

Physical Literacy in NZ



SPORT
NEW ZEALAND

Community **sport**



PHYSICAL LITERACY APPROACH

???????



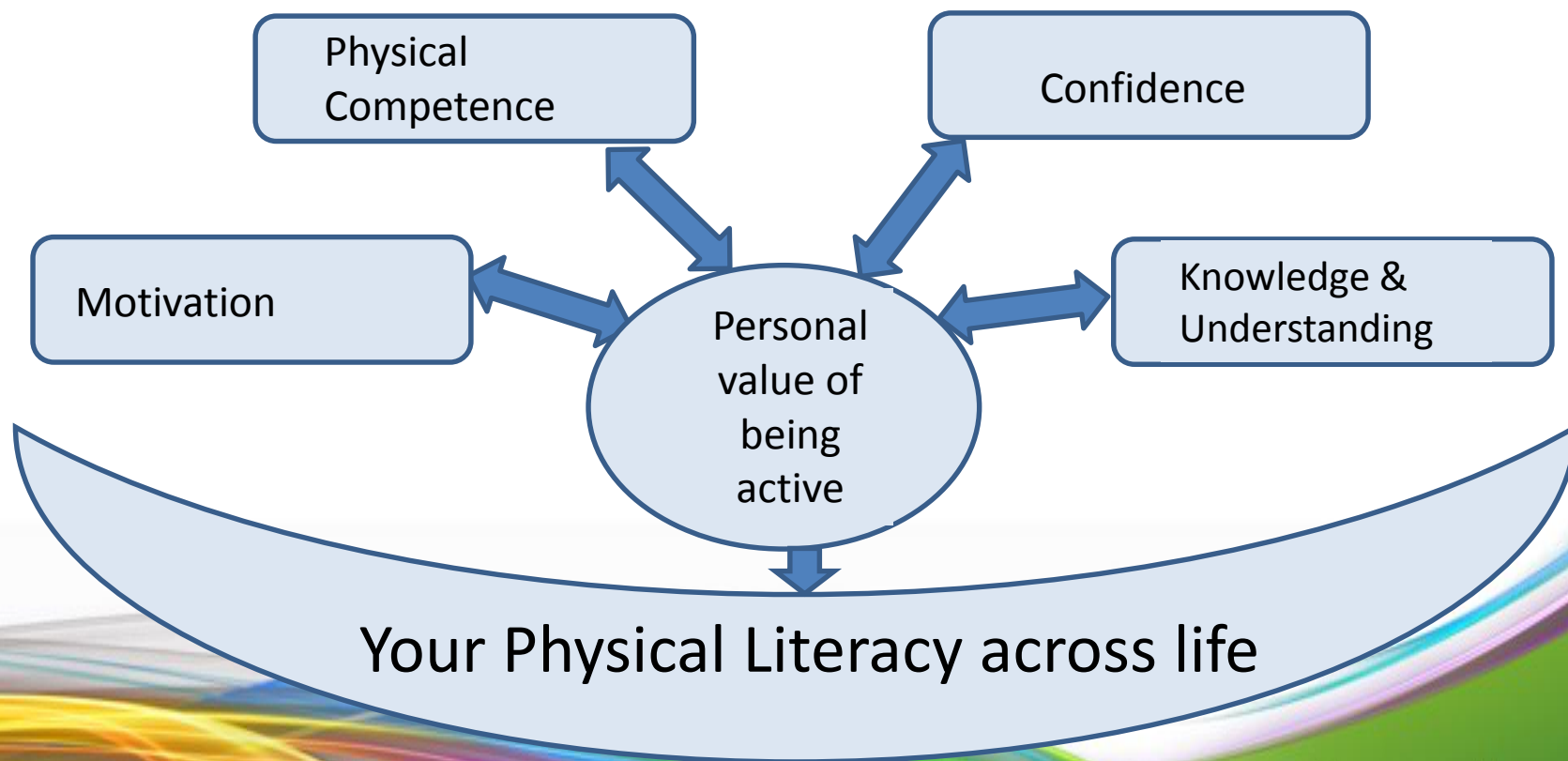


Physical literacy is

“the motivation, confidence, physical competence, knowledge and understanding required by participants that allows them to value and take responsibility for engaging in physical activity and sport for life”.

IPLA 2013

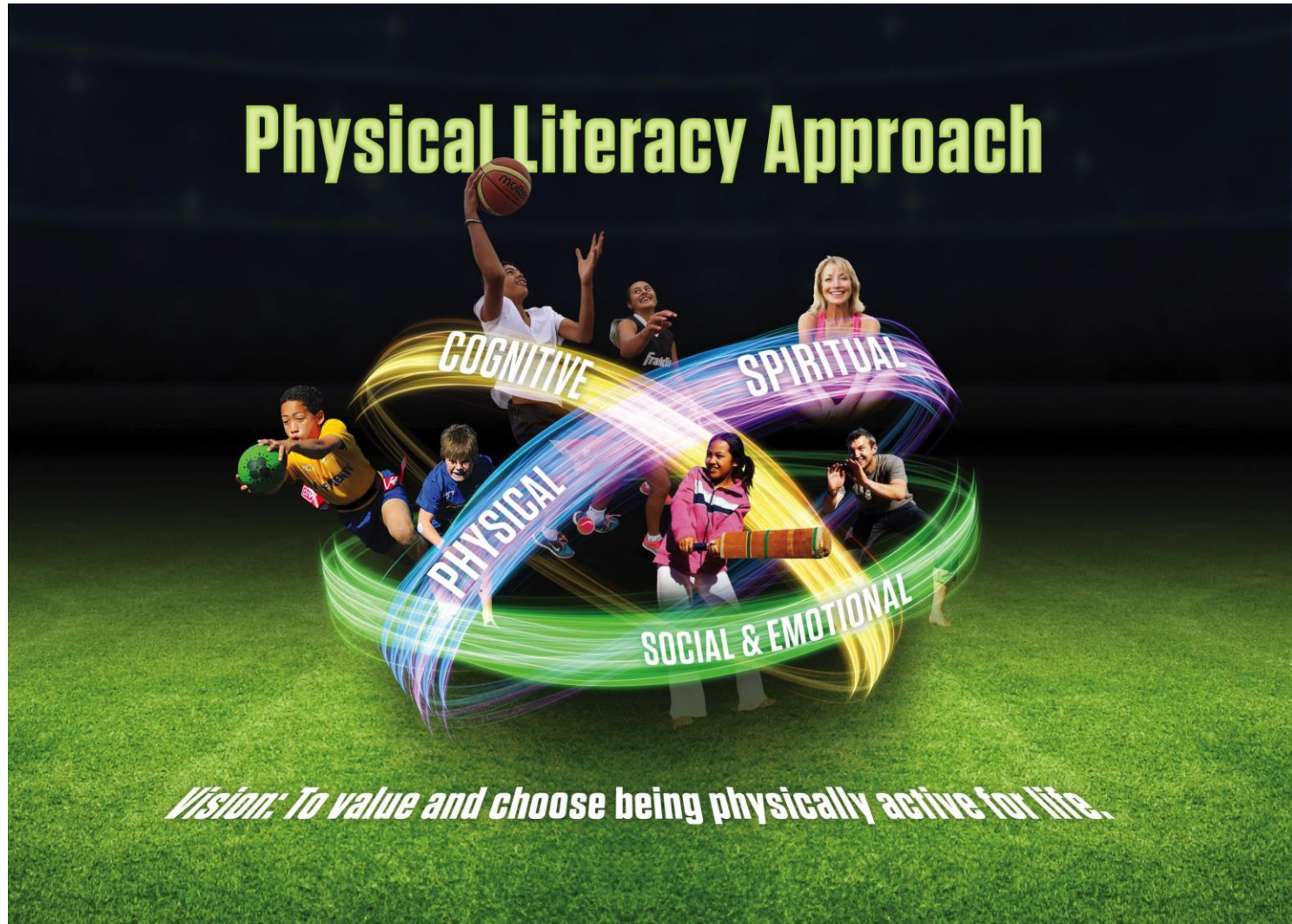
Community sport

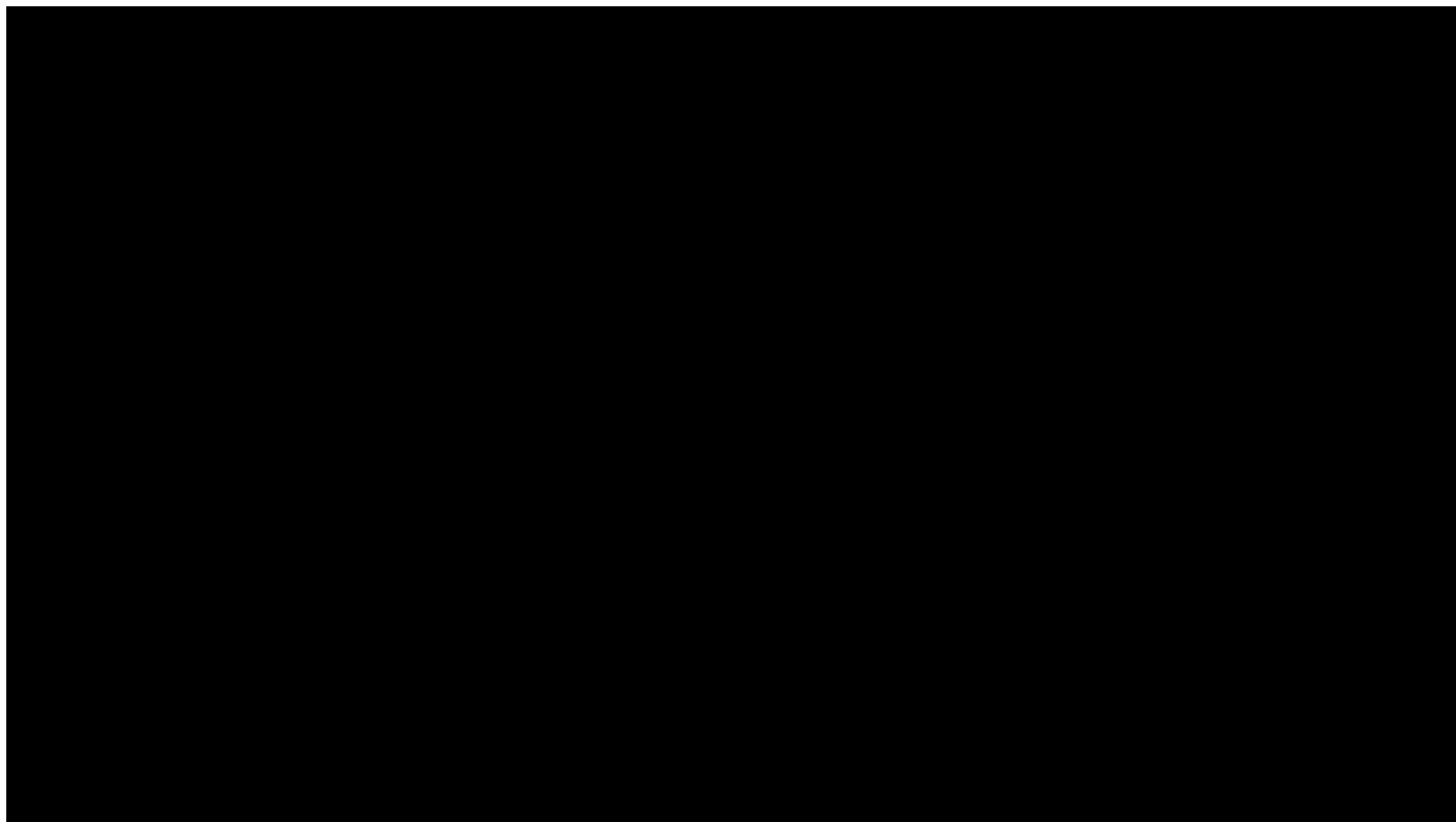


So How??



‘Quality’ needs to be based on participant needs
..... ‘Holistic needs’







Community sport



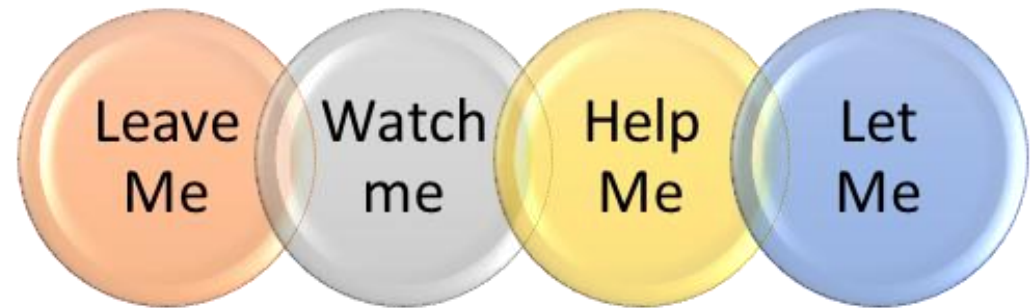
Have we stopped 'Jumping for Joy'?





Because we are busy... 'Learning' to Jump....

Quality ???





<https://www.sportgisborne.org.nz/icoach/>



NETBALL MAINLAND PLAYER DEVELOPMENT YEAR 7 AND 8

24 May 2017

Netball Mainland has worked closely with Netball New Zealand and High Performance Sport NZ to develop the Zone's player development guidelines, in line with the national body.

We are committed to providing the best possible environment for players to achieve their potential and promote a lifelong involvement in the sport.

Sport NZ and HPSNZ recently undertook extensive research and engagement regarding talent development. One of the research findings encouraged children to play a variety of sports and activities; we cannot predict or talent ID who will become a future Silvermoon Tactix player at the age of 11 or 12 (Year 7 and 8).

We believe the new approach to Talent Development will enable more children to play Netball and encourage them to stay in the game for longer. Instead of 12 representative players, there are now opportunities for hundreds of children to stay in the game in the Years 7 and 8 space and play tournaments.

For example; Festival days have become an exciting part of the year 7 and 8 calendar this year. Many Mainland Centres including Mid Canterbury, South Canterbury, North Canterbury, Christchurch and Nelson are hosting Festival Tournament Days, where clubs from across various Centres can enter multiple teams to compete against one another. This initiative enables a larger number of players to experience tournament netball and will lead to a bigger pool to choose from at U15 level.

Case study – Wesley Community, Auckland

This case study demonstrates a use of insights, a locally-led delivery approach and an understanding of physical literacy to engage less active young people in the Wesley Community.

Community insights

- Wesley is a small and diverse community in the Puketapapa Local Board area, Auckland
- The population is 2880 with Asian (42%) or Pacific (31%) ethnicity making up the majority of the population. The Asian, Pacific and Maori populations are predicted to rise
- The area is generally low socio economic
- Family and church plays an important part in people's lives
- Participation levels vary, with almost a fifth of the population being inactive, which is considerably higher than the nationwide percentage of 16%.



Project started in 2016 after an approach from a primary school. Work to date:

- Building strong relationships with school, community centre, church and local sports clubs.
- Sport Auckland worked with school and community to develop a shared vision - *"Inspiring the Wesley community to live healthy and active lifestyles"*
- Established Fusion community events including a cultural theme, have a go day and healthy lifestyle activities
- Supporting clubs to set up satellites at primary schools to overcome travel barriers
- A fitness club has been established for less active children at the school

"Inspiring the Wesley community to live healthy and active lifestyles"

- Strengths Based approach
- Based on understanding and knowing participants
- Strong and passionate leadership and champions from local primary school and wider community
- Wesley Primary school's focus on health and wellbeing following community consultation
- Strong local support from and the Council. Local board has a big focus on young people and is providing ongoing funding to support the project.
- Existing youth focused initiatives operating in local community
- Some strong capable clubs and good sports facilities.

Impact – It is early days for this case study but already there is evidence of different ways of working with this community. New partnerships have been developed with the community centre and the church and time was taken at the start to develop a shared vision. From the beginning, this has been identified as a community-wide initiative and not just delivery into the school.



What might this mean
for you and your
world?

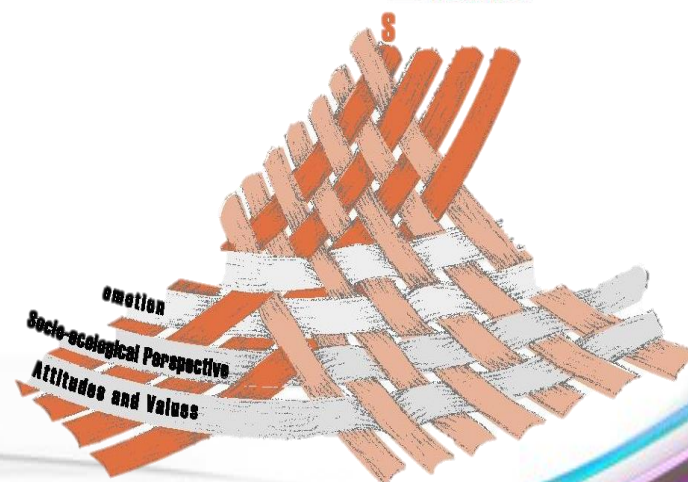
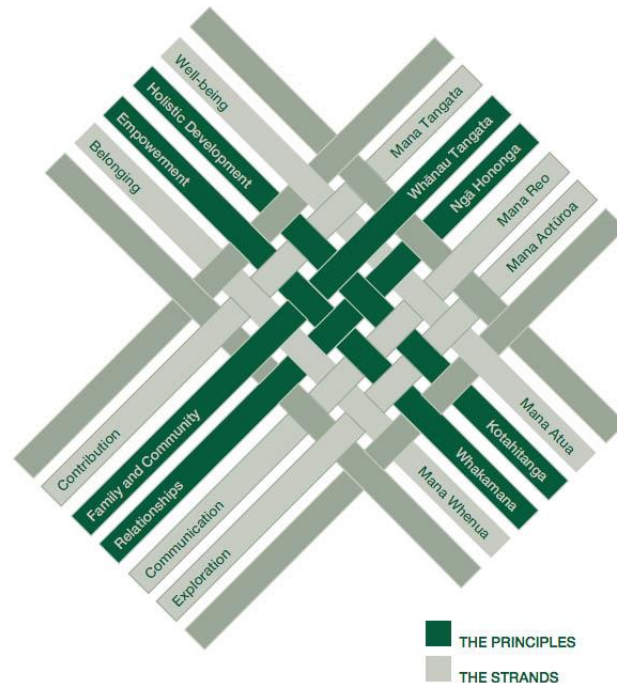




Questions



Alignment



Our Key Messages

- Participant is at the centre
- Holistic needs (people don't come 'in bits')
- Socio-ecological context (people don't exist in a vacuum)
- One 'tool' in the Sport NZ system build (alignment and fit with other tools)
- Promotion and understanding of '**physical literacy**' for **ALL NZer's**
- Sport NZ philosophy – 'Our **approach** to guide quality experiences'



Level's or degree of physical literacy can change over the lifespan so we can view physical literacy as a life-long journey that connects an individual, within their environment, to physical activity and sport.