

PL4C Play Okanagan Similkameen & Sport for Life Resources:
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Sport for Life for all Newcomers to Canada

By 2030, immigration will account for all of Canada's net population growth. Cities across Canada are being transformed by immigration, and these demographic trends will undoubtedly impact the Canadian sport and physical activity system. Grassroots and professional organizations need to find ways to appeal to this diverse new audience, and it is the responsibility of all sport and physical activity leaders to ensure that the system is accessible to all Canadians. The resource outlines the barriers that newcomers may face in their participation of sport and physical activity, and then provides examples of solutions and opportunities that exist, as well as promising practices of work being done across Canada.

Active for Life: Durable by Design

Physical literacy, increased activity and recreational sport – being “fit for life” - can be the gateway to a healthier Canada. The benefits of regular physical activity are well documented: sustained long-term health, increased social connectedness, improved general mental and physical well-being and better quality of life. Yet in spite of the clear evidence demonstrating numerous benefits associated with regular exercise, particularly for mature adults, only 15% of Canadian adults meet national physical activity recommendations (Colley et al., 2011) and rates of sport participation have declined in the past several decades among Canada’s growing population of older adults.

Becoming a CS4L community

Building an Activation Plan that works for your community

How should you advanced CS4L in your community? What does the understanding of and the implementation of CS4L look like? The answer to these question is likely not the same as in the community down the road. This document will allow you to create an individualized CS4L Activation Strategy for your community.

PLAYself

PLAYself is a self-evaluation used by the child to determine their perception of their own physical literacy.

PLAY SAFE: Physical Literacy and Injury Prevention Guide for Leaders

Safety is a best practice. The tools in this guide will enable your organization to establish best practices reducing the risk of injury in your programming, and they may also improve the overall experience of your participants.

Participants who are prepared, educated, trained, well-equipped, and follow the rules will be better able to avoid injury, participate with confidence, and maintain their participation long term.

Building safe and healthy participation will enrich everyone's experience as they enjoy the benefits of physical activity.

PLAYparent

PLAYparent should be filled out by a parent of a child aged seven and up. This assessment provides one perspective of a child's level of physical literacy, while the other PLAY tools provide perspectives from trained professionals: coaches, physiotherapists, athletic therapists, exercise professionals, and individuals trained in movement analysis.

PLAYfun

PLAYfun assesses key movement skills performed by the child. The tool itself is made up of 18 tasks that cover the child's physical abilities. Each ability is graded on a four-point rubric with the following categories: Initial, Emerging, Competent and Proficient.

PLAYbasic

PLAYbasic assesses key movement skills performed by the child. The tool itself is made up of five tasks that cover the child's physical abilities. Each ability is graded on a four-point rubric with the following categories: Initial, Emerging, Competent and Proficient.

Physical Literacy Assessment for Youth - Coach

PLAYcoach is used by coaches, exercise professionals and physical therapists to evaluate a child's physical literacy and ability. The tool itself is made up of questions that cover the child's ability, confidence, participation and more.

Physical Literacy Concept Paper

The foundation of the LTAD model is physical literacy. Individuals who are physically literate are more likely to have the skills, knowledge, and attitudes to be physically active across a wide range of activities.

Although the concept of physical literacy is relatively new to most parents, coaches, and teachers in North America, definitions have existed for well over four decades.