

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.

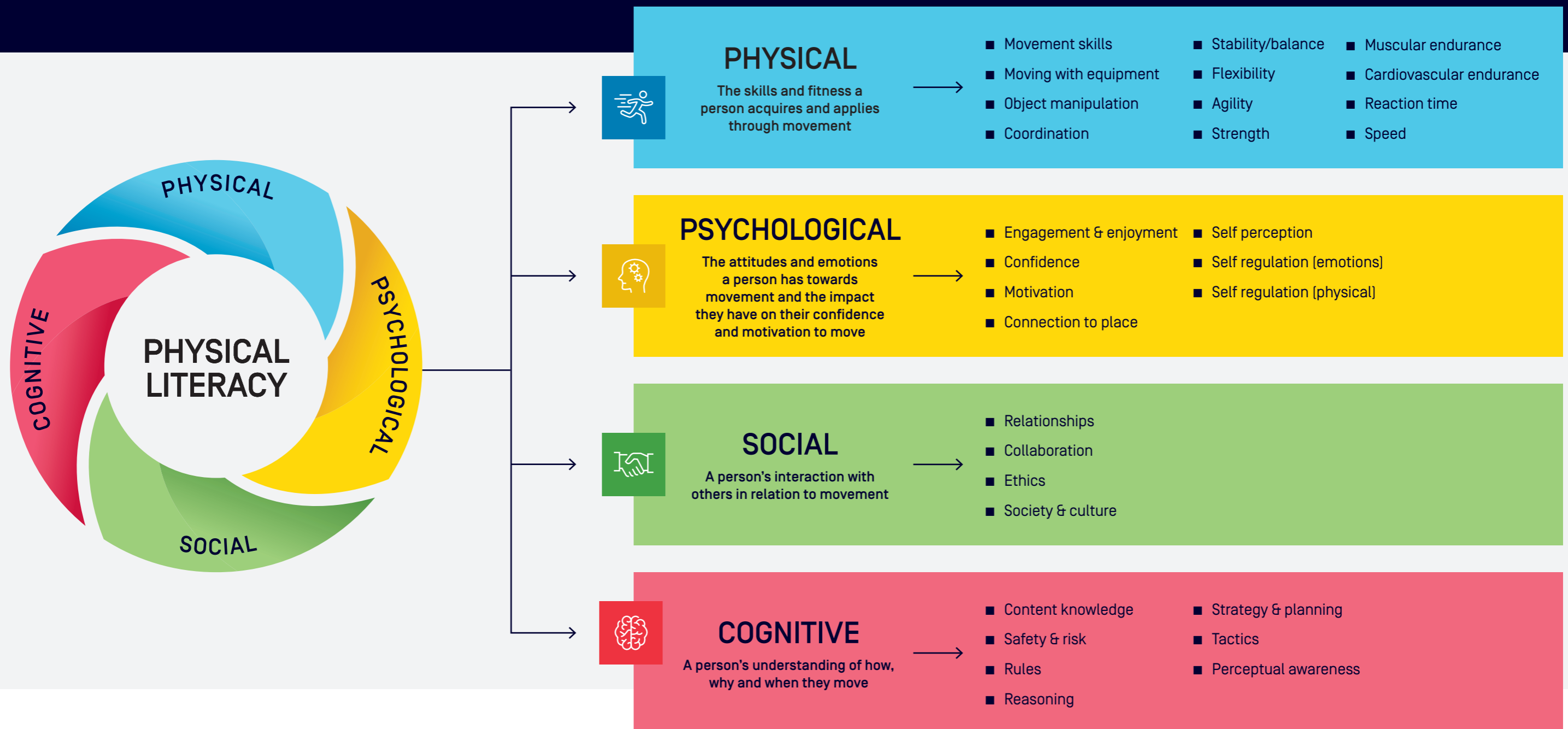
The Framework helps people understand how to progress on physical, psychological, social and cognitive levels and enjoy lifelong participation in sport and physical activity.

DOMAINS

Developing physical literacy involves holistic learning through each of the four domains.

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