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