

Physical Literacy Update



- Physical Activity Overview
- PL Pilot 2020-2021
- PL Project 2021-2022
- Facilities and Site-based Supports
- Training and In-services



Physical Activity and Literacy through COVID



- Regular physical activity important for physical & mental health
- ParticipACTION 2020 Report: Lack of physical activity in children and youth an increasing concern
- Reduced levels of physical activity during COVID
- Clear need & benefit in supporting schools with physical literacy instruction and assessment



PL Pilot 2020-2021



GOALS

- Develop instructional and applied knowledge of Physical Literacy skills through co-teaching mentorship model
- Establish student data baseline on Fundamental Movement Skills
- Identify and share Physical Literacy instructional and assessment resources
- Support school-based initiatives to make learning active and physically engaging across all instructional areas
- Strengthen the Physical Literacy network across the district



PL Pilot: Instruction and Understanding



■ Strongly Disagree ■ Disagree ■ Neutral ■ Agree ■ Strongly Agree

My understanding of PL instructional approaches has improved



I have a better appreciation of the different Fundamental Movement Skills



I have developed my capacity for assessing specific Fundamental Movement Skills



I have included more PL activities into my lessons during and following the pilot.



I have developed a better understanding of the student and professional development resources available to...



I found the PL Pilot's mentoring model to be an effective approach in developing my PL instructional a...



100%

0%

100%

Teacher Feedback



What has been the most helpful part of the PL Pilot in supporting you to provide Physical Literacy activities and opportunities with your students?

- *Learning new and different ways to approach teaching the skills.*
- *This program showed the teaching staff how to introduce and follow-up with each activity. The games were fun and motivated the children to practice new skills.*
- *The hands-on experience and tools*
- *The mentoring model*

Feedback cont.



What did you find to be most rewarding about the PL Pilot?

- *I liked the activities and that they were easy to set up anywhere on the school grounds. The students were actively involved at all times.*
- *It was really useful getting to watch the PL instructor do activities with the kids and point out things to me as the students completed them*
- *I found that with instruction and demonstration, the children could vastly improve their skills*
- *Watching an experienced teacher instruct. Seeing the skills broken down into such specific movement*
- *I loved that I was able to learn from Tine how to teach basic skills and how to make it fun!*

PL Project 2021-2022



Funded by the Ministry of Health through Sport for Life and partner organizations

- 10 Schools and 6-8 classes per school
- Mentorship model supported by PL Leads
- 8 Session format over 8 or 16 weeks
- Focus on developing school capacity and culture of PL
- Establish baseline of student data on Fundamental Movement Skills (FMS)
- Identify and share PL resources and support school initiatives

Assessment



- Fundamental Movement Skills
- PLAYBasic Assessment Tools
- Supporting teachers with Assessment in the classroom



Physical Literacy Mentoring



- Well-received model by teachers and support staff
- Effective model for supporting instruction and assessment
- Collaborative approaches for inclusion
- Resource focused
- Modeling best practices
- Network-building capacity



Facilities and Site-based Supports



- Physical Literacy Circuits
- Spaces for Active Outdoor Learning
- Indoor/Outdoor Equipment
- Indoor supports (ie hallway markings)



Workshops, Training and In-services



- In-person Pro-D workshops
- Online Professional Development and eLearning courses
- PLAYBuilder resources
 - online database of activities and lesson plans to use in the classroom/gymnasium/outdoors
- Physical Literacy Network

