

# **Rationalizing teacher roles in developing and assessing physical literacy in children**

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## Rationalizing teacher roles in developing and assessing physical literacy in children

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**Abstract** Physical literacy serves as the foundation for several skills or attributes needed for lifelong physical activity participation. Based on its connection to physical activity, physical literacy has been associated with a wide variety of positive health outcomes. While research suggests that teachers play a crucial role in fostering children's physical literacy, however, few psychometrically sound measures have been designed for teachers to assess physical literacy in children. A teacher proxy-report instrument that assesses the four physical literacy domains (i.e., physical, psychological, social, and cognitive), along with the comprehensive set of 30 elements proposed by the Australian Physical Literacy Framework, could provide a useful metric for teachers to assess children's physical literacy levels. Accordingly, this article provides a rationale for developing such a tool for physical literacy assessment, focusing on children aged 5–12 years, using Sport Australia's definition and framework for physical literacy.

**Keywords** Physical literacy · Physical activity · Assessment · Teacher proxy-report



## Rationale

### Ambiguities of physical literacy. What is it really?

#### The 'Jingle-Jangle' Fallacy

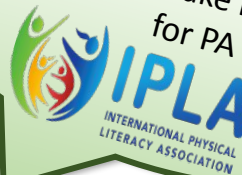
The ability to move with competence and confidence in a wide variety of physical activities in multiple environments



Physical skills + Confidence +  
Motivation + Lots of opportunities =  
Physical literacy

*sportswales  
chwaraeon cymru*

The motivation, confidence,  
physical competence,  
knowledge and understanding  
to value and take responsibility  
for PA



**NO** international  
consensus on  
physical literacy's  
definition,  
conceptualization  
and  
operationalization

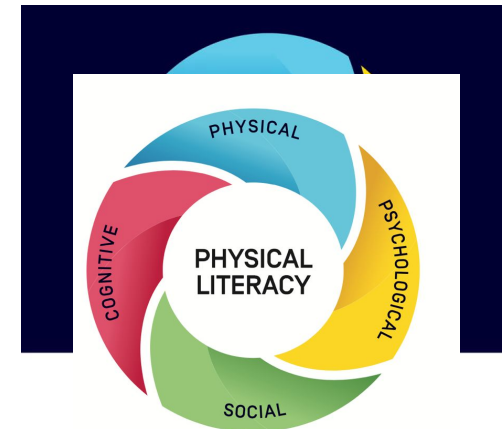


# Rationale

## Sport Australia's approach

### Australian Definition

- *Core* - Physical literacy is lifelong holistic learning acquired and applied in movement and physical activity contexts
- *Composition* - Physical literacy reflects ongoing changes integrating physical, psychological, cognitive and social capabilities
- *Importance* - Physical literacy is vital in helping us lead healthy and fulfilling lives through movement and physical activity
- *Aspiration* - A physically literate person is able to draw on their integrated physical, psychological, social and cognitive capabilities to support health promoting and fulfilling movement and physical activity



## The Australian Physical Literacy Framework (APLF)

### ELEMENTS





## Rationale

### Teachers' role and understanding of physical literacy



**Teachers are important and qualified professionals that can support children's physical literacy development**

**Few studies conducted worldwide to explore teachers' understanding of physical literacy**

**Physical literacy, fundamental movement skills, physical education used by teachers interchangeably**

**Can assessment help with this?**





## Rationale

### Perspectives on physical literacy assessment

**PRAGMATIST**



**IDEALIST**

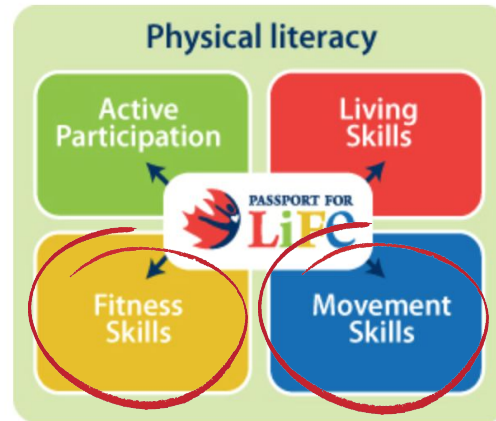


# Rationale

## Existing teachers' assessments for physical literacy



- Designed for children ages 7 and above
- Assesses 18 and 5 fundamental skills/tasks respectively



- Grades K to 12
- Fitness skills
- Movement skills

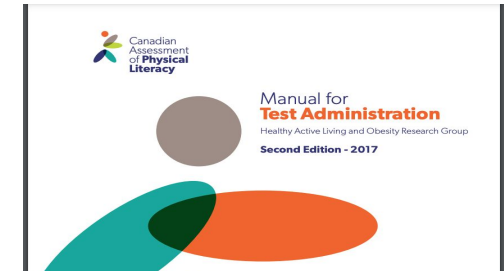
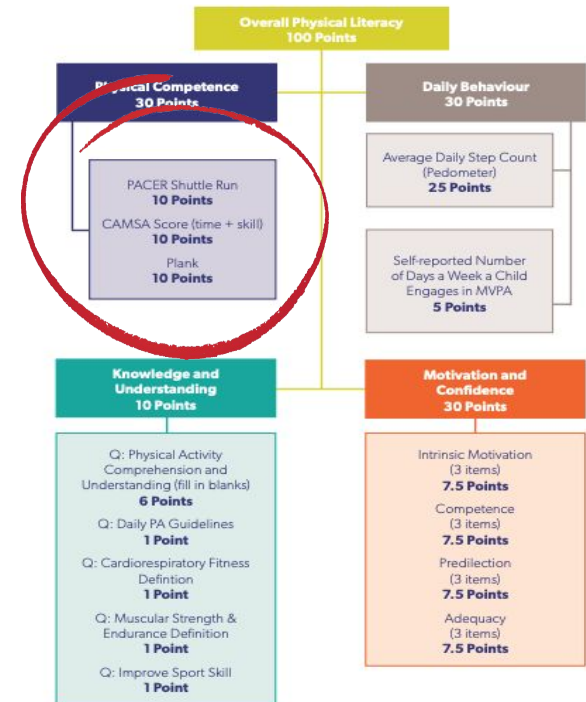


Figure 2: Comprehensive Scoring System



- Designed for children ages 8 to 12



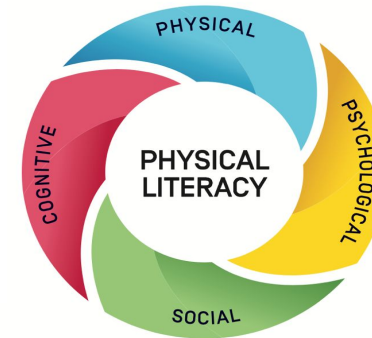




# Rationale

## Need for broader assessment?

*Tools Matched against the Australian Physical Literacy Framework*







## Progress

### WHAT NEXT??

Need for tools to assess the teacher Australian physical literacy framework and its constituting elements via teacher proxy-reporting

- A systematic review of tools designed for teacher proxy-report of children's physical literacy or constituting elements.
- 'Physical literacy has been a bit of a buzzword': Physical Education teachers' perspectives, an explanatory sequential mixed-methods study.



**The Physical Literacy  
Questionnaire for Teachers  
(PLQ-T)**



*Thank you for listening.  
Questions/discussion?*

