

PHYSICAL LITERACY OR THE JOY OF PLAY



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Physical Literacy

- « *Physical literacy is the **motivation, confidence, physical competence, knowledge and understanding** to value and take responsibility for engagement in physical activities for life* ».

International Physical Literacy Association, May 2014

... And Its Elements

- Motivation and Confidence (**Affective**)
- Physical Competence (**Physical**)
- Knowledge and Understanding (**Cognitive**)
- Engagement in Physical Activities for Life (**Behavioural**)

International Physical Literacy Association

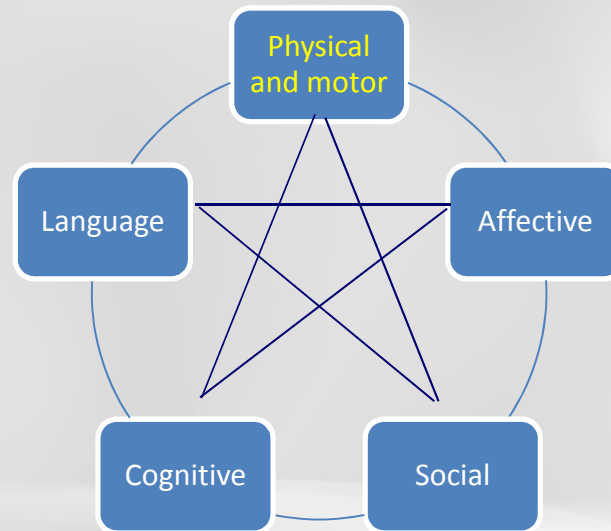


PHYSICAL LITERACY PRESENT IN QUÉBEC FOR A LONG TIME

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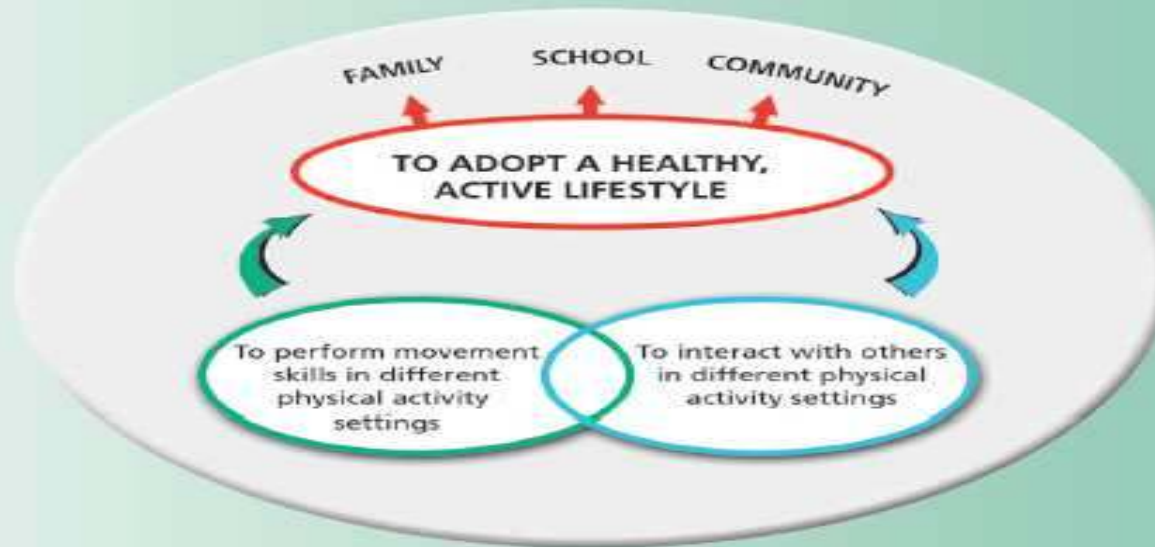
The child's motor development : An important pillar of global development



Exemples

- *Meeting Early Childhood Needs*
- *Gazelle et Potiron*
- *QASC training*





The Three PEH competencies

- Perform
- Interact
- Adopt a Healthy & Active Lifestyle

Municipal, Non-Profit and Community

- PSFSQ (MAD, practice development plan)
- Sport-School
- PAFURS
- PAFCCCL
- PAFACV...

TMVPA



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Guiding Principles



Physical Literacy

All Quebecers, starting in childhood, have experiences that enable them to advance their physical literacy: this global concept can be described as *the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.*² **The entire population, including stakeholders from various sectors, must recognize and promote the elements that make up physical literacy as being essential for, on the one hand, the global development of the child and of the person, and, on the other hand, the adoption and maintenance of a physically active lifestyle in the long term.**

² International Physical Literacy Association, May 2014.

Motor Development Committee

Mandate : To mobilize government and non-government organizations that contribute to children's physical literacy in order to ensure collaborative and cohesive actions.

<https://tmvpa.com/developpement-moteur>



Diapositive 11

BF5

Note au client: remplacez les images avec leurs équivalent anglais

Briana Farrell; 2017-12-15

Same concepts, different language

- In each sector, the language differs since it has been adapted, but the objective remains the same: **to enable children and, ultimately, the entire population to be physically active on a regular basis** in order to enjoy all the benefits throughout their lives.



IT'S EVERYONE'S BUSINESS!

Pleasure
and
satisfaction

Desire to recreate
the lived experience

Increase in the
daily practice of
physical activities

Pleasure and Satisfaction

- Pleasure: condition or sensation induced by the experience or anticipation of what is felt to be good or desirable; a feeling of happy satisfaction or enjoyment; delight; gratification. (Canadian Oxford Dictionary)
- Satisfaction: satisfied or contented state of mind; now usually, gratification or pleasure occasioned by some fact, event or state of things. (Canadian Oxford Dictionary).
- It is therefore possible to retain from these definitions **the state of contentment as well as the aspect of enjoyment and positivity.**



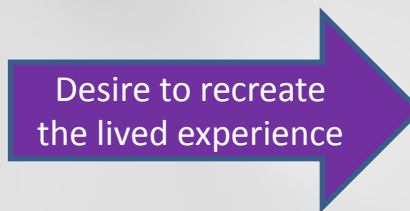
Motivation

- **Intrinsic motivation** refers to the reason why we perform certain activities **for pure pleasure or for personal satisfaction** (Brown 2007; Godin 2012).

Feeling of self-efficacy



Pleasure and satisfaction



Increase in the daily practice of physical activities

Self-Efficacy

- Feeling of self-efficacy: one's presumed capacity to behave in a certain way and to overcome the difficulties and barriers associated with adopting and maintaining the target behaviour (PAPSL 2017). [Translation]
- The psychological factor that, by far, has been most associated with the practice of physical activities is perceived self-efficacy (Bandura 2001). [Translation]



Feeling of self-efficacy



Motor development, global development

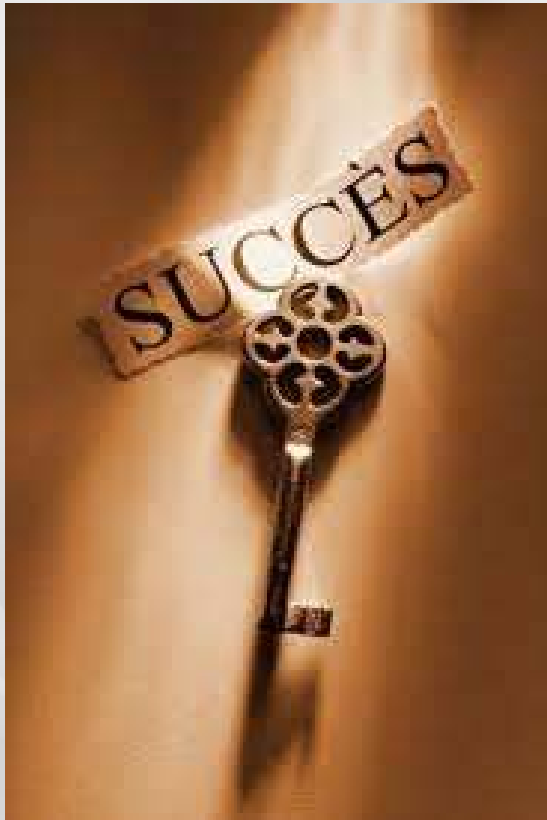


Pleasure and satisfaction

Desire to recreate the lived experience



Increase in the daily practice of physical activities



**VARIETY AND ADAPTATION
ARE THE KEY!**

Variety

Whether through unstructured or structured play, it is by experimenting with:

- different physical activities (individual, group, acrobatic, aquatic, combat, precision and accuracy, racket, etc.)
- at different intensities
- in different environments

that the individual can acquire the broadest range of skills and adaptations.



Adaptation

The challenges must be adapted to the skill-sets of the individuals so they can continue experiencing rewarding success.



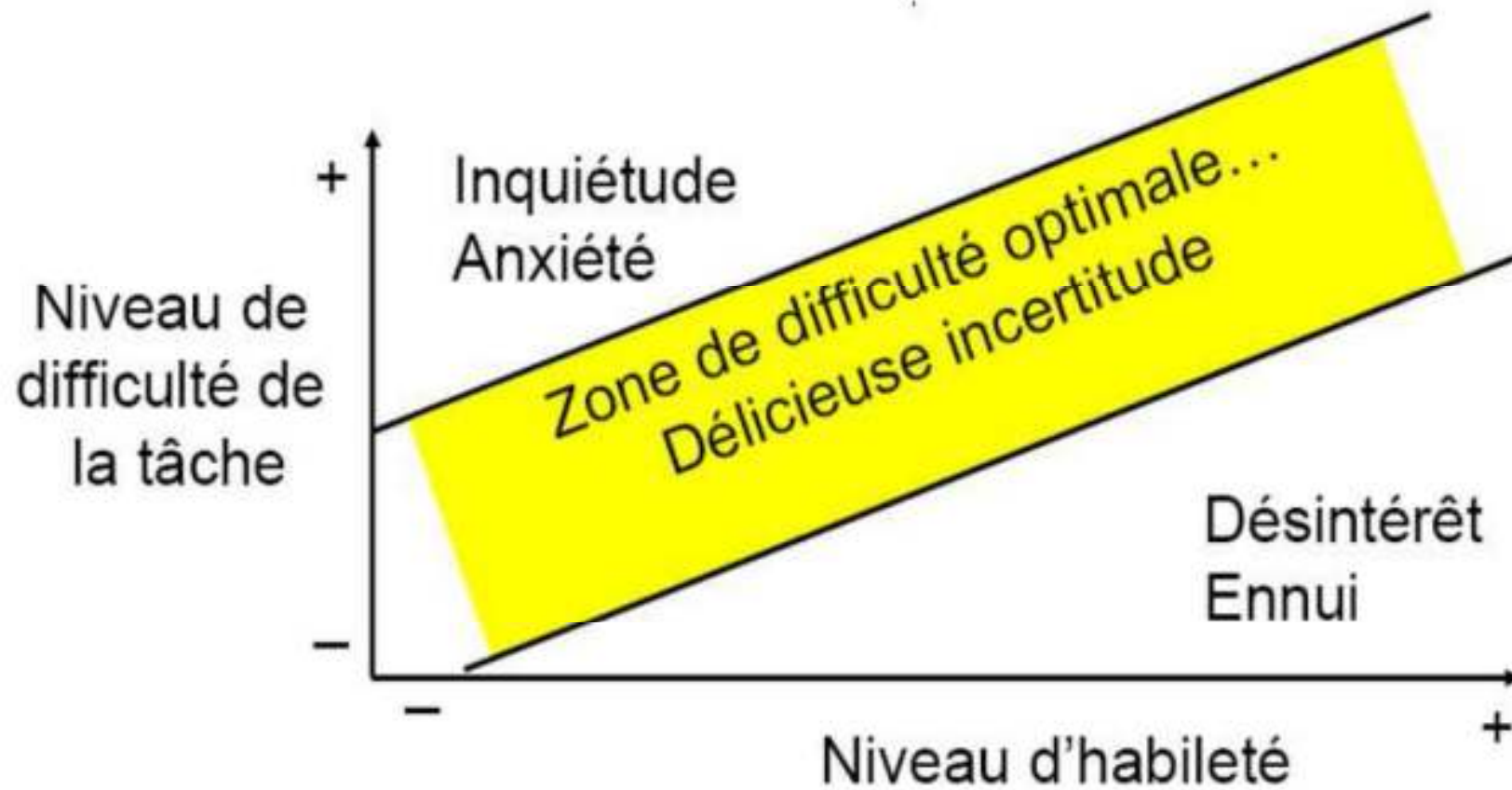


Figure 1. Modèle illustrant la zone de difficulté optimale entre l'exigence de la tâche et le niveau d'habileté de l'athlète (Brunelle et coll., 1988)

Stakeholders' Role

- The quality of the experience must be tied to the stakeholders. They unquestionably play a crucial role through (Québec en forme, MVPA):
 - their relationship and listening skills
 - their choice of activities and proposed challenges
 - their management of groups
 - their example

They optimize the individuals' experience practising physical activities and foster pleasure, success and perseverance . . . And the desire to continue moving throughout life (MELS 2013).



Practice Support and Conditions

Quality support, provided by volunteers or paid staff, translates into:

- the practice of physical activities that are adapted, progressive and varied, especially by respecting the person's needs, aspects of physical fitness, physical and intellectual characteristics, or diminished state of health (MELS 2013).

In addition to assuming an ethical dimension, adapting support to the individuals' characteristics and needs is vital for fully encouraging the enjoyment and continuation of physical activities in their life choices (MELS 2013).

Long-term Commitment

In short, positive affective responses influence the decision to make a commitment and participate long term.





Pleasant, quality experiences of physical activity in different sectors are necessary to encourage the public to move more and for longer. It is therefore important for people of all ages to be able to have safe, progressive and varied experiences that are adapted to their needs and abilities and that are also fun, pleasurable and rewarding.

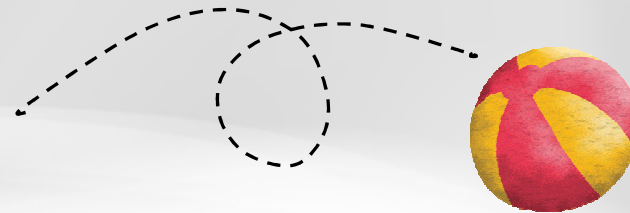
Diapositive 27

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Note au client: Remplacer l'image avec la version anglaise

Briana Farrell; 2017-12-04

IT'S PLAYTIME!



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Thank you!