

Inclusive Physical Literacy

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We gratefully acknowledge the traditional territory of the various Straits and Coast Salish peoples that we live and work on.

Agenda

- What is Physical Literacy?
- Why is Physical Literacy Important
- What is Inclusive Physical Literacy
- The Work to Date
- OneAbility

Funded through the RBC Learn to Play Project



**RBC
Learn to Play
Project**



Sport for Life



**Public Health
Agency of Canada**

**Agence de la santé
publique du Canada**



PARTICIPACTION



Sport for Life

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

Physical Literacy: The Basis for Sport and Active for Life

Definition of 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.

International Physical Literacy Association, May, 2014



Physical literacy

is the...



...to be

active for life

Physical literacy

is the...



Oct. 2016

...to be
active for life

Competence in Movement Skills are the **building blocks** of Physical Literacy



Fundamental Movement Skills

Body Control

Agility
Balance
Coordination
Speed
Rhythm
and more



Locomotor

Running
Jumping
Swimming
Wheeling
Skating
and more


















Object Control

Sending
Receiving
Dribbling
Striking
Kicking
and more

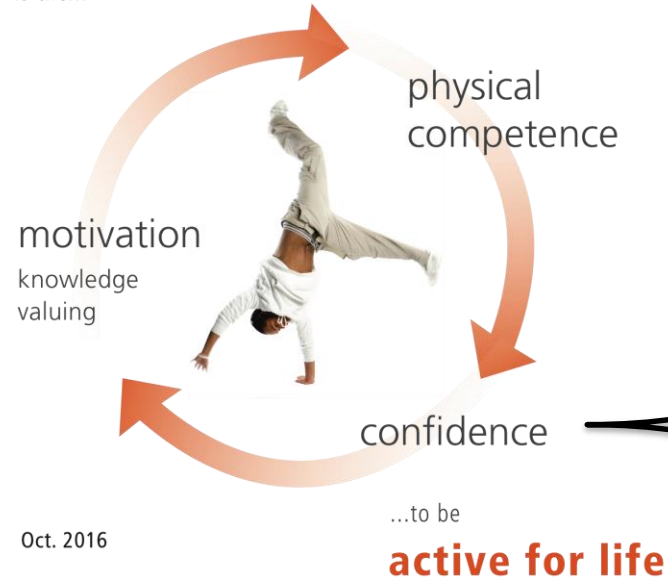


Physical Literacy in a Range of Environments

			Indoors			
			Ground	Water	Ice/ Snow	Air
	Body Control					
	Locomotor					
	Object Control					
			Outdoors			

Physical literacy

is the...



Included

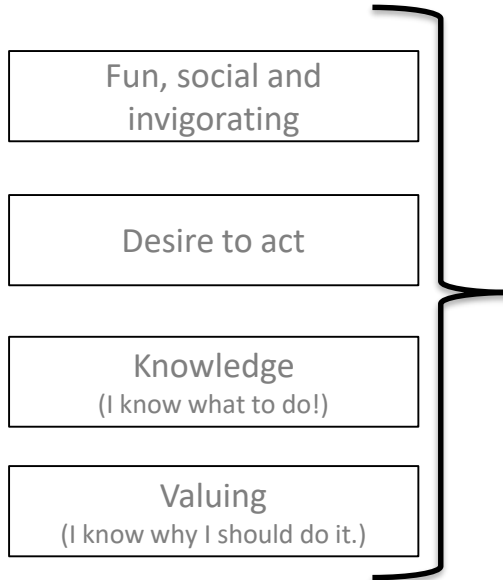
Appropriate success and
failure

Appreciation of one's
ability

Supportive environment

Physical literacy

is the...



Oct. 2016

Why is Physical Literacy Important?

Ability to function independently



Life is a physical event



A base for many jobs



Foundation of excellence



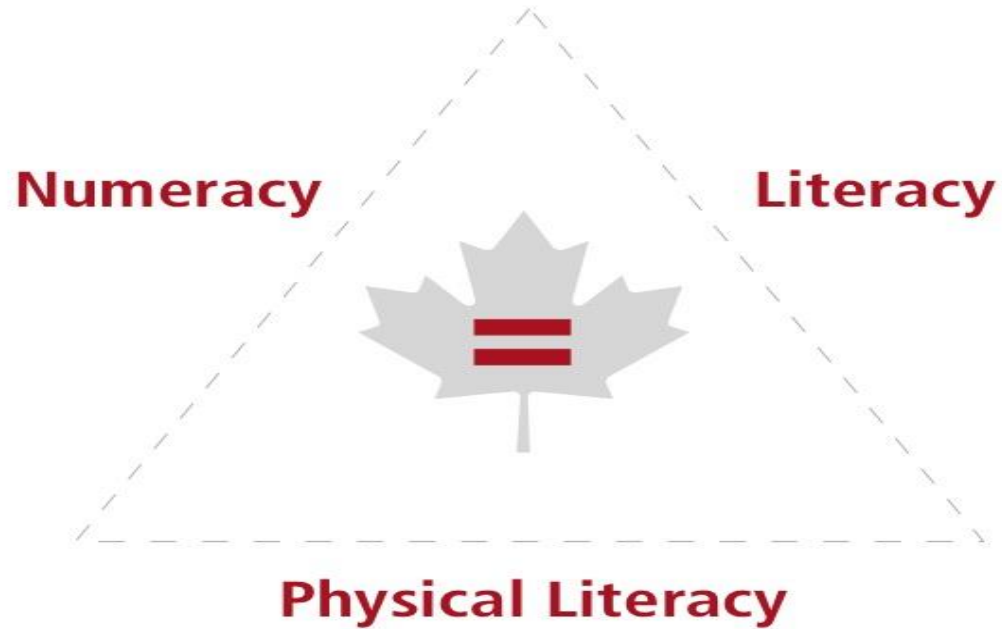
Helps in relationships



Foundational to survival and interacting with the environment



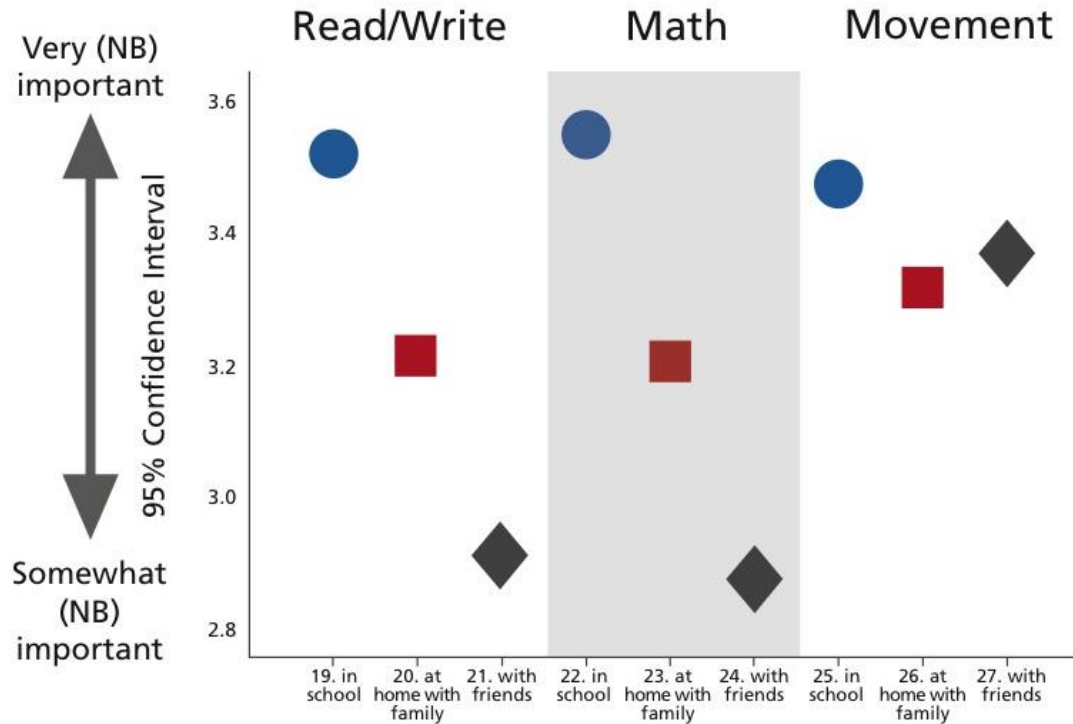
PHYSICAL LITERACY is the base of excellence and being active for life!



Physical Literacy Throughout the Lifespan



Importance of Skills Based Physical Literacy



Physical literacy development influenced by social relationships

Isolation



Socialization

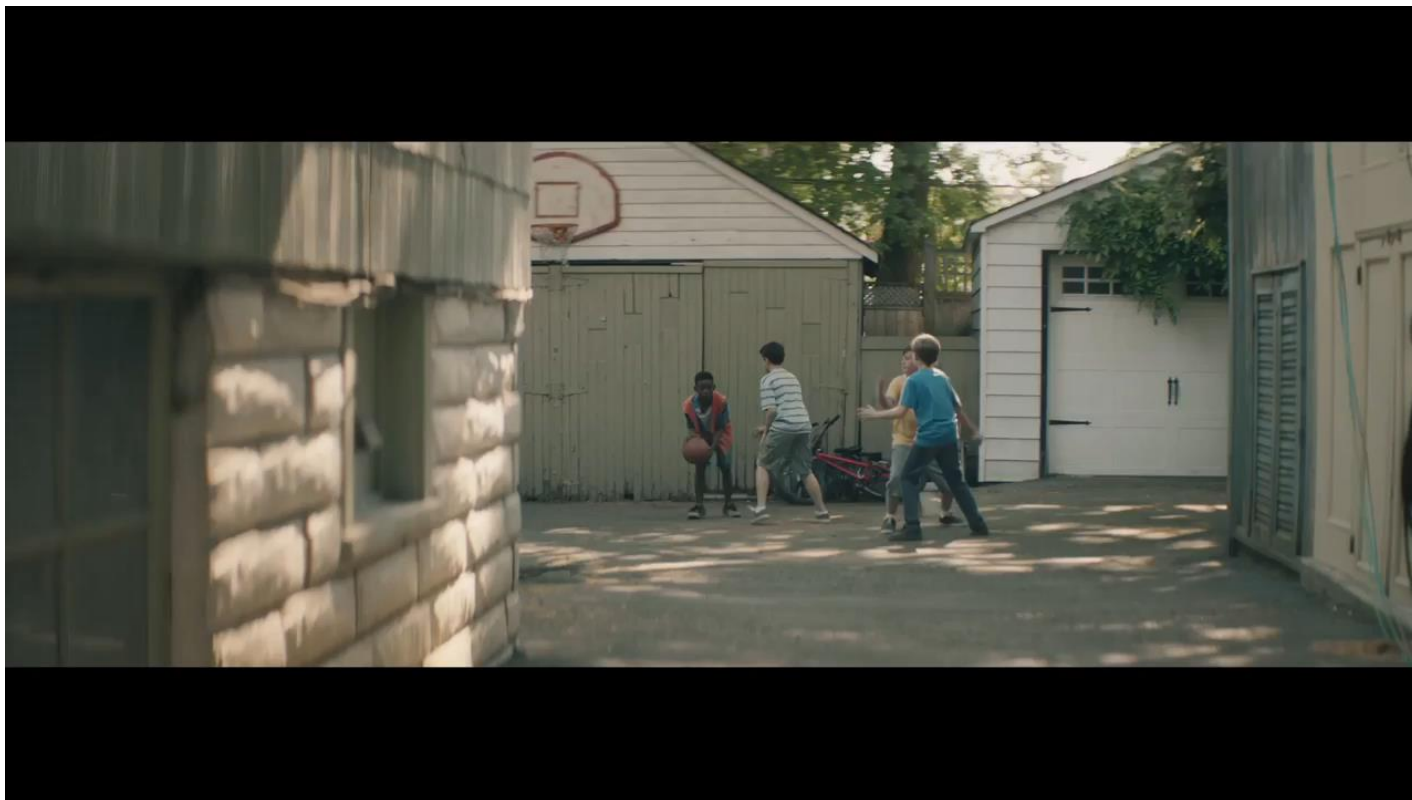


By Definition, Physical Literacy Should be Inclusive

Physical literacy:

- is an inclusive concept accessible to all
- represents a unique journey for each individual
- can be cultivated and enjoyed through a range of experiences in different environments and contexts
- needs to be valued and nurtured throughout life
- contributes to the development of the whole person.

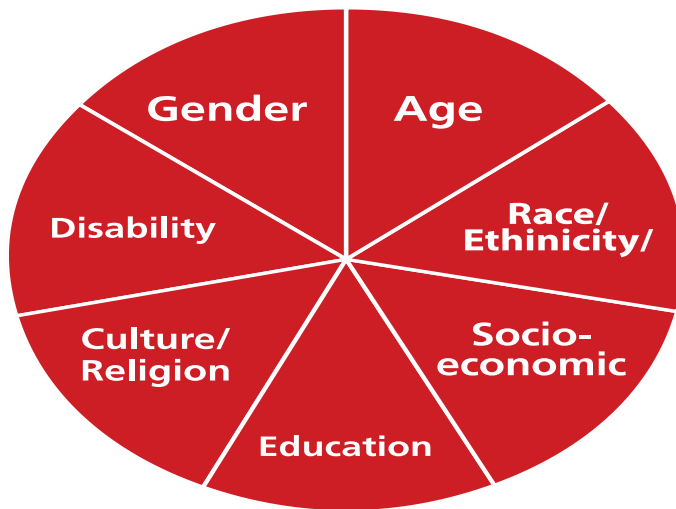




The Challenge

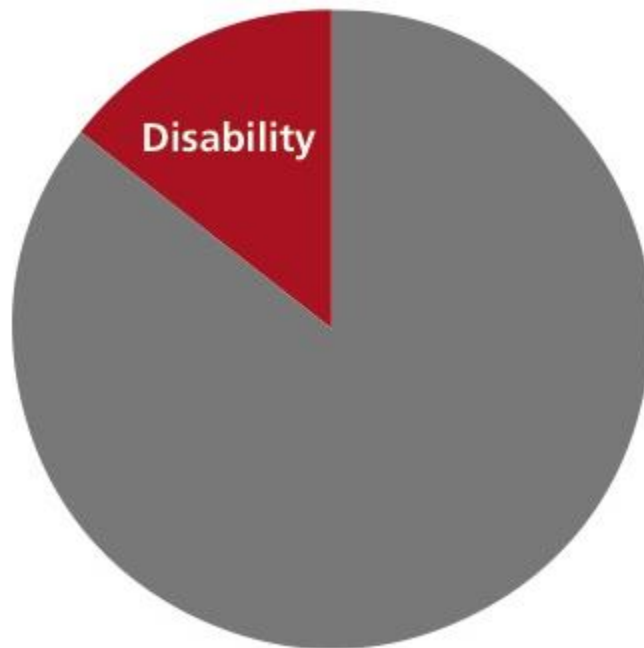
**If you don't include
everybody,
then you are excluding
somebody.**

Areas of Inclusion – The Inclusion Spectrum



Inclusion for Disabilities

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



Why is Inclusive Physical Literacy Important?

1. Physical literacy is intrinsically inclusive
2. We need to be deliberately inclusive of everybody
3. And more specifically, of people living with a disability

Why you Should Care?

14.3% of Canadians have a disability...

	Adults with a disability	Able-bodied adults
Poor health	25%	<5%
Moderate physical activity	3%*	48%
Organized sport	3%*	30%

*Age range is 5-54 years

(Advancing the Inclusion of Persons with Disabilities, 2004; Physical Activity Monitor, CFLRI 2008; Physical Activity and Limitation Survey, 2006)

The (Dis)ability is created by the Environment

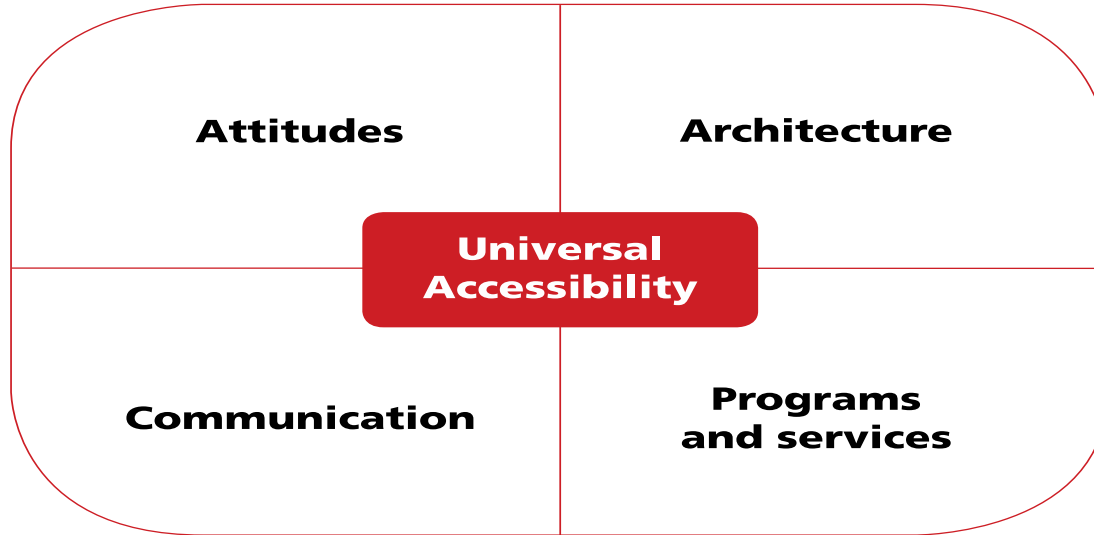


Universal Accessibility: the Definition

A product, process, service, information or environment that allows everyone, regardless of abilities , the use of similar, autonomous and simultaneous services offered to the whole population.



Universal Accessibility – 4 Key Areas



Architectural (Facility and Equipment)



Communication



Programs and Services



Attitudes



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

Highlights of the Project

- National webinars
 - English : 300 attendees, French : 50 attendees
- Workshop Developed – PL 501
 - Delivered 9 times by June 2017
 - Trained 12 English LFs and 5 French LFs
- Production of IPL bilingual videos
- Literature Review of Inclusive Physical Literacy
- Accessibility Audit of Sport for Life Summit
- Create Inclusive Physical Literacy Advisory group
 - Met 3 times
 - 43 Individuals and Organizations engaged
- Inclusive PL portal
 - Web portal of inclusive resources
 - www.physicalliteracy.ca/inclusion

Web Portal: physicalliteracy.ca/inclusion

INCLUSIVE PHYSICAL LITERACY



INCLUSIVE PHYSICAL LITERACY WEBINAR

This **webinar** presented the inclusive physical literacy project, the theoretical frame of inclusive physical literacy, and presentations of good practices across Canada like Défi sportif AlterGo, Canucks Autism Network, Pacific Institute for Sport Excellence, Special Olympics Canada, Canadian Paralympic Committee, and Let's Play.

INCLUSIVE PHYSICAL LITERACY WORKSHOP

Physical Literacy 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 also helps participants to develop their pedagogic strategies to teach inclusive sessions and direct them to resources and tools to help with implementation.

To book the workshop please [fill out this form](#) or contact us at 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.

ACTIVE  LIFE

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.

 cdpp
Canadian Disability Participation Project
Le projet canadien sur la participation sociale
des personnes en situation de handicap

Inclusive Physical Literacy (PL 501)

- 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.
- Upcoming workshop: June 17th- Whistler



Canadian Blind Sports.ca
Sports Aveugles Canada.ca

Best Practices



DÉFI SPORTIF
ALTERGO



Special Olympics
Olympiques spéciaux
Canada



UNIVERSITY OF
ALBERTA



be fit for life
moving.alberta



PHE Canada
Physical & Health Education Canada



Sport for Life



A Collective Impact Approach to Opportunities for People with Disabilities

Presented by:
Andrea Carey



Outcomes

- strengthen and improve programs
- build capacity
- raise awareness

What this looks like...

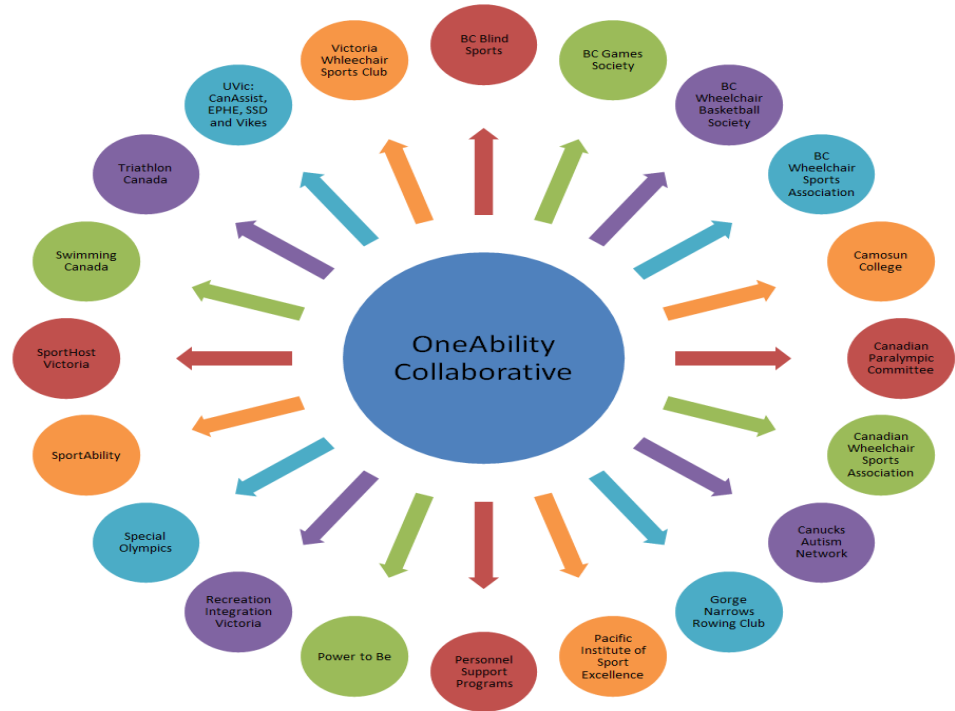
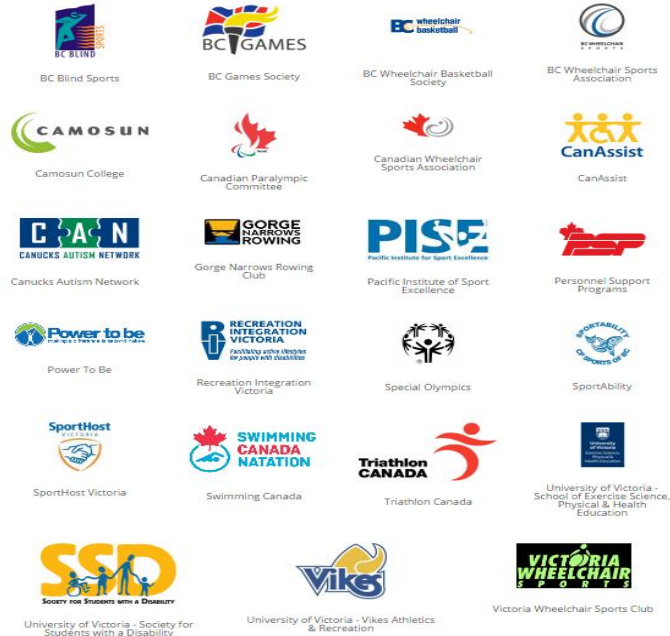
our constellations



Key Accomplishments

- Great mix of organizations committed to OneAbility's success

OUR PARTNERS



Thank you!



Contact: andrea@sportforlife.ca