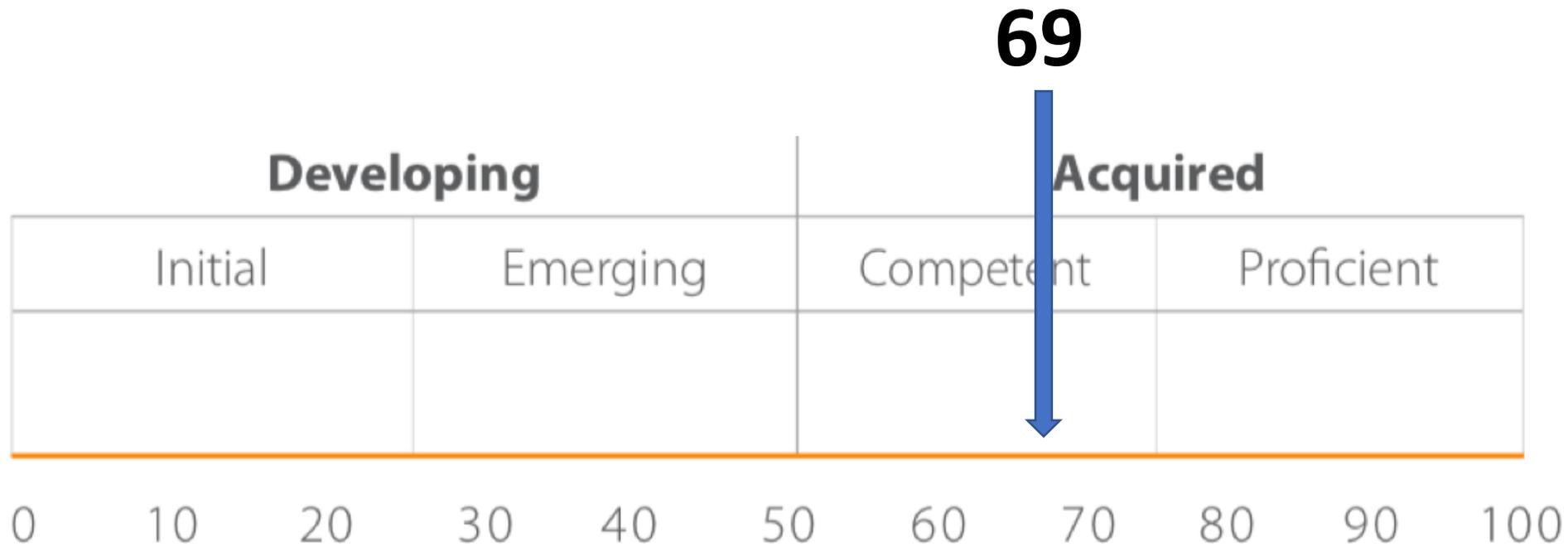
Physical Literacy- Where are we at?

PLAYfun- breakdown of highest and lowest scored skills



Physical Literacy- Where are we at?

Motivation and Confidence (Assessed by PLAYself)



Physical Activity- Where are we at?

- PAQ-C (Physical activity questionnaire)
- On a scale of 1 to 5 (1=low physical activity, 5= high physical activity), the average activity level is:

3.03

Thank you!

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Canada 



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active
SASKATCHEWAN

References

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Your Name _____ Gender: M F Age: _____

I am most active in (check all that apply): summer winter active in both

How good are you at doing sports and activities?	Never tried	Not so good	OK	Very good	Excellent
1. In the gym?					
2. In and on the water?					
3. On the ice?					
4. On snow?					
5. Outdoors?					
6. On the playground?					
What do you think about doing sports and activities?	Not true at all	Not usually true	True	Very true	
7. It doesn't take me long to learn new skills, sports or activities					
8. I think I have enough skills to participate in all the sports and activities I want					
9. I think being active is important for my health and well-being					
10. I think being active makes me happier					
11. I think I can take part in any sport/physical activity that I choose					
12. My body allows me to participate in any activity I choose					
13. I worry about trying a new sport or activity					
14. I understand the words that coaches and PE teachers use					
15. I'm confident when doing physical activities					
16. I can't wait to try new activities or sports					
17. I'm usually the best in my class at doing an activity					
18. I don't really need to practice my skills, I'm naturally good					
19. Reading and writing are very important	Do you agree or disagree with this statement?				
	Strongly disagree	Disagree	Agree	Strongly agree	
In school					
At home with family					
With friends					
20. Math and numbers are very important	Do you agree or disagree with this statement?				
	Strongly disagree	Disagree	Agree	Strongly agree	
In school					
At home with family					
With friends					
21. Movement, activities and sports are very important	Do you agree or disagree with this statement?				
	Strongly disagree	Disagree	Agree	Strongly agree	
In school					
At home with family					
With friends					
22. My fitness is good enough to let me do all the activities I choose		Disagree	Agree		

Child's Name _____ Gender: M F Age: ____

If individuals are physically literate when they have acquired the skills and confidence to enjoy a variety of sports and physical activities, how would you rank your child's overall level of physical literacy? Place a tick anywhere along the box.

Not Physically Literate _____ Perfect Physical Literacy

Assess your child using the table below:

	Low	Medium	High
1. Confidence to participate in physical activity and sport			
2. Motivation to participate in physical activity and sport			
3. Understands movement terms like skip, gallop, hop and jump			
4. Desire to participate in activities alone			
5. Desire to participate in activities with others or in groups			
6. Knowledge related to healthy physical activity			
7. Coordination when moving			
8. Safety while moving in the environment relative to others			
9. Number of movement skills acquired			
10. Ability to balance during movement			
11. Ability to run			
12. Ability to start, stop and change direction			
13. Ability to use hands to throw, catch and carry objects			
14. Ability to use feet to kick or move objects			
15. Ability to use left and right sides equally during activity			
16. Amount of participation in water activities			
17. Amount of participation in indoor activities			
18. Amount of participation in outdoor activities			
19. Amount of participation in snow/ice activities			
20. Overall fitness level			

Please list physical activities or sports that your child routinely participates in:

Participant's Name _____ Gender: M F Age: ____

I am a (check all that apply): coach* exercise professional therapist other

* I coach this athlete/participant in the following sport/activity: _____

If physical literacy is defined as the ability to proficiently execute a repertoire of movement tasks in multiple environments, then how would you rank this person's overall level of physical literacy? Place a tick anywhere along the line.

Not Physically Literate _____ Perfect Physical Literacy

Judge the ability of the participant based upon an ideal athlete being excellent.

		Poor	Fair	Good	Very good	Excellent
1.	Confidence to participate in sport and physical activity					
2.	Motivation to participate in sport and physical activity					
3.	Comprehension of movement terms					
4a.	Able to participate in the gym					
4b.	Able to participate outdoors					
4c.	Able to participate in and on the water					
4d.	Able to participate on snow and ice					
4e.	Able to participate in the air					
5.	Awareness of the environment and others					
6.	Possesses a diverse movement skill set					
7.	Ability to select and sequence skills suitable to setting					
Movement Competence						
Balance	8. Basic balance					
	9. Collisions					
	10. Stumble recovery					
Object Control	11. Hands					
	12. Feet					
	13. Ability to use left and right sides equally					
Locomotor	14. Start/Stop					
	15. Running					
	16. Agility					
17.	Overall fitness level					

What physical activities and sports are you aware of that this person participates in?
