



Physical literacy

is the...

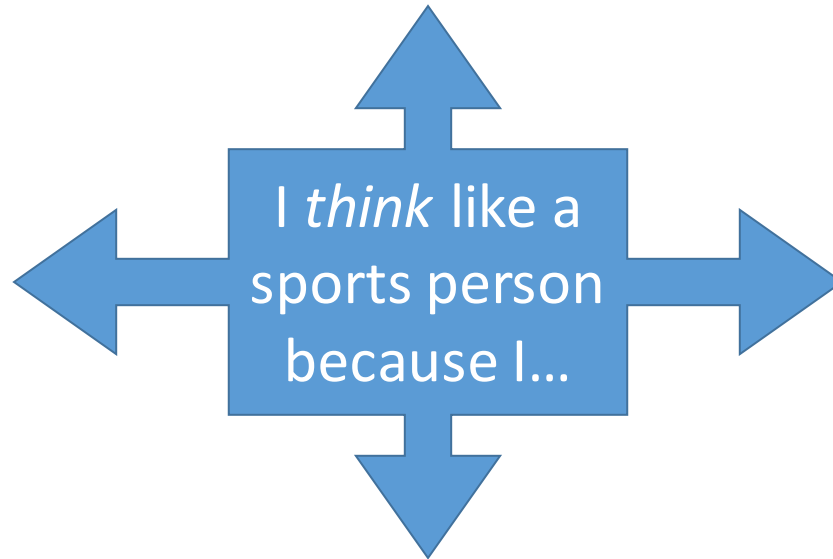


Motivation & Confidence

Have the determination to develop and commitment to self-reflection and self-improvement.

Physical Activity for Life

Appreciate the benefits of a healthy active lifestyle.



Physical Competence

Can perform a wide range of movement skills and patterns with consistency and accuracy.

Knowledge & Understanding

Show a high level of awareness and anticipation and make advanced calculations of risk vs reward to inform my decision making.