

PHYSICAL LITERACY BENEFITS FOR SCHOOLS AT A GLANCE

Physical literacy is about developing the skills, knowledge and behaviours that give children the confidence and motivation to lead active and healthy lives. The benefits to developing physical literacy for students and school leaders are significant and plentiful.

PHYSICAL LITERACY IMPROVES STUDENTS'



Academic performance



Mental health and wellbeing



Memory and attention span



Life skills, confidence and behaviour



Level of physical activity



Relationships and friendships

PHYSICAL LITERACY DELIVERS CURRICULUM AND SCHOOL PRIORITIES



Develops capabilities outlined in the Australian Curriculum



Improves critical and creative thinking



Improves personal and social capability



Increases ethical and intercultural understanding



Aligns with national Health and Physical Education propositions



Improves performance on standardised tests



Improves student attendance



Helps students to explore values



Helps students to become responsible local and global citizens

Resources

Use these resources to build your understanding of physical literacy and embed a whole of school approach to physical literacy.

[Physical Literacy: Guide for Schools](#)

[Physical Literacy Benefits for Schools](#)

[Physical Literacy Implementation Plan](#)

[Physical Literacy in action](#)