

PHYSICAL LITERACY: GUIDE FOR CLUBS

ALL DOMAINS – PHYSICAL, PSYCHOLOGICAL, SOCIAL AND COGNITIVE	CLUB CULTURE AND ENVIRONMENT	PRACTICE OR TRAINING	GAME, MATCH OR RACE
	<p>Discuss physical literacy at a committee meeting and identify the advantages and ways of embedding these principles into the delivery approach across multiple club roles.</p> <p>Show the What is Physical Literacy? video to the club committee and coaches to promote the philosophy in a simple and engaging way.</p> <p>Discuss the club's cultural values and ways of embedding those values into the club at a committee meeting.</p> <p>Put the participant at the centre of the club.</p> <ul style="list-style-type: none"> – Ask what they want from their experience and make the necessary changes. – Find out what makes their experience enjoyable and embed those practices. – Check in regularly as a participant's needs can change. <p>Embed physical literacy principles into education and training so the delivery environment matches the desired club experience.</p> <p>Create a welcoming environment so all participants feel like they belong.</p> <ul style="list-style-type: none"> – Embed the Inclusive Sport Framework and uphold those core principles. – Embed child safe practices and uphold those core principles. – Welcome new participants by showing them around and providing relevant information. – Have someone greet on arrival and invite them back. – Schedule sessions and functions at times that suit families. <p>Build a socially supportive club so people feel connected.</p> <ul style="list-style-type: none"> – Offer fun and social activities/functions and use the opportunity to exchange ideas on how to make the club better. – Provide regular up to date communication and respond quickly to queries. – Provide opportunities for families to socialise. <p>Ensure the club reflects the local community and work with local organisations to understand their needs to find ways to attract new participants.</p> <p>Help participants feel connected to the club environment and ensure the club facilities are equitable, accessible, comfortable, clean and inviting so participants want to socialise and relax in those spaces.</p> <p>Learn more about physical literacy and read how others have applied the approach to their products.</p> <p>Use this flyer to show families how to develop their child's physical literacy at home.</p>	<p>PHYSICAL</p> <p>Be prepared to modify activities and equipment so participants are challenged appropriately while developing their physical skills and fitness. The CHANGE IT approach can help.</p> <p>Provide plenty of variety in sessions so participants develop a wide range of physical skills and fitness. Not all activities need to relate to your sport. For juniors, try using the Playing for Life activities.</p> <p>Rotate participants regularly so everyone is active and can discover new positions of interest. This can also help when needing substitute players on game day.</p>	<p>Build on the skills developed in practice or training and focus on implementing them in the game, match or race. Ensure personal development is prioritised and avoid comparisons to others.</p> <p>Expose participants to all aspects of the game and rotate positions so everyone has an opportunity to perform the movements required in different and unique parts of the game.</p> <p>Maximise participation and give players equal time rather than favouring the best. This will also help the participant feel like a valued member of the team.</p>
	<p>PSYCHOLOGICAL</p> <p>Make every session engaging so everyone wants to participate.</p> <ul style="list-style-type: none"> – Ask what makes a session enjoyable and apply those strategies. – Provide appropriately challenging activities. – Find ways to mix it up to maintain interest. – Play the game as soon as possible and/or use the game sense approach. <p>Build confidence by helping participants feel safe to make mistakes and turn them into learning opportunities.</p> <ul style="list-style-type: none"> – Be positive, patient and enthusiastic. – Get to know everyone in the group. – Praise everyone at least once every session. – Praise effort and growth and avoid comparing to others. <p>Provide opportunities for self-reflection and help participants:</p> <ul style="list-style-type: none"> – understand their personal qualities, strengths and areas for development – know when to seek feedback and who to get it from – manage their emotions and physical responses to activities. 	<p>Provide competition at a level suitable to the participant and focus on personal/team progress with winning seen as a nice bonus.</p> <p>Provide a safe and supportive environment so participants are motivated to compete.</p> <ul style="list-style-type: none"> – Ask how they want to receive encouragement and feedback and apply those strategies. – Consider different ways to praise and reward effort and improvement. – Ensure you celebrate their achievements with them. – Develop clear goals for participants to archive at their pace. <p>Help participants manage their emotions during the game, match or race.</p> <ul style="list-style-type: none"> – Use self talk to channel frustration and turn it into motivation. – Help participants deal with disappointment and develop smaller milestones to achieve a bigger goal. – Use mindfulness to help manage excitement, frustration and nervousness. 	
	<p>SOCIAL</p> <p>Help participants build and maintain respectful relationships so they interact effectively and feel supported.</p> <ul style="list-style-type: none"> – Allow time in sessions for friendships to develop. – Organise participants into small groups and mix it up. – Help participants to provide constructive feedback to each other. – Develop a sense of understanding and openness so everyone can learn from one another. <p>Find ways to include all participants, including the least active, experienced and confident participants.</p> <p>Discuss what sportsmanship and fair play looks like and encourage those behaviours during practice or training.</p>	<p>Allow time before and after the game, match or race for participants to socialise, have fun and strengthen friendships.</p> <p>During the game, match or race encourage participants to be supportive of everyone involved and use positive language with teammates, opponents and officials.</p> <p>Praise those participants who show good leadership during the game, match or race and show:</p> <ul style="list-style-type: none"> – good sportsmanship – respect the cultural values of teammates, opponents and officials – awareness of feelings needs and interests of others. 	
<p>COGNITIVE</p> <p>Build participant knowledge so they understand what they are learning and why.</p> <p>Help participants plan how often they should participate and develop a 'plan B' for changes in circumstances.</p> <p>Help participants develop attainable stretch goals so they are more focused and inspired to work hard during practice and into the future.</p>	<p>Empower participants and include them in strategy development and help them understand reasons for particular strategies and tactics.</p> <p>Build on participant goals developed for training or practice and action those in the game, match or race.</p> <p>Empower participants to solve problems during the game, match or race and help them analyse their own movements and that of their opponents.</p>		