

# Developing movement competence



## Movement as a platform for more

The foundation for fostering physical literacy is established by providing every individual with the opportunity to move to the best of their ability. Every person has a unique physical literacy journey, so some people may move more proficiently in activities compared to others. It is important to understand this when designing games, activities and curriculum for all learners.

## Moving in many ways

Movement competence means the ability to move well and with poise. There are many different movements in many different contexts that can be explored in order to develop the competency of individual learners. This includes

using music and dance, being theatrical and dramatic and participating in 'non-traditional' sports and activities such as cricket, orienteering, karate, slacklining, wheelchair activities and parasport.

## Moving in many environments

Additionally, movement competence is developed through engaging in activities in multiple environments. These environments should be diverse and utilise the areas and opportunities around your setting that feature water, ice and snow, air time and uneven surfaces if possible. For example, playing outside in the forest or on rocks, travelling to a beach, going to the swimming pool, using local gymnastics or trampoline facilities, accessing ice rinks at local recreation centres and arranging visits to an alpine resort.

The diverse nature of these opportunities allow individuals to experience and explore a variety of movements in different contexts, understand how to adjust their body, movement and strategies when engaging with that environment and ultimately benefit all other movement abilities in the process.

