

VALUE OF A BROAD AND BALANCED EXPERIENCE OF ACTIVITIES

A broad and balanced experience of activities will ensure that all the attributes of physical literacy can be fostered. By involvement in activities from all the Movement Forms, participants will have the opportunity to:

- develop of a range of specific movement patterns and their constituent movement capacities, thereby enhancing *movement competence and confidence and self-esteem*;
- have experience of a range of environments in which to develop *effective interaction*;
- have experience of working alongside others in different ways to nurture *interpersonal understanding and empathy*;
- have experience of using initiative and imagination in interacting with unpredictable environments, thereby encouraging *self-confidence and independence*;
- have experience of using movement as an *expressive* medium;
- have firsthand experience of coming to appreciate *embodied health*.