



Ever Active Schools

Physical Literacy Summer Institute

Tuesday, August 12

Time	Topic	Descriptor
9:00 - 9:15	Welcome and Introductions	
9:15 - 10:30	Foundational Understanding of Physical Literacy	This session will describe the recent advances and global initiatives related to physical literacy. The definitions and meaning of physical literacy will be explored. The role of physical literacy in various sectors will be described along with what a quality physical literacy experience entails.
10:30 - 10:45	Break	
10:45 - 12:00	Moving beyond FMS to a PL experience	This session will focus on the difference between delivery of fundamental movement skills and delivery of physical literacy in sport, recreation and education settings. Recent results will be highlighted which provide insight into the benefits of physical literacy for participation, injury prevention and performance enhancement. This session will illustrate "how to" enrich the environment for optimal gains in physical literacy.
12:00 - 1:00	Lunch	
1:00 - 2:15	Developing Confidence, Self Efficacy and Motivation	Given the monist roots of the term physical literacy, it is critical not to neglect the affective side of movement. Essentially, we don't move and play because we must – we move and play because we are. This session will review essential motivation theory, remind us of the importance of embodiment and, apply these concepts to physical education classes and other physical literacy contexts.
2:15 - 2:30	Break	

2:30 - 4:00	Game Sense and Teaching Games for Understanding (TGFU)	<p>Teaching Games for Understanding (TGFU) is a learner-centered approach that focuses on decision-making and the common tactical aspects of games. It allows students to participate in game-like situations, and encourages them to think about the tactical problems, answer questions designed to develop game strategies and at the same time experience and develop skills. This enables students to not only understand the game, but also enjoy the activity because they are actively participating at their own level.</p> <p>In this session, participants will experience how TGFU helps teach fundamental movement skills, promotes maximum participation and builds confidence and competence in their students. Ideas for progressions, rule modifications as well as small-sided games will be shared.</p>
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Wednesday, August 13

Time	Topic	Presenter
9:00 - 9:15	Welcome Back	
9:15 - 10:30	My PL Journey: A Panel Discussion	One of the best ways to truly understand how physical literacy lives within schools is by connecting to teachers, health champions and district leads who have already begun implementing physical literacy. During this panel discussion participants will hear authentic physical literacy stories, including each panelist's vision, process and learnings.
10:30 - 10:45	Break	
10:45 - 12:00	Year and Lesson Planning	Now that we have built the foundational knowledge, we will explore the "how to." Taking what we've learned thus far, we will make the connections between physical literacy, our current Physical Education curriculum and the cross curricular competencies. Participants will develop year plans, unit plans and lessons plans, as well as take time to examine ways in which we can integrate physical literacy beyond the Physical Education curriculum.
12:00 - 1:00	Lunch	
1:00 - 2:15	Physical Literacy as School Culture	Why would a math teacher care about physical literacy? A parent? Your principal? We must leave behind the notion that physical literacy takes place in the gym and begin to embed the concept within school culture.

		This session will examine key elements of culture creation in schools, explore ideas of embedded physical literacy and provide opportunity for personal contextual applications.
2:15 - 2:30	Break	
2:30 - 4:00	Next Steps in Your Journey	You've been immersed in learning about physical literacy these past two days. This wrap-up talk will discuss YOUR next steps! This session aims to help you bring the riches of physical literacy into your school and learning environment while discussing strategies for building capacity and sustained engagement.