



A key competence for lifelong learning!



OUTPUTS

In order to advocate for the addition of Physical Literacy as a key competence:

- **Literature reviews of different international:**
 - approaches to the definition and components of Physical Literacy,
 - policies on skills for lifelong learning and on Physical Literacy.
- **Development of:**
 - Physical Literacy self-assessment questionnaire,
 - Physical Literacy curriculum questionnaire,
 - Physical Literacy questionnaire for coaches and teachers.
- **Advocacy materials to promote Physical Literacy.**

Physical Literacy is lifelong learning acquired and applied in movement and physical activity contexts. It reflects ongoing changes integrating physical, psychological, cognitive and social capabilities. It is vital in helping us lead healthy and fulfilling lives through movement and physical activity.

(Australian Sports Commission, 2017)



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WHY?

The project will play a crucial role in supporting European Union policy around the societal role of sport and physical education, promoting health enhancing physical activity (HEPA) and building human capital. Not being able to read and write (and move) does not only ruin lives, it brings about enormous costs for society.

ECONOMIC IMPACT

The costs of **illiteracy** amount to more than **€ 500 billion** each year. The cost of **inactivity** amounts to **€ 80 billion** a year for **210 million** inactive Europeans.



The Council of Europe Recommendation defines **eight key competences** that are crucial to better prepare people for today's societies. Competences are a combination of knowledge, skills and attitudes.

The **concept of Physical Literacy** has stimulated increased research attention in recent years, being deployed in physical education, sport participation, and the promotion of physical activity.

Research groups currently operationalize the construct differently. Including Physical Literacy as a key competence in school is one of the optimum places for the promotion of active life.

Physical Literacy has been referred to, as developing literacy within a physical setting, synonymous to reading and writing, and specific to the culture in which individuals live¹.

A physically literate person is able to draw upon their integrated physical, psychological, social and cognitive capabilities, to support an active lifestyle throughout the lifespan².

1 Delaney B, Donnelly P, News J, et al. Improving physical literacy. Belfast: Sport Northern Ireland; 2008.
2 The Draft Australian Physical Literacy Standard: Explaining the Standard ausport.gov.au/physical_literacy
3 Source of the infographic: PASS Project - Physical Activity Serving Society

WHO?

We are participants from the education and sport sectors from different European countries:



WHAT?

DEFINITION OF CURRENT key competences for lifelong learning.

A combination of knowledge, skills and attitudes which all individuals need for personal fulfilment and development, employability, social inclusion, sustainable lifestyle, successful life in peaceful societies, health-conscious life management and active citizenship. (Council of Europe, 2018, p. 14.)

Key competences

- Literacy competence
- Multilingual competence
- Mathematical competence and competence in science, technology and engineering
- Digital competences
- Personal, social and learning to learn competence
- Citizenship competence
- Entrepreneurship competence
- Cultural awareness and expression competence
- **Physical Literacy!**