




North Vancouver  
School District  
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# Physical Literacy Development

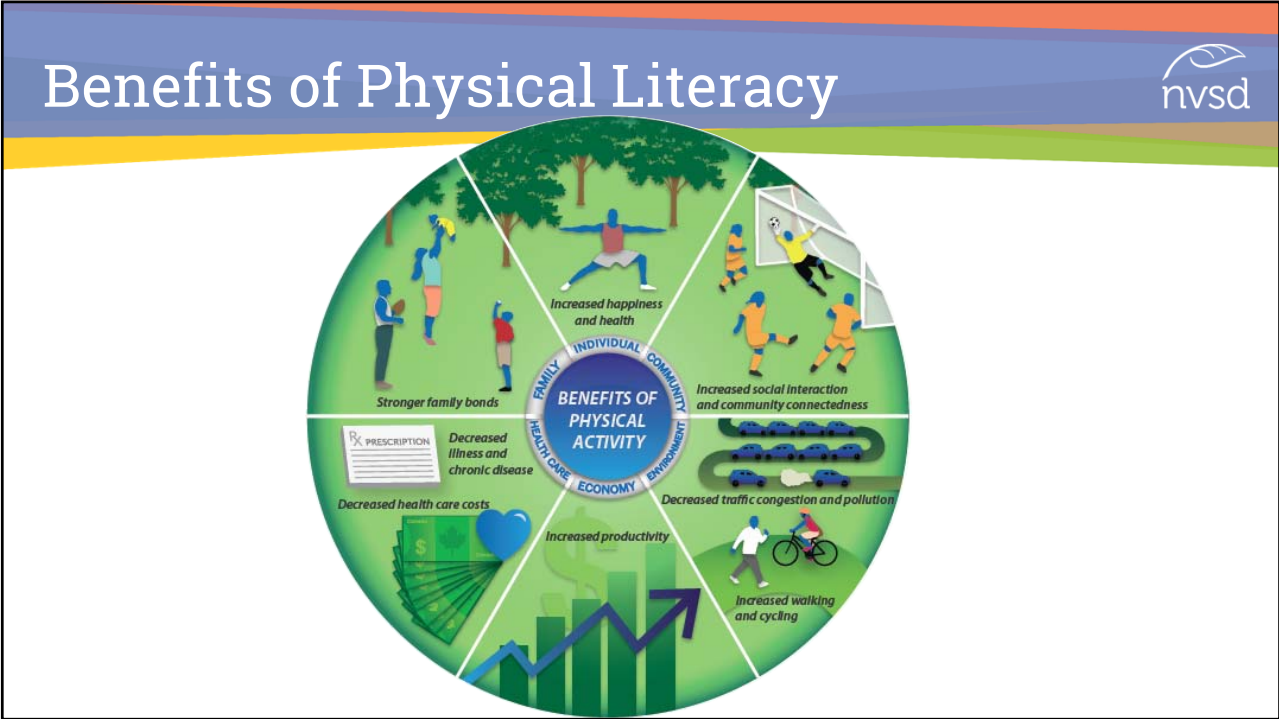
NVSD#44

## What is Physical Literacy?



**Movement founded on Fundamental Movement Skills so that people have the Confidence, Competence and Motivation to stay active for life.**

- Locomotor Skills
- Non-Locomotor Skills
- Object Manipulation Skills



## active kids learn better

physical activity at school is a win-win for students and teachers

**GRADES:**

20% more likely to earn an A in math or English

**STANDARDIZED TEST SCORES:**

increased 6% over 3 years

**JUST ONE PHYSICALLY ACTIVE LESSON CREATES:**

13% increase in students' physical activity for the week

**21% decrease in teachers' time managing behavior**

**physically active kids have more active brains**

**BRAIN SCANS OF STUDENTS TAKING A TEST:**

after 20 minutes of sitting quietly      after 20 minutes of walking

Red areas are very active; blue areas are least active.

**MORE RESULTS:**

- after 20 minutes of physical activity: students tested better in reading, spelling & math and were more likely to read above their grade level
- after being in a physically active afterschool program for 9 months: memory tasks improved 16%

SOURCES: Donnelly, J.E. and Lambourne, K. (2011). Classroom-based physical activity, cognition, and academic achievement. *Prev Med.* 52(Suppl 1):S36-542. Hillman, C.H., et al. (2009). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience.* 159(3):1044-1054. Kamijo, K., et al. (2011). The effects of an afterschool physical activity program on working memory in preadolescent children. *Dev Sci.* 14(5):1046-1058. Kibbe, D.L., et al. (2011). Ten years of TAKE 10!: integrating physical activity with academic concepts in elementary school classrooms. *Prev Med.* 52(Suppl 1):S43-50. Nelson, M.C. and Gordon-Larsen, P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics.* 117(4): 1261-1290.

Learn more about why active kids learn better and how schools can help at [activelivingresearch.org/activeeducationbrief](http://activelivingresearch.org/activeeducationbrief).

## How is it different to Physical Education?



- Traditional PE is taught in sport specific units
- Drill & Practice
- Games
- Demonstrated weakness and perceived lack of skills drives students out of PE
- NVSD Data shows that more students are taking PE online
- Fewer girls, in particular are taking PE after grade 10

## Issues Impacting Physical Literacy



- Digital world
- Less "Free Range" children
- Less outside play
- Working parents with extended durations from home
- Device driven play.. Ipad, phones, gaming devices...
- Driven to/from school (reduces 2000 -4000 steps per day)
- Not getting 60 minutes of moderate to vigorous activity per day based on MDI data 2018

## Why is Physical Literacy Important ?



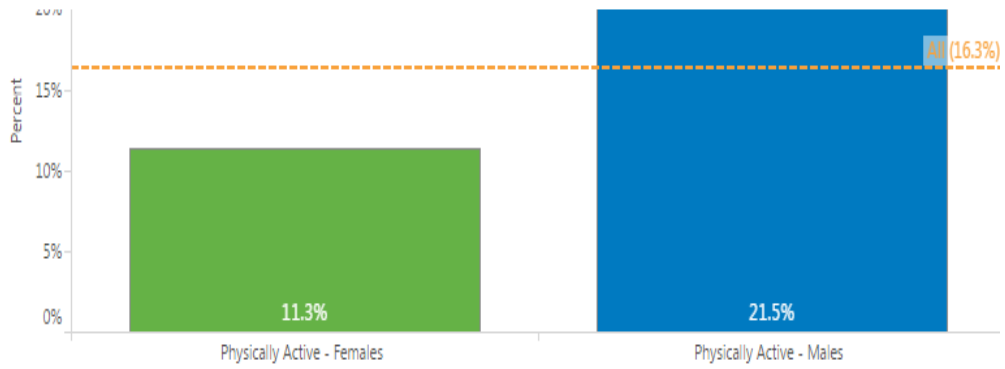
- Bone density
- Strength
- Flexibility
- Coordination
- Confidence
- Likelihood of being active as adults
- Social engagement
- Links to mental as well as physical health
- Reduces anxiety & provides self-regulation
- Better sleep quality

## What do students need?

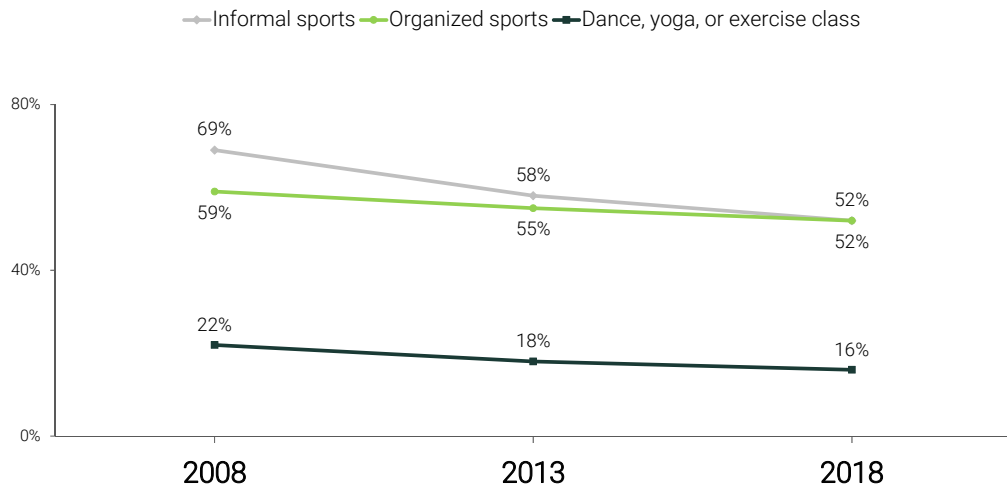


- Opportunities to make learning active and to intersperse explicit physical literacy instruction into the classroom as well as the gym
- Resources and instructional support for teachers enable them to provide Physical Literacy Development in the classroom (not just the gym)
- Equitable access to PL opportunities

**Indicator 11:** Percentage of BC students in grades 7-12 participating in physical activity for at least 60 minutes per day, seven days per week.



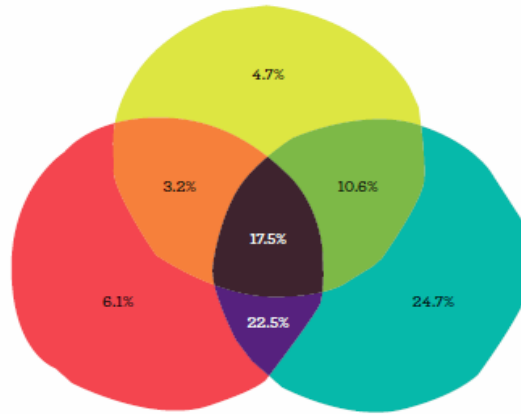
**Physical activity at least weekly**



# Children and Youth Meeting Guidelines



**Physical Activity (36.0%)**



**Screen Time (49.3%)      Sleep Duration (75.3%)**

**(10.7% met none of the guidelines)**

Source: ParticipACTION Report Card on Physical Activity for Children and Youth (2018)

## What have we done so far?

- PL4C – Community Table Nov 2017, Feb 2018 funded until June 2018
- 4 after school sessions offered in PL
- PL for Communities Grant Application
- Certification as PL Instructor

September 2018 – Full day session with Glenn Young

- Fall 2 half day sessions 3:45 – 8:00
- Feb Pro Day at Sutherland 2019 (full day)
- May Pro Day at Highlands 2019 (full day)
- 9 after school sessions at Mountainside (Sept – June organized by Deb and Samantha from the Rec.Commission)
- Joint Conference with West Van SD, and VCH October 19<sup>th</sup>, 2019
  - 4 fall workshops
  - 2 winter workshops

Full day first ever NVSD Physical Literacy Conference February 2020



## What are next steps?



### Planning for 2020-2021

- Quality teacher in-service
- Student Physical Literacy Assessments
  
- Questions