

# Building a repertoire



## Exploring the role of active play in encouraging physical literacy in children

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# Outline



Relevance of physical literacy

Understanding the role of play

Incorporating play into PE programmes

Recommendations

# Physical literacy



"The ability and motivation to capitalise on our movement potential to make a significant contribution to the quality of life.

A **physically literate** individual possesses the motivation, confidence, physical competence, understanding and knowledge to maintain physical activity at an individually appropriate level, throughout life"

(Whitehead, 2010)

# Physical literacy & physical education



“The aim of physical education is systematically to develop physical competence so that children are able to move efficiently, effectively and safely and understand what they are doing.

The outcome '**physical literacy**' is as important to children's education and development as numeracy and literacy”

National Summit on Physical Education (British Journal for Teaching Physical Education, Spring 2005, p. 33).

# Benefits of play



Arousal seeking, fun and enjoyment

Freedom to act independently

Flexibility

Social interaction and socialisation

Cognitive development

Physical activity

Creativity and problem solving

Emotional equilibrium

Self discovery

(Brown,2006)

# Research question



What is the relationship between children's active play and the development of physical literacy?

# Research design

Research with children

Children as co-researcher

Methods:

focus groups

photo-elicitation

drawings







# Results



Active play associated with:

Unstructured activities (trim trail, trampoline, bike circuits in the park)

Semi-structured activities (traditional playground games: tag, bulldog, hide and seek, 40 40 home)

# Physical literacy attributes



- Motivation in engaging in physical activities;
- Coordination and control of the body;
- Ability of 'reading' all aspects of the physical environment, responding appropriately to these, with intelligence and imagination;
- Fluent self expression through non-verbal communication and to perceptive and empathetic interaction with others;
- Self-confidence and self-esteem.

# Why is physical education important?



“Physical education is the one place in society where children and youth have equal and equitable access to develop the physical literacy skills necessary to be physically active for life”

(Mandigo, 2008)

“Students are more likely to be physically active on days they received physical education than on days where they received no physical education instruction at school”

(Dale *et al.*, 2000)

# Promote physical literacy



Content will enable all to realise motile aspects of physical literacy

- balance
- co-ordination
- flexibility
- agility
- fluency
- harmony
- spatial awareness - own space, general space, others' space
- control
- precision
- strength
- perception
- power
- endurance
- effective movement at different speeds
- self awareness, knowing the body

# Physical literacy activities



- be inclusive/individualised
- offer opportunities for all to experience success/satisfaction/pleasure/enjoyment
- be varied in freedom/direction
- allow time for repetition
- give opportunities for pupils to take responsibility
- encourage self awareness/promote pupils' awareness of own learning
- enhance self esteem/self confidence

(Whitehead,2007)

# Role of the teacher



- Sensitive
- Appreciative
- Encouraging
- Non-judgemental
- Ready to recognise both effort and success

# Repetition without repetition



“Exercise does not mean that the individual repeats the same situation of a given motor task many times, but it means that she/he solves the problem many times in order to find the best way of solving it”

(Bernstein, N., 1967)

# Recommendations



## Research projects with children

"We know what 11 year olds are like and we know what they like"

When children have the opportunity to express their ideas and opinions, and recount their experiences, they engage adults into considering different perspectives.





Thank you for your attention

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