## **Physical Literacy Update**

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- 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

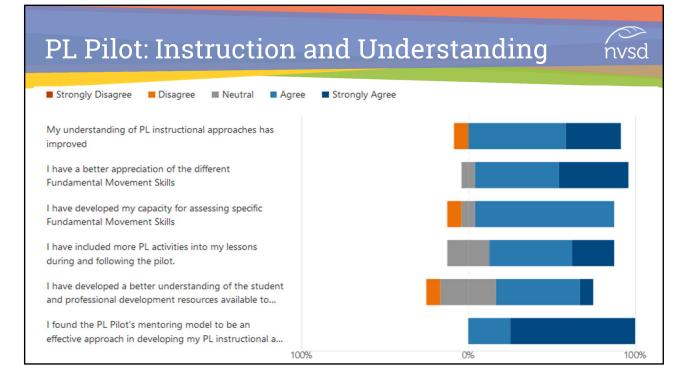
- Regular physical activity important for physical & mental health
- ParticipACTION 2020 Report: Lack of physical activity in children and youth an increasing concern
- Reduced levels of physical activity during COVID
- Clear need & benefit in supporting schools with physical literacy instruction and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



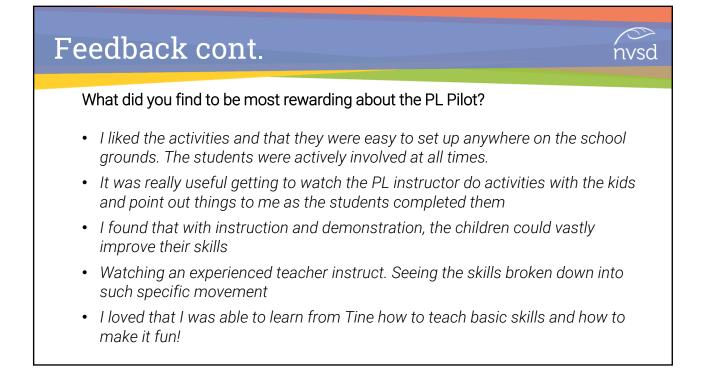
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## Teacher Feedback



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



# PL Project 2021-2022

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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)



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### 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

