

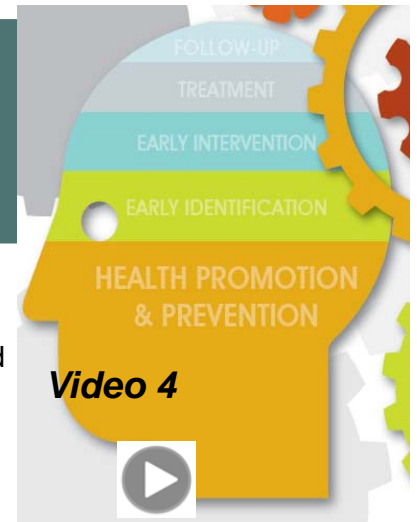
How can school staff support physical literacy within the school?

Resources:

The Edmonton Catholic School District Mental Health Strategic Plan provides opportunities to further develop your understanding of mental health and build awareness about tools and strategies to support all students' mental health.

ECSD Physical Literacy Share Point

<https://edmontoncatholicschools.sharepoint.com/sites>



Key Understandings:

- Individuals who are physically literate move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.
- Physical Literacy promotes students to be active and supports their social emotional wellness, which impacts their mental health. (Social Emotional Learning has five core competencies: Social Awareness, Self-Management, Self-Awareness, Responsible Decision Making, Relationship Skills)
- Physical Literacy is built upon four interconnected elements: physical, psychological, cognitive and social competencies.
- Physical Literacy develops social responsibility and strong decision-making skills.
- When students are active, they learn how to be cooperative, communicate with one another and collaborate, which are skills that can be brought into the classroom and help them to be lifelong learners.
- Physical Literacy is not a destination, rather a lifelong journey from 1 to 100.

Questions for discussion:

- What am I doing to support physical literacy in my school?
- How can I promote physical literacy, while teaching my curricular outcomes in all subject areas?
- How can I encourage the development of social emotional learning through promotion of physical literacy?

For more information:

- Physical Literacy Sessions with Dr. Vicki Harber Elementary - February 15/JH - JH/SH March 8 <https://districtinservicing.ecsd.net/Session/UserSessionregistration>
- Physical Literacy Consensus Statement <http://physicalliteracy.ca/physical-literacy/consensus-statement/>
- Steps to Improving Physical Literacy <http://passportforlife.ca/what-passport-life/information-parents/steps-improving-physical-literacy>
- Physical Literacy: What Does This Mean for Me? [http://www.ausport.gov.au/ data/Assets_pdf_file](http://www.ausport.gov.au/data/Assets_pdf_file)

