

The Draft Physical Literacy Standard (the Standard) is a framework that supports the development of physical literacy in all people across the lifetime.

Physical literacy is about building the skills, knowledge and behaviours to help us lead active lives.

It is the holistic learning that occurs through movement and physical activity integrating physical, psychological, social and cognitive capabilities.



The Standard supports individuals to identify and reflect on proficiency across four interrelated domains and plan development to support lifelong participation in movement and physical activity

Domains

There are four interrelated domains within the Standard that together support holistic learning of capabilities to enhance development of physical literacy.

Physical

The skills and fitness a person acquires and applies through movement

Psychological

The attitudes and emotions a person has towards movement and the impact they have of their confidence and motivation to move

Social

A persons interaction with others and the environment in relation to movement

Cognitive

A persons understanding of how, why and when they move

Elements

Each domain is made up of a number of elements. These elements are the required skills, knowledge and behaviours, which enable development of physical literacy.

- | | |
|--------------------------|---------------------|
| Movement skills (Land) | Stability / Balance |
| Movement skills (Water) | Flexibility |
| Moving using equipment | Agility |
| Object manipulation | Strength |
| Muscular endurance | Reaction time |
| Cardiovascular endurance | Speed |
| Coordination | Power |

- Motivation
- Self-regulation (Emotions)
- Self-regulation (Physical)
- Self-awareness
- Confidence
- Engagement & enjoyment

- Ethics
- Relationships
- Collaboration
- Safety & risk
- Society & culture
- Connectedness (Community & environment)

- Awareness
- Content knowledge
- Rules
- Purpose & reasoning
- Strategy & planning
- Tactics



14 Elements



6 Elements



6 Elements



6 Elements

The Domains are made up of multiple capabilities referred to as elements. Each element has five levels of development that outline the stages a person can progress (or regress) through.

LEVELS OF DEVELOPMENT

| PRE-FOUNDATIONAL LEVEL 0 | FOUNDATION & EXPLORATION LEVEL 1 | ACQUISITION & ACCUMULATION LEVEL 2 | CONSOLIDATION & MASTERY LEVEL 3 | TRANSFER & EMPOWERMENT LEVEL 4 |
|---|---|---|--|---|
| <p>At this level a person is experiencing, playing or exploring limited forms of movement.</p> <p>Example: Being pushed/pulled or supported on an object that moves.</p> | <p>At this level a person is learning and exploring their capabilities for movement.</p> <p>Example: Exploring a range of ways to play and be active in outdoor or natural settings.</p> | <p>At this level a person is frequently practicing and refining their capabilities for movement.</p> <p>Example: Practices attacking and defensive strategies in a game.</p> | <p>At this level a person is able to perform and analyses their capabilities for movement.</p> <p>Example: Seeks and applies innovative tactics in games to achieve an outcome.</p> | <p>At this level a person transfers their capabilities for movement to new and different situations.</p> <p>Example: Training and participating in various endurance events such as marathons, cycling, triathlons, climbs, hikes etc.</p> |
| | | | | |
| <p>→ Progress to FOUNDATION & EXPLORATION</p> | <p>→ Progress to ACQUISITION & ACCUMULATION</p> | <p>→ Progress to CONSOLIDATION & MASTERY</p> | <p>→ Progress to TRANSFER & EMPOWERMENT</p> | |

TIPS FOR DEVELOPMENT

Each element has a tips for development section to provide general and practical advice to support progression in proficiency within an element.

For more information on physical literacy visit ausport.gov.au/physical_literacy