# Physical Literacy: Guide for Clubs

## Club Culture and Environment

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<tr>
<th>Domain</th>
<th>Practice or Training</th>
<th>Game, Match or Race</th>
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<tr>
<td>Physical</td>
<td>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.</td>
<td>Be prepared to modify activities and equipment so participants are challenged appropriately while developing their physical skills and fitness. The approach can help.</td>
<td>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.</td>
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<td>Psychological</td>
<td>Show the What is Physical Literacy video to the club committee and coaches to promote the philosophy in a simple and engaging way.</td>
<td>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.</td>
<td>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.</td>
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<td>Social</td>
<td>Discuss the club's cultural values and ways of embedding those values into the club at a committee meeting.</td>
<td>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.</td>
<td>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.</td>
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<td>Cognitive</td>
<td>Put the participant at the centre of the club.</td>
<td>Make every session engaging so everyone wants to participate.</td>
<td>Provide competition at a level suitable to the participant and focus on personal/team progress with winning seen as a nice bonus.</td>
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### Physical Literacy Principles

- **Physical**
  - 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.
  - Show the What is Physical Literacy? video to the club committee and coaches to promote the philosophy in a simple and engaging way.
  - Discuss the club's cultural values and ways of embedding those values into the club at a committee meeting.
  - Put the participant at the centre of the club.

- **Psychological**
  - Make every session engaging so everyone wants to participate.
  - Be prepared to modify activities and equipment so participants are challenged appropriately while developing their physical skills and fitness. The approach can help.
  - 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.

- **Social**
  - 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.
  - 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.

- **Cognitive**
  - Provide competition at a level suitable to the participant and focus on personal/team progress with winning seen as a nice bonus.

## Club Culture and Environment

- **Put the participant at the centre of the club.**
  - 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.

- **Create a welcoming environment so all participants feel like they belong.**
  - 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.

- **Build a socially supportive club so people feel connected.**
  - 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.

- **Ensure the club reflects the local community and work with local organisations to understand their needs to find ways to attract new participants.**
  - 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.

- **Learn more about physical literacy and read how others have applied the approach to their products.**
  - Use this flyer to show families how to develop their child’s physical literacy at home.

## Practice or Training

- **Physical Literacy Principles**
  - Make every session engaging so everyone wants to participate.
  - Be prepared to modify activities and equipment so participants are challenged appropriately while developing their physical skills and fitness. The approach can help.

- **Psychological Literacy Principles**
  - Make every session engaging so everyone wants to participate.

- **Social Literacy Principles**
  - Put the participant at the centre of the club.
  - Provide competition at a level suitable to the participant and focus on personal/team progress with winning seen as a nice bonus.

- **Cognitive Literacy Principles**
  - Provide competition at a level suitable to the participant and focus on personal/team progress with winning seen as a nice bonus.