

Physical literacy is our relationship with movement and physical activity throughout life.

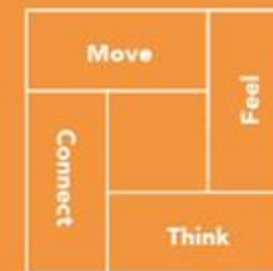
A personal relationship

Having a positive and meaningful association with movement and physical activity.



Movement and physical activity

How we move (physical), connect (social), think (cognitive) and feel (affective) during movement and physical activity plays a crucial role.



Throughout life

Influenced across the lifecourse by individual, social and environmental factors.





COLLECTIVE AMBITION

Positive Experiences for Children and Young People

Moments of Impact



A moment of impact has potential for change, has ripple effects far beyond what we can predict. The thing is each one of us is the **sum total** of every moment that we've ever experienced with all the people we've ever known. And it's these moments that become our history. Like our own **personal greatest hits** or memories that we play and replay in our minds over and over again.

The Vow, 2012

School Sport and Activity
Sector Partnership



www.youthsporttrust.org/SSASP

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What's your why?

Choose two images that stand out to you most for what movement and physical activity means to you.

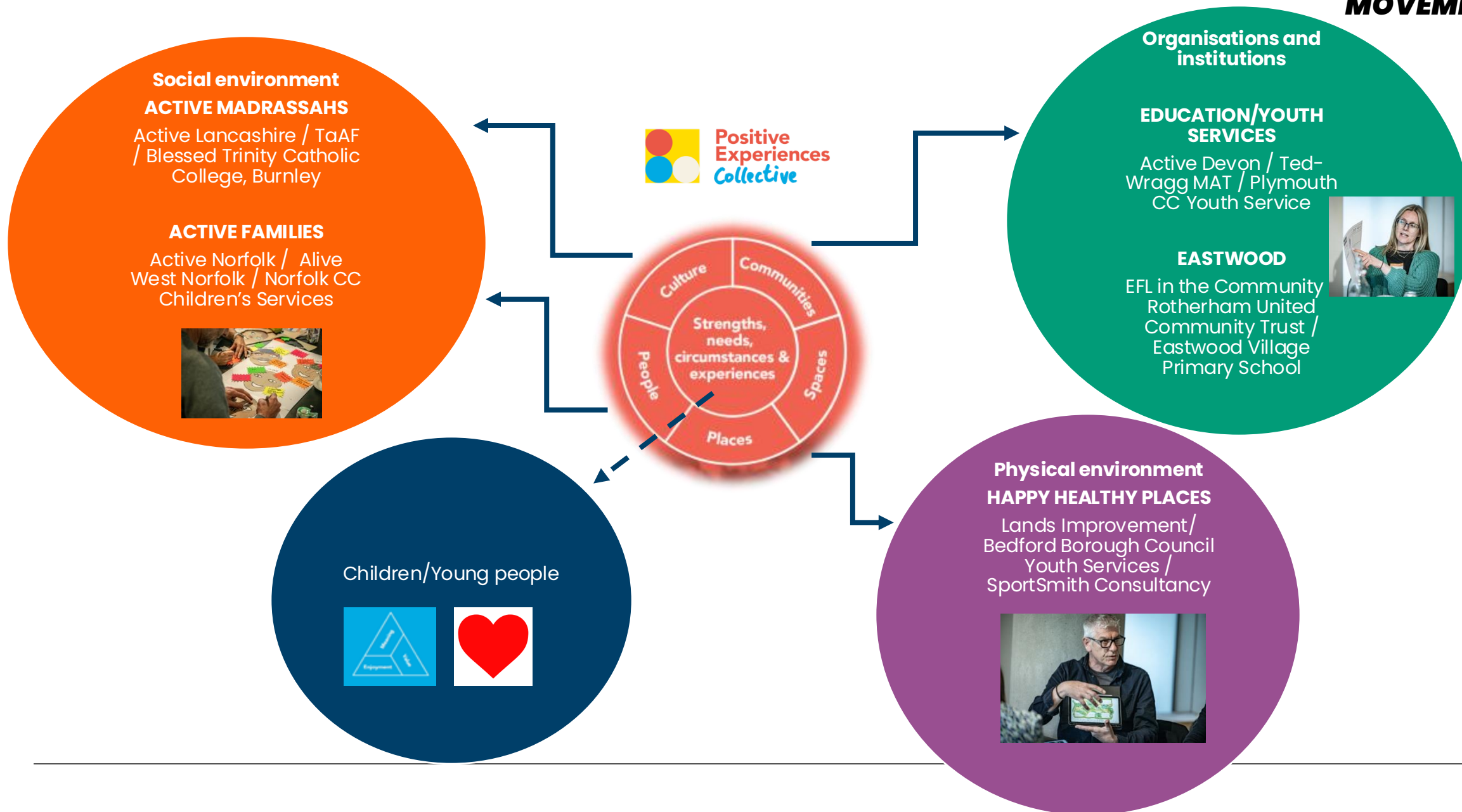
How does movement make you Move, Connect, Think and Feel?



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THRIVE

THRIVE for Education Overview



Tailored

PE, school sport and physical activity should provide positive, meaningful movement experiences – ones that are enjoyable and responsive to pupils' unique strengths, needs, and circumstances.



Holistic

PE, school sport and physical activity should be balanced across the four domains of move (physical), connect (social), think (cognitive), and feel (emotional). Schools should recognise and value the holistic benefits of movement for every child.



Reflective

Teachers and school staff should create opportunities for pupils to explore why movement matters to them personally, helping them discover what brings enjoyment, meaning, and value to their movement experiences. They will consistently support pupils in moving, connecting, thinking and feeling in and through movement - and will recognise and celebrate progress as success.



Inclusive

Every pupil should be supported to find PE, school sport and physical activity welcoming, safe, supportive and inclusive, and free to move in ways that suit their strengths, needs and circumstances.



Varied

PE, school sport and physical activity should invite pupils to experience joy, connection and freedom of moving - across aquatic, adventurous, cooperative, competitive, creative and health, fitness and wellbeing.



Empowering

Pupils should be empowered to develop a personal, positive and meaningful relationship with movement – one that is grounded in choice, voice and ownership.

