

Table 5.1 A categorisation of environments with examples from everyday life and physical activity settings

<i>Nature of the environment</i>	<i>Examples from everyday life and situations other than structured physical activity settings</i>	<i>Examples from structured physical activity settings</i>
An environment featuring gravitational force alone	Walking, running.	Forms of dance, martial arts and gymnastics
An environment featuring gravitational force plus different surfaces such as snow and ice, weather conditions, different media such as water	Walking on slippery ground or in a high wind, wading through water.	Skating, swimming, orienteering
An environment with fixed objects	Window cleaning, climbing a tree.	Some aspects of gymnastics, mountaineering, parkour, slalom skiing
An environment with heavy but moveable or semi-fixed objects	Furniture moving, using a see-saw, working a swing.	Weightlifting, bowls
An environment with portable objects to be carried, received or propelled	Carrying a tea tray or a suitcase, catching a falling plate.	Fielding in cricket, throwing/catching in netball, shot in athletics
An environment with instruments that require dexterous use	Operating a machine, playing a musical instrument, driving a car, writing with a pen.	Darts
An environment including an implement as an extension of the arm	Conducting an orchestra, chopping wood.	Using a ribbon in rhythmic gymnastics
An environment including using an implement as an extension of the arm in relation to a static object	Swatting a fly, cutting bread.	Golf, snooker
An environment including using an implement in relation to a moving object	Netting a butterfly.	Hockey, tennis, batting in cricket, clay pigeon shooting
An environment including others, with gravitational force alone	Negotiating a busy thoroughfare.	Group dance
An ever-changing environment including others, using an implement and/or portable object		Netball, basketball, hockey, lacrosse, fencing
A highly unpredictable environment often including others	Leaving a crowded building in the event of a fire.	Sailing, caving

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