

5 KEY ASPECTS OF PHYSICAL LITERACY

5. Active Play



Activity that involves enjoyment. It can be structured or unstructured and involves being creative and using your imagination.

4. Active Learning



Learning through movement. This helps stimulate the learner to; develop recall, deepen understanding and apply knowledge in imaginative ways.

3. Physical Activity



Bodily movement that uses energy. This could be within a lesson, active travel, active breaks and extra-curricular.



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.



1. Physical Education

The National Curriculum Subject. Learning to move and moving to learn. Teaching and learning is planned and progressive, and makes explicit reference to physical development, whilst contributing to social, mental and emotional skills.



2. Sport

A game, competition, or activity needing physical effort and skill that is played or done according to rules in which an individual or team competes against the other. In schools sport forms part of an enrichment offer.