

# Physical Literacy Toolkit

School Sport and Activity  
Sector Partnership



[www.youthsporttrust.org/SSASP](http://www.youthsporttrust.org/SSASP)

# Introduction

This toolkit has been produced by the School Sport and Activity Sector Partnership physical literacy action group\*; a committed, collaboration group of sector partners aiming to unite efforts for consistent messaging, education and action in relation to physical literacy and creating positive movement experiences for all.

\*Action group members include...

**Youth Sport Trust — International Physical Literacy Association**

**Cabot Learning Federation — Chance to Shine — Active Sussex**

**British Fencing — British Judo — Swim England — Bath University**

**School Sport and Activity  
Sector Partnership**



[www.youthsporttrust.org/SSASP](http://www.youthsporttrust.org/SSASP)



Cabot  
Learning  
Federation



BRITISH  
JUDO



In association with  
**BRITISH  
FENCING**



CHANCE TO SHINE  
Inspiring young people through cricket



**IPLA**  
INTERNATIONAL PHYSICAL  
LITERACY ASSOCIATION



**Swim  
England**



UNIVERSITY OF  
**BATH**



**YOUTH  
SPORT  
TRUST**

School Sport and Activity  
Sector Partnership



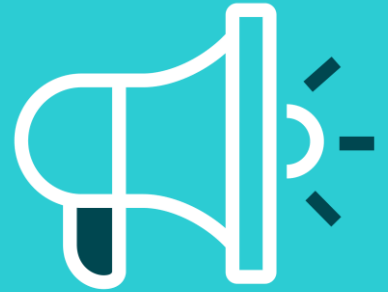
[www.youthsporttrust.org/SSASP](http://www.youthsporttrust.org/SSASP)

# Toolkit Aims

Building knowledge and understanding



Advocates



Collaboration around systemic and/or thematic challenges



Tracking and celebrating progress



School Sport and Activity  
Sector Partnership



[www.youthsporttrust.org/SSASP](http://www.youthsporttrust.org/SSASP)

# Toolkit Approach

## Ignite —

### Why it matters?

Connect our networks with their own relationship with movement and physical activity to better understand what we mean by the term, considering what it means personally and professionally.

## Unite —

### What can we do differently, together?

Develop consistency of understanding which impacts consistency of policy and practice to ensure positive movement experiences for all

## Excite —

### How to build momentum, create ripples

Empower and elevate examples of impact, creating more advocates



# Ignite

## Why it matters

Connect our networks with their own relationship with movement and physical activity to better understand what we mean by the term, considering what it means personally and professionally.

School Sport and Activity  
Sector Partnership



[www.youthsporttrust.org/SSASP](http://www.youthsporttrust.org/SSASP)

# Task 1: Our movement history

School Sport and Activity  
Sector Partnership



[www.youthsporttrust.org/SSASP](http://www.youthsporttrust.org/SSASP)

# Our Movement History

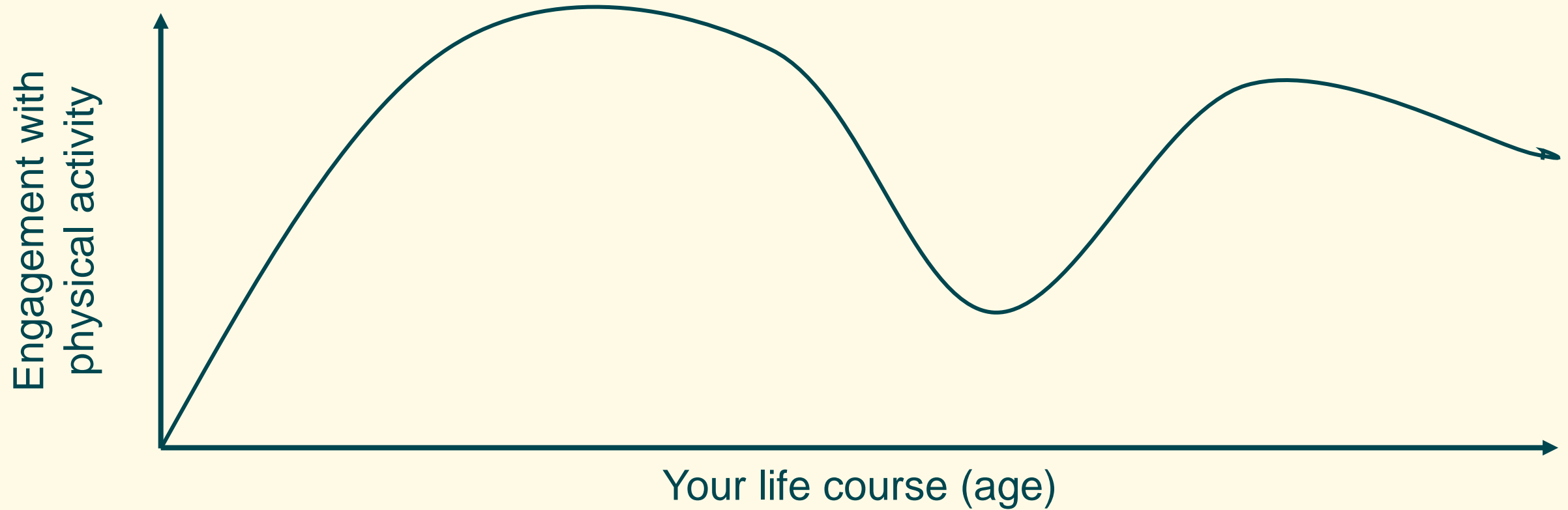
## What you'll need:

- Pen and paper
- Your memory!





# Reflection Activity



**School Sport and Activity  
Sector Partnership**



[www.youthsporttrust.org/SSASP](http://www.youthsporttrust.org/SSASP)

# Reflect and discuss

- When have you had a positive relationship, sustained engagement with physical activity? Why was this?
- When have you been disengaged with physical activity? Why was this?
- How has your relationship with physical activity changed over time?



# Learning and development

Write down the **skills, competencies** and **capabilities** that have helped you to develop and maintain a positive relationship with movement and physical activity throughout your life.

**OR**

Write down the **lacking skills, competencies** and **capabilities** that you believe have hindered your relationship with movement and physical activity.



# What makes our experiences positive?

Think of a specific **positive** movement, physical activity or sport memory.

- How did the experience make you **move, think, feel** and **connect** with others, your surroundings and yourself?
- How **enjoyable, meaningful** and **valued** was this experience?  
What shaped this?



# This is physical literacy

- It is both an **outcome** and a **concept/framework** to work by
- It reflects how we **value, enjoy** and **engage** with physical activity
- It **shapes and is shaped by** how we move, connect, think and feel in and through movement
- It is **affected** by people, communities, culture, circumstances, places, and spaces around us
- It **contributes** to our health, wellbeing and quality of life
- It evolves, **changes**, ebbs and flows throughout life
- It's **personal** because no one person's relationship is the same
- It's **why** we like and loathe physical activity



# Task 2: Activity portfolio

School Sport and Activity  
Sector Partnership



[www.youthsporttrust.org/SSASP](http://www.youthsporttrust.org/SSASP)

# Your activity portfolio

- Think about your own relationship with physical activity throughout your life to date.
- Can you list chronologically the activities you participated in (this could be broken down into decades).
- Why did you start and stop certain activities?
- Why do you remember some activities more fondly than others?
- What benefits did each of the activities give to you?

Physical literacy  
is our relationship  
with movement and  
physical activity  
throughout life



# Task 3: Moments of impact

School Sport and Activity  
Sector Partnership



[www.youthsporttrust.org/SSASP](http://www.youthsporttrust.org/SSASP)



# Moments of Impact



A moment of impact has potential for change, has ripple effects far beyond what we can predict. The thing is each one of us is the **sum total** of every moment that we've ever experienced with all the people we've ever known. And it's these moments that become our history. Like our own **personal greatest hits** or memories that we play and replay in our minds over and over again.

## The Vow, 2012



# Moments of Impact

- What have been your moments of impact for movement, sport, PE, physical activity?
- Who are you as sum total of these moments?
- What are your personal greatest or worst hits of movement?



# Task 4: Perceptions and perspectives

School Sport and Activity  
Sector Partnership



[www.youthsporttrust.org/SSASP](http://www.youthsporttrust.org/SSASP)

## Perspective

- What do you think the experience will be like?
- What is your view/opinion of the activity?

## Perception

- What do you see?
- What stand outs?
- How does the image/activity make you feel?



## Perspective

- What do you think the experience will be like?
- What is your view/opinion of the activity?

## Perception

- What do you see?
- What stand outs?
- How does the image/activity make you feel?



## Perspective

- What do you think the experience will be like?
- What is your view/opinion of the activity?

## Perception

- What do you see?
- What stand outs?
- How does the image/activity make you feel?



## Perspective

- What do you think the experience will be like?
- What is your view/opinion of the activity?

## Perception

- What do you see?
- What stand outs?
- How does the image/activity make you feel?



## Perspective

- What do you think the experience will be like?
- What is your view/opinion of the activity?

## Perception

- What do you see?
- What stand outs?
- How does the image/activity make you feel?



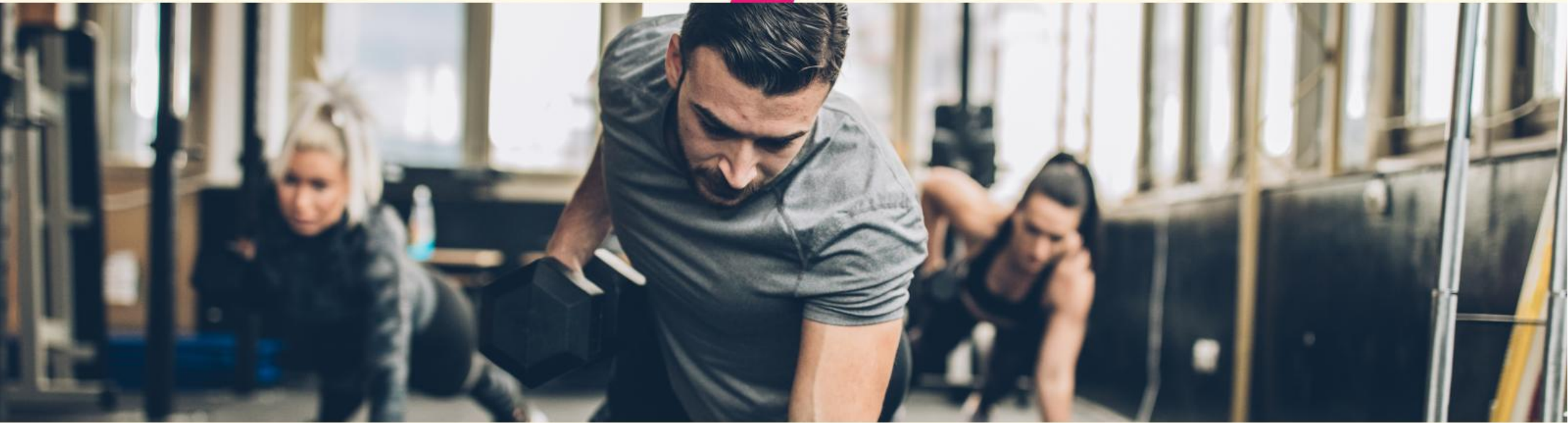


## Perspective

- What do you think the experience will be like?
- What is your view/opinion of the activity?

## Perception

- What do you see?
- What stand outs?
- How does the image/activity make you feel?



## Perspective

- What do you think the experience will be like?
- What is your view/opinion of the activity?

## Perception

- What do you see?
- What stand outs?
- How does the image/activity make you feel?



## Perspective

- What do you think the experience will be like?
- What is your view/opinion of the activity?

## Perception

- What do you see?
- What stand outs?
- How does the image/activity make you feel?



## Perspective

- What do you think the experience will be like?
- What is your view/opinion of the activity?

## Perception

- What do you see?
- What stand outs?
- How does the image/activity make you feel?



# Task 5: A letter to movement

School Sport and Activity  
Sector Partnership



[www.youthsporttrust.org/SSASP](http://www.youthsporttrust.org/SSASP)

# A letter to movement

Dear Sport...

You were present early in my life, kicking a football against a wall while my dad played his Saturday league games, cheering on the grey horses on TV racing, putting on funny voices and reading aloud the football scorelines, doing fitness classes with mum, leotard over cycling shorts to look the part. You provided me with connection, consistency and routine which was especially needed as I spent weekends alternating between my mum and dad's houses.

In school, you came into your own in year 5 - the year I made it into the school netball team. You built my confidence, gave me self-belief, motivated me to work as a team to achieve a shared goal. But your impact didn't stay on the netball court, you rippled into my lessons, helped me raise my hand more, have a go at the tough questions and look for the progress not solely the result. It wasn't just me who felt it, teachers knew the impact you were having too. You even got a mention in my school report as a positive influence on my learning.

**School Sport and Activity  
Sector Partnership**



[www.youthsporttrust.org/SSASP](http://www.youthsporttrust.org/SSASP)

# A letter to movement

Dear PE...

Thank you... thank you for shaping me into the person that I am today. Thank you for being my absolute passion. Thank you for being my joy, my pain, my simultaneous stress-giver and reliever and my pride all at once for all of these years. In moments of success there was and still is no better feeling, in moments of fear or feelings of 'I can't do this' there are dark times, but you never let me give up. When there are moments now of 'am I doing this right or why am I doing this?' you still don't fail to come through and show me better times. You have always been there waiting to push me further. You are so much more than just 'PE, a subject at school'. You've taught me drive, determination, passion, grit, resilience and dedication and I can never show you how eternally grateful I am for that.

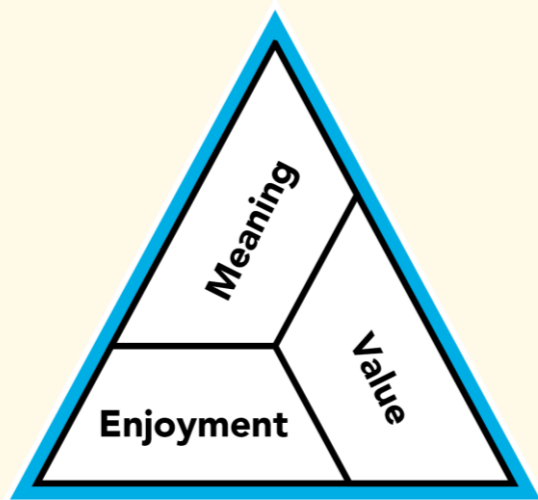
Because of you, I am the person that I am today.

**School Sport and Activity  
Sector Partnership**



[www.youthsporttrust.org/SSASP](http://www.youthsporttrust.org/SSASP)

# Activity: A personal letter to movement



School Sport and Activity  
Sector Partnership

**WHO** will you write your letter to?  
This could be a person, a sport,  
an activity, a place, an  
environment or a community.

**HOW** has the letter recipient  
impacted your relationship with  
movement and physical activity?

**WHAT** are you grateful/ungrateful  
to the letter recipient for?



# Reflection

**How does your story impact on:**

- Your relationship with movement today?
- The leader or practitioner that you are?
- How you influence others?



# Task 6: Movement Why

School Sport and Activity  
Sector Partnership



[www.youthsporttrust.org/SSASP](http://www.youthsporttrust.org/SSASP)

# What's your why?

Choose three images that stand out to you most for what movement and physical activity means to you. Give each image a word or phrase for what it symbolises to you. Discuss.



# Task 7: A newbie?

School Sport and Activity  
Sector Partnership



[www.youthsporttrust.org/SSASP](http://www.youthsporttrust.org/SSASP)

# When was the last time you tried a new activity?

How did it make you...

**Move**

**Connect**

**Think**

**Feel**



# When was the last time you tried a new activity?

- How did the experience feel to you?
- What factors do we need to consider for new participants?
- How can we create a positive first experience?

