

### Physical Literacy Classroom Chart

The following chart could be used in the classroom to reinforce learning about physical literacy, and to represent the voice of the pupil in relation to long-term physical activity objectives which focus on attitude, behaviour, motivation and self-efficacy. Over the course of the school year, engage a variety of questions such as those outlined below, to elicit statements from pupils and record them on a living chart in the classroom. This type of chart aims to make pupils' thinking visible. Revise and review the chart from time to time as pupils learn new skills and develop their overall understanding and appreciation of physical literacy. Integrate pupils' learning in PE lessons into other curricular areas by inviting the pupils to use the statements throughout the year as focus points for discussion, storytelling or creative writing. Depending on the class level, pupils drawings and journal entries could be added to the statements on the Physical Literacy Wall.



The chart is displayed on a brick wall background. At the top, a green rounded rectangle contains the title "Physical Literacy" in white. Below this, a white rounded rectangle contains five line drawings of a child performing different physical activities: balancing on one foot, jumping, running, side stepping, and throwing a ball. Each drawing is labeled with its corresponding activity name in green text. Below the white box, there are eight colored rounded rectangles, each containing a statement in white text. The statements are arranged in two columns of four. The colors of the boxes are: yellow, brown, green, yellow, brown, pink, yellow, and green.

## Physical Literacy

**Balancing**      **Jumping**      **Running**      **Side Stepping**      **Throwing**

**Physical activity is really important to keep our bodies healthy.**

**When I am active I keep my body healthy.**

**Physical activity/Physical Education is fun and enjoyable.**

**I can be successful in physical education class.**

**I am good at physical activity.**

**I feel good after doing physical activity.**

**I like hopping on one foot, and I feel good when doing this skill.**

**I think I can improve my balancing on one foot for next week.**

## Suggested teacher questions and anticipated pupil responses:

### Knowledge and Understanding

- **Why is physical activity important?**  
Physical activity is really important to keep our bodies healthy.
- **Does everyone need to move in the same way?**  
Everyone should move, but we don't all have to move in the same ways.
- **What are the health benefits of physical activity?**  
When I am active I move my muscles and this is really good for keeping them healthy. Sometimes after activities, it is good for me to be a little bit out of breath.
- **What happens to my body when I am active? What does this mean? What are the benefits of this? What body parts are affected by movement?**  
When I am active my heart beats faster and this is good for keeping my body healthy.  
When I am active my lungs breathe faster and this is good for keeping my body healthy.  
When I am active my body gets warm and I sweat a little bit, this is good for keeping my body healthy.
- **How much physical activity should I engage in everyday? What should this look like? What will happen to my body?**  
I should take part in at least 60 minutes of physical activity everyday that makes my body warm, makes my heart beat faster and my lungs breathe faster.
- **What will happen if I keep doing physical activity?**  
If I keep trying I will get better at doing different movements.  
When I learn how to do different skills I get even better at playing games and doing physical activities.
- **Reflect on your acquisition of skills over time.**  
At the start of these PE classes, I found running and skipping a little difficult, however, after this PE class, I know that I am improving.

### Motivation and Confidence

- **Why should I choose to be active? Why should I take part in physical activity/Physical Education?**  
When I am active I keep my body healthy.  
Physical activity/Physical Education is fun and enjoyable.  
I am good at physical activity.  
I can be successful in PE class.
- **How do you feel after physical activity?**  
I feel good after doing physical activity.  
I like hopping on one foot, and I feel good when doing this skill.
- **How can I improve? What can I do?**  
I think I can improve my balancing on one foot for next week.

### Opportunities to engage in Physical Activity for Life

- **Who do I need to take part in physical activity?**  
I can do physical activity on my own.  
I can do physical activity with one friend or with lots of friends.  
I can do physical activity with my family.
- **What can I do?**  
There are lots of different games I can play when I am being physically active.  
There are lots of different types of physical activity I can do.  
I can do physical activities at home, at school, and in my neighborhood community.  
My mum and dad like to walk the dog, and I like to join them on occasions.
- **How can I help myself and others to take part in physical activity?**  
I don't need to compare myself to others, just to what I was able to do before.  
I can encourage my friends in physical activity, and they can encourage me.