



IPLA AIMS

The International Physical Literacy Association is a registered charity that aims to:

- 1 Promote the value and preserve the integrity of physical literacy worldwide.
- 2 Encourage and support organisations to advance the concept of physical literacy so as to inspire and empower individuals to choose physical activity for life.
- 3 Provide a forum for exchange of views relating to physical literacy
- 4 Encourage, support and disseminate research and scholarly activity in all aspects of physical literacy
- 5 Co-ordinate a global community committed to physical literacy.



Physical Literacy



IPLA Mission

Enable everyone everywhere to understand and embrace physical activity as an integral part of life by nurturing committed participants in a culture that values and promotes physical literacy.

Choosing physical activity for life





“Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life” (IPLA, 2016)



Physical Literacy

Attributes -

An individual who:

- Wants to take part in physical activity
- Has confidence when taking part in different physical activities
- Moves efficiently and effectively in different physical activities
- Has an awareness of movement needs and possibilities in different physical activities
- Can work independently and with others in different physical activities
- Knows how to improve performance in different physical activities
- Knows how physical activity can improve well-being
- Has the self confidence to plan and effect a physically active lifestyle



Key Principles

Physical literacy includes everyone – no matter how young or old, how capable or what you want to achieve.

Physical literacy looks at everyone as a whole person which includes your emotional, physical and mental engagement in physical activity - how you behave, think and take part.

Physical literacy is a personal lifelong journey. Each individual is on their own unique physical literacy journey.

Making progress in physical literacy is unique to each individual. There is no need to compare yourself against others as your progress as a holistic person is what is important.

Physical literacy is an area of human potential that has value in its own right.



Choosing physical activity for life and treating every participant as an individual

www.physical-literacy.org.uk