

PSYCHOLOGICAL DOMAIN

The Psychological domain focuses on the feelings and emotions towards movement and physical activity.

It includes developing self-esteem, confidence and motivation, and understanding the emotional responses linked to movement and physical activity.

These skills are learned and applied through movement as a person draws on their integrated physical, psychological, social and cognitive capabilities that support lifelong participation in movement and physical activity.



By developing proficiency across the elements within the Psychological domain, a person will have positive emotional connections to movement and will be confident and motivated to join in and be active across a range of movement and physical activities.



PSYCHOLOGICAL DOMAIN ELEMENTS

- > ENGAGEMENT & ENJOYMENT
- > CONFIDENCE
- > MOTIVATION
- > CONNECTION TO PLACE
- > SELF PERCEPTION
- > SELF-REGULATION (EMOTIONS)
- > SELF-REGULATION (PHYSICAL)

PHYSICAL LITERACY IS ABOUT BUILDING THE SKILLS, KNOWLEDGE AND BEHAVIOURS TO HELP US LEAD ACTIVE LIVES.

For more information on physical literacy visit
sportaus.gov.au/physical_literacy

THE PSYCHOLOGICAL DOMAIN IS ABOUT BEING ABLE TO:



Identify and draw satisfaction, self-esteem, confidence, motivation and enjoyment from different movement experiences



Understand, demonstrate and manage emotional responses, such as empathy and sensitivity, during movement and physical activities



Understand and manage physical responses, such as fatigue or pain, during movement and physical activities



Persist with movement regardless of difficulty, challenges or failure, in the belief that improvement will come with learning and effort