



# HELP YOUR PARTICIPANTS DEVELOP PHYSICAL LITERACY

Physical literacy involves holistic lifelong learning through movement and physical activity

Sport Australia is working with sport and physical activity providers to embed physical literacy into all programs. To ensure your program helps participants develop physical literacy, consider the four domains.

	<b>PHYSICAL</b>	Modify activities to help participants develop skills and fitness relevant to their ability	Enable participants to develop at their own pace	Include a variety of activities so participants can develop different skills
	<b>PSYCHOLOGICAL</b>	Allow participants to take part in program planning to enhance motivation	Make fun and engagement the key focus	Provide opportunities for participants to reflect on the activities and understand what they enjoyed
	<b>SOCIAL</b>	Consider how a positive culture can be provided through your program	Include activities that focus on developing positive relationships	Encourage participants to collaborate during the activities and help each other learn
	<b>COGNITIVE</b>	Help participants understand what they are learning and why it is important	Let participants establish their own goals	Provide activities where participants can make decisions and solve problems

To learn more about physical literacy visit [sportaus.gov.au/physical\\_literacy](https://sportaus.gov.au/physical_literacy) or email [physical\\_literacy@sportaus.gov.au](mailto:physical_literacy@sportaus.gov.au)

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