



# Physical Literacy by Design





# Physical Literacy by Design

“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.”



# Physical Literacy By Design

“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.”

But where does it happen?



# Physical Literacy By Design

“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.”

**These can be developed in any setting..**



# Physical Literacy By Design

“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.”

**This can happen anywhere**



# Physical Literacy By Design

“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.**”

**This is every day in every place**



# Physical Literacy By Design

“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.”

**What if we incorporated physical literacy into the design aspects of our environment ?**



# Physical Literacy By Design

“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.”

**What if we incorporated physical literacy into the design aspects of our environment ?**

David Morley Architects



Why:

“

**physical inactivity is one of the biggest  
causes of premature death**

”

5% of all the deaths in the world



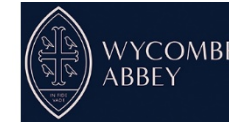
**World Health  
Organization**



Who:



David Morley Architects



urbansplash



ballymore.





# Selected Projects:



Olympic Venues



Higher Education & Institutes of Sport



Universities & Schools



Members Clubs



Parks

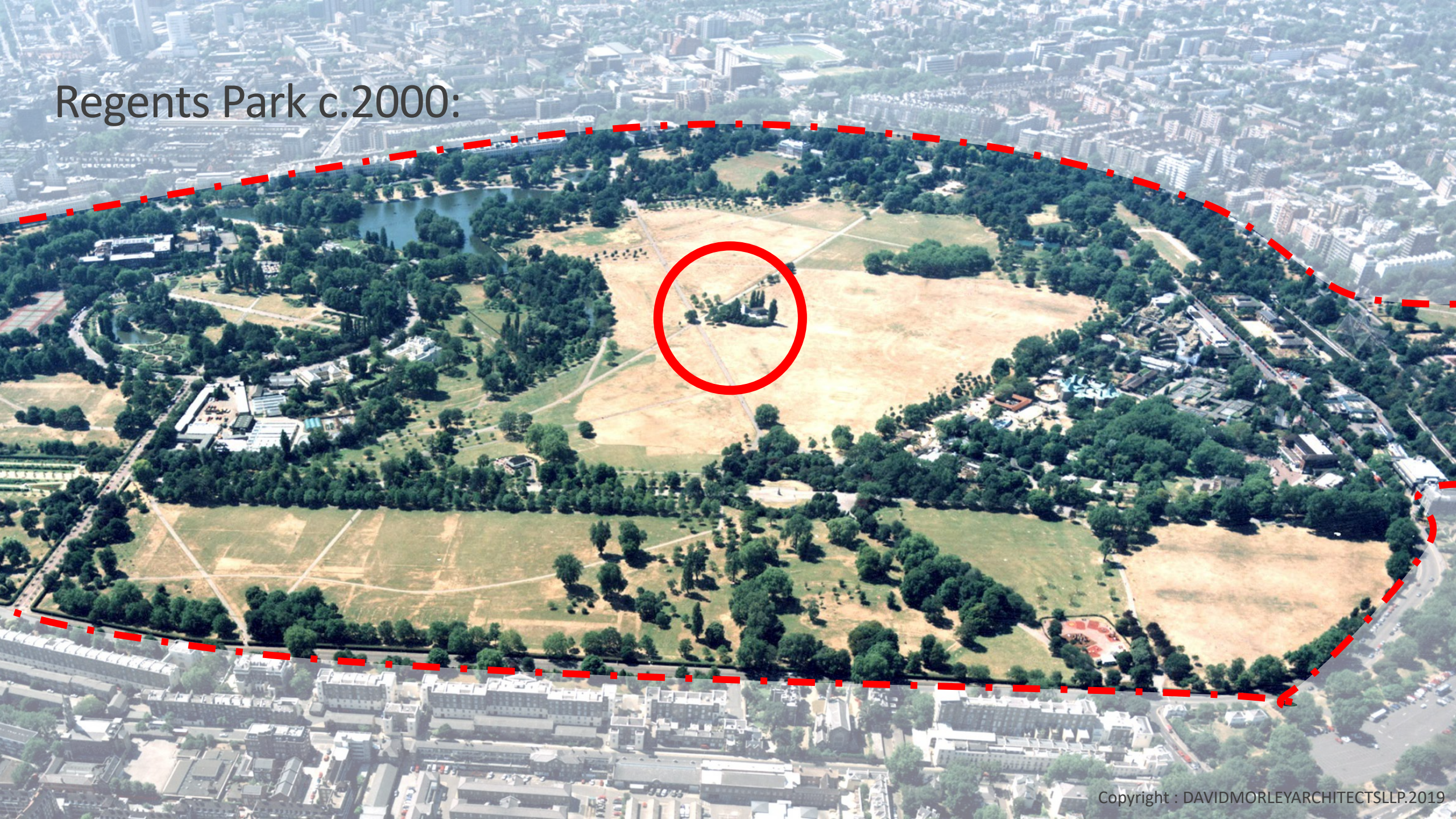


Copyright : DAVIDMORLEYARCHITECTSLLP.2019

School & Community Hubs



Regents Park c.2000:





# Bernard Barron Pavilion:













JOIN US FOR THE 2ND ANNUAL...

# APA SPORTS DAY

2PM, 23RD AUGUST, REGENTS PARK  
4-8 PEOPLE PER TEAM, £25 PER TEAM  
EMAIL [JOE@A-P-A.NET](mailto:JOE@A-P-A.NET) TO REGISTER




## Summer Term Training

Sunday 21st April - Sunday 14th July



## REGENTS PARK CRICKET CLUB 2017

**Academy Softball** school yrs 2-5  
4.30-5.30pm from 26th April until 12th July  
Weekly Wednesdays coached sessions and introduction to softball cricket - see website

**Cricket Training** school yrs 6-12  
5-7pm from 26th April until 12th July  
Weekly Wednesday coached training, nets plus competitive matches - see website



Your community cricket club at The Hub, Regents Park, London NW1 4RU  
Join or contact us at: [info@regentsparkcricketclub.com](mailto:info@regentsparkcricketclub.com)

## REGENT'S PARK 10K SERIES

FIRST SUNDAY OF THE MONTH

1st October 2017	7th January 2018
5th November 2017	4th February 2018
3rd December 2017	4th March 2018

Chip Timing | km Markers | Marshals  
Water Station | Changing Room | Toilets  
Baggage Area | Finisher Medals

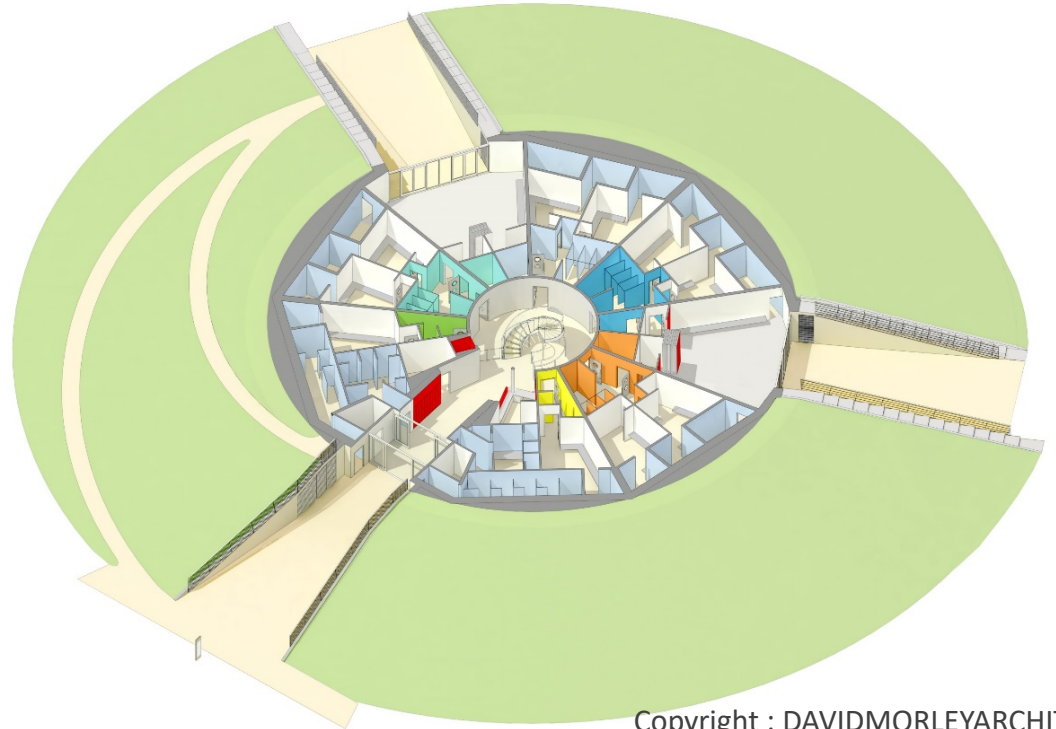
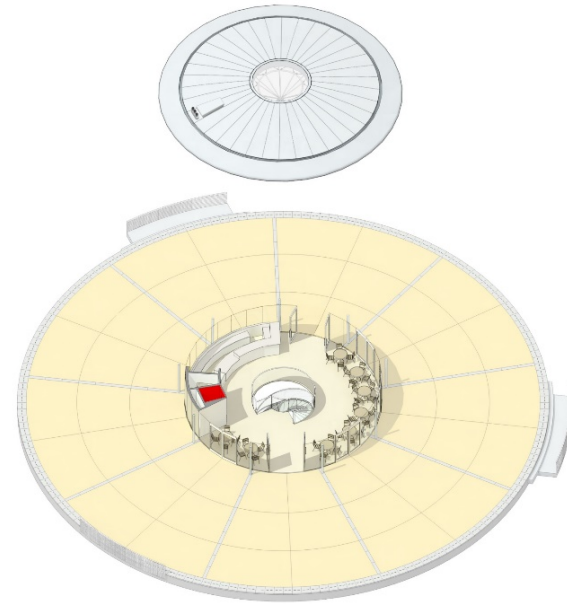
Race and age category winners' prizes  
Grand Prix Series prizes

[www.chaser.me.uk/regentspark10k](http://www.chaser.me.uk/regentspark10k)

Copyright : DAVIDMORLEYARCHITECTSLLP.2019



























‘it's more than a building, more than a venue. It's a magical place, especially after dark. Almost a state of mind’

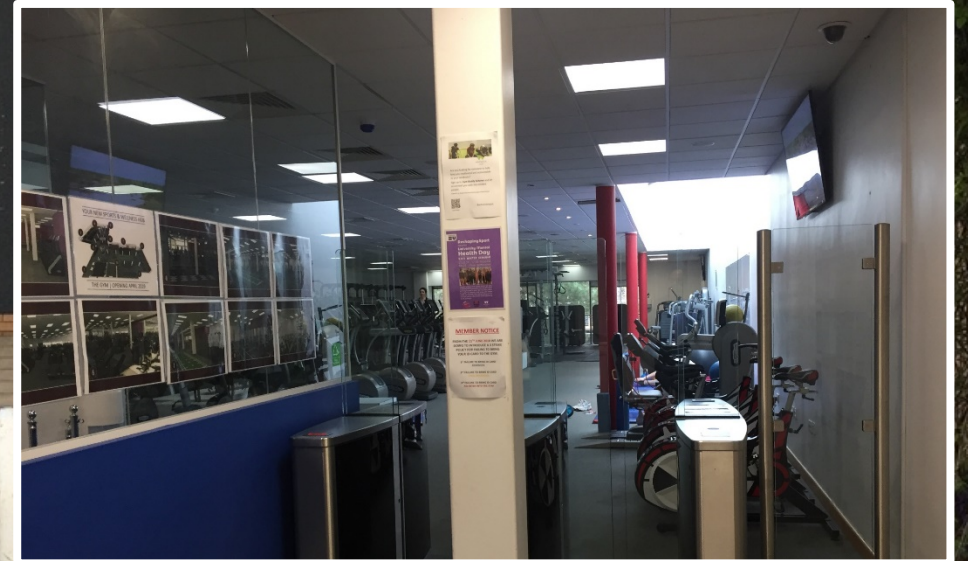
After almost 100 meetings, a note to say how much we still enjoy the Hub as a venue for the BSIA meetings in the evenings. For many of us

Copyright : DAVIDMORLEYARCHITECTSLLP.2019





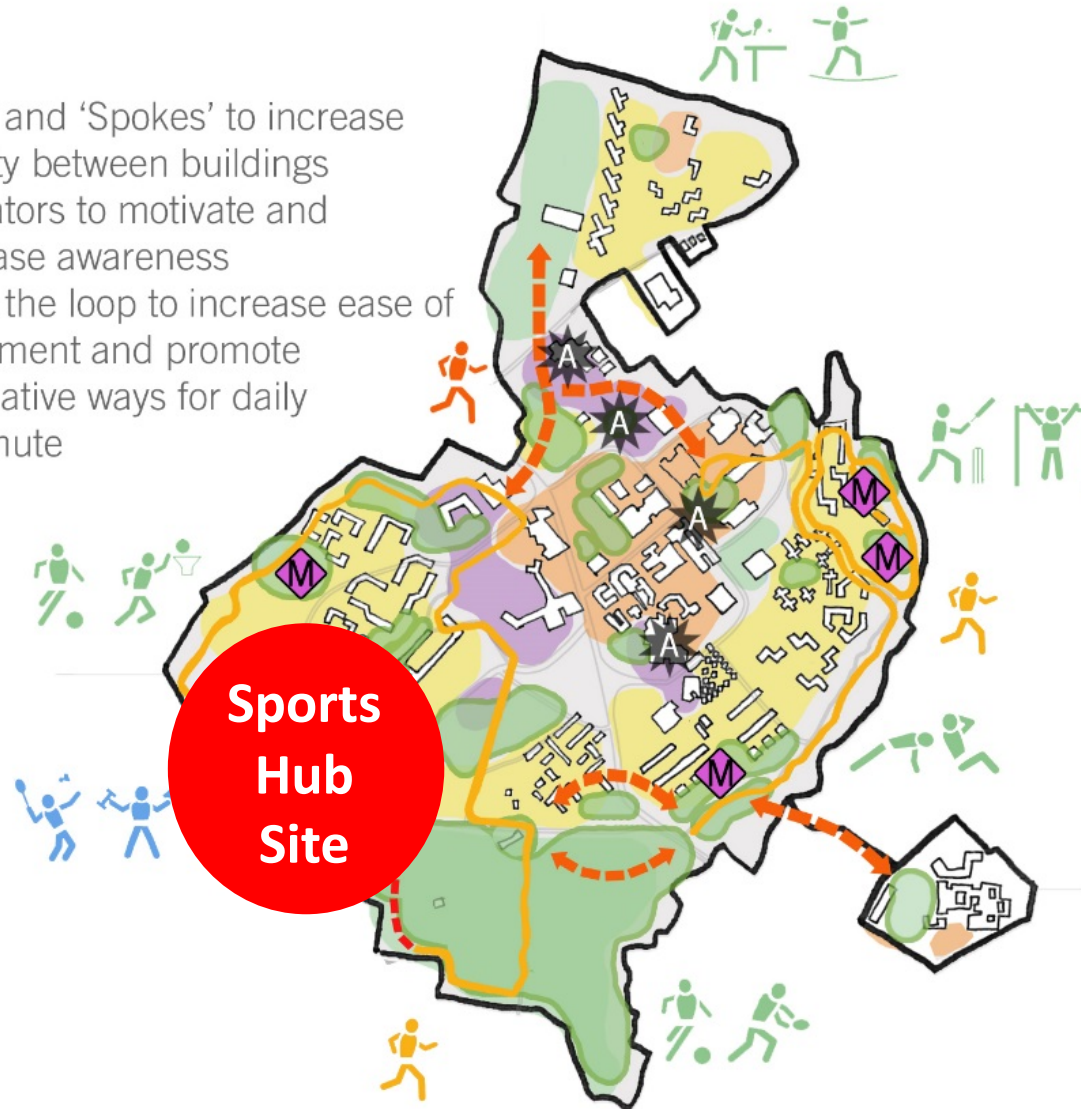






# Master planning:

- 'Hub' and 'Spokes' to increase activity between buildings
- Activators to motivate and increase awareness
- Close the loop to increase ease of movement and promote alternative ways for daily commute

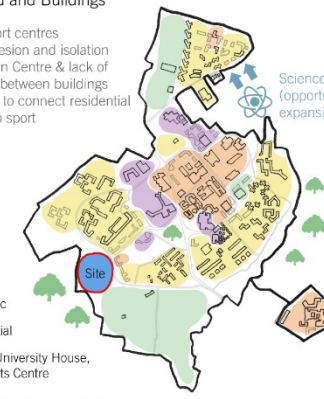


## Use of Land and Buildings\*

- Multiple sport centres
- Lack of cohesion and isolation
- Dense Urban Centre & lack of open areas between buildings
- Opportunity to connect residential perimeter to sport

- Sport
- Academic
- Residential
- Other - University House, Hotel, Arts Centre

\* building footprints based on 2007 Masterplan & subsequent built projects



## Footpaths & Roads

- Campus bisected by main vehicle artery (Gibbet Hill Road)
- Weak route hierarchy and structure
- New central route (library road axis)
- Unsafe for cyclists and pedestrians
- Lack of car parking along rural perimeter

- 1 2 3
- Vehicle Artery
- Circuit
- Main Axis
- Sustrans Route
- Footpath
- Local Routes



## Opportunities (a) Closing the Gaps

- Should running routes cross roads?

- Existing Running Route
- Link
- Diverted Route



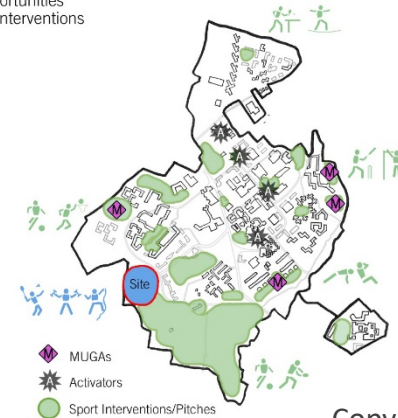
## Running Tracks

- Use some footpaths & roads
- Gap in provision
- Quality of provision
- Isolation of certain areas
- Running routes: weather dependant lit? safe? signed? linked to what? cycle?

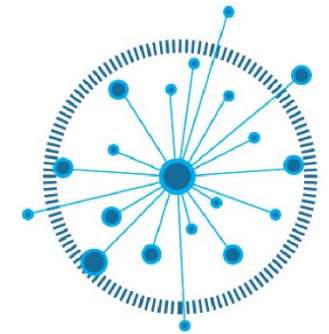
- ISOLATED
- LOCALISED
- SPORT
- Running Routes
- Table Tennis



## Opportunities (b) Interventions



- MUGAs
- Activators
- Sport Interventions/Pitches







**Sports  
Hub  
Site**

Learning

Park

Woods

Arts

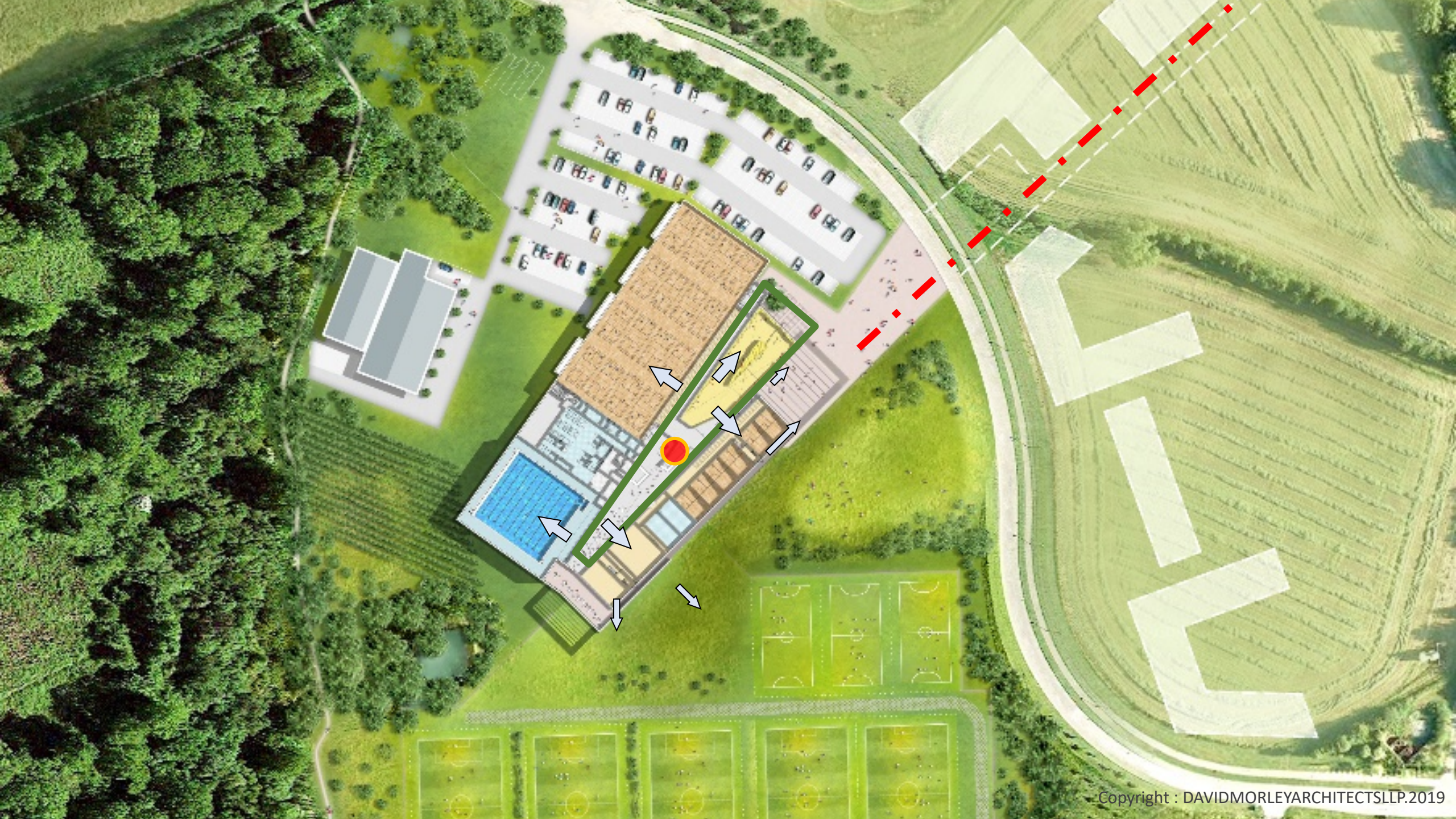
Living

Living

Pitches

Sustrans





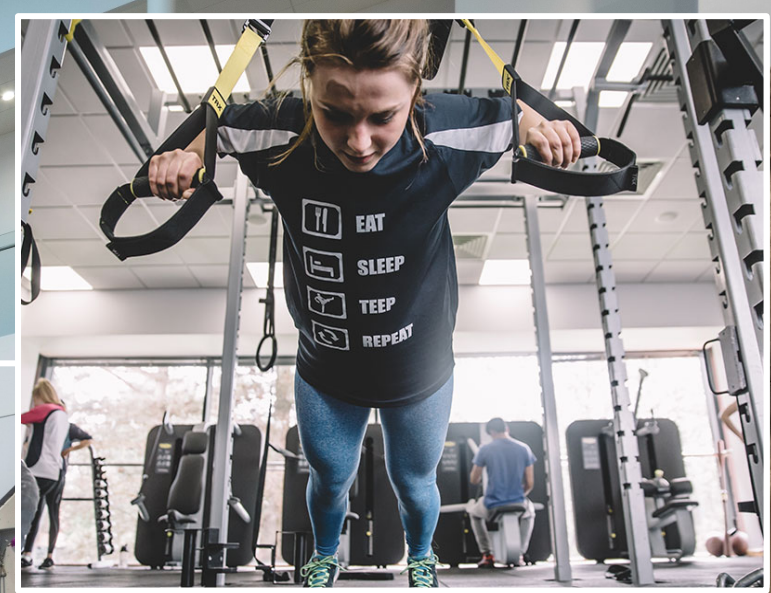


Awareness:





Welcoming:









“

Create an attractive, active campus environment with more high quality accommodation around an active, walkable landscape.

”

**brief**



# Developing an Active Campus

Current Informal Exercise Locations - Where/What?



“We want to have fun.”

Discreet  
route for  
RUNNING  
---

Common route  
---

HEAVY GRASS  
SPACE NEARBY  
USED =  
BUFFER TO  
ROAD &  
NOT USED

NO BALLS  
ZONE +  
DON'T RUN  
IN GRASS -  
OVERLOOKED

PAVED SPACE  
NO ONE USE  
- COULD BE  
STEERING  
IF FOR  
COURTESY USE ONLY  
PAVED SPACE AS

③  
Large open space

PAVED OPEN  
SPACE  
LINE MARKING

Paddock  
- COULD BE  
- GRASS  
- GRASS  
- GRASS

EXTERIOR  
SPACE  
SPACE &  
SPACE  
RUNNING  
- GRASS

Society space  
- See students  
- 3 Societies

Use of gate  
by field athletes  
- Also walk  
- COULD  
- COULD

Use for  
intensity  
Standard  
running X



Physical barriers become mental barriers

**See it. Do it.**

Challenge is a source of enjoyment

**Freedom to create own games. Fun!**

Measurable landscapes for all abilities

Animate congregation points

**Make it attractive.**

Activators are also needed

Territory is important

Create identifiable areas / activities

**Nudges are important.**

Activity and landscape reduce stress

**Green spaces and wildlife are important for relaxation...sit, watch, observe**

Must be comfortable passing through territories

Meeting places with good WIFI distinct from halls

**Need to switch off too.  
Doing addiction.**

Separate pedestrians and cyclists from vehicles





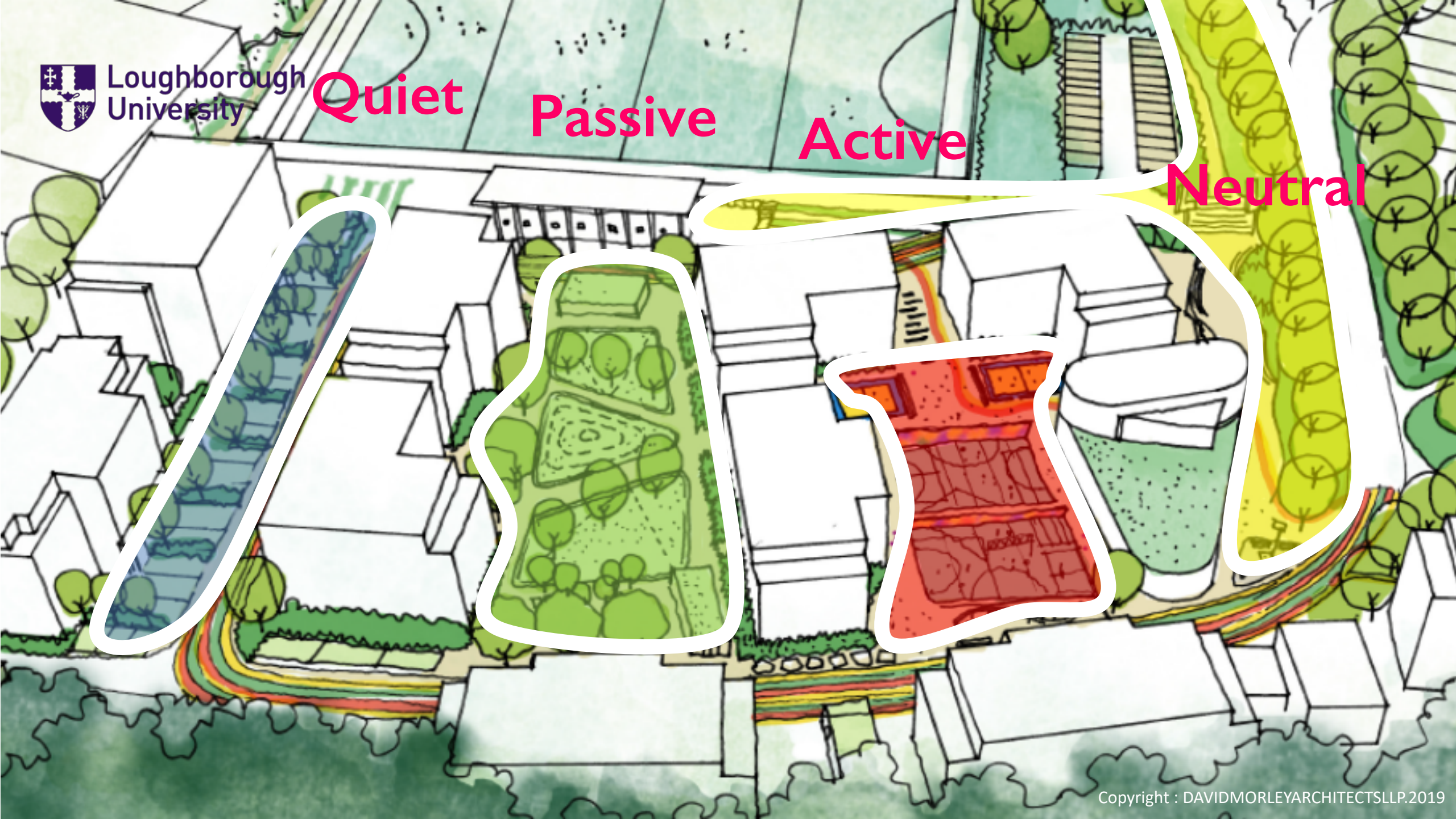
Loughborough  
University

Quiet

Passive

Active

Neutral







LAUNDRY



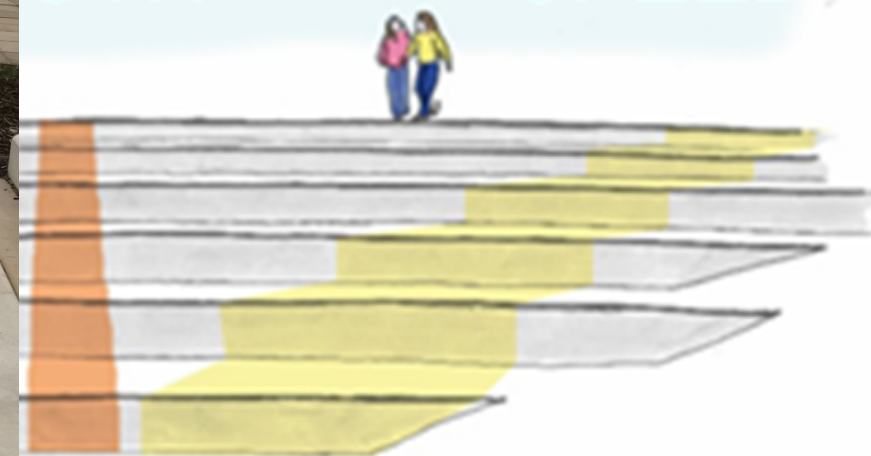






GTH

SPEED





# Physical Literacy By Design

“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.”

**What would happen if we incorporated physical literacy into the design aspects of our environment ?**



## Listen:

- Understand your clients **Why?**
- Establish the **Need, Wants and Dreams**

## Design to:

- Raise **Awareness**
- Be **Accessible** for all
- **Welcoming**
- Include a **Diverse** offering
- Be **Appropriate** and **Adaptable**





**We will kick ourselves if, in 10 years' time, we look back having missed the opportunity to 'design out' the obesogenic environment and 'design in' health and wellbeing**



Simon Stevens – Head of NHS  
England



**England**













“ Making it happen ”