

What is physical literacy?



Physical literacy – a construct

Physical literacy is an emerging concept related to the confidence, motivation and competence to move and be physically active throughout your life. Physical literacy is a complex construct that includes many different aspects of psychology, behavioural sciences, sociology, philosophy and kinesiology in order to understand movement behaviours, develop movement skills and ultimately encourage people to move more.

Developing physical literacy

Although physical literacy may sound daunting, complex and difficult to understand, there are many simple ways to enhance programs, lessons, games and activities in order to develop physical literacy within individuals that you work with.



By making adaptations and modifications to games and activities using universal design principles, every individual

can participate in any activity to the best of their ability. By definition, physical literacy is an

inclusive concept where every person can acquire movement competence and confidence.

By focusing on play based activities that are developmentally appropriate and create fun, safe, welcoming and stimulating environments we provide conditions that foster learning, allows for curiosity and exploration with movement and movement concepts and encourages individuals to challenge themselves in their own unique journey.

Physical literacy is associated with movement in all its forms, including sport-based activities, dance, gymnastics, circus, theatrical performances, strength based activities and activities of daily living to name a few. In order for individuals to gain experience, knowledge and understanding of all these movements, it is important that any curriculum or program include as much variety in movement context as possible.

Here to help

While all this may seem challenging, PISE is here to assist you with knowledge, resources, training and mentorship in physical literacy and play.