

# Innovation Grants

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Project



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# RBC Learn to Play Webinar Partners:

Sport for Life – [www.sportforlife.ca](http://www.sportforlife.ca)

ParticipACTION – [www.participaction.com](http://www.participaction.com)

Public Health Agency of Canada – [www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)



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As part of the RBC Learn to Play Project, ParticipACTION developed a suite of communications tools to support the Physical Literacy Consensus Statement released in 2015.

The purpose of these tools is to prioritize and clarify information about physical literacy and increase consistency and accuracy across communications.

These are now available on ParticipACTION's website:

[www.participaction.com/en-ca/thought-leadership/physical-literacy](http://www.participaction.com/en-ca/thought-leadership/physical-literacy)



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# Learn To Play The Canadian Way

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University of Winnipeg Foundation  
Winnipeg, MB



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# Project – Welcome to Winnipeg



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# Key Outcomes



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# Key Learnings



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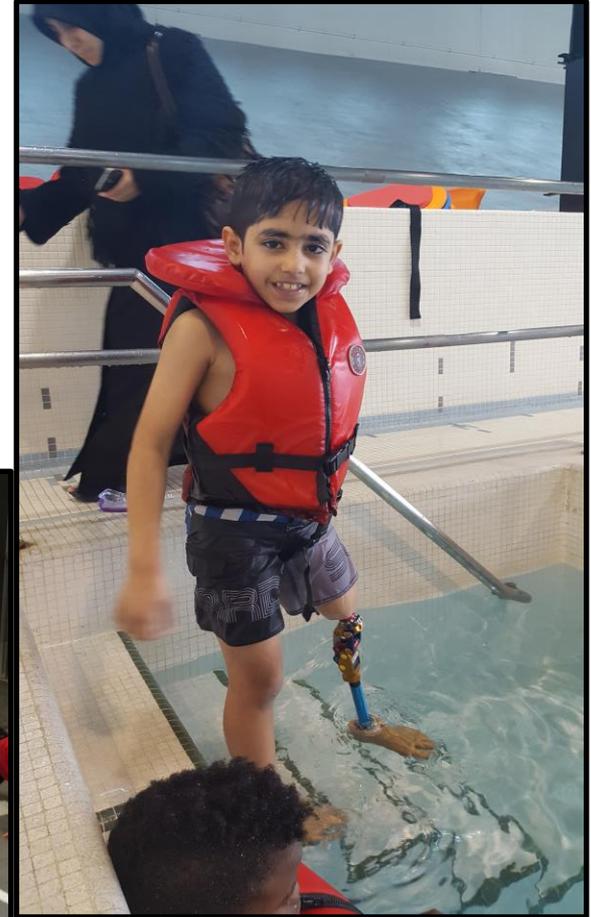
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# Links to Physical Literacy



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# Pathways to Physical Literacy

*Choose Your Own Adventure*

Ever Active Schools



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# Project Overview

- 6 schools and 3 jurisdictions participated
- 3 coordination meetings were held
- Individual journeys towards PL were documented



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# The Tool

- Individual journeys towards PL were transcribed and coded for key steps, facilitators and barriers.
- Journeys were then used to map out pathways to PL.
- Pathways were depicted in an online planning tool using Prezi NEXT.



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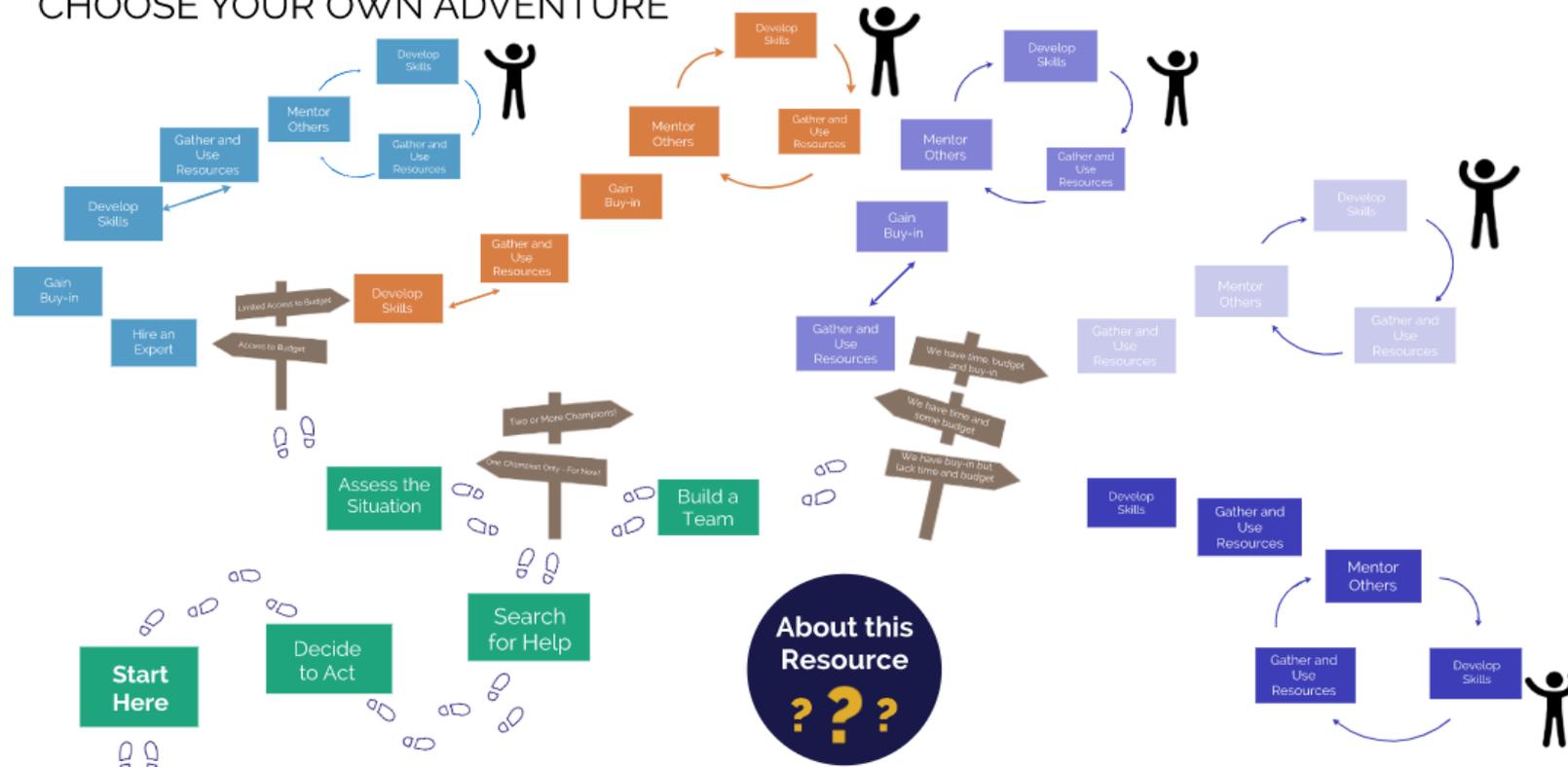
# The Tool

## Pathways to Physical Literacy



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CHOOSE YOUR OWN ADVENTURE



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# The Tool

- Three decision points:
  - Search for Help
  - Assess the Situation
    - Without a team – do you have a budget to support your work?
    - With a team – what resources (time/budget/buy-in) do you currently have?



# The Tool

- Each step provides you with potential resources that could help move you forward along the pathway.



## Develop Skills

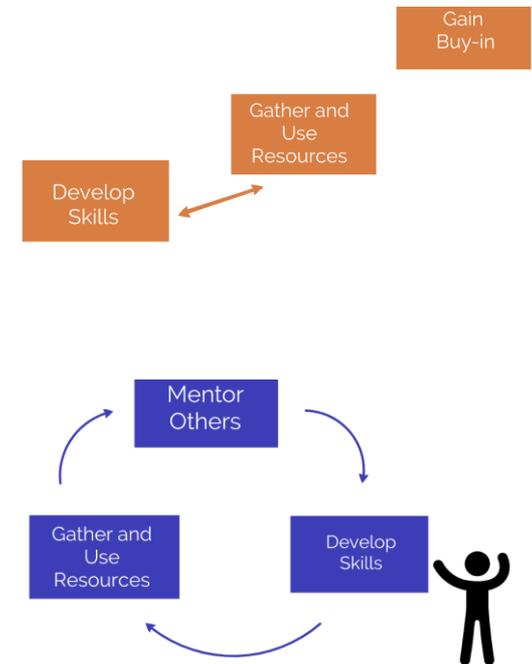
This is the time to advance the skills of the team. This includes frontline skills of enriching environments and instruction to foster the PL of students. Common activities at this stage include reading available materials, attending professional learning opportunities, talking to other teachers, attending webinars, engaging in online networks or communities of practice and attending events.

- Available Materials: [http://www.phecanada.ca/sites/default/files/pl\\_position\\_paper.pdf](http://www.phecanada.ca/sites/default/files/pl_position_paper.pdf)
- Professional Learning Opportunities: <https://everactive.org/plos/>
- Webinars: <http://physicalliteracy.ca/education-training/>
- Online Networks: <https://twitter.com/physliteracy?lang=en>
- Communities of Practice: <https://plconnect.ca/wiki/education-training/sport-for-life-resources/>

# Key Learnings

- Pathways to PL generally take a two-tiered approach:

1. Building school champion team capacity
2. Building school wide capacity



# Next Steps

- Rocky View Schools Champion Collaboration Meeting
  - Beta testing the resource with teacher champions and principals



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# Thank you!

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Kerri Murray – [kerri@everactive.org](mailto:kerri@everactive.org)



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# National Physical Literacy Alliance

## National Physical Literacy Alliance Building a Canadian Collective

Drew Mitchell

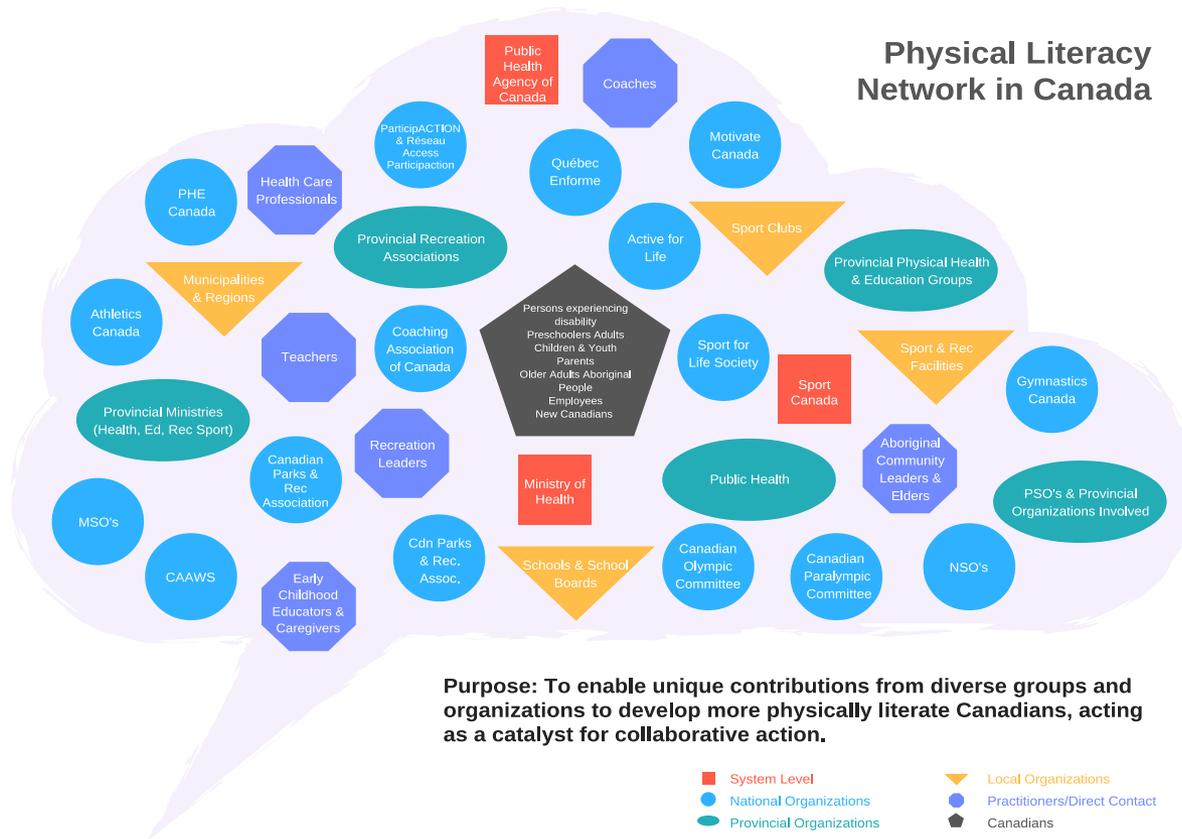
## National Physical Literacy Alliance

The **National Physical Literacy Alliance (NLPA)** consists of over 40 national/provincial organizations, (from grass roots to podium) committed to ensuring all Canadians are healthy and active.

This group seeks to ensure that all Canadians are competent, confident and motivated to remain physically active for their entire lives. To be successful, every Canadian must be taught proper basic movement skills, ultimately at an early age.

In Canada, we are at a health crisis stage where every collective effort must be made immediately to ensure a healthy, active future for Canada.

# At present, the National Physical Literacy Alliance includes the following organizations:



## History

- Webinars (20 minutes, 17 National MSO's)
- Sport Leadership Meeting – Dissecting the PL Consensus Statement (24 people)
- Follow-up Webinars
- Sport for Life Summit – Introduction of Provincial Partners (Gaps and Vision)
- Follow-up Webinars
- Sport Leadership – Where do we go?
- Consultant Hired

## What is physical literacy?

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.

[\(Canada's Physical Literacy Consensus Statement\)](#)

## Purpose/Scope of work

1. Informing the Pan-Canadian Physical Activity Framework (FPT Physical Activity and Recreation Committee (PARC) work)
2. The NPLA next steps on 6 areas of activation, optimal leadership structure and moving forward together in this important call to action.

## Areas of Activation

The **National Physical Literacy Alliance (NPLA)** on behalf of all Canadians has developed a strategy that encompasses 6 areas of activation that will collectively benefit the health of all Canadians. These 6 areas of activation must also purposefully guide the Pan-Canadian Physical Activity Framework that is presently under review. Physical Literacy must be embedded in all aspects of the Pan-Canadian Physical Activity Framework.

Short Term	Medium Term	Long Term
<p>A national commonly understood definition of Physical Literacy(PL) and clarity on the connection of Physical Literacy and Physical Activity(PA). Clarity not confusion! Supported by national and provincial jurisdictions.</p> <p>A collective urgency to ensure all children are taught to move correctly. This will be reflected in a repeated Public Service announcement (public awareness across different medium) campaign for all Canadians. Parents need to be included as a primary audience. Must be relevant for grassroots.</p>	<p>Clearly understood Physical Literacy and the differences between Physical Literacy and Physical Activity. The Physical Literacy Consensus Statement has been adopted and respected as the new normal. Physical literacy resonates with multiple sectors.</p> <p>Development of a common “sharing centre” for the sharing of best practice, policies, procedures, templates and tools</p> <p>The principles of Physical Literacy are understood across sectors and impact early years to the senior years. The Physical Literacy language has been adopted. Physical Literacy is a household term.</p>	<p>There is a cross-sectoral understanding of Physical Literacy and this becomes a filter for infrastructure and funding decision-making.</p> <p>There is coherence, collaboration that eliminates duplication of efforts.</p> <p>All front line workers understand Physical Literacy, the role Physical Literacy plays to lifelong participation in Physical Activity and have access to optimal programs and tools. PL is understood by the general population.</p> <p>There is a measurable change in behaviour as a result of Physical Literacy awareness.</p>



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## The Six Areas of ACTIVATION are:

1. Evaluation and Research
2. Education and Training
3. Engagement and Programming
4. Policy and Strategy
5. Awareness
6. Resources and Tools

## Indicators and Messaging to the Pan-Canadian Ministers' Meeting

- It may not be apparent to government officials with upper middle class backgrounds; you and your families may be active, eat well and participate in organized sport. However, in Canada, our national surveys tell us that consistent participation in PA is directly related to income, social status, ethnicity, rural/urban status. Fewer children and families have PL training, understand PL and are less active. This is a crisis and being active is essential to leading healthy academic lives.
- Physical Literacy is the vaccine for Physical Activity (Ministers must understand this)

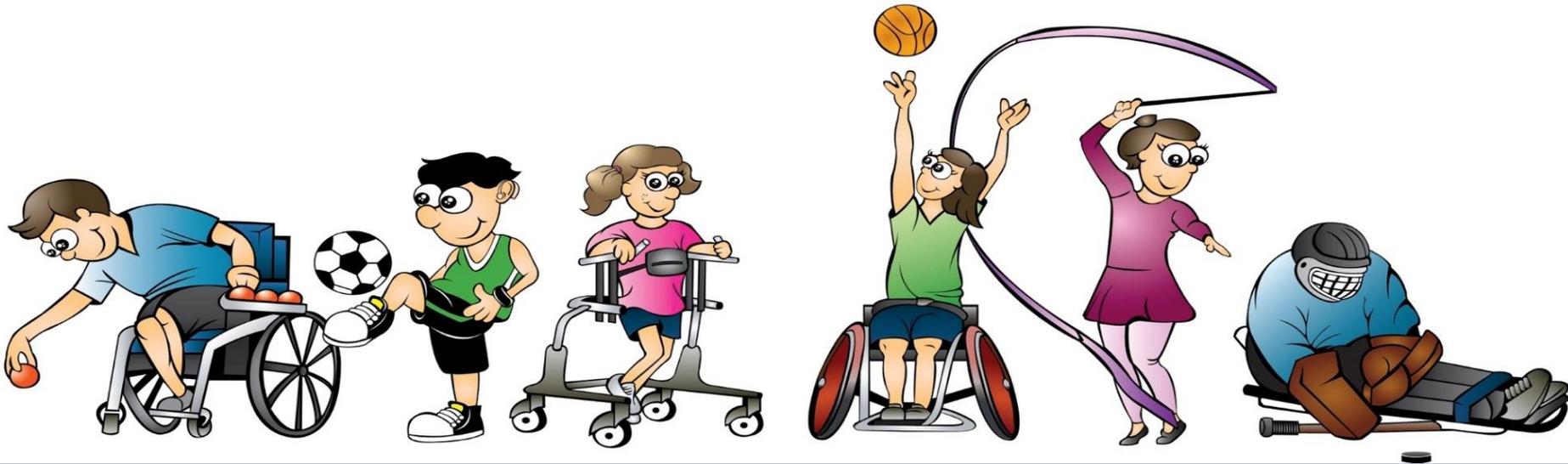
## Indicators and Messaging to the Pan-Canadian Ministers' Meeting

- Every Canadian has the right to be given the opportunity to develop their Physical Literacy to lead a healthy life. We are not doing what we must do and this can be corrected by all of us.
- We need to help Canada understand this; kids need to be taught to move, how to move, so they will keep moving.
- PL is the strategy to approach physical activity and quality sport.

Thank you!

# Thank You

# Inclusive Physical Literacy



Presented by Andrea Carey  
@S4L\_SPV @andreacarey



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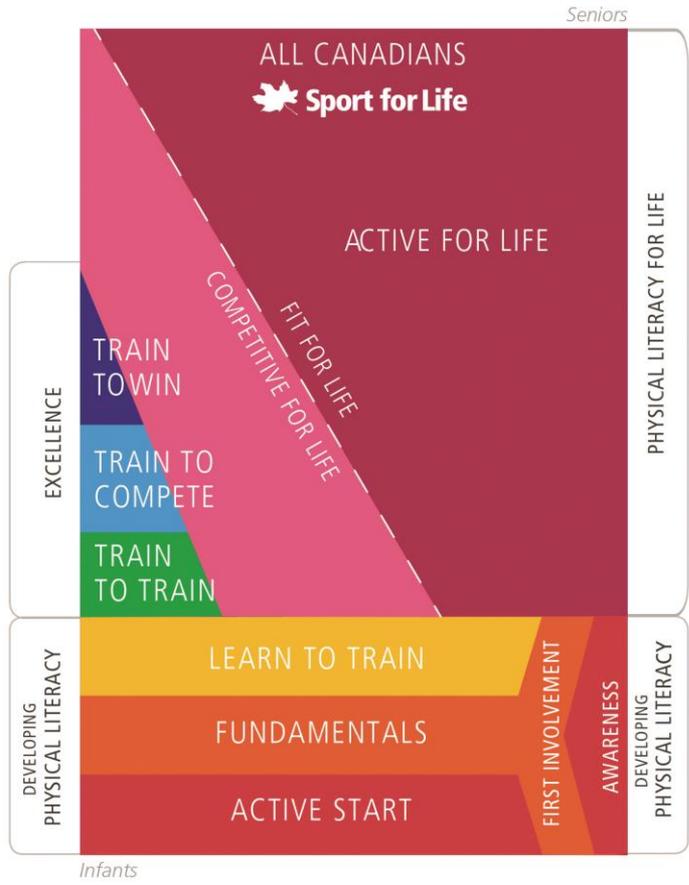


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# What is the Inclusive Physical Literacy Project?

- It is about First Involvement
- It is about equity
- It is about Physical Literacy development
- It is about the right to PLAY for everyone



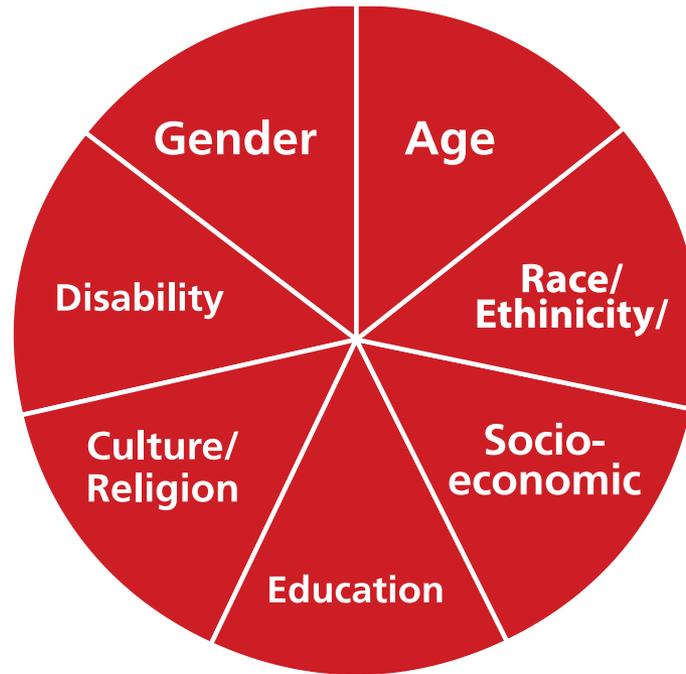
# Inclusive Physical Literacy

- **RBC Learn to Play Innovation Grant**
  - Phase 1 Spring 2016
  - Phase 2 Fall 2016 – Fall 2017
  - Phase 3 To be determined
- **Project outcome:**
  - Train frontline delivery staff on how to include participants with disabilities in programming
  - Create positive First Involvement experiences

# The Challenge

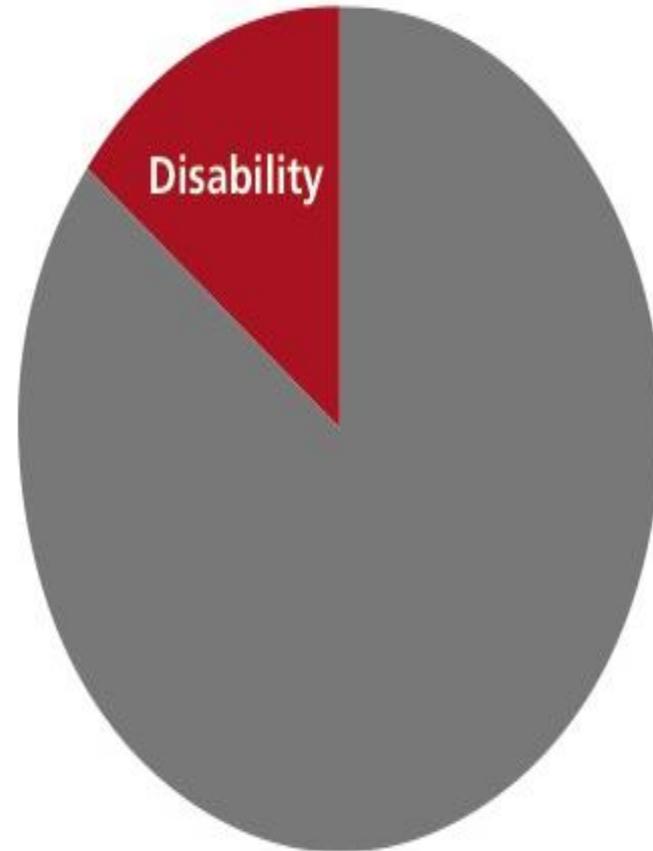
**If you don't include  
everybody,  
then you are excluding  
somebody.**

# Areas of Inclusion – The Inclusion Spectrum



# Inclusion for Disabilities

- Auditory
- Visual
- Physical
- Intellectual
- Autism spectrum
- Invisible/mental health
- Health (disease)



# Highlights of the Project

# Webinars

- National webinars
  - 2016
    - English: 300 attendees, French : 50 attendees
  - 2017
    - English: 50 attendees

# PL 501



- Literature Review of Inclusive Physical Literacy
- Accessibility Audit of Sport for Life Summit
- Try-It booths at Summit and IPLC



# Advisory Group

- Created Inclusive Physical Literacy Advisory group
  - Met 3 times
  - 43 Individuals and Organizations engaged

# Littératie physique inclusive / Inclusive physical literacy facebook page

Littératie physique inclusive / Inclusive physical literacy  
@LPInclusive

Home

Reviews

Liked Following Share ...

Learn More Message

**Littératie physique inclusive / Inclusive physical literacy** shared Canadian Women's Sledge Hockey's photo.  
31 August at 14:30 · 🌐

Bien motivée par son camp de sélection, Josée vous invite à essayer l'activité 88 du #Palmares150, le #hockeyluge! N'hésitez pas à commenter cette publication si vous êtes à la recherche d'une ressource pour l'essayer! #Palmares150LPI  
<https://www.participation.com/.../le-palmar%C3%AAs-150-de-pa...>  
Thrilled by her selection camp, Josee want you to try Activity 88 of the #150PlayList, #sledgehockey. Don't hesitate to comment on this post if you are looking for a place to try it! #150PlayListIPL  
<https://www.participation.com/.../p.../activities/sledge-hockey>  
See Translation



Canadian Women's Sledge Hockey  
30 August at 07:00 · 🌐 Like Page



# Web Portal

- Inclusive PL portal
  - Web portal of inclusive resources
  - [www.physicalliteracy.ca/inclusion](http://www.physicalliteracy.ca/inclusion)

## INCLUSIVE PHYSICAL LITERACY



## INCLUSIVE PHYSICAL LITERACY WORKSHOP

PL 501 will help participants to understand the importance of physical literacy development for participants with disabilities. This workshop will take participants through what universally accessible programs are and how to plan and create them. It will also help participants to develop their adaptations to fundamental movement skills to allow for different disability types to participate and have a quality first involvement experience.

To book the workshop please [fill out this form](#) or contact us at [communities@sportforlife.ca](mailto:communities@sportforlife.ca)

**Multi-Disability**    Auditory    Autism Spectrum    Intellectual    Health (disease)    Invisible/Mental Health    Physical    Visual

Active for Life published an article on "Special needs children: 5 ways to help their physical literacy flourish". Free2BMe provides adapted physical activity programming, an innovative program providing fitness opportunities for special needs children and youth. The key to these successes – and proving assumptions wrong – is removing the words "I can't" from a family's vocabulary.

Physical Activity, Active Living, and Sport Resource Catalogue is an online resources for Canadians living with disabilities. This was researched by Canadian Disability Participation Project that provides information and contact info for each disability to gain better knowledge and experience to help people/athletes with disabilities.

ACTIVE FOR LIFE

cdpp  
Canadian Disability Participation Project  
To create accessible and participatory spaces  
for everyone to thrive and flourish

# Best Practices



Canadian Blind Sports.ca  
Sports Aveugles Canada.ca



DÉFI SPORTIF  
ALTERGO



*Special Olympics*  
*Olympiques spéciaux*  
Canada



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# Still to come...

- Accessible communications guide
- How to guide
- Survey around Inclusive Physical Literacy delivery in Canada
- More presentations & workshops
- Amplify work in areas of gaps
- Develop national reach and delivery through increased training
- Work with recreation delivery systems to broaden impact



# For more information:

[www.physicalliteracy.ca/inclusion](http://www.physicalliteracy.ca/inclusion)

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