Physical Literacy Consensus Statement

Physical Literacy

Physical Literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activity for life.

International Physical Literacy Association (May 2015)

Declaration

Since: Physical Literacy includes four essential and interconnected elements whose relative importance may change throughout life:

Motivation and confidence (Affective)	Physical competence (Physical)	Knowledge and understanding (Cognitive)	Engagement in physical activities for life (Behavioral)

Given: Core principles that physical literacy:

- Is an inclusive concept accessible to all
- Represents a unique journey for each individual
- Can be cultivated and enjoyed through a range of experiences in different environments and contexts
- Needs to be valued and nurtured throughout life
- Contributes to the development of the whole person

Whereas: the United Nations has acknowledged that the global burden and threat of non-communicable diseases constitutes one of the major challenges for development in the twenty-first century, undermines social and economic development throughout the world, and threatens the achievement of internationally agreed development goals, and

Whereas: Much of the increase in non-communicable disease is due to a global decrease in physical activity, and

Whereas: Developing physical literacy encourages voluntary engagement in physical activity, improves quality of life across the life-span, and

Whereas: Traditional approaches to increasing population physical activity have largely been unsuccessful,

Therefore be it resolved that participants at the 2015 international Physical Literacy Conference agree on the definition of physical literacy provided herein and call on all organizations and individuals involved in promoting physical activity to embrace a physical literacy –inspired approach to crafting policies and programs for which they have responsibility.