


# A Whole System Approach to Physical Literacy



## THE FUTURE OF SPORT 2018

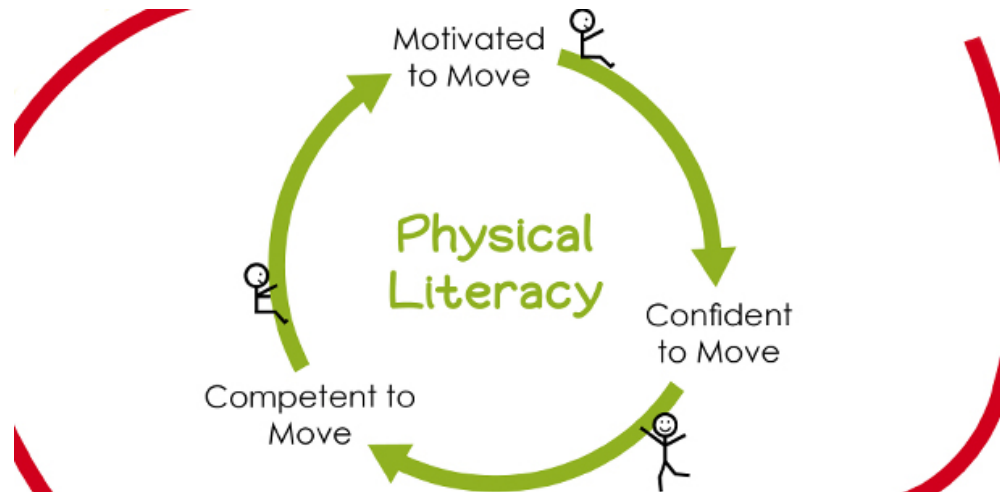
ACTIVITY AND EMPLOYMENT

8TH FEBRUARY 2018

ROYAL SOCIETY OF MEDICINE

# A Whole System Approach to Physical Literacy

## 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.” (IPLA, 2017)

# A Whole System Approach to Physical Literacy

Two quick questions to start

1. How many hands aid children in the writing process
2. How many parts of the body aid the writing process



# A Whole System Approach to Physical Literacy

## Writing



[WWW.GREATERSPORT.CO.UK](http://WWW.GREATERSPORT.CO.UK)

[www.greatersport.co.uk](http://www.greatersport.co.uk)

**greater**  
*sport*  
Greater Manchester Sports Partnership

**greater**  
*sport*  
Greater Manchester Sports Partnership

# A Whole System Approach to Physical Literacy

Must have at its heart a whole “system” approach to the child development needs of children in our care

The principles of Child Development being

- Children develop as a whole
- Development is influenced by maturation and experience
- Development proceeds from top down and from centre outward

# A Whole System Approach to Physical Literacy

## Local Strategy promoting Physical Literacy

**Greater Manchester Moving: The Ambition**  
Everyone in Greater Manchester more active, to secure the fastest and greatest improvement to the health, wealth and wellbeing of the 2.8m people of Greater Manchester<sup>1</sup>

<sup>1</sup> See Greater Manchester Local Strategy for Health and Wellbeing, 2016, page 103.

Our shared purpose is to positively change the lives of people across Greater Manchester through physical activity and sport. Building from our strengths and through systemwide collaboration, **we will double the rate of past improvements, reaching the target of 75% of people active or fairly active by 2025.**



Greater Manchester Moving > ^ < v

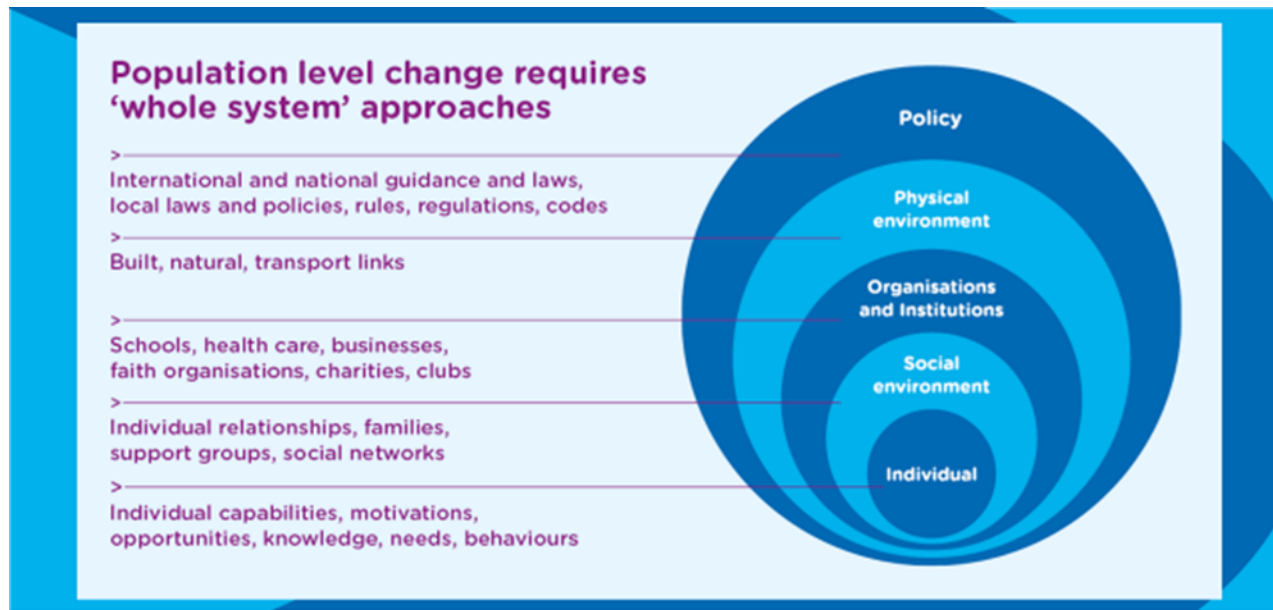


Greater Manchester Sports Partnership

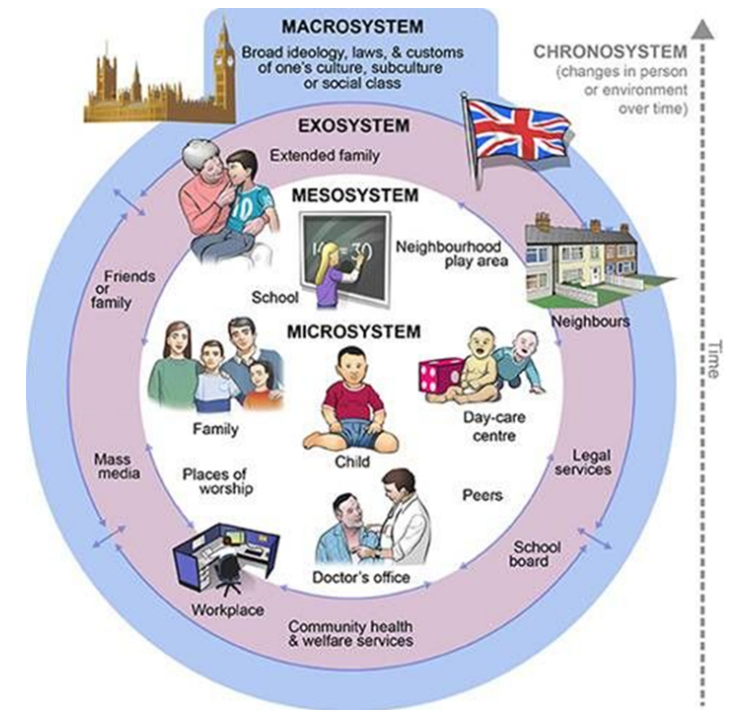
# A Whole System Approach to Physical Literacy

## National Strategy and Academic Theories on a Whole System Approach

### Whole System Strategy



### Whole System Theory



# A Whole System Approach to Physical Literacy

## My role within GreaterSport GM Under 5's

### **Knowledge, Inspiration and Legacy**

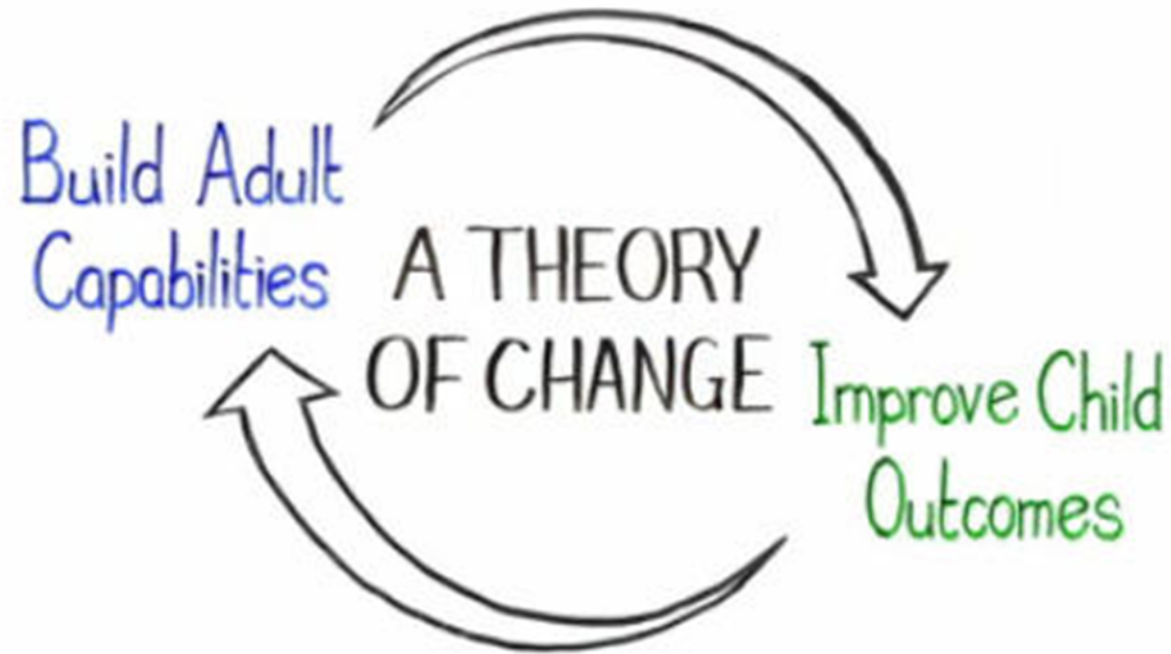
Here at GM Under 5's, it is our ambition that young children aged 0-5 have the best active start in life with physical literacy prioritised as a central feature.

We work primarily with early years and healthcare professionals to upskill those who work with children and young families around the importance of physical development and how to get children moving more



# A Whole System Approach to Physical Literacy

## Ethos



# A Whole System Approach to Physical Literacy

## Ethos



# A Whole System Approach to Physical Literacy

Do not focus solely on the end game

To win a game of football you need to score goals, but if you spend all your energy creating a wonderful attacking line up and have Billy Casper in goal (from the film Kes) you will not win many matches

# A Whole System Approach to Physical Literacy

## Impact of a well trained workforce

- Whole team approach to objectives
- Communication between rooms in nurseries on how to provide opportunities for children to engage in physically active play and support their journey to physical literacy and school readiness
- An understanding of the important role physical literacy plays in enabling children to reach their full potential and follow their passion
- Sustainability and legacy in whatever organisation you work for

# A Whole System Approach to Physical Literacy

