

# All-Island Physical Literacy Consensus Statement



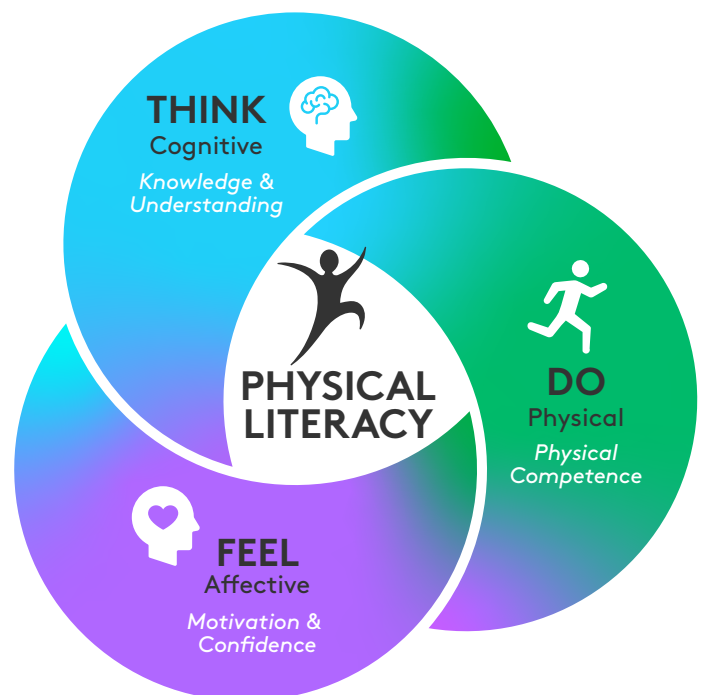
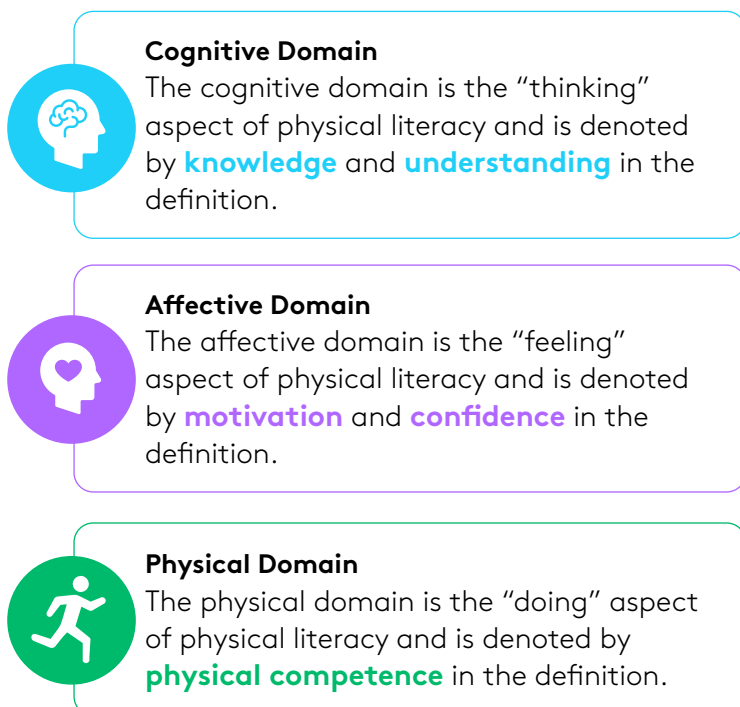
Being physically active throughout life can enrich a person's quality of life. As physical literacy plays a key role in influencing choices to participate in physical activity, it must be clearly defined so it can be understood by everyone.

## The purpose of this Consensus Statement is to:

- Provide an all-island definition for physical literacy
- Facilitate a consistent understanding of physical literacy
- Advocate the integration of the definition into policy, practice and research
- Encourage collaboration within and between key organisations and sectors to ensure the strategic development of physical literacy
- Promote a culture of lifelong participation in physical activity for all

**Definition:** Physical literacy is the **motivation, confidence, physical competence, knowledge and understanding** that enables a person to value and participate in physical activity throughout life.

Physical literacy necessitates the development of 3 inter-connected learning domains:





A person who is developing their physical literacy will be motivated, confident and physically competent when moving and they will know and understand movement. As physical literacy develops the whole person, all 3 domains are essential, interdependent and equally important, therefore each one must be developed. The relationship between the domains is complex and ever-changing as it is dependent on multiple variables such as the individual, activity and environment.

## Physical Literacy Journey

Each person is on their unique physical literacy journey which should be continuous throughout their life. Everyone should be provided with and avail of various opportunities to be physically active in different settings and environments. It is vital that experiences are person-centred, meaningful and positive. Every person's physical literacy journey can be enriched by positive social support, especially for those who face challenges with continuing their physical literacy journey.

## Guiding Principles

**The definition in this Statement is founded on the following guiding principles. Physical literacy:**

- Contributes to the holistic development of the person
- Is an inclusive concept which should be accessible to all
- Entails a unique lifelong journey for each person
- Develops through positive movement experiences in a variety of settings and environments
- Is a shared responsibility by individuals and society
- Is influenced by positive social support
- Flourishes in cultures that value and promote physical activity

## Conclusion

This Consensus Statement provides an all-island definition for physical literacy which facilitates a consistent understanding of the concept; advocates its integration into policy, practice and research; and encourages collaboration between the key organisations and sectors. Endorsement of this Statement provides the foundation for the creation of a culture wherein lifelong physical literacy and physical activity for all are valued and promoted, and in which each person has the opportunity to benefit from a better quality of life.