



Physical Literacy in New Zealand

Community sport

A wide-angle photograph of a landscape at sunset. A paved road with white dashed lines leads from the foreground into the distance, converging towards a bright, glowing sun at the horizon. To the left of the road is a grassy field with small pools of water reflecting the sky. In the background, there are rolling hills and mountains under a dramatic sky filled with orange, yellow, and dark clouds.

“Begin with the end in mind.”

Stephen Covey

We are doing well



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But our world is changing



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Strategy 2015-20



SPORT
NEW ZEALAND

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Sport New Zealand's Physical Literacy Approach

Guidance for quality physical activity and sport experiences



sportnz.org/physicalliteracy

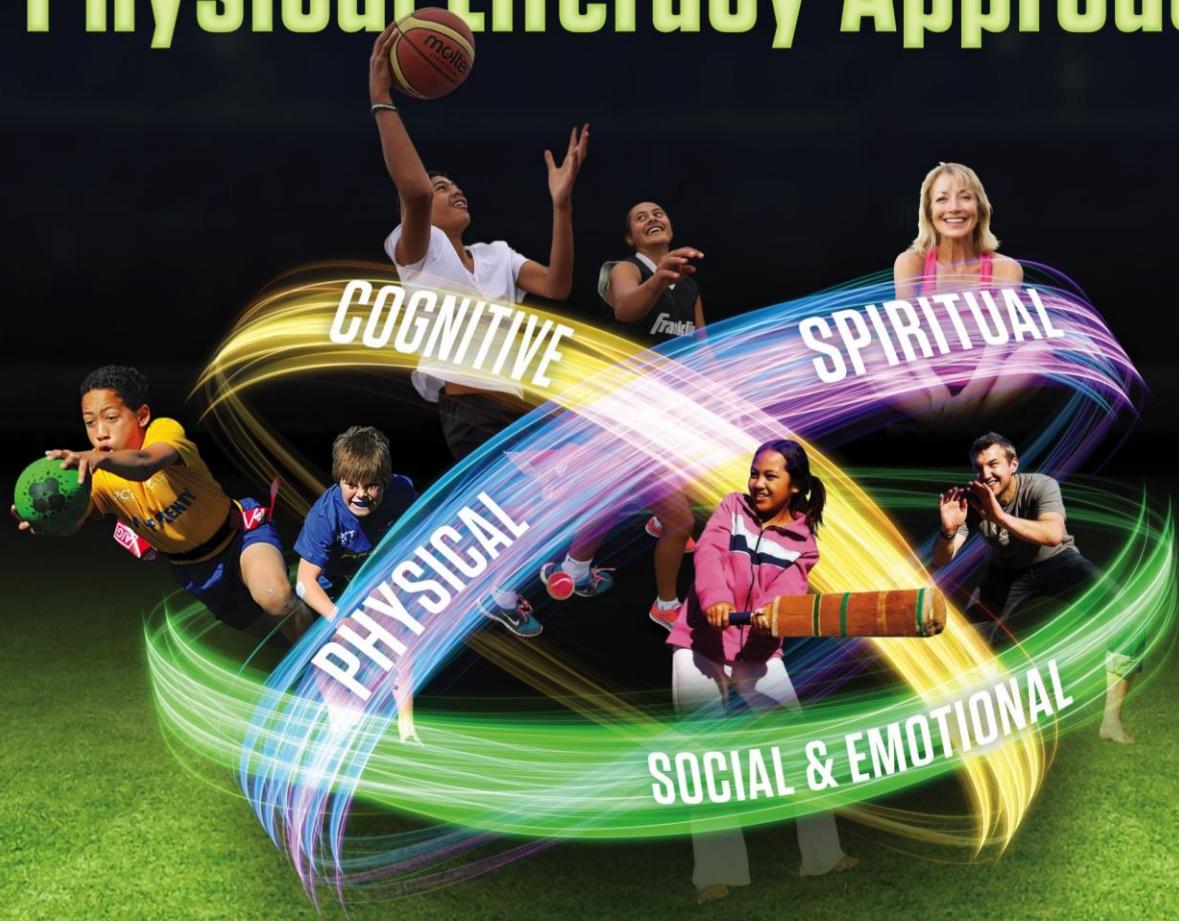
Community



Physical literacy is

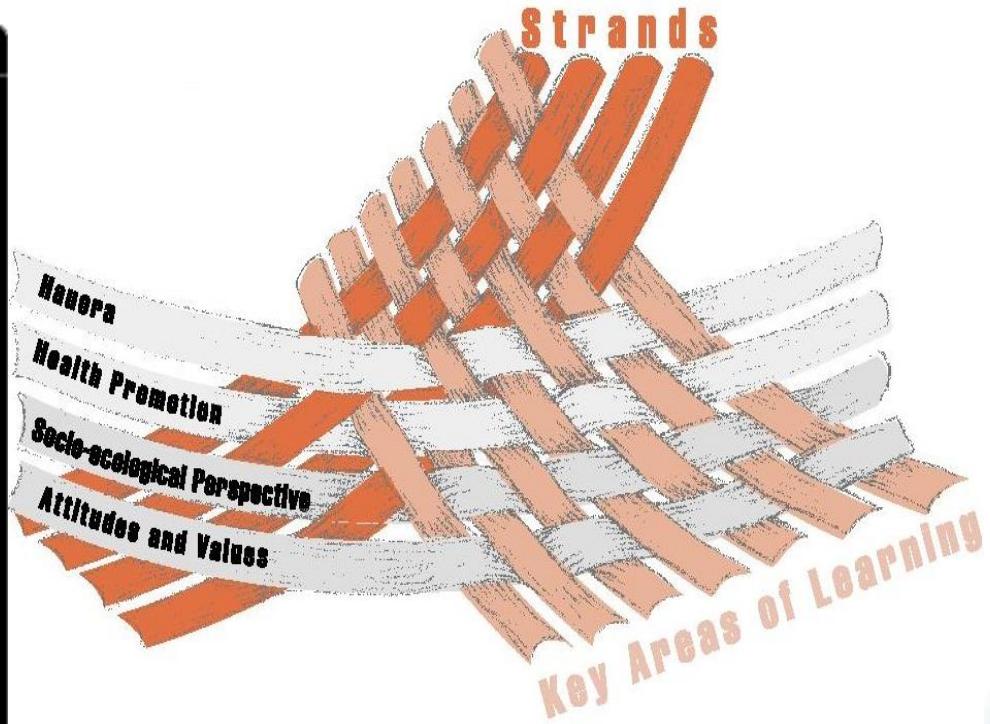
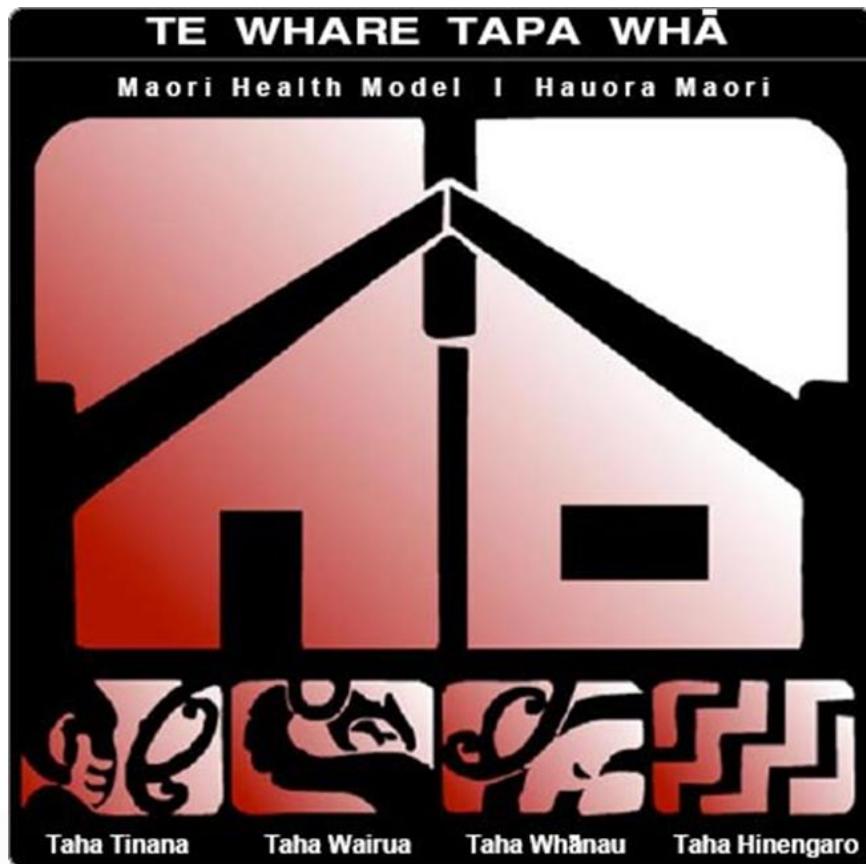
“the motivation, confidence, physical competence, knowledge and understanding required by participants that allows them to value and take responsibility for engaging in physical activity and sport for life”.

Physical Literacy Approach



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

Alignment



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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'



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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'...



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Questions?

