Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Change the Game
Sweden 2017

Dr Nalda Wainwright
Wales Institute for Physical Literacy
University of Wales TSD

Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives

ATHROFA LLYTHRENNEDD CORFFOROL CYMRU
WALES INSTITUTE FOR PHYSICAL LITERACY

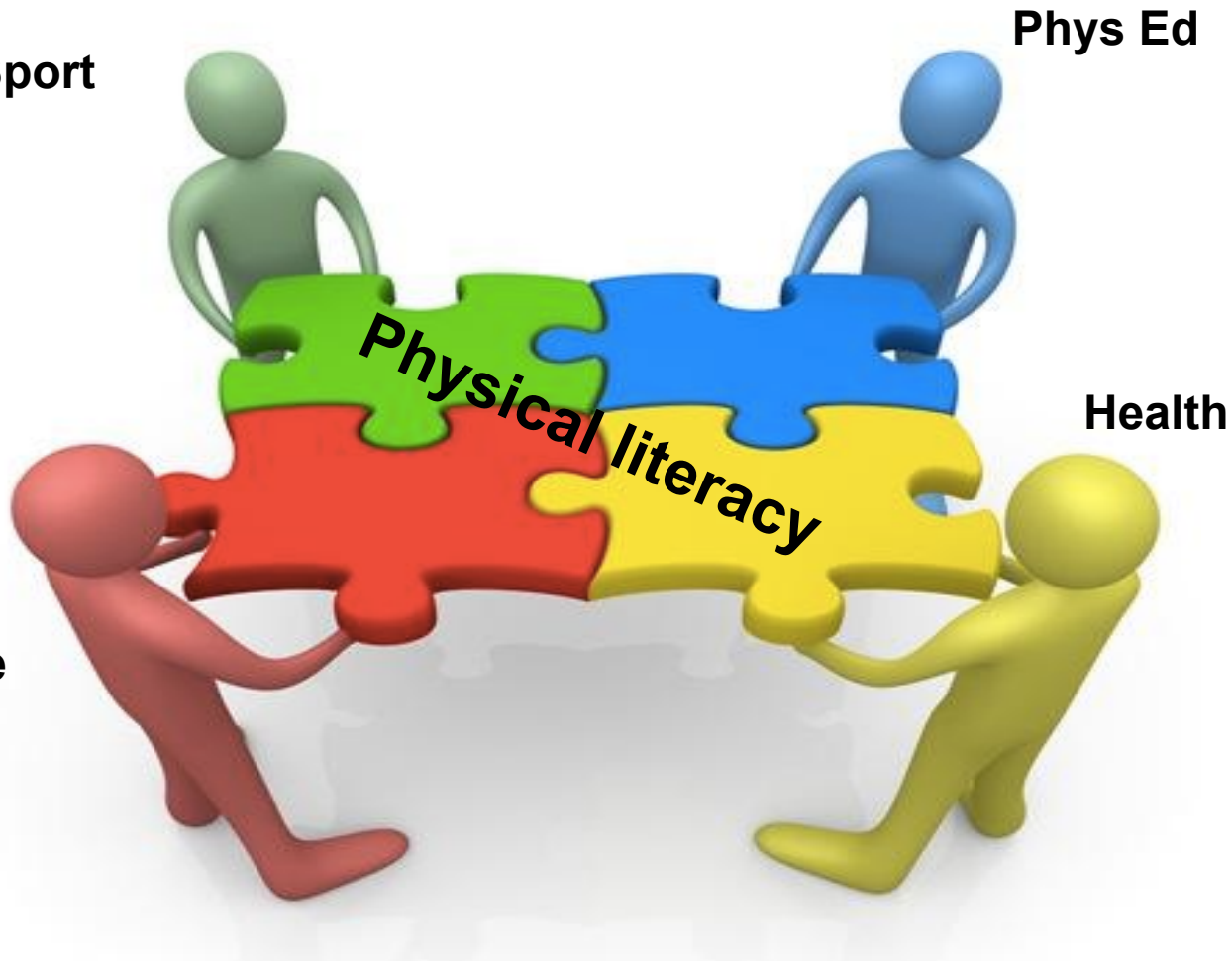
What is Physical Literacy?

Physical literacy can be described as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.

Whitehead, M. 2016.

The power of physical literacy…

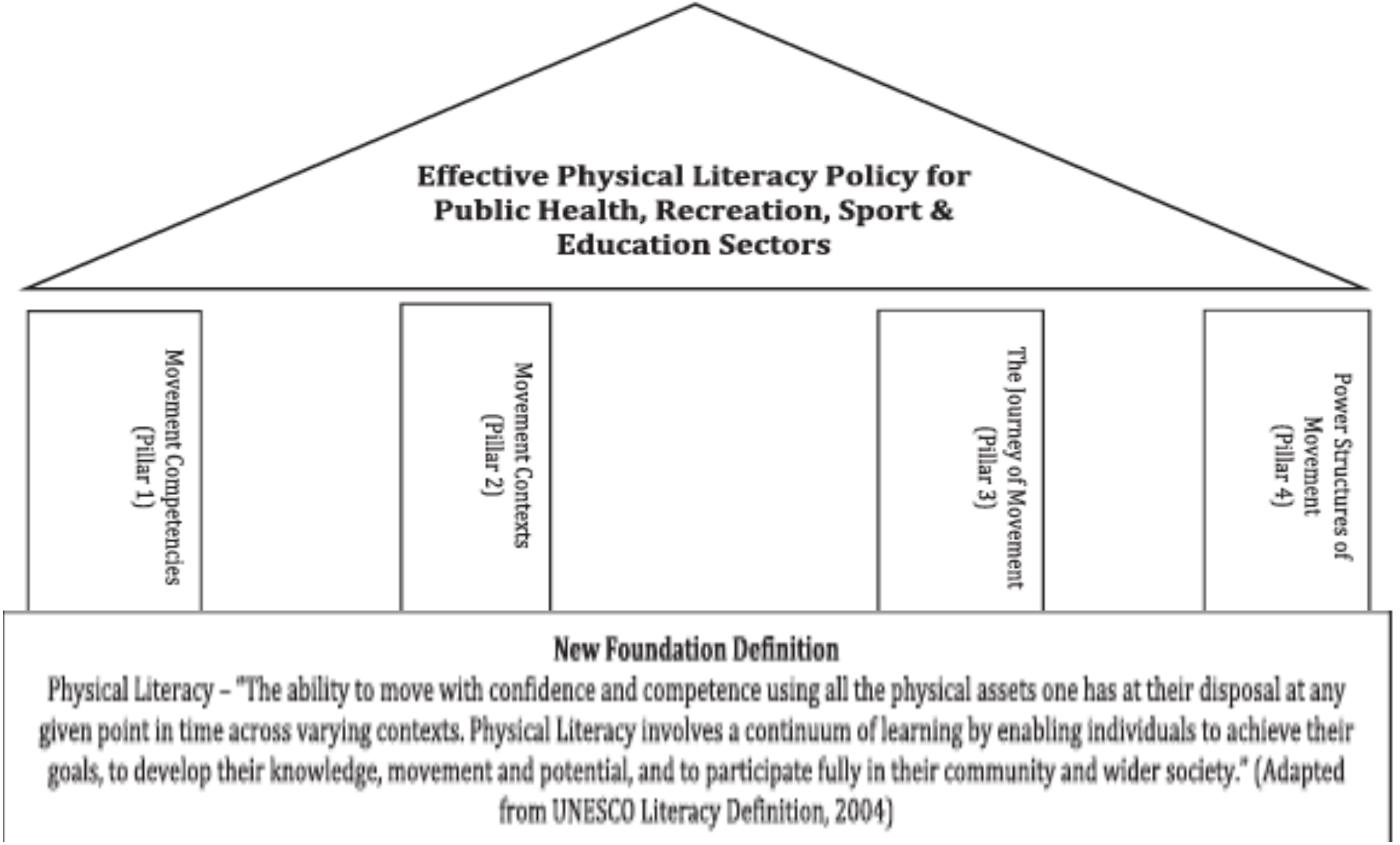
- We all have a role to play…



Some of our work…

- Parental engagement
- Early Years project
- SKIP in the Foundation Phase
- Circus skills in PE
- Models based practice in Physical Education
- Motivation in Health Based Physical Education
- Development block curriculum
- Centre for health and aging
- Sports therapy clinics
- Work force development

The four pillars of physical literacy policy (Dudley et al., 2017)



Pillar 1- Movement Competencies

- Early childhood programme
- Parental engagement
- SKIP in Foundation phase
- Circus & Parkour

Broad and diverse?
Aquatic?

Pillar 2- Movement Contexts

- Home and school settings
- Development blocks
- HBPE & Models Based PE
- Outdoor Learning
- Club settings
- Community circus clubs
- Free running and parkour club

Beach?
River?
Lagoon ?
Snow?
Ice?

Pillar 3 – The Journey of Movement

Pillar 4- Power Structures of Movement

Pillar 4- Power Structures of Movement

- How can we ensure these opportunities are recognised in policy and structures across our region?
- Triathlon
- http://physicalliteracy.cymru/news/institute-works-with-cerebra-to-support-triathlon-for-poppy/

03
NOV

Institute works with Cerebra to support triathlon for Poppy

The staff from WIPL have been working with the team from Cerebra to support Poppy and Rob in their quest to do the Cardiff Triathlon. Poppy has Cerebral Palsy, but despite this is keen to take part in a triathlon with her Dad Rob. Rob came up to

Diolch yn fawr

n.wainwright@uwtsd.ac.uk

@naldaw

@Phys_Lit_Wales

http://physicalliteracy.cymru/