The Physical Literacy Framework (the Framework) supports the development of physical literacy in all people throughout their lifetime.

Physical literacy is about building the skills, knowledge and behaviours to lead active lives.

The Framework helps people understand how to progress on physical, psychological, social and cognitive levels and enjoy lifelong participation in sport and physical activity.

**DOMAINS**

- **PHYSICAL**
  - The skills and fitness a person acquires and applies through movement
  - Movement skills
  - Moving with equipment
  - Object manipulation
  - Coordination
  - Stability/balance
  - Flexibility
  - Agility
  - Strength
  - Cardiovascular endurance
  - Muscular endurance

- **PSYCHOLOGICAL**
  - The attitudes and emotions a person has towards movement and the impact they have on their confidence and motivation to move
  - Engagement & enjoyment
  - Confidence
  - Motivation
  - Connection to place
  - Self perception
  - Self regulation (emotions)
  - Self regulation (physical)

- **SOCIAL**
  - A person’s interaction with others in relation to movement
  - Relationships
  - Collaboration
  - Ethics
  - Society & culture

- **COGNITIVE**
  - A person’s understanding of how, why and when they move
  - Content knowledge
  - Safety & risk
  - Rules
  - Reasoning
  - Strategy & planning
  - Tactics
  - Perceptual awareness

**ELEMENTS**

Each domain is made up of elements. These elements are the required skills, knowledge and behaviours that enable development of physical literacy.
The domains are made up of multiple elements. Each element has five stages of development that a person can progress (or regress) through.

STAGES OF DEVELOPMENT

STAGE 0
PRE-FOUNDATIONAL
At this stage a person is experiencing, playing or exploring limited forms of movement.

PROGRESS TO
FOUNDATION & EXPLORATION

STAGE 1
FOUNDATION & EXPLORATION
At this stage a person is learning and exploring their capabilities for movement.

PROGRESS TO
ACQUISITION & ACCUMULATION

STAGE 2
ACQUISITION & ACCUMULATION
At this stage a person is frequently practicing and refining their capabilities for movement.

PROGRESS TO
CONSOLIDATION & MASTERY

STAGE 3
CONSOLIDATION & MASTERY
At this stage a person is able to perform and analyses their capabilities for movement.

PROGRESS TO
TRANSFER & EMPOWERMENT

STAGE 4
TRANSFER & EMPOWERMENT
At this stage a person transfers their capabilities for movement to new and different situations.

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