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## Physical Literacy

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I wish to make two points:

- Physical Literacy is a **capability** that enables people to **construct a meaningful life** in which purposeful physical pursuits (such as sport or dance) have an important role.
- Physical Literacy can provide **an inspiration for PE Teachers** to enable them to **focus on the key features of a coherent and sound programme in all countries.**

## A Definition of Physical Literacy

“Physical literacy is a fundamental and **valuable human capability** that can be described as a disposition acquired by human individuals encompassing the motivation, confidence, physical competence, knowledge and **understanding to value, and take responsibility** for establishing purposeful physical pursuits as an integral part of their lifestyle”

In this paper I wish to address two key components of ONE of the definitions of PL.

(1) “Knowledge and understanding to value,

(2) and take responsibility for establishing purposeful physical pursuits as an integral part of their lifestyle”

What is **the value** of establishing purposeful physical pursuits (culturally valued) as an integral part of their lifestyle?

### Two Key Components

- Health
- Enriching Lives

## Health as a Resource 1

- Regular engagement in physical activity and purposeful physical pursuits enable the person (NOT the body) to **function well** and has the potential to build a **personal resource that leads to feelings of vitality, energy and dynamism** and the achievement of a wellbeing resource.

## Health as a Resource 2

Such a resource enables children, young people and adults

- (1) to **feel good and flourish well** and
- (2) enables all young people to **reach their optimal development** (including children with impairments and
- (3) it provides the **enabling conditions** for enriching lives in other ways because it **underpins a person's capacity to pursue other meaningful pursuits**.

## Enriching Lives

- Access culturally valued activities
- Learning to value purposeful physical pursuits and their significance for the lives of young people
- Developing habits of being regularly physically active and seeking out further opportunities to engage in purposeful physical pursuits.

## To value and **take responsibility**

Physical Literacy is **the inspiration** that can guide teachers to adopt this position and recognise its significance for both **health focused Physical Education, enriching lives and ensuring that young people have the capacity for:**

- **Learning to give their life shape and purpose** (even in the early years) through purposeful physical pursuits (play)
- Learning to **make informed choices** that they have thought about

## **Understanding** needed to value purposeful physical pursuits

**Understanding** for young people means that they are able to

(1) grasp,

(2) see and

(3) **make sense** of what purposeful physical pursuits can offer and their significance in people's lives.

## The Task for Teachers

This means that we have to address ways in which we can enable young people to acquire the capacities for:

- Autonomy and self-directed learning
- Empowerment and agency,
- Independence
- Self-controlled practice

## Take Responsibility

So that they are enabled to take responsibility for creating a meaningful life in which purposeful physical pursuits can play a significant role.

It means that teachers have to acquire an understanding of what is entailed in promoting responsibility, autonomy, empowerment/agency and independence in Physical Education.