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Introduction to Physical
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*Moving Towards Physical
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**Developing Physically
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Fundamentals of Movement

Fundamental Movement Skills

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~~the concept? What is~~

~~Physical Literacy?~~

~~Fundamentals And Physical~~

~~Literacy~~

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Physical Literacy

Here's what you need to know

1. Physical literacy is simple The term “physical literacy” may sound intimidating, but it is actually a simple concept.
2. Physical literacy is fun (and not more work for

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parents) My wife and I have always wanted to help our two children... 3. Physical literacy is ...

~~What's physical literacy?
Here's what you need to know~~

~~...~~

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Physical Literacy
To develop physical literacy children should learn fundamental movement skills and fundamental sport skills in each of the four basic environments: On the ground: as the basis for most games, sport, dance and physical

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~~Physical Literacy~~
activities In the water: as
the basis for all aquatic
activities On snow and ice:
...

~~Physical literacy —
Wikipedia~~

Physical literacy is the

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Physical Literacy development of fundamental movement and sport skills. These allow children to move confidently and competently in a wide range of physical activity and sport situations. Physical literacy also includes the

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Physical Literacy
ability to 'read' what's
going on in particular
situations and reacting
appropriately.

~~What is physical literacy
and why is it important for~~

~~...~~

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Physical Literacy • “the development of fundamental movement skills and fundamental sports skills that permit a child to move confidently and with control, in a wide range of physical activity, rhythmic

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(dance) and sports
situations.

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physical literacy, as one of
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Definition of Physical
Literacy. "Physical literacy
is the motivation,
confidence, physical

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Physical Literacy
competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life."

Physical activity is a lot more fun when we're physically literate. If we

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Physical Literacy
want children to be active
for life, ideally they will
need to develop physical
literacy at a young age
during the early stages of
Long-Term Athlete
Development: Active Start,
FUNdamentals, and Learn to

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~~Physical literacy — Sport
for Life~~

Physical education leads to physical literacy, which is critical for child development. Physical

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Physical Literacy also gives active kids the best chance to someday compete in high-performance sport. Kids activities are organized here by age and gender, so parents can find fun and engaging ways of making sure

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Physical Literacy
their children get the
recommended daily amount of
physical activity.

~~Physical Literacy — Active
For Life~~

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cognitive psychology mind
and brain, classical guitar
of fernando sor, coalbed
methane

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Literacy~~

FOM + FMS + FSS = Physical

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Literacy FUNDamentals of Movement (FoM) focus on the introduction and development of Agility, Balance and Coordination as the building blocks for future complex skills. Fundamental movement skills (FMS) combine FoM to

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Physical Literacy
develop more complex
actions, such as running,

~~Coaching For FUNDamentals:1
—Active Cornwall~~

LTAD seeks to emphasise the
key components of physical
literacy that are the

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~~Physical Literacy~~
foundation for both a
healthy and active
lifestyle, and a career in
competitive sport.

~~An Overview of the LTAD
Model | Maloney Performance
FUNdamental Movement Skills~~

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(FMS) In the journey towards Physical Literacy, the foundations of an active start and the building blocks of FoM are then given more detail in the FMS stage of sporting development.

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~~FUNDamentals — DW SPORTS
COACHING~~

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~~Fundamentals And Physical~~

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Physical literacy is as important as the ability to read and write. Without physical literacy, children's interest and ability to participate in any kind of physical

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Physical Literacy activity is vastly reduced. The most important step toward developing physical literacy is mastering Fundamental Movement Skills (FMS) .

~~Fundamental Movement Skills~~

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“Physical literacy can be described as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for

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Physical Literacy
engagement in physical
activities for life.”

(Whitehead, 2014) This PDST
PE team have developed a
resource to support teachers
in developing physically
literate children through
the lens of Fundamental

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~~PRIMARY PHYSICAL EDUCATION |
PDST~~

Physical Literacy is defined
as: Individuals who are
physically literate move
with competence and

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Physical Literacy
confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person (PHE Canada).

Physical literacy encompasses the development of basic

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Physical Literacy
movement and motor skills in
young athletes.

~~PHYSICAL LITERACY HANDBOOK~~

Physical literacy in the
athletic development of
talented athletes - Coaching
Talent. This is a highly

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Practical workshop. By the end of you will. Understand the importance of keystones in developing well prepared athletes; Experience the keystones and fundamental movements within a talent domain

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~~Physical literacy~~
~~Sportscotland~~

The FUNdamentals stage is the second of three critical stages in the development of physical literacy. During this stage children learn to

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Physical Literacy
move more efficiently,
acquire fundamental movement
skills and work on the ABCs
of Agility, Balance,
Coordination and Speed all
in a safe, welcoming and fun
environment.

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~~FUNDamentals | Speed Skating
Canada~~

FUNDamentals. In the
FUNDamentals stage,
participants develop
fundamental movement skills
in structured and
unstructured environments

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Physical Literacy
for play. The focus is on providing fun, inclusive, multisport, and developmentally appropriate sport and physical activity. These experiences will result in the participant developing a wide range of

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movement skill along with
the confidence and desire to
participate.

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