





Australian Government
Australian Sports Commission



Changing the Game: Physical Literacy for all Australians



This session...

-  Introduction to physical literacy for all Australians
-  Changing the game through physical literacy

Aim: *Share how physical literacy can support Australians to move more*

A snapshot of society

Snapshot



AND **1 IN 10** YOUNG PEOPLE MEET THE PHYSICAL ACTIVITY RECOMMENDATION OF

60
MINUTES
PER DAY¹

50%

OF AUSTRALIA'S YOUNG PEOPLE ARE INVOLVED IN SPORT.¹



1 IN 4
OF AUSTRALIA'S YOUNG PEOPLE ARE OVERWEIGHT OR OBESE.³

LESS THAN
30%



OF YOUNG PEOPLE (5-17 YEAR OLDS) MEET THE RECOMMENDED "NO MORE THAN 2 HOURS OF SCREEN-BASED ENTERTAINMENT" PER DAY.²

Australia's young people:

- > have less self-confidence in being physically active
- > are not developing Fundamental Movement Skills
- > are inundated by new forms of entertainment that create sedentary lifestyles.⁴

The issue



A Case Study

This is Alex.
Alex's experience
of sport and
physical activity
currently looks
like this:



Primary School

Playing and PE is fun, but we don't get much time for either, and I don't feel I'm being taught how to improve my skills.



My school PE class focuses on playing sports; I am not 'sporty' or confident in this so I don't enjoy PE.

High School

Adult

I struggle to find the time to be physically active. It's too late to start a sport now, no one starts at my age. I guess I'm just not "sporty".

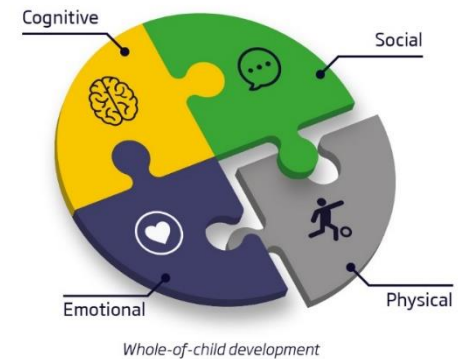


I know I should be more active. I wish I was healthier and more independently mobile. I'm paying the price for my earlier inactivity now.

Retiree

What is our aim?

To equip all Australians with the tools required to be physically active for life.



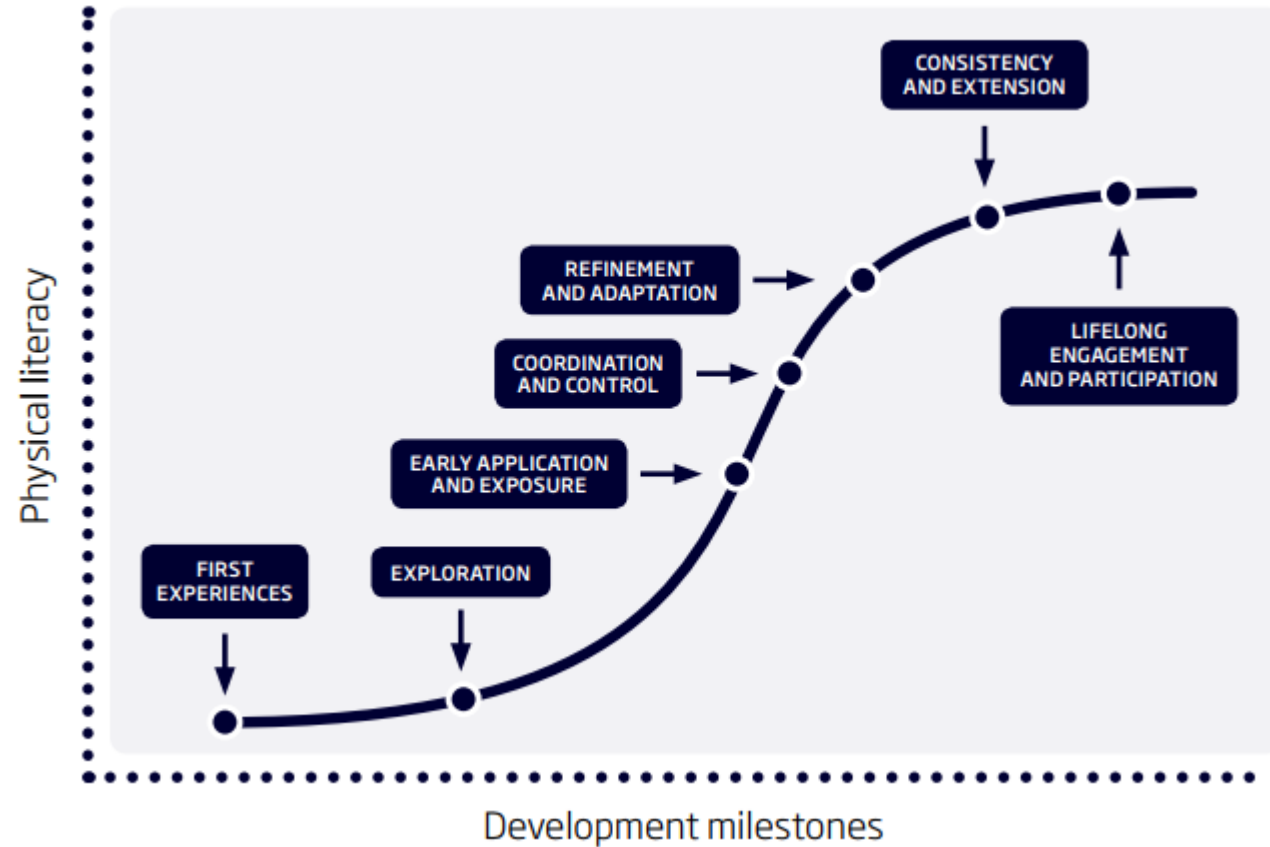
More Australians moving more often

The Australian Definition of Physical Literacy and the Draft Australian Physical Literacy Standard provide a:

- Consistent approach
- Standardised guide to support development
- Reminder to intentionally teach what we inherently believe
- Holistic approach
- Well rounded experiences
- Framework for increasing participation & valuing an active life
- Structure for measuring, tracking and improving performance



Development Milestones



A Case Study

This could be Alex. Alex's future experience of sport and physical activity could look like this:



Primary School

I play lots of physical games at home and at school that are fun and challenging, and I learn so much.



I have the confidence to play games and sports inside and outside of school. I love being active with my friends and family.

High School

Adult

I am motivated to stay fit and active. I stay active through social sport and playing with my kids.



I am not as able as I used to be, but I still love being active and participating in sports with my friends and within the community.

Retiree

The destination is more than sport






- 🌀 Unifying approach
- 🌀 Relevant across the lifespan
- 🌀 Broader than sport – incorporates physical activity, active recreation
- 🌀 Applicable across sectors – Sport, Education, Health
- 🌀 A collaborative, cross-sector approach that supports more Australians to move more often

The destination is more than sport



Key takeaways

-  Physical literacy has the potential to counteract the national decline in physical activity
-  Physical Literacy Definition and Standard bring clarity and shared understanding
-  Join the ASC in helping all Australians reach their physical literacy 'greatest'

