



University  
of Manitoba

# Human Flourishing through Physical Literacy

CIRQUE DU SOLEIL<sup>™</sup>  
ENTERTAINMENT GROUP



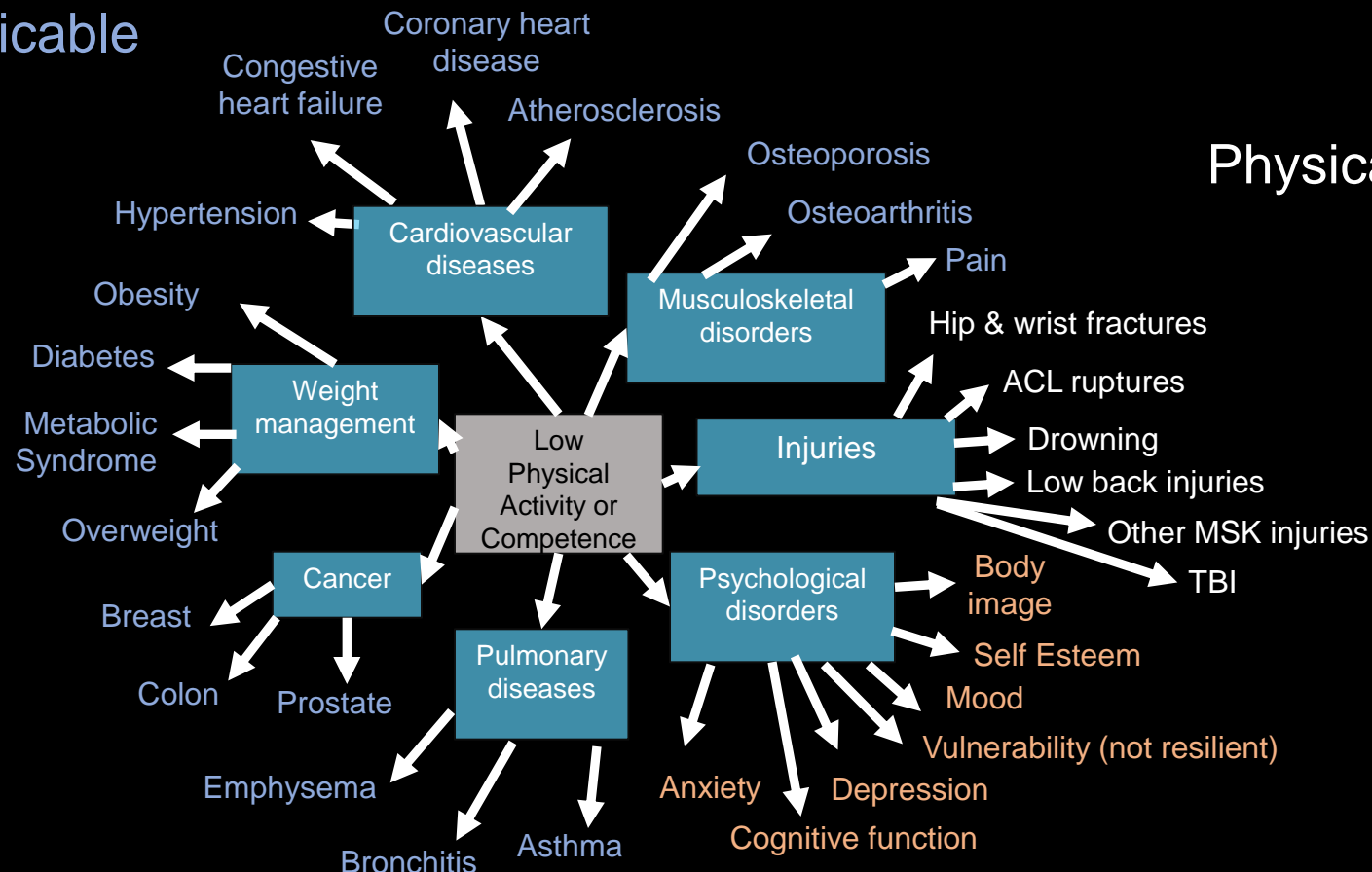
# THE Physical Literacy (R)evolution

**CRITAC**  
Le Centre de recherche,  
d'innovation et de  
transfert en arts du cirque

 **École  
nationale  
de cirque**  
M O N T R É A L

# Non-Communicable Disease

# Physical Injury



# Psychological Condition

## GUIDELINES

For optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

A healthy 24 hours includes:



### SWEAT

#### MODERATE TO VIGOROUS PHYSICAL ACTIVITY

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week;

### STEP

#### LIGHT PHYSICAL ACTIVITY

Several hours of a variety of structured and unstructured light physical activities;

### SLEEP

#### SLEEP

Uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years, with consistent bed and wake-up times;

### SIT

#### SEDENTARY BEHAVIOUR

No more than 2 hours per day of recreational screen time; Limited sitting for extended periods.





THE ASPEN INSTITUTE

# **PROJECT PLAY**


**Physical literacy is the ability,  
confidence, and desire to be  
physically active for life.**

2015

***“No matter how many sidewalks we build, no matter how many parks we construct, no matter how much we urge people to get involved with physical activity, they simply won’t do it unless they have the ability, confidence, and desire to be physically active. That’s where physical literacy comes in.”***

American Surgeon General, Vivek Murthy  
(June 27, 2015)

# Canada's Physical Literacy Consensus Statement



*Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.*

International Physical Literacy Association, May, 2014

2015

## **Définition de la littératie physique**

*La littératie physique se définit par la motivation, la confiance, la compétence physique, le savoir et la compréhension qu'une personne possède et qui lui permettent de valoriser et de prendre en charge son engagement envers l'activité physique pour toute sa vie.*

Traduit de l'International Physical Literacy Association, Mai 2014

2016

**Physical literacy**  
**is our relationship**  
**with movement**  
**and physical activity**  
**throughout life.**

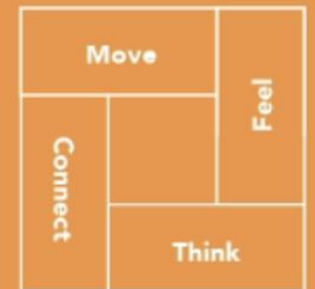
**A personal relationship**

Having a positive and meaningful association with movement and physical activity.



**Movement and physical activity**

How we move (physical), connect (social), think (cognitive) and feel (affective) during movement and physical activity plays a crucial role.



**Throughout life**

Influenced across the lifecourse by individual, social and environmental factors.



GLOBAL ACTION PLAN ON PHYSICAL ACTIVITY 2018-2030

# MORE ACTIVE PEOPLE FOR A HEALTHIER WORLD



A **Common Vision** for Increasing Physical Activity and Reducing Sedentary Living in Canada

LET'S

GET

MOVING

May 31, 2018



## PHYSICAL LITERACY IN THE UNITED STATES

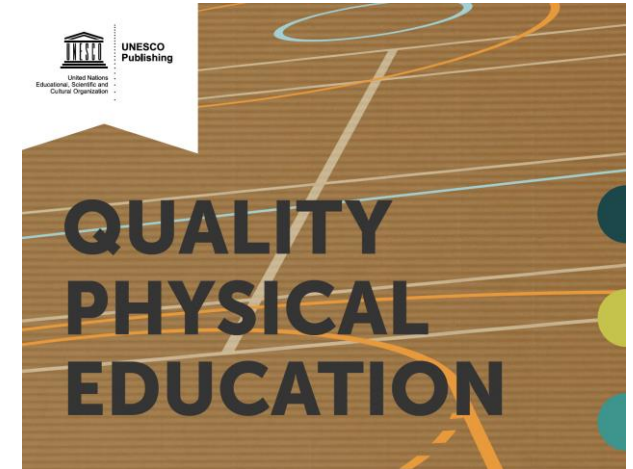
A MODEL, STRATEGIC PLAN, AND CALL TO ACTION



THE AMERICAN INSTITUTE FOR  
PROJECT PLAY



# QUALITY PHYSICAL EDUCATION





## Physical activity for health

More active people for a healthier world:  
draft global action plan on physical activity 2018–2030

### OBJECTIVE 1 - CREATING AN ACTIVE SOCIETY

**STRATEGIC ACTION 1.1.** Implement best practice communication strategies to increase public understanding of, and appreciation for, the multiple health and community well-being.

#### PROPOSED ACTIONS FOR: MEMBER STATES

1. Develop a national communication strategy for physical activity as part of, or aligned with, a national action plan on physical activity to raise awareness and knowledge of the health benefits of physical activity, promote behaviour change and increase health and physical literacy



A **Common Vision** for Increasing  
Physical Activity and Reducing  
Sedentary Living in Canada

LET'S

GET

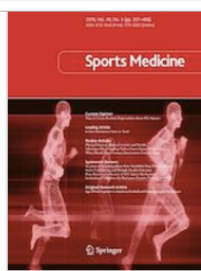
MOVING

May 31, 2018

## The Foundation: Physical Activity for All

The *Common Vision* is guided by five interdependent principles that are foundational to increasing physical activity and reducing sedentary living. They include **Physical Literacy**, **Life Course**, **Population Approach**, **Evidence-based and Emergent-focused** and **Motivations**.





# Physical Literacy, Physical Activity and Health: Toward an Evidence-Informed Conceptual Model

Authors

[Authors and affiliations](#)

John Cairney , Dean Dudley, Matthew Kwan, Rheanna Bulten, Dean Kriellaars

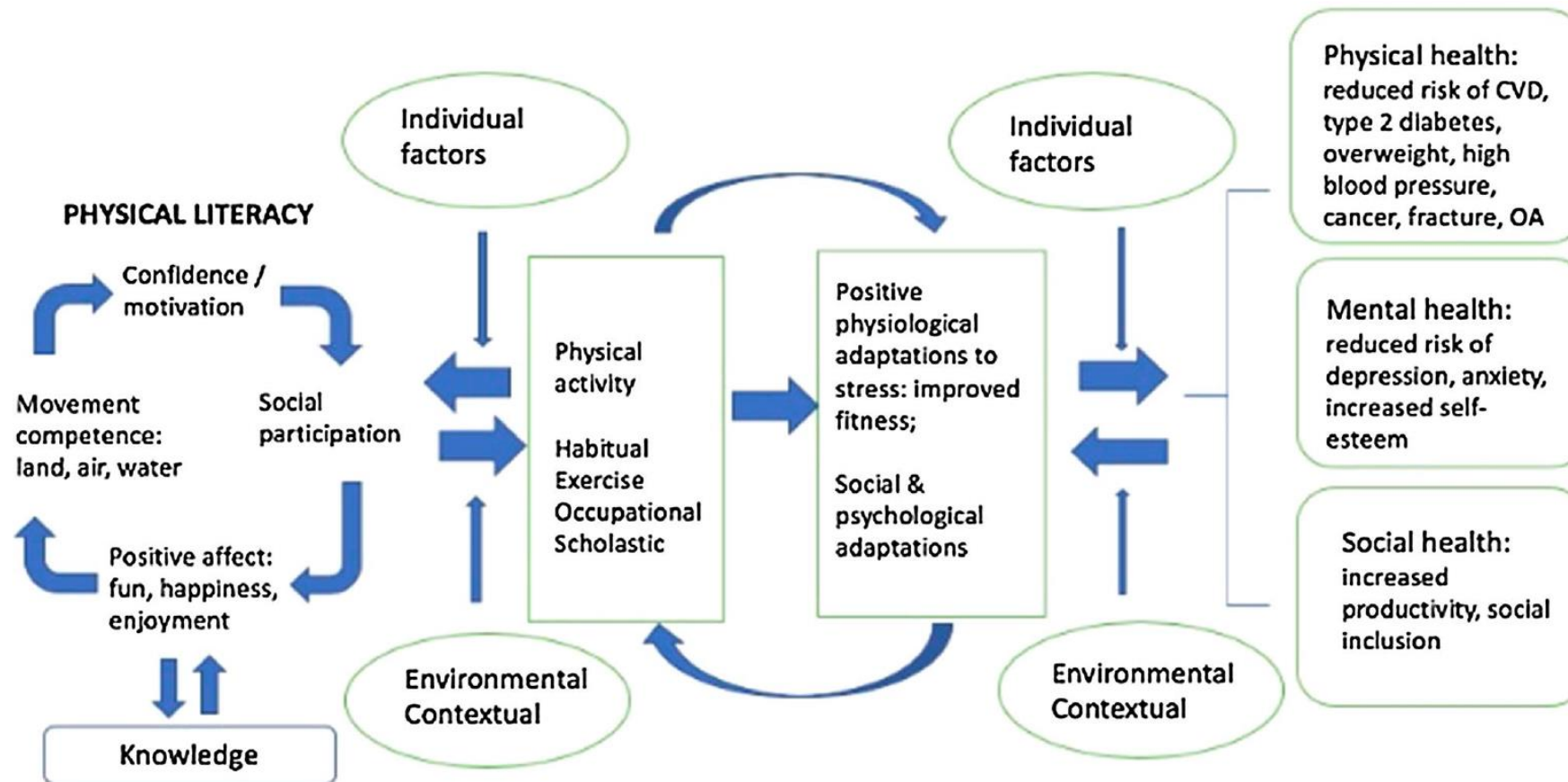
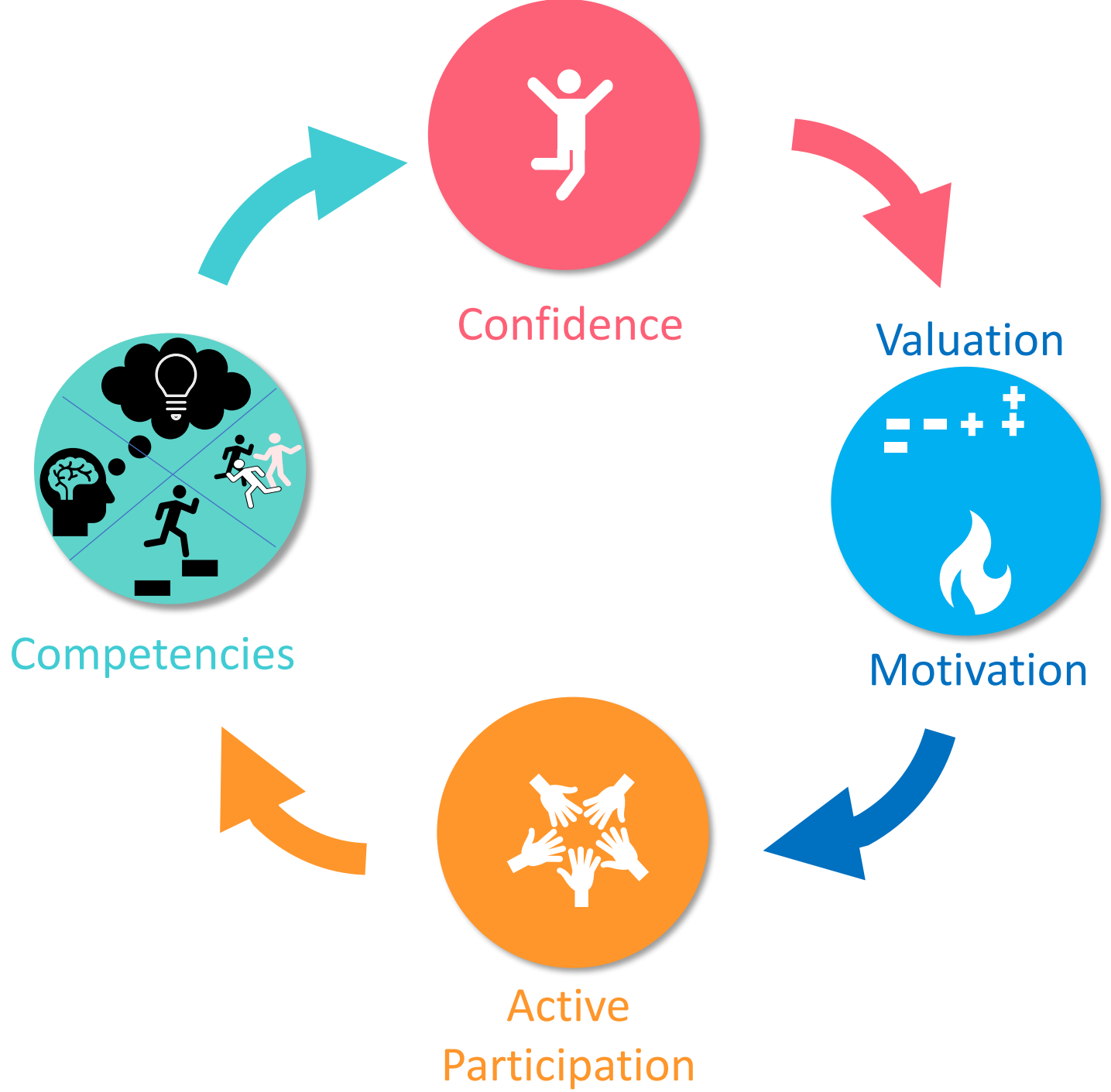
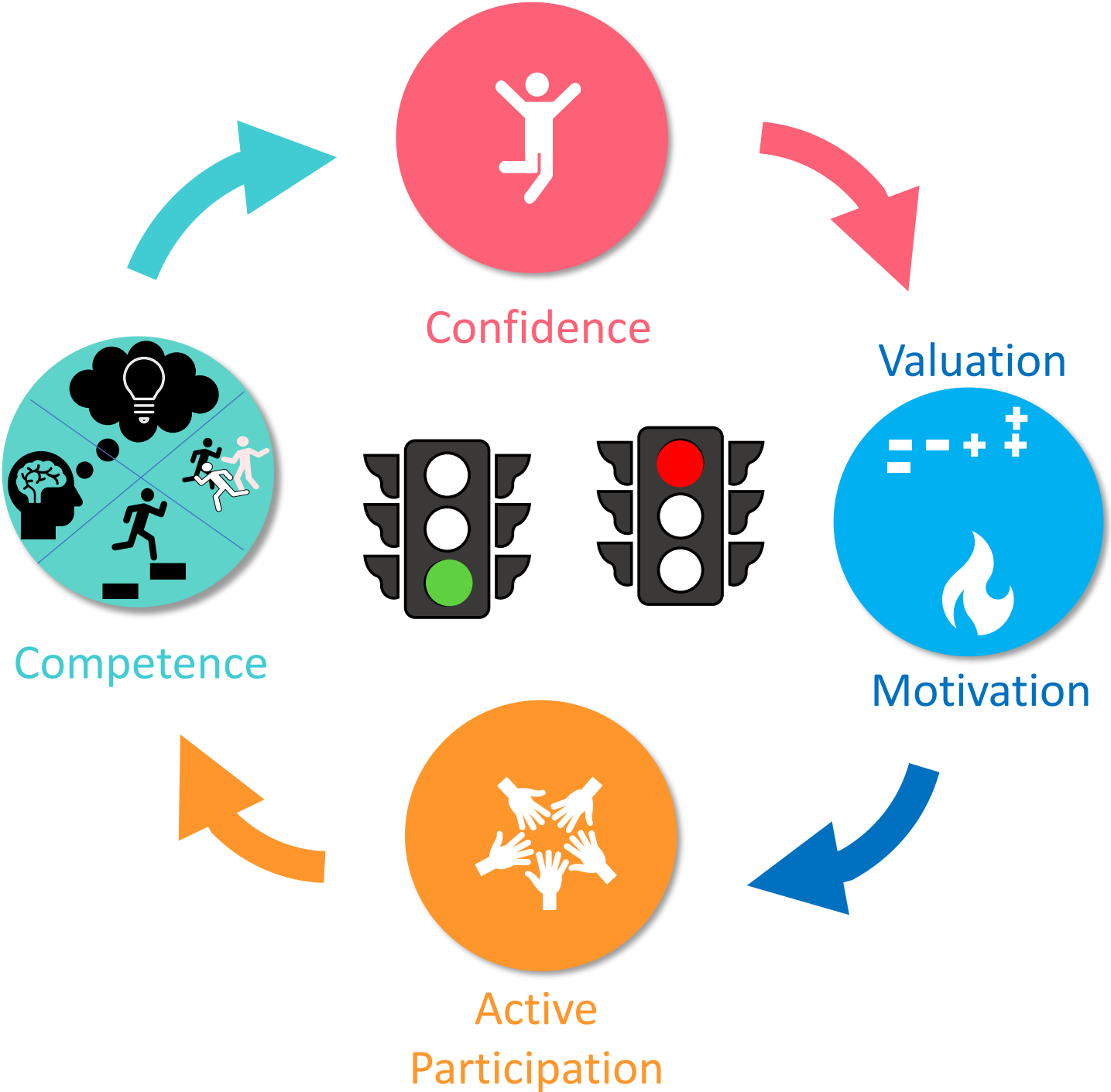
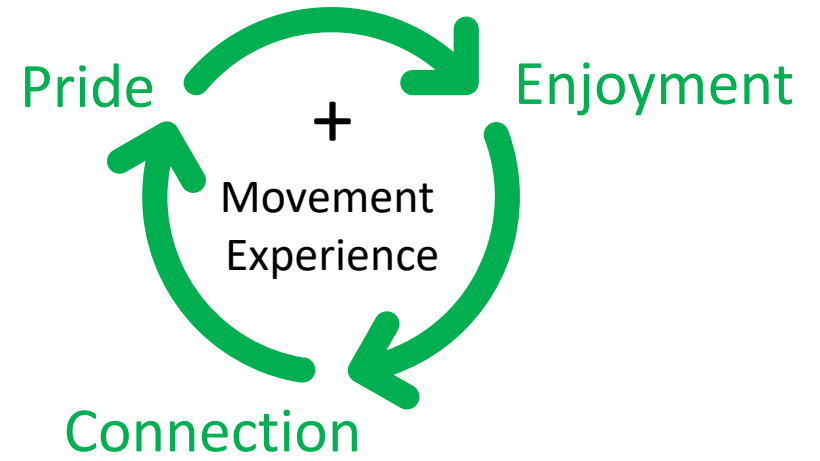


Fig. 1 Conceptual model linking physical literacy, physical activity and health. CVD cardiovascular disease, OA osteoarthritis

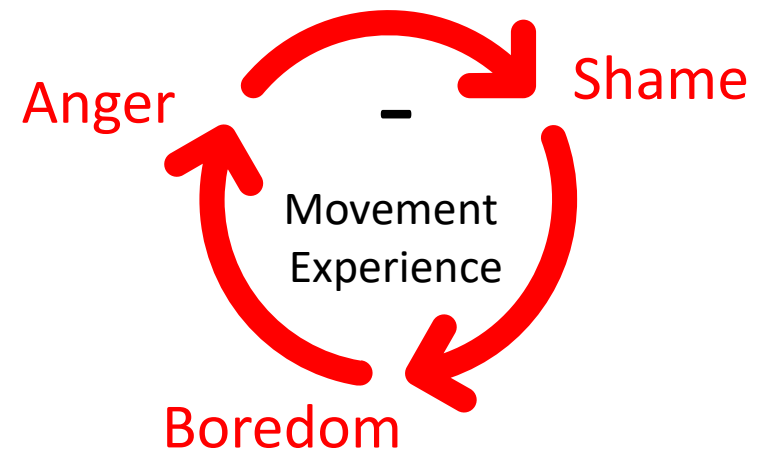




Activating the engine



De-activating the engine



Psychological

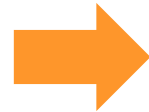
Physical

Construction of Positive Challenges



Movement Contexts

RECREATION, SPORT, VOCATION, PLAY, PERFORMING ARTS, ACTIVITIES OF DAILY LIVING AND EVEN VICARIOUS EXPERIENCES



Positive Movement Experience



Activated Physical Literacy Engine

Social

Creative

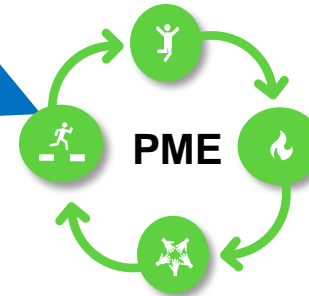
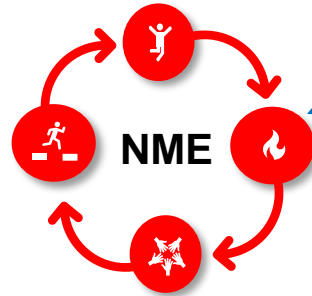


RECREATION, SPORT, VOCATION, PLAY,  
PERFORMING ARTS, ACTIVITIES OF DAILY LIVING  
AND EVEN VICARIOUS EXPERIENCES



Houser, N.E., Kriellaars, D. (2022) Girls just want to have fun! The competence-confidence-happiness cascade. North American Society for Pediatric Exercise Medicine (NASPEM). Saskatoon, SK. August, 2022. DOI:10.1123/pes.20220-0105

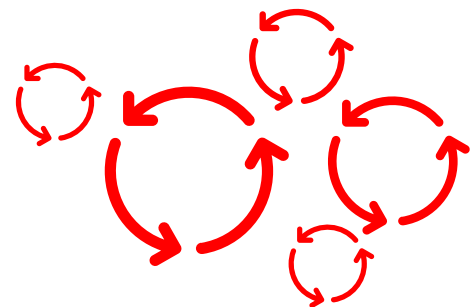
NEGATIVE MOVEMENT EXPERIENCE



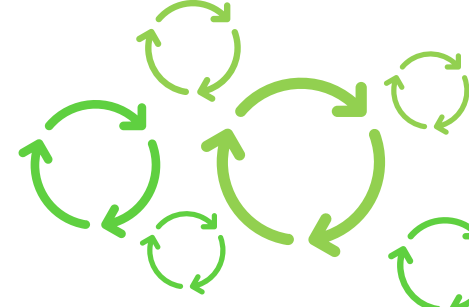
POSITIVE MOVEMENT EXPERIENCE



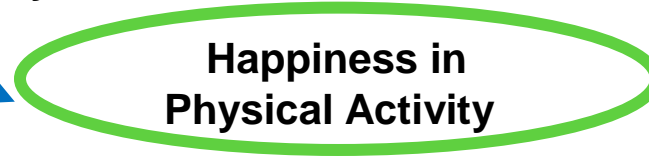
ACCUMULATION



- net yield

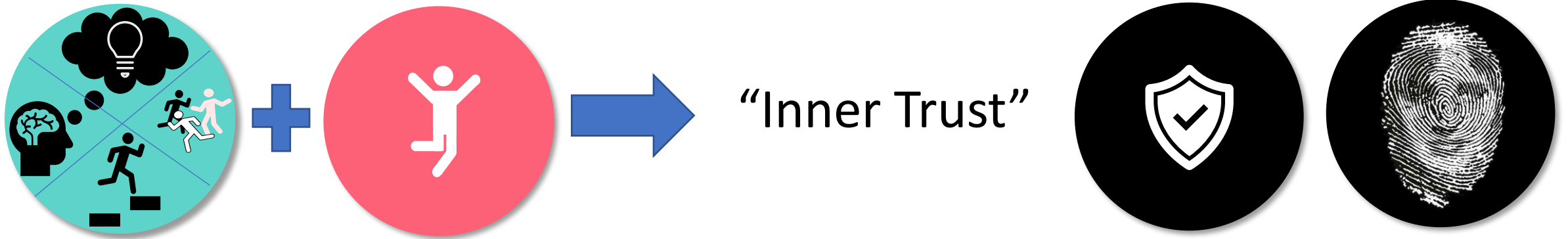


+ net yield



# “Inner Trust”

Developing competence & confidence simultaneously creates a “belief in one’s own ability”, instilling pride, and development of one’s movement identity.

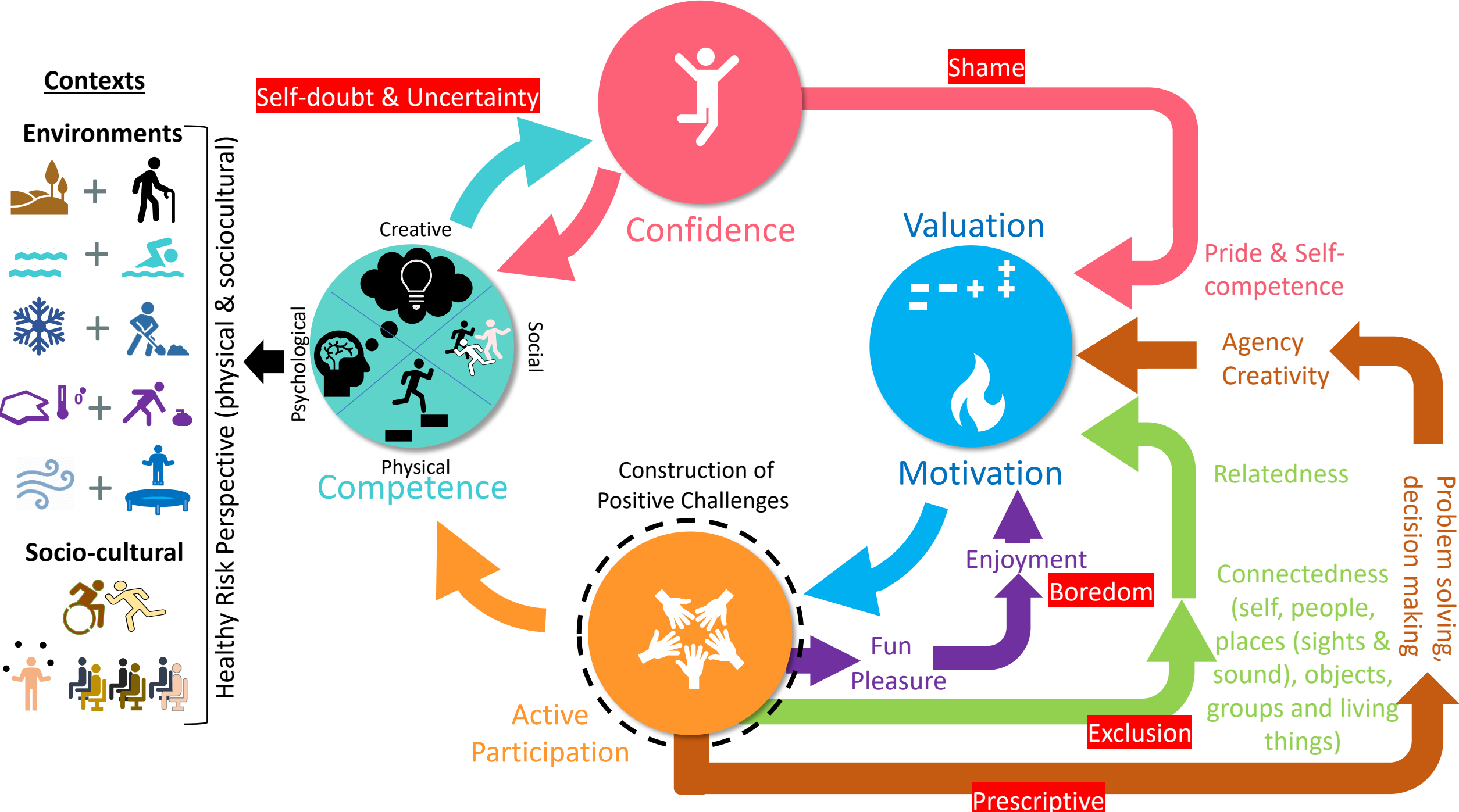




# “Belonging thru movement”

Developing of all forms of connections during active participation fosters relatedness (a basic human need). Communities must allow for all individual's **movement voice(s) to be found, developed, expressed and accepted.**







Planning for a positive user experience in programs and places.

## Investigating the relationship between emotions and physical literacy in a quality physical education context

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Physical Education and Sport Pedagogy



ISSN: (Print) (Online) Journal homepage: <https://www.tandfonline.com/loi/cpes20>

### PLitPE: an intervention for physical literacy enriched pedagogy in Canadian elementary school physical education classes

Alexandra L. Stoddart, M. Louise Humbert, Serene Kerpan, Nicole Cameron & Dean Kriellaars

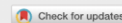
Research Article

## Everyone is welcome under the big top: a multiple case study on circus arts instruction in physical education

Marco A. C Bortoleto , J. J. Ross, Natalie Houser & Dean Kriellaars

Received 30 Jun 2022, Accepted 10 Nov 2022, Published online: 07 Dec 2022

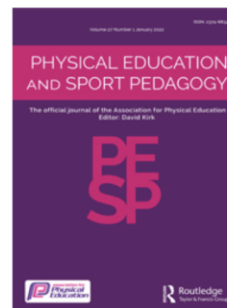
 Cite this article  <https://doi.org/10.1080/17408989.2022.2153820>



## BRIEF COMMUNICATION

### When the world stops: The impact of COVID-19 on physical activity and physical literacy

Natalie E. Houser, M. Louise Humbert, Dean Kriellaars, and Marta C. Erlandson



## Physical Education and Sport Pedagogy

### Use of Parkour in Primary School Physical Education to Develop Motor Creativity, Divergent Thinking, Movement Competence, and Perceived Motor Competence

ISSN: (Print) (Online) Journal homepage: <https://www.tandfonline.com/loi/cpes20>

#### PERSPECTIVE article

Front. Public Health, 19 November 2019

Sec. Children and Health

Volume 7 - 2019 |

<https://doi.org/10.3389/fpubh.2019.00346>

This article is part of the Research Topic

Pre- or Post- School Influences on Learning Adaptations, Risks and Disabilities in Children and Adolescents: Overlapping Challenges for Public Health, Education and Development

[View all 9 Articles >](#)

## Physical Literacy and Resilience in Children and Youth



Philip Jefferies<sup>1\*</sup>



Michael Ungar<sup>1</sup>



Patrice Aubertin<sup>2</sup>



Dean Kriellaars<sup>3</sup>

*Journal of Teaching in Physical Education*, 2019, 38, 162-170

<https://doi.org/10.1123/jtpe.2018-0269>

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ARTICLE

## The Impact of Circus Arts Instruction in Physical Education on the Physical Literacy of Children in Grades 4 and 5

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# Session C6

## **Physical Literacy Enriched Environmental Design (PLEED)**

### **PLEED Principles**

1. A level of challenge for all levels of ability
2. A type of challenge for all interests
3. Movement intersection
4. Movement opportunity
5. Affordances in movement contexts
6. 4 domain “neutral” risk approach
7. Connection

# Physical literacy

- PPT and papers

