



# Physical Literacy in New Zealand



**“Begin with the end in mind.”**

**Stephen Covey**



# We are doing well



# But our world is changing



# Community sport

## Strategy 2015-20



SPORT  
NEW ZEALAND

Community sport

# Sport New Zealand's *Physical Literacy* Approach

Guidance for quality physical activity and sport experiences



[sportnz.org/physicalliteracy](http://sportnz.org/physicalliteracy)

*Community*



## 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”.**

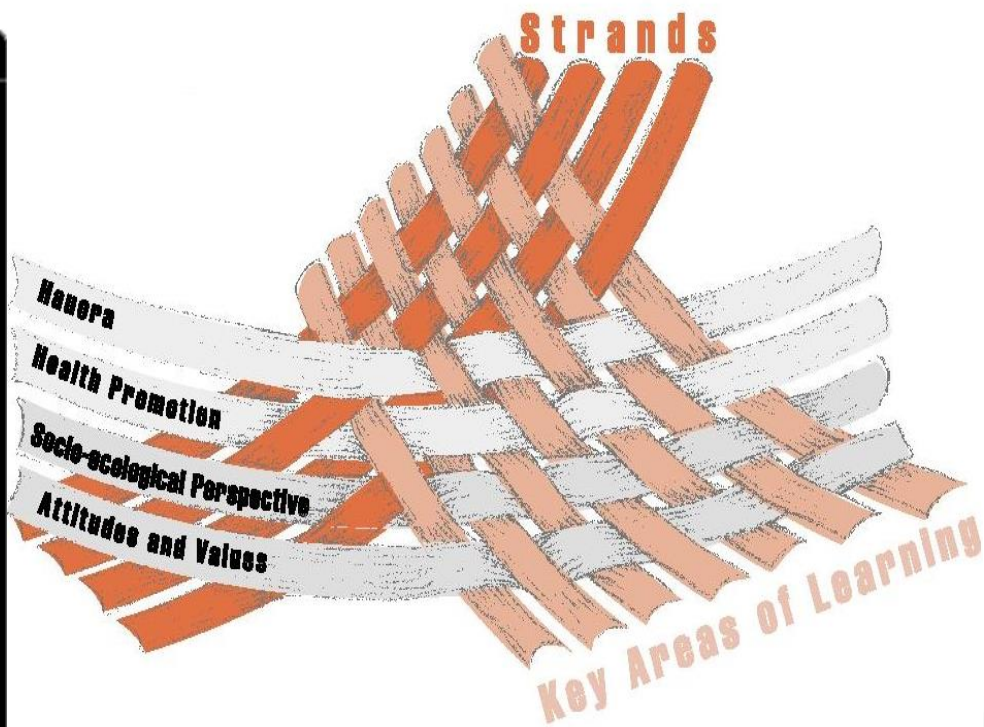
# Physical Literacy Approach



*Vision: To value and choose being physically active for life.*



# 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 our lifespan so we can view physical literacy as a life-long journey that connects an individual, within their environment, to physical activity and sport.**

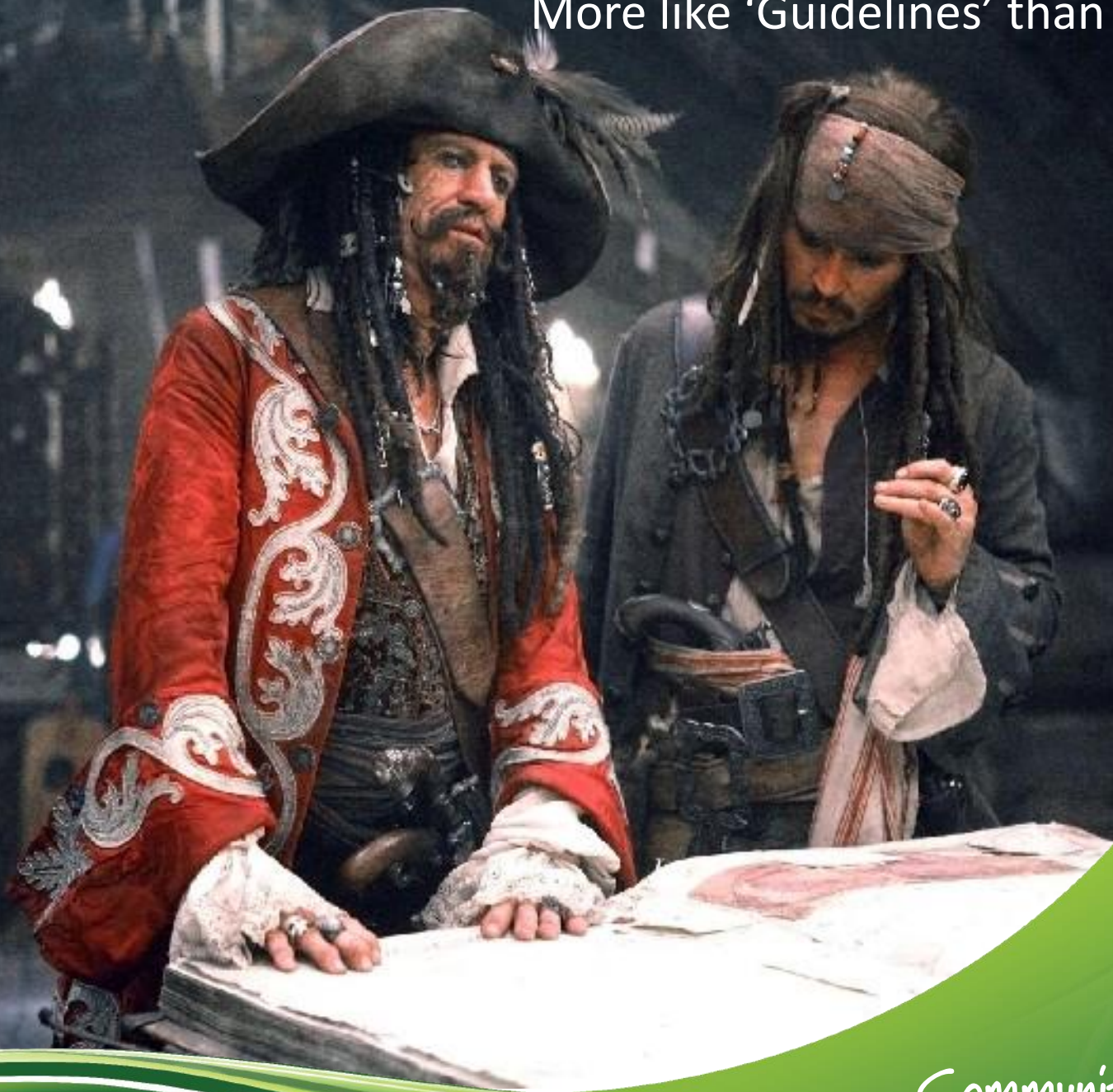


Needs and considerations throughout the

# life stages.

Initial factors

More like 'Guidelines' than 'Rules'...



Community sport



# Questions?

