

# Physical Literacy in Hackney-Our approach

*“Physical literacy can be described as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life,”*

International association of physical literacy (IPLA)

## **Intent-What we want our children to learn**

We want all our children to become physically literate, this means to:

- ✓ Develop a love of physical activity, supporting a healthy body and healthy mind
- ✓ Have ‘a can do approach’ to physical activity
- ✓ Develop their body confidence and body knowledge
- ✓ Enjoy moving in a range of ways

## **Why it is important**

- ✓ Physically literate children are more likely to be active
- ✓ Active children are more likely to develop into active adults
- ✓ Regular physical activity (some moderate/high intensity) brings about many health benefits
- ✓ Enjoyment is the biggest driver of activity
- ✓ Physically literate children are happier, more resilient and more trusting of other children and young people
- ✓ There are important inequalities that need to be tackled

<https://www.sportengland.org/media/13851/active-lives-children-survey-2017-18-attitudes-report.pdf>

## **How it will be implemented**

We will provide early year’s practitioners with high quality training and access to tools and resources to support physical literacy policy development. This will support their leadership of physical literacy and enable them to plan and

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implement a range of daily opportunities for all children in their care to be able to access their entitlement of the 4 key movement experiences.

## How will impact be measured?

The Hackney Physical Literacy Programme provides settings with the tools to measure the following:

**Behaviour Change**-compare sedentary behavior with one group in their setting before and after the program (self -reported)

**Impact on child outcomes**-reflect on practice using a case study example to show impact the program has had on a child's development and wellbeing

**Leadership of the approach** (including environments/opportunities and interactions) completion of a self- assessment/audit tool to map progress in achieving in a whole setting approach to physical literacy.

**Sustaining the approach**-A follow up visit 6 months post program (reflective visit) will be provided to a proportion of the settings involved.