



What Is Physical Literacy? Working Group Definition

We Define Physical Literacy As:

We will primarily utilize the definition that has been provided by the International Physical Literacy Association in Canada's Physical Literacy Consensus Statement.

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

We Also Believe:

Physical literacy means something unique to each member of the committee. Everyone comes to the table with a different approach and a diverse set of experiences.

What is common to all is the "feeling" that physical literacy creates in each of us. It is this feeling that provides the ability to enjoy movement in the outdoors.