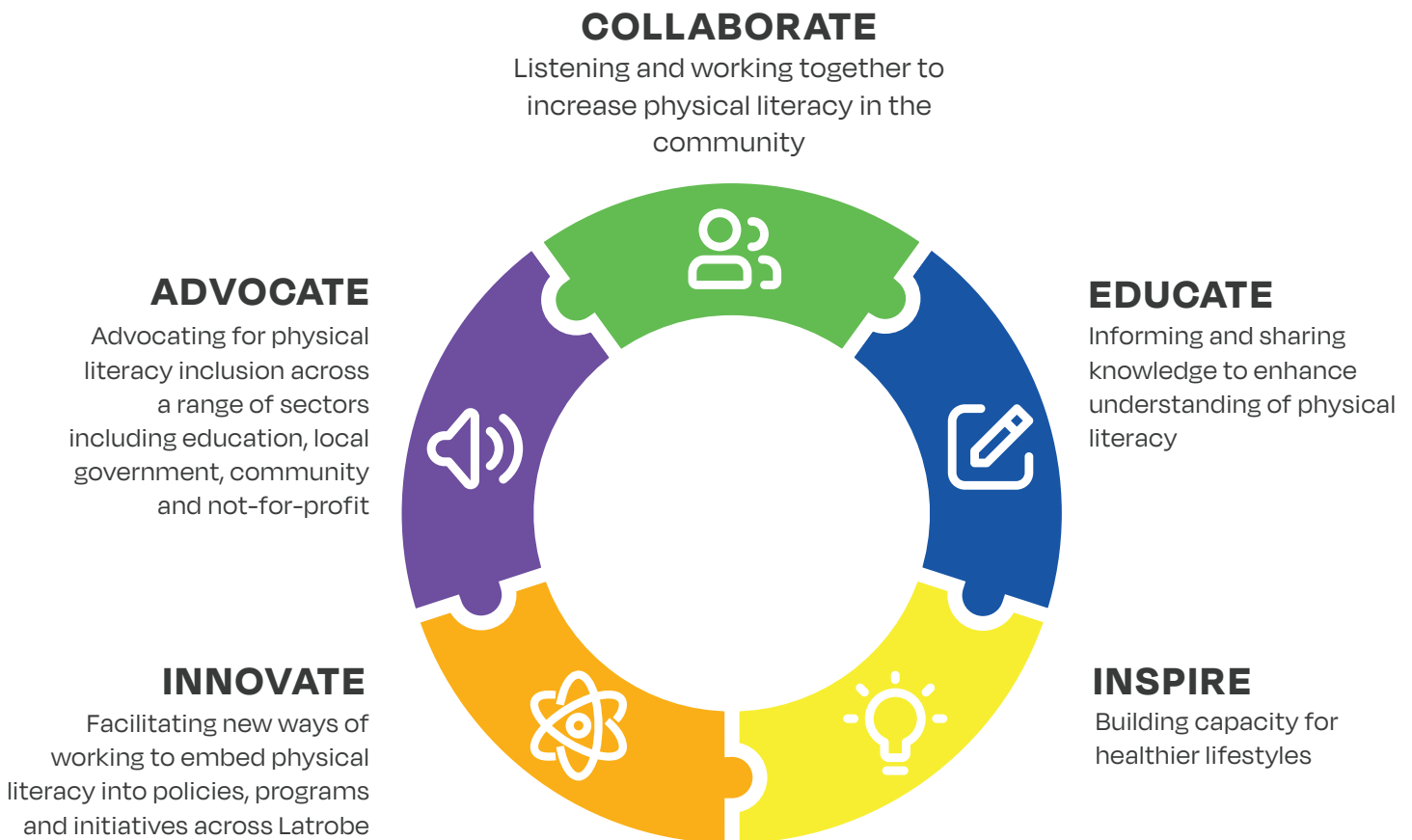


# LHA Physical Literacy Working Group Charter



*Physical literacy is about building the skills, knowledge and behaviours to lead active lives<sup>1</sup>. The Sports Australia Physical Literacy framework provides a basis from which we can build a shared understanding of physical literacy within the Latrobe Valley community.*

## How We Work



*Inclusivity underpins all of the work we do with and for the community.*

1. Source: Sports Australia. (n.d). Australian Physical Literacy Framework.

[www.sportaus.gov.au/\\_data/assets/pdf\\_file/0015/710106/35455\\_Physical\\_Literacy\\_Framework\\_At\\_a\\_glance-access.pdf](http://www.sportaus.gov.au/_data/assets/pdf_file/0015/710106/35455_Physical_Literacy_Framework_At_a_glance-access.pdf)

## 1. Aim

- Guided by the principles of the Australian Physical Literacy Framework, the LHA Physical Literacy Working Group aims to build individual and community capacity to create positive changes/ lifelong habits towards an active lifestyle to improve health and wellbeing.

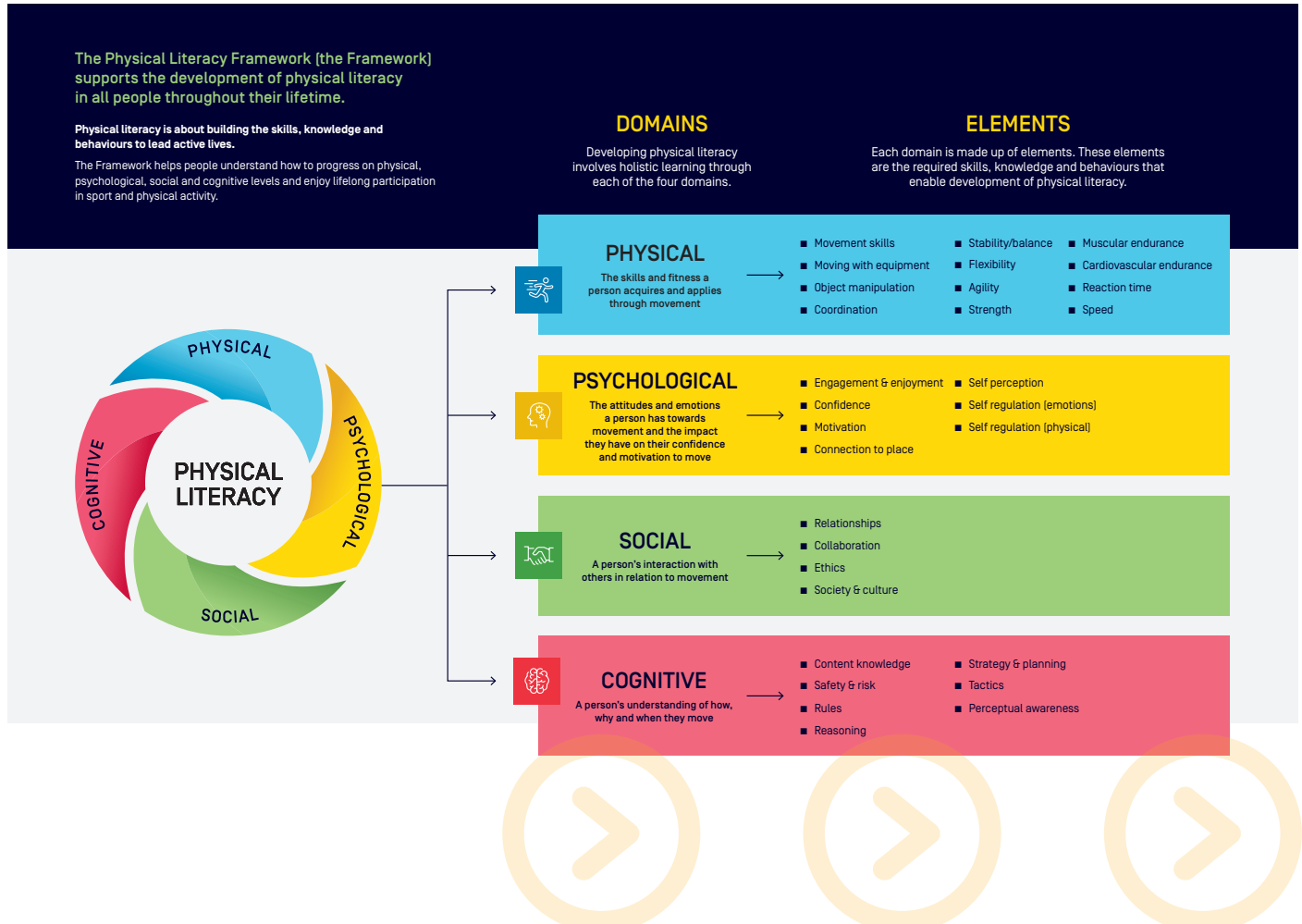
## 2. Scope / Boundaries

- The scope of projects to be considered and delivered under this Charter should be designed to meet the needs of the many diverse groups and individuals within our communities to ensure that everyone has an opportunity to participate in activities that are right for them.

Funding for these projects should be assessed and weighted against the merit of ideas to align with our values, the four physical literacy domains, and the recommendations from Federation University.

## Physical Literacy Framework

**SPORTAUS**



### 3. High-Level Requirements

- That the individually funded project objectives are clearly linked to an increase in the education and awareness of physical literacy. Project initiatives aimed at increasing physical literacy should consider the questions below:

#### Does the project apply a physical literacy lens to our work?

Domain	Question
<b>Physical</b>	Does the initiative allow the individual to build the skills and fitness to successfully participate in a range of physical activities?  For example coordination, balance, endurance, flexibility, agility and strength.
<b>Psychological</b>	Does the initiative increase the individual's motivation, confidence and enjoyment of physical activity?
<b>Social</b>	Does the initiative encourage the individual to build and maintain respectful relationships, and encourage teamwork, learning and sharing in a variety of physical activities and environments?
<b>Cognitive</b>	Does the initiative increase knowledge and understanding of how, when and why to move in different ways, and of the benefits of being physically active?

#### Criteria to support physical literacy enriching spaces:

- Multi-generational – multi (body) size equipment and activities – includes combining safety with supervision and participation
- Multi activity – including fundamental movement skills for sporting activities – throw, catch, shoot
- Multi-level – entry level through to advanced skills
- All ability access
- Supporting resources – eg. apps and/or QR codes
- Easy to access
- Aesthetically pleasing and attractive to a wide cross section
- No to low cost



#### 4. Deliverables

- The LHA Physical Literacy Working Group aims to deliver key recommendations from the Federation University report relevant (but not limited) to the identified priority project groups including children and families, people living with disability and older people.

Each recommendation will have its own specific deliverables based on the overarching aims and objectives.

#### 5. Specific Exclusions From Scope

- None. All existing recommendations are currently under consideration and meet the scope of the project brief.

#### 6. Implementation Plan

- Roll out of the project recommendations will occur using a phased and coordinated approach to best suit individual initiatives.

#### 7. High-Level Timeline/Schedule

- Planning, design, development, and deployment of the chosen projects will be completed within a three-year timeline. Individual schedules for each of the initiatives will be as defined by the scope.

#### 8. Success Looks Like...

- An informed, empowered, and confident community that participates in regular physical activity.

*(Future success will include measurable outcomes that enable individuals and communities to make positive changes in their physical activity creating lifelong habits linked to a healthier lifestyle and sense of improved wellbeing)*



# Project Recommendations

*from the Federation University report*



## PREPARE

1. Develop a charter and identity for the PLWG.
2. Clarify messaging to the community and stakeholders based on the charter.
3. Develop a framework for a strategic alliance or consortium of key stakeholders for the improvement of physical literacy in Latrobe Valley.



## ENGAGE

1. Develop a workshop/s or educational videos to educate the community and stakeholders.
2. Connect with Latrobe City Council Recreation Planning (and other departments) to understand and effectively engage with the council planning cycles.
3. Investigate possibilities to influence funding criteria for infrastructure to support physical literacy outcomes.
4. Explore strategies to incorporate physical literacy/and or the importance of positive role modelling into parental support and education through health networks.



## PARTICIPATE

1. Expand community access to school and sporting club spaces.
2. Trial physical literacy-based space interventions and evaluate space use before and after.
3. Conduct an action research project using a community development approach to empower and support the community to develop physical literacy.
4. Develop low to no cost opportunities to improve physical literacy that do not require travel.
5. Map opportunities to connect families to existing spaces, groups, and services, potentially building on Creative Latrobe Concept, and Looking forward – Connecting-up projects.





# Project Pathway

## How might we move forward?

