

# Inclusive Physical Literacy



Presented by Andrea Carey  
@S4L\_SP      @andreacarey

We gratefully acknowledge the  
Blackfoot peoples of the Treaty 7  
region in Southern Alberta on  
whose traditional territory we live,  
work, and play.



# Why is Inclusion of Persons with a Disability Important?

# Why Should You Care?

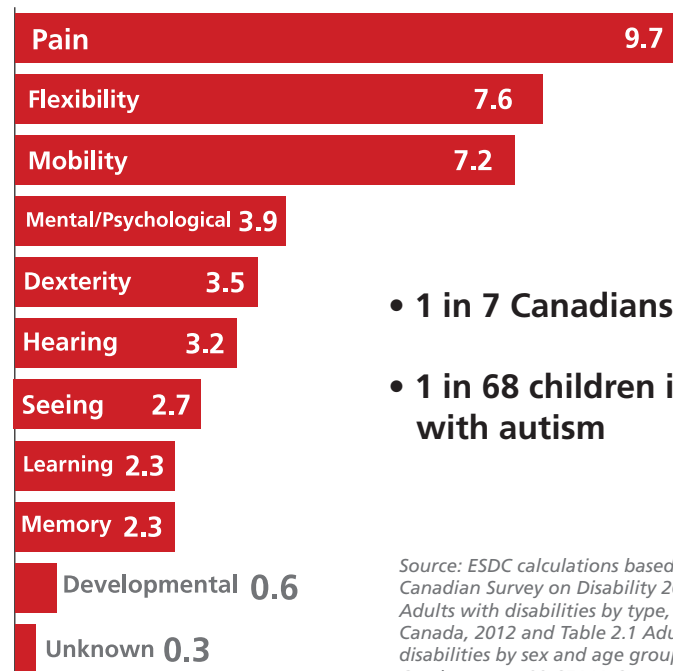
	Adults with a disability	Able-bodied adults
Poor health	25%	<5%
Moderate physical activity	3%*	48%
Organized sport	3%*	30%

\*Age range is 5-54 years

*(Advancing the Inclusion of Persons with Disabilities, 2004; Physical Activity Monitor, CFLRI 2008; Physical Activity and Limitation Survey, 2006)*

# Population with a disability, by type, Canada 2012 (%)

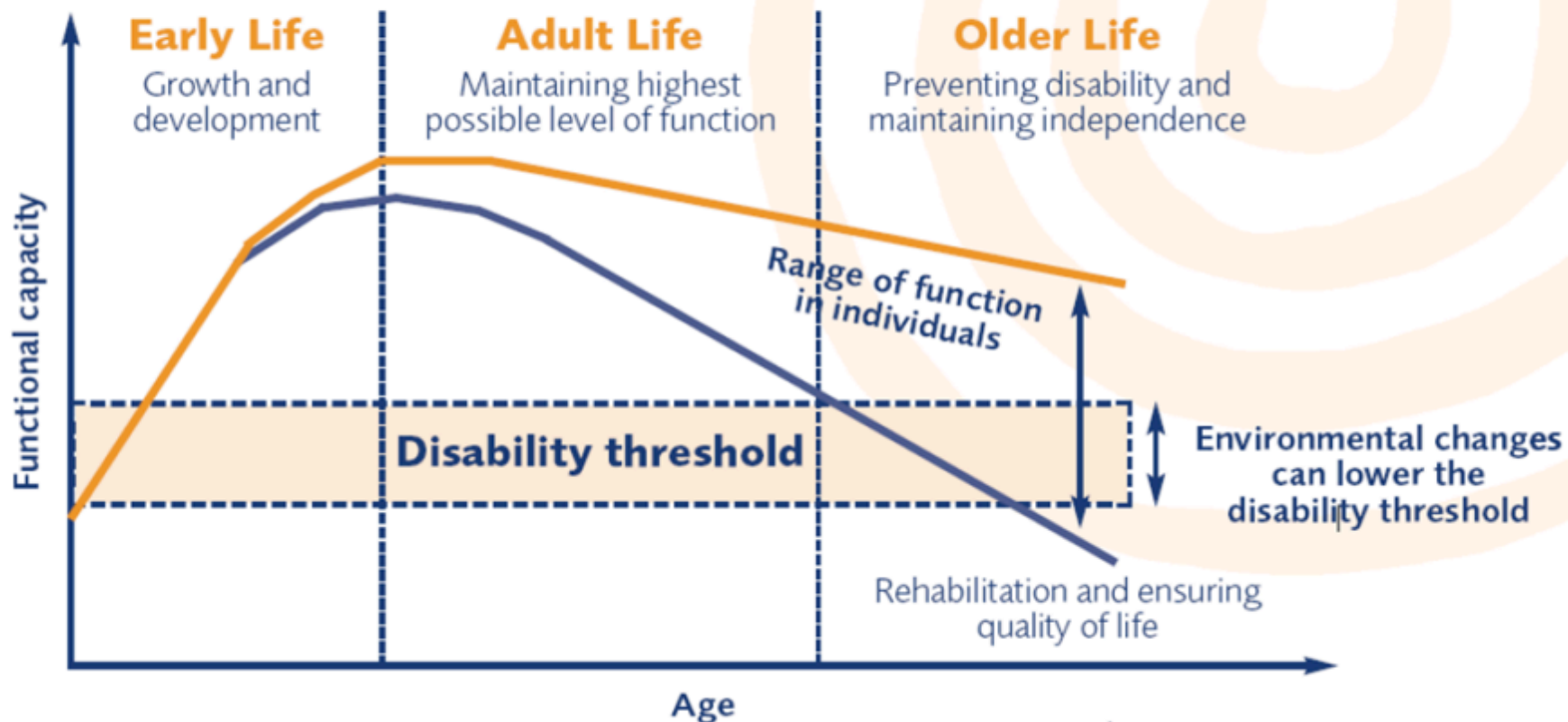
Population with a disability, by type, Canada, 2012 (percent)



- 1 in 7 Canadians has a disability
- 1 in 68 children is diagnosed with autism

*Source: ESDC calculations based on Statistics Canada. Canadian Survey on Disability 2012: Tables, Tables 3.1 Adults with disabilities by type, sexe and age group, Canada, 2012 and Table 2.1 Adults with and without disabilities by sex and age group, Canada, 2012, Catalogue no. 89-654-X, Ottawa, 2013*

## A life course perspective for maintenance of the highest possible level of functional capacity



Source: WHO/HPS, Geneva 2000

# **The Challenge:**

If you don't include  
everybody,  
then you are excluding  
somebody.

# The (Dis)ability is created by the Environment





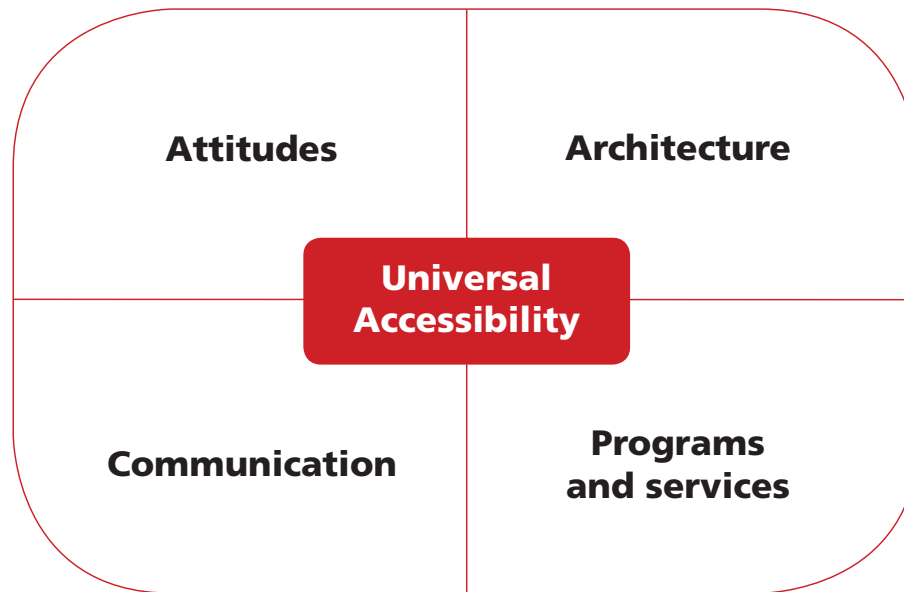
# Universal Accessibility: the Definition

A product, process, service, information or environment that allows everyone, regardless of abilities , the use of similar, autonomous and simultaneous services offered to the whole population.

**= EVERYONE CAN ACCESS A SIMILAR  
SERVICE AT THE SAME TIME**



# Universal Accessibility – 4 Key Areas



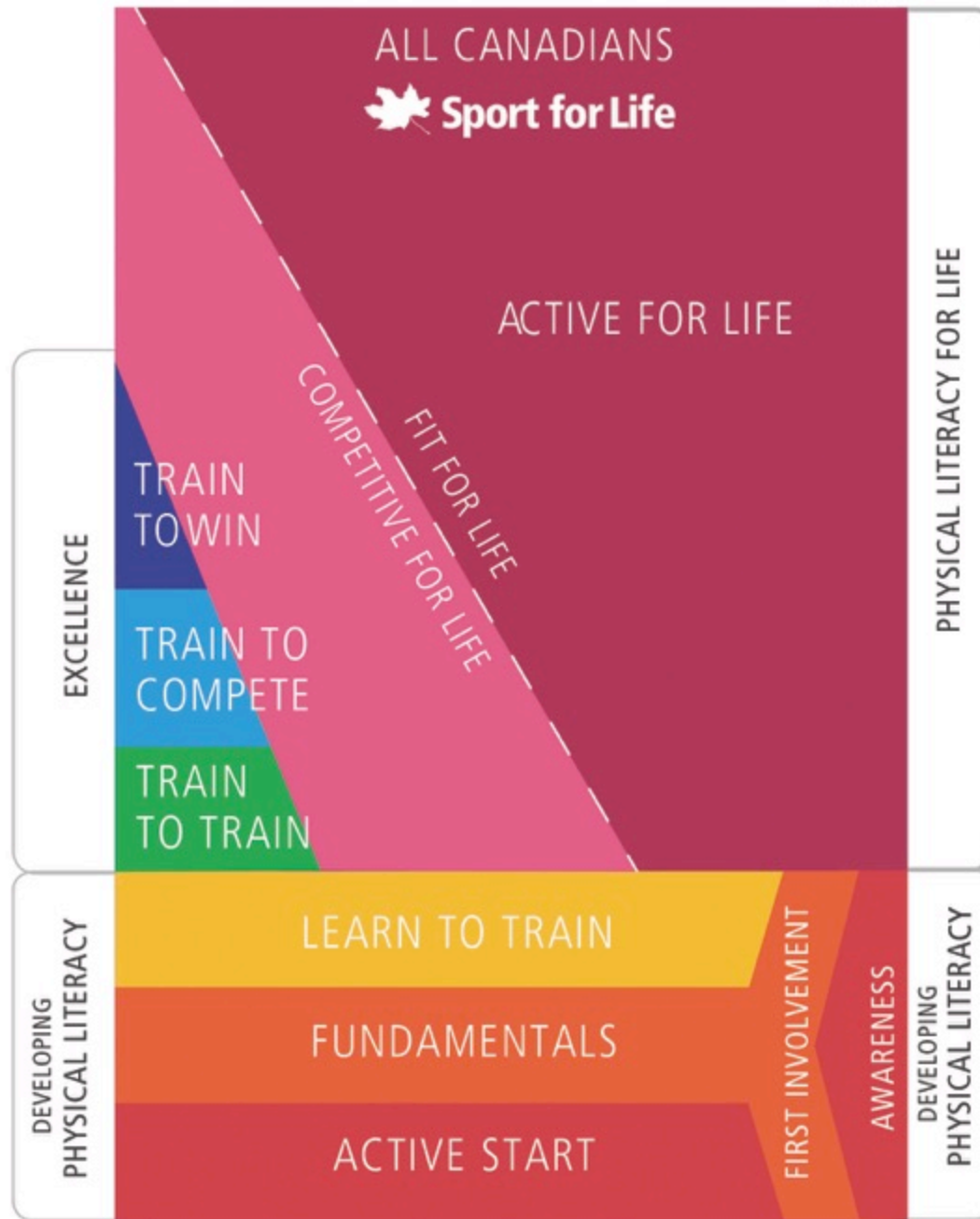


# Physical Literacy: The Basis for Sport and Active for Life



# Physical Literacy

The GATEWAY to ACTIVE PARTICIPATION





# Physical Literacy Defined

## Definition of Physical Literacy

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*



# By definition, physical literacy should be inclusive

## Physical literacy:

- is an inclusive concept accessible to all
- represents a unique journey for each individual
- can be cultivated and enjoyed through a range of experiences in different environments and contexts
- needs to be valued and nurtured throughout life
- contributes to the development of the whole person.





# Physical literacy

is the...



...to be



**Sport for Life**

**active for life**

## Physical literacy

is the...

I want



I can

I believe

...to be

**active for life**

Oct. 2016

**Physical literacy unique to each person...**  
**Physical literacy is a journey**  
**not a destination.**



# *Competence in Movement Skills* are the **building blocks** of Physical Literacy



# Principles of Physical Literacy

- With Purpose
- Always moving
- Everyone included
- Positive & supportive
- **FUN!**





Play Time!



THINK DIFFERENTLY...

# How do you get started?

1. Read Developing Physical Literacy resource
2. Take Physical Literacy workshops
3. Take Inclusive Physical Literacy workshop
4. Read Active for Life: Durability by Design
5. Develop relationships with:
  - Disability sport organizations
  - Health
  - Sport for Life
6. Do things differently...



# How can YOU be more inclusive?

- Smile & say hello
- Focus on the ability not the disability
- Ask participants what they can do instead of always focusing on what they can't do.
- Avoid assumptions or judgement about other people
- Learn more about hidden disabilities and challenge your perceptions of disability
- Be mindful of the language you use
- Consider potential barriers
- Take the time to listen to a person with communication difficulties
- Encourage others to follow inclusive practices
- Treat others the way you wish to be treated

# Adaptations to Activities and Equipment

- Use equipment of various sizes, weights, colour, and textures
- Adjust size of playing area
- Lower and/or increase the size of a target
- Lengthen or shorten the playing time
- Give verbal and oral prompts
- Mark positions on playing area
- Allow a partner to assist
- Extend the number of attempts

# Available resources

To accompany you in your inclusive approach

**Web Portal:**

**[physicalliteracy.ca/inclusion](http://physicalliteracy.ca/inclusion)**

ANY  
QUESTIONS?



Thank you!



# Physical Literacy



**CONTACT: [ANDREA@SPORTFORLIFE.CA](mailto:ANDREA@SPORTFORLIFE.CA)**